

**GOVERNMENT OF JAMMU & KASHMIR
DIRECTORATE OF SCHOOL EDUCATION JAMMU
MUTHI CAMP, JAMMU – 181205**

**Chief Education Officers (ALL)
Jammu Division.**

Sub: Organize 3rd Edition of Fit India School Week in Schools to Commemorate Azadi ka Amrit Mahotsav-Weekly Activities thereof.


Pursuant to the communications received from Ministries of School Education and Literacy GOI Vide DO No. 12-1/2020-IS.4), dated: 03. 11. 2021 and Youth Affairs & Sports GOI Vide F.No: 2-5/FIT INDIA/SCHOOL WEEK/2021, Dated: 29.10.2021 along with proposed activities chart, a message received from Samagra Shiksha J&K Jammu is enclosed for reference wherein the Ministries have decided for a flagship program of 3rd Edition of Fit India School Week by organizing series of activities in Schools from 14th November to 12th December 2021 to Commemorate Azadi ka Amrit Mahotsav.

Accordingly this Directorate has suggested some more fitness activities and campaigns for students under DSEJ Project Fit India-2021-22 which promotes Fitness and sports culture among children in addition to weekly proposed activities by Ministries of GOI. The proposed suggestive activities are to be organized in all Govt and Pvt Schools of Jammu Division in offline as well as online mode ensuring all guidelines and advisories issued by Govt of JKUT for Covid-19 Protocols.

In view of the above context & unique initiative of Fit India Movement, all the Chief Education Officers of Jammu Division are hereby directed to ensure mass registrations of Schools and participation of students/teachers to make this national event a grand success. You are also directed to issue immediate necessary instructions to all the Head of Govt and Private Schools in the districts to organize flagship program of 3rd Edition of Fit India School Week in Schools upto 12th December 2021, contribute in Fitness Assessment through Fit India App and carry out the proposed weekly activities on Fitness under DSEJ project Fit India School Week 2021-22 in offline as well as online mode by taking the actions appended as Annexure-"A" involving stakeholders like NCC, Scouts and Guides, Yoga Instructors from Panchayats /Local Bodies and Master trainers of Yoga Teachers to make it people's movement.

Concerned District Nodal Officers for Fit India are directed to furnish the compiled weekly status report from the districts for the action taken in the matter by schools on every last working day of the week and submit to this Directorate via Email Id: fitindia.dsej@jk.gov.in with good quality photographs and videos specifying name of activity, School, Zone and District. All the activity videos and photographs must also be uploaded by Schools on Fit India National Portal (<https://fitindia.gov.in/fit-india-school-week>).

For any query & technical support, you may contact Mr. Govind Sharma, Nodal Officer of this Directorate for Fit India Movement Jammu Division at Mob. No: 94192-80527.


(H.R. Pakhroo)
Joint Director School Education
Jammu

Dated: 03/12/2021

NO: DSEJ/FIT INDIA/2021/ 38923-69
Encls = 08 (Eight) Lvs

Copy to the:

1. Joint Secretary (SS-I), School Education & Literacy, Ministry of Education GOI for kind information.
2. Mission Director, Fit India Movement, Sports Authority of India, New Delhi for kind information.
3. Principal Secretary to Govt, School Education Department, JK UT, Civil Secretariat Jammu for kind information.
4. Deputy Commissioners (All) Jammu Division for information.
5. SPD Samagra Shiksha J&K Jammu for information.
6. Joint Directors Schools (All) Jammu Division for information and necessary action.
7. Joint Director YS & S Jammu/District Youth Services and Sports Jammu Division for kind information with a request to direct all PETs/PEMs/PELs for similar necessary actions.
8. Mr. Govind Sharma Nodal Officer at DSEJ for compliance with the directions to coordinate this program with all Coordinators/Nodal Officers at JKUT/District Levels till the completion of the event.
9. P.A to Director School Education, Jammu for information of Director.
10. I/C Website for uploading it on official website of DSEJ.

