

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

**The Chief Education Officers (All),  
Jammu Division.**

No: DSEJ/Fit India/2024/ 28794 - 826

Dated: 16 - 12 - 2024

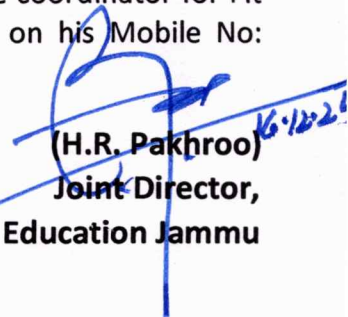
**Sub: 6th Edition of Fit India School Week under Fit India Movement-reg.  
Sir/Madam,**

Apropos of the above cited subject, find enclosed here with a communication along with enclosures of the Ministries of School Education & Literacy and Youth Affairs & Sports GOI received from the Administrative Department of School Education, J&K vide No: Edu-GEN/678/2024-01 (7598582), dated:05-12-2024, wherein the Ministry has decided for a flagship program of 6th Edition of Fit India School Week-2024 from 15th November to 31st December 2024 in all Schools choosing a week during the time period at their convenience by organizing series of scheduled activities for 4-6 days to create awareness about India's rich sporting & fitness spirit among School students to showcase their knowledge, talent about fitness & sports before entire nation.

In this context, all the Chief Education Officers of Jammu division are directed to issue immediate necessary instructions to all the heads of Govt. & Pvt. Schools of Jammu division including CBSE, CISE, KVs and JNVs for maximum participation of good number of students/teachers/staff for this Fit India School Week 2024 programme including annual sports day of schools (offline in summer zone & online in winter zone) involving stakeholders like NCC, PETs/PEMs/PELs, yoga instructors, scouts/guides, members from panchyats/local bodies and celebrate this event in a grand manner.

The Chief Education Officers shall direct to District Nodal Officers (Fit India) to facilitate School Nodal Officers/participating students, ask them to register their event and upload the details of participants/activities performed on the Fit India Portal (<https://fitindia.gov.in>). DNOs are also directed to furnish weekly status report in attached Excel Format from respective districts for the action taken in the matter and send to this directorate's Fit India Cell on Email Id at [fitindia.dsej@jk.gov.in](mailto:fitindia.dsej@jk.gov.in) on every Saturday along with good quality high resolution photographs. The SOPs and a list of suggestive activities incorporating the celebrations for this Fit India School Week 6.0 are also enclosed herewith.

Mr. Govind Sharma, Divisional Nodal Officer, Fit India Movement will be the coordinator for Fit India School Week-2024 from this Directorate and he may be contacted on his Mobile No: 9419280527 & Email Id at [fitindia.dsej@jk.gov.in](mailto:fitindia.dsej@jk.gov.in)

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

Encl's = 08 (Eight) lvs

**Copy to the:**

1. Principal Secretary to Govt. School Education Department J&K, for kind information.
2. Mission Director, Fit India Movement, Youth Affairs & Sports GOI, New Delhi for kind information.
3. Deputy Commissioners (All) Jammu Division for information.
4. Dy. Commissioner Kendriya Vidyalaya Sangathan J&K for inf. & request for similar necessary action.
5. Regional Officer J&K, CBSE Regional Office Chandigarh for inf. & request for similar necessary action.
6. Director Youth Services & Sports J&K for information and request for similar necessary action.
7. Administrators CISEs /JNVs J&K for information and similar necessary action.
8. Joint Directors (All) School Education Jammu Division for information and necessary action.
9. Mr. Govind Sharma, Divisional Nodal Officer (Fit India), DSEJ for information and with the directions to Coordinate this Fit India School Week -2024 event till its completion.
10. PA to SPD Samagra Shiksha J&K for information of SPD/JKUT Nodal Officer of Fit India.
11. I/C Computer Section for uploading on official website of DSEJ.