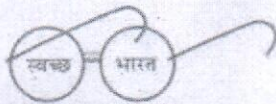
ANNEXURE –“A”

AZADI KA AMRIT MAHOTSAV

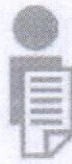
Fit India School Week 2021 (3rd Edition)

Duration: 14th November to 12th December 2021

DAY	PROPOSED ACTIVITIES
1	Opening day- Indian Dances celebrating AKAM with integrated fitness
2	Importance of fitness- Debates, Symposium, Lectures etc. Quiz on fitness and sports highlighting Freedom, AKAM, Nutrition etc. Essay/Poem Writing Competition on theme “ <i>My fitness mantra on AKAM</i> ” Poster making competition on themed on <i>Freedom from sedentary lifestyle</i>
3	Events of Indigenous games of India- AKAM with traditional games of India Session on importance of “Eat Right/ Santulit Aahar”
4	Schools’ Social Responsibility (SSR)- Celebrating AKAM with nearby communities by inviting them for one fitness session Fitness assessment by teachers and parents on Fit India Mobile AppLink for download: a) Android- https://play.google.com/store/apps/details?id=com.sai.fitIndia b) iOS- https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890
5	Yoga and Meditation Day Session on mental health awareness Brain Games to improve concentration/problem solving capacity Graffiti events on topics like What is Azadi for you? How important is fitness? etc.
6	Pledge of fitness on the occasion of AKAM to culminate School Week with self- assertion for leading a new fit and healthy life ahead
7	Fun and Fitness-Rope Skipping ,Dance Fitness with theme – “Hamari Sanskriti Se Fitness”, Poster making/Jingle/Essay writing competitions, Hand exercises, Hopscotch, Zig Zag.



एक कदम स्वच्छता की ओर
Santosh Kumar Yadav,
Joint Secretary (SS-I)
Tel: - 011-23387781



सूचना का
अधिकार

भारत सरकार
शिक्षा मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
शास्त्री भवन

नई दिल्ली - 110 115

GOVERNMENT OF INDIA

MINISTRY OF EDUCATION

DEPARTMENT OF SCHOOL EDUCATION & LITERACY

SHASTRI BHAVAN

NEW DELHI-110 115

Dated. 3rd November, 2021

DO. No. 12-1/2020-IS.4

Respected Ma'am/Sir,

I hope you are ensuring all the Guidelines and Advisories regarding Covid-19 issued by several Central Ministries in your office and organizations under your jurisdiction. As you may be aware, Fit India Movement was launched by Hon'ble Prime Minister on 29th August 2019 with a view to make physical fitness a way of life. It aims at behavioural changes- from sedentary life style to physically active way of day-to-day living. Fit India would be a success only if becomes a people's movement. We have to play the role of catalyst.

2. The Department of Sports, Ministry of Youth Affairs and Sports (MYAS) has planned a series of activities and campaign under the aegis of Fit India Movement to promote fitness across the country and Department of School Education and Literacy has participated actively in all these activities. It takes me pleasure to share that with your support, more than 1.8 lakh students have successfully registered for the Quiz.

3. Now, MYAS has planned to organize 3rd edition of the Fit India School Week from 14th November 2021 to 12th December 2021. The details of it would be available on Fit India Portal (<https://fitindia.gov.in/fit-india-school-week>) A few indicative creatives are attached on the below link that may be used by States/UTs/Autonomous Bodies or by schools for promoting the event. Also the proposed activities chart for six days of a week and step by step process of registration is annexed.

https://drive.google.com/folderview?id=1ZD47THLFWf2pY_60UJ_mbLEd4XoG-ZoO

4. You are kindly requested to promote and motivate schools/teachers and other stakeholders to organise the Fit India School Week and contribute in Fitness Assessment through Fit India App. The weekly Action taken Report (ATR) of the above activities may be sent to this department through the link given below:

https://docs.google.com/spreadsheets/d/1n4xIZIAOR98O8IjyJ7H5oSHQdz3arN9LuYaMeBNwF_1/edit?usp=sharing

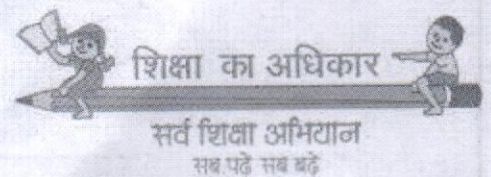
With Regards

Yours Sincerely,

(Santosh Kumar Yadav)

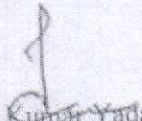
To

The Additional Chief Secretary/Principal Secretary / Secretary (Education), States and UTs



Copy to: (For information and necessary action.)

1. The Chairperson, Central Board of Secondary Education,
2. The Commissioner, Kendriya Vidyalaya Sangathan,
3. The Commissioner, Navodaya Vidyalaya Samiti,
4. The Director, Central Tibetan Schools Administration (CTSA)
5. The Chairman, National Institute of Open Schooling (NIOS)
6. The Director, NCERT


(Santosh Kumar Yadav)



Government of India
Ministry of Youth Affairs and Sports



Ekta Vishnoi, I.R.S.

Mission Director
Fit India Movement
Sports Authority of India
New Delhi

F. No. 2-5/FIT INDIA/SCHOOL WEEK/2021

Dated: 29.10.2021

Respected Sir,

At outset, it is pertinent to mention that Fit India Mission is indebted for the support by D/o SEL, M/o Education in the recent Fit India Quiz registrations, it takes me pleasure to share that more than 1.8 lakh students have successfully registered for the Quiz and will start competing in phases from November onwards.

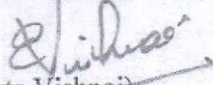
2. Further, in the strive to make **Azadi Ka Amrit Mahotsav (AKAM)** a historic celebration in the country, the flagship programme of Fit India Mission **Fit India School Week** in its 3rd edition is scheduled from 14th November till 12th December highlighting AKAM where schools will celebrate in their ways by instilling the importance of fitness in students, teachers and parents.

3. Last year's edition was a major breakthrough where more than 4.3 lakhs schools have celebrated despite a pandemic. This year we are targeting to reach even more schools with an aim to have dawn of fitness on this year of national importance. It is our earnest request from Department of School Education and Literacy, M/o Education to send directions in states/UTs for celebrating this year's Fit India School Week edition. The details would be available on Fit India portal from 1st November 2021 (<https://fitindia.gov.in/fit-india-school-week>). A few indicative creatives are attached on the below link that maybe used by states/UTs or by schools during the promotions. Also, the proposed activities chart for six (06) days and step-by-step process of registration are also annexed.

https://drive.google.com/folderview?id=1ZD47THLFWf2pY_60UJ_mbLEd4XoG-ZoO

With regards,

Yours Sincerely,


(Ekta Vishnoi)

To,

Sh. Santosh Kumar Yadav
Joint Secretary (SS-I)
School Education and Literacy, Ministry of Education
107A-D, Shastri Bhawan, New Delhi



How to Register

For Schools to register for Fit India School Week-2021

Step-1: On your desktop/Laptop/Mobile please open the internet browser (chrome/Google) and in the address bar please type <https://fitindia.gov.in/>

Step-2: Please click on Fit India School Week Orange Tab at the left top of the website for registration of Fit India School Week.



Step-3: Once you click on the Tab, the below page will appear, click on register as an organiser.



Step-4: If you are already a registered user with Fit India you can click on login or if you are new user please register yourself as School.