Government of Jammu and Kashmir  
**School Education Department**  
Civil Secretariat, J&K

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The Director,  
School Education,  
Jammu.

No. Edu-GEN/678/2024-01 (7598582)

Dated: 05 .12.2024

Subject: 6<sup>th</sup> edition of Fit India School Week-reg.

Sir,

I am directed to refer the subject and to forward herewith the copy of communication No. 15-1/2024-IS-4 Dated 14<sup>th</sup> November, 2024 received from Sudha Meena, Deputy Secretary to the Government of India, Ministry of Education (Department of School Education & Literacy) alongwith D.O communication No. 17-08001/6/2024-17 dated 05.11.2024 with the request to take further necessary action in the matter.

Yours faithfully,

  
(Kuldeep Raj)

Under Secretary to the Government  
School Education Department

**F. No.15-1/2024-IS.4**  
**Government of India**  
**Ministry of Education**  
**(Department of School Education & Literacy)**

Shastri Bhawan, New Delhi  
Date: 14.11.2024

To,

The Additional Chief Secretary/Principal Secretary/Secretary (School Education),  
of all States / UTs

**Subject :- 6<sup>th</sup> edition of Fit India School Week-reg**

Sir/Madam,

I am directed to refer to the Department of Sports' D.O. letter No. 17-08001/6/2024-17 dated 05.11.2024 (copy enclosed) regarding the celebration of 6<sup>th</sup> edition of FIT India Week.

2. Department of Sports (DoS) has informed that the Fit India Week is scheduled from 15<sup>th</sup> November to 31<sup>st</sup> December, 2024. Educational institutions can choose a week, during the time period, at their convenience and organize various sports and fitness activities for 4 to 6 days, to reaffirm the importance of fitness in one's daily life. Further, the Annual Sports Day of schools may be celebrated on any day falling during the event. Details of the talented athletes identified by the school during the event can be shared on a dedicated link, which will be shared by DoS. The DoS has also shared a list of suggestive activities for the event (copy enclosed).

3. To make this event a grand success, you are requested to issue suitable instructions to all the schools under your purview to encourage them for participating and celebrating the FIT India Week. For any further details, FIT India portal may be visited (<https://fitindia.gov.in>)

**Encl: As above**

Yours sincerely,



**(Sudha Meena)**

Deputy Secretary to the Govt. of India  
Tel.011- 23384325  
Email: [sudha.meena@nic.in](mailto:sudha.meena@nic.in)

**Copy for similar action to:**

1. The Chairperson, Central Board of Secondary Education (CBSE)
2. The Commissioner, Kendriya Vidyalaya Sangathan (KVS)
3. The Commissioner, Navodaya Vidyalaya Samiti (NVS)
4. The Director, National Council of Education Research and Training (NCERT)
5. The Chairperson, National Council for Teacher Education (NCTE)
6. The Chairperson, National Institute of Open Schooling (NIOS)
7. The Director, National Bal Bhavan (NBB)

**Copy for information to:**

1. PPS to Secretary, DoSEL
2. PPS to Secretary, Department of Sports
3. PPS to Additional Secretary (SS-II)
4. PPS to Joint Secretary (Instt.)

सुजाता चतुर्वेदी, मा.प्र.से  
सचिव  
Sujata Chaturvedi, IAS  
Secretary



भारत सरकार  
खेल विभाग  
युवा कार्यक्रम और खेल मंत्रालय  
Government of India  
Department of Sports  
Ministry of Youth Affairs & Sports  
Date: 05.11.2024

D.O.No.17-08001/6/2024-17

*Dear Sanjay,*

At the outset, let me express the gratitude of the Fit India Mission to the Department of School Education and Literacy, for its support in making the previous five editions of the Fit India School Week a success. The past editions have witnessed a cumulative participation of over 18 Lakh schools.