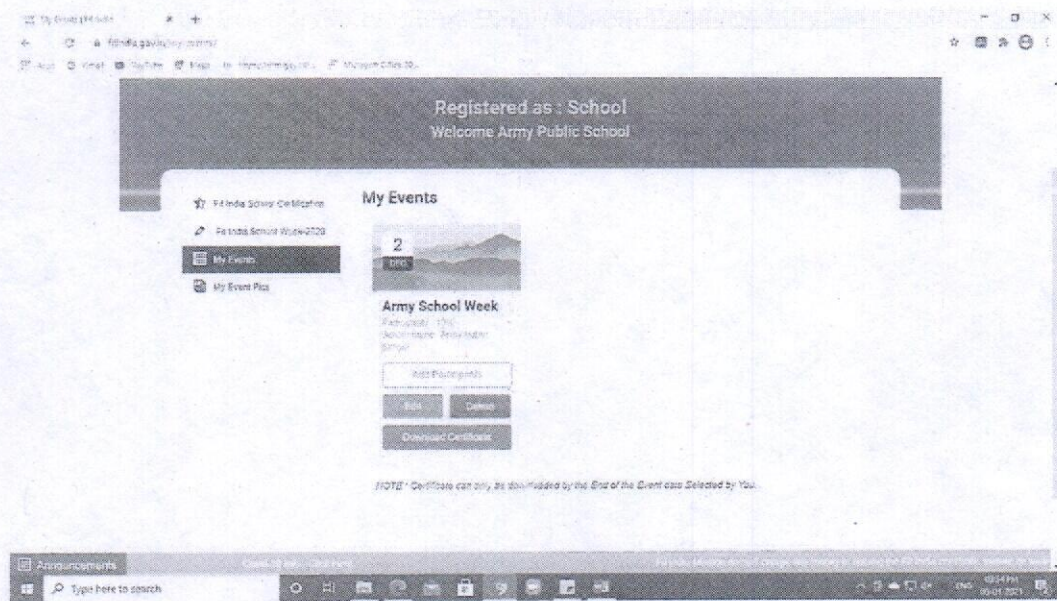
The screenshot shows the 'Register' page of the Fit India School portal. At the top, there is a navigation bar with the 'INDIA' logo and links for HOME, ABOUT US, CONTACT US, and a dropdown menu for 'Fit India School'. Below the navigation bar, there is a link for 'Already have an account? Login'. The main heading is 'Register'. Under 'Register As', there are two radio buttons: 'Other' (selected) and 'Ministry'. Below this is a dropdown menu with 'SCHOOL' selected. The form fields are arranged in two columns: 'Your Name (School Name, Organisation Name)', 'Email Address', 'Level', 'State', 'District', 'Block', 'Pin Code', 'Password', and 'Confirm Password'. At the bottom, there is a 'Please Enter the Captcha Text' field. The footer contains a search bar and a date/time stamp: '04:44 PM 05-04-2021'.

Step-5: Once you have logged in, please submit the details of the School Week event organised by your school and click on Submit button.

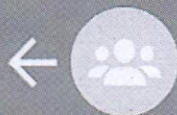
Photos and Video link are optional (not mandatory) for downloading of the certificate.

The screenshot shows the 'Organise an Event' page. At the top, there is a dark banner with the text 'Registered as : School' and 'Welcome Holy Cross School'. Below the banner, there is a sidebar with a list of links: 'Fit India School Certification', 'Organise an Event' (highlighted), 'My Events', and 'My Event Pass'. The main content area is titled 'Organise an Event'. It contains the following fields: 'Event Category*' (with a dropdown menu showing 'Fit India School Week 2021'), 'Event Name*', 'Event Image 1*' (with a 'Choose File' button and 'No file chosen' text), 'Event Image 2 (Optional)' (with a 'Choose File' button and 'No file chosen' text), 'Video Link (Optional)', 'Event Date*' (with 'From Date' and 'To Date' fields, both showing 'dd-mm-2021'), and a 'Submit' button. On the right side, there is a vertical stack of social media icons: Facebook, Twitter, YouTube, Instagram, and WhatsApp.

Step-6: You will automatically be directed on the Event page for downloading of the certificate with a pink tab.



NOTE: Certificate can only be downloaded by the end of the event date selected by the user.



JKDivisionalNod...

Dt Off Ashu, Dt. off. Gau...



Fit India State NO Sunita Fotedar

Ministry of Education – Google Drive

drive.google.com

Dear Nodal Officers,
Greetings,

I hope you are doing well, Please find the above sent D.O. letter dated 03.11.2021 regarding organizing 3rd FIT India School Week, along with enclosures. The link for indicative creatives that may be used while promoting the FIT India School Week is as follows:

https://drive.google.com/folderview?id=1ZD47THLFWf2pY_60UJ_mbLEd4XoG-ZoO

2. The weekly Action Taken Report (ATR) of the above activities may be sent by Divisional Nodal Officers to Directorate of Samagra Shiksha (District Nodal Officers may submit the same to Divisional Nodal Officers) on every Saturday evening in a separate format which will be shared with you shortly so that compiled UT level Action Taken Report is forwarded to Ministry accordingly.

Regards

8:48 pm