2. As we embark on the 6th edition of the Fit India Week, our goal is to make this year's event bigger and more inclusive than ever. Building on the enthusiasm of schools, colleges, and universities, it shall be our endeavour to make fitness a part of daily life style and spread the message of fitness among various segments of the population. This year, the Fit India Week is scheduled to be celebrated from **15th November to 31st December 2024**. During this period, schools and colleges are encouraged to conduct a range of fitness activities over 4 to 6 days of the chosen week.

3. In this regard, it is requested to kindly issue necessary directions to CBSE, CISCE, KVS, JNV, States/UTs and State Education Boards to encourage all schools and colleges to register for the Fit India Week and celebrate it in a grand manner. The details of the Fit India Week would be available from first week of November, 2024 on the Fit India portal [<https://fitindia.gov.in>].

4. It is also suggested that the Annual Sports Day of schools be celebrated on any day falling the Fit India Week, to promote a culture of sports. Schools may also be directed to provide the fitness reports of the students to their parents during this campaign. Details of the talented athletes identified by the schools and colleges during their Annual Sports Day can be shared on a dedicated link, details of which would be available on the Fit India portal. Further students and teachers can be encouraged to use bicycle for commuting with due focus on road safety.

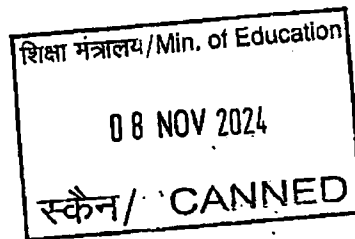
5. A list of suggestive activities for the Fit India Week, 2024 incorporating the celebrations of the Annual Sports Day are enlisted in the SOP enclosed herewith.

6. I look forward to your continued support to make the Fit India Week a big success.

*Best wishes,*

7/11/2024

Shri Sanjay Kumar  
Secretary  
Dept of School Education and Literacy  
Ministry of Education  
124-C, Shastri Bhawan, New Delhi.



Yours sincerely,  
*[Signature]*  
31/11/24  
(Sujata Chaturvedi)

## SOP for Fit India Week 6.0

1. Fit India Week 2024 aims to propagate fitness awareness among students, parents, teachers, and educational institutions across India by engaging in various activities promoting an active and healthy lifestyle. This initiative, beginning in 2019, has evolved to reach millions and continues to focus on expanding the fitness movement to more schools, colleges, and higher education institutions. In the subsequent five editions, the Fit India Week has been observed by 18.5 Lakhs schools
2. In this edition of Fit India Week is to be observed from **15th November to 31st December 2024**, in schools, colleges, and universities in pursuit of spreading the message of fitness to various segments of the population. Schools, colleges, universities, and higher education institutions can select any one week within this duration to celebrate Fit India Week observing the activities enumerated below:

Day	Indicative List of activities for Fit India Week 2024 for Schools/ Colleges and Universities
1.	Annual Sports Day, Popular Sports & Fun Games
2.	Importance of fitness- Debate, Quiz, Essay Writing, poster making competition
3.	Indigenous Games
4.	Fitness Assessment through Mobile App
5.	Yoga & Meditation
6.	Fitness Pledge- by teachers, students and their parents & Fit India Parents Teachers Meet
7.	Idea generation contests & Entrepreneurship Building in HEI & Colleges
<b>Schools /Colleges/ HEI and Universities to encourage students to commute by bicycle during the week with adequate focus on road safety</b>	

3. Schools / Colleges/ HEI and Universities to appoint a Nodal officer for coordination with Fit India Mission and forward the details (Name, designation, mobile number and email ID) at [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in)
4. Invite eminent Athletes/Public representatives/Celebrities/ Athletes/ Iconic Personalities/ Social Media Influencers, etc to join Fit-India Week celebration.
5. **Pre-event promotion:** Ensure pre-event promotion of the event to be organized by respective Schools / Colleges/ HEI and Universities from **15th November 2024** onwards followed by post event promotion and engagement.

6. Schools / Colleges/ HEI and Universities to release a press note by 15<sup>th</sup> November 2024 informing about the event and schedule of activities.

7. Schools / Colleges/ HEI and Universities to conduct various activities in any one week during the Fit India Week 2024 celebration till to 31<sup>st</sup> December 2024.

8. The organizers to use standardized backdrops and banners for their event. The creatives can be downloaded from the link: [https://drive.google.com/drive/folders/178z4Gz-t2HaWOLuyRDbJZnCwOIHcHeE8?usp=drive\\_link](https://drive.google.com/drive/folders/178z4Gz-t2HaWOLuyRDbJZnCwOIHcHeE8?usp=drive_link)

9. Schools / Colleges/ HEI and Universities to register their event on Fit India portal (<https://fitindia.gov.in/>) and upload details of participants and activities performed daily to have live dashboard on Fit India portal as shown below:

E.g., The organization conducted following Fit India Week 6.0 events:

1. Event/s on 15-11-2024 with 50 participants

2. Event/s on 04-12-2024 with 100 participants

The data for the event/s would be filled by the organization on Fit India Portal in the following manner for each day:

S.No.	Date (DDMMYYYY)	No. of Participants	Total No. of Events/ Activities	Add Participants
1	15-11-2024	50	250	
2	04-12-2024	100	300	
Grand Total		150	550	
For downloading certificates for Schools / Colleges/ HEI and Universities				

10. Promote Fit India Week 2024 on their social media channels with #FIW2024 and #FitCollegeFitIndia #FitSchool through creatives, videos, write-ups, pictures of the events. (Social media team member name and number) is point of contact for any coordination regarding social media from Fit India Mission.

11. Adequate publicity for the program through Social media, TV/Newspaper, etc throughout the Event.

12. Participants shall be encouraged to take the Fit India Pledge-

**Fit India Pledge**

I take the pledge:

- TO LEAD AN ACTIVE AND A HEALTHY LIFESTYLE
- TO TAKEOUT 30 MINUTES EVERYDAY FOR MY FITNESS AND HEALTH
- TO ENCOURAGE MY FAMILY MEMEBERS AND NEIGHBOURS TO STAY FIT AND HEALTHY
- TO TAKE THE FITNESS ASSESSMENT TEST ON THE FIT INDIA MOBILE APPLICATION QUARTERLY

मै प्रतिज्ञा करि/करती हूँ:

- एक सतिय और स्वस्थ जीवन शैली जीऊँ गा/जीऊँगी
- अपने तितनेस और स्वास्थ्यके तल एहरतिन 30 तमनटका समयतनकाल,ूँगा/तनकाल,ूँगी
- अपने परिवारके सिंस्य औं रपडयतसययकूँ यतित और स्वस्थ रहनेके तल एप्रयत्सातहिकरूँ गा /करूँगी
- तितडूँतियामयबाइलएप्लिके शनपत्रैमातसकतितनेसम्, लूँकनपरीक्षणल,ूँगा/ल,ूँगी

Download Fit India Mobile App to track your miles for the Fit India Week 2024 on the following link:

- Android: <https://play.google.com/store/apps/details?id=com.sai.fitIndia>
- IOS: <https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890>
- FIMA





Department of School Education & Literacy, Ministry of Education

DIRECTORATE OF SCHOOL EDUCATION JAMMU, MUTHI CAMP JAMMU-181205  
Weekly Action Taken report on 6th Edition of Fit India School Week- 2024  
(15th November 2024 to 31st December 2024)

	No. of Schools participated in activities during the FIRST WEEK	No. of Students participated in activities during the FIRST WEEK	No. of Schools participated in activities during the 2ND WEEK	No. of Students participated in activities during the 2ND WEEK	No. of Schools participated in activities during the 3RD WEEK	No. of Students participated in activities during the 3RD WEEK	No. of Schools participated in activities during the 4th WEEK	No. of Students participated in activities during the 4th WEEK
	3	4	5	6	7	8	9	10

District: :

Date: / /2024

Place:

Name & Signature of

DNO Fit India

Signature of

Chief Education Officer