



राष्ट्रीय मुक्त विद्यालयी शिक्षा संस्थान
NATIONAL INSTITUTE OF OPEN SCHOOLING

आईएसओ 9001 : 2008 प्रमाणित/ISO 9001 : 2008 Certified

(स्कूल शिक्षा और साक्षरता विभाग, मा.सं.वि.मं., भारत सरकार के अंतर्गत एक स्वायत्त संस्था)
(An Autonomous Institution Under Deptt. of School Education and Literacy, M.H.R.D., Govt. of India)

F-21-93/2019/NIOS/SSS/ADM

Dated : 16.03.2021

All Regional Directors
Regional Centres of NIOS

Subject: Month-wise calendar of activities for Fit India Movement - reg.

Sir/Madam,

I am to enclose herewith letter No. F.17-1/2021 -UT-1 dated 05.03.2021 from Sh. Manoj Kumar, Under Secretary to the Govt. of India, Ministry of Education, Deptt. of School Education & Literacy regarding the above cited subject. Accordingly, you are requested to follow the direction of Ministry of Education and inform the study centres of NIOS, under your jurisdiction for further necessary action.

Action taken report in this regard may kindly be submitted to this office after completion of this activity.

Treat this as most urgent.

Yours faithfully,

(S. Vijaya Kumar)
Director (Students Support Services)

राष्ट्रीय मुक्त विद्यालयी शिक्षा संस्थान
National Institute of Open Schooling

टिप्पणी एवं आदेश/ Notes & Orders

F-44-1/2021/NIOS/ Admn.

Dated : 10.03.2021

RECRUITMENT SECTION

Subject : Month-Wise Calendar of activities for FIT India Movement- reg.

Placed below is the email dated 22.02.2021 received from Sh. Hemant D. Sorte, Section Officer (IS.4), vide which they have forwarded the letter of Sh. Rajesh Kumar Maurya, US, Govt. of India, MoE, Dept. of SE&L on the subject mentioned above.


You are requested to kindly take action, if any, at your end so that the same may be communicated to the Ministry of Education.


(S.K. Tanwar)

Joint Director (Admn.)

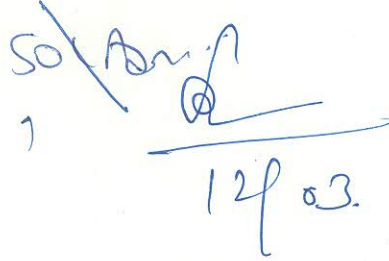
Director (SSS)

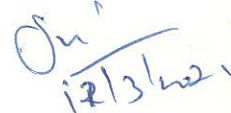



11/3

भावना ध्यानी/Bhawna Dhyani
संयुक्त निदेशक (वि.स.सं.)/Jt. Director (SSS)




12/03


12/3/21

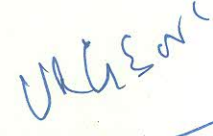
No. Caxm

DDSSS/291
12/3/21

वि.स.सं. विभाग/SSS Deptt. (Admission Unit)
एन.आई.ओ.एस./NIOS
डायरी सं./Diary No. 912
आवक सं./Inward No.
जावक सं./Outward No. 12/03/2021


10.03.2021

संयुक्त निदेशक (वि.स.सं.)/Joint Director (SSS)
एन.आई.ओ.एस./NIOS
डायरी सं./Diary No. 5346
आवक सं./Inward No. 11-03-2021
जावक सं./Outward No. 11-03-2021



Joint Director (Admin)
ओ.एस./NIOS
No. 613
Date. 10/3/21
Inward Date. 11/3/21



Subject **FI. No. 12-1/2020-IS.4 letter regarding the Month Wise Calendar of activities for FIT India Movement.**

From IS 4 Section <ssaee17@gmail.com>

To <ecedn.and@nic.in>, <secedn@nic.in>, Andhra Pradesh <secy.se.edn@gmail.com>, Secretary (Education) Telangana <prlsecedu@telangana.gov.in>, <secretaryeducationap@gmail.com>, <secy-edn-bih@nic.in>, VK Singh <fsutchd@gmail.com>, <secretaryeducationut@gmail.com>, <secyedu@nic.in>, D & N Haveli <sect.pa@gmail.com> 93 more...

Cc <chmn-cbse@nic.in>, <commissioner.nvs@gov.in>, <kvs.commissioner@gmail.com>, <directorctsadelhi@gmail.com>, <cm@nios.ac.in>, <alltsg@googlegroups.com>

Date 22.02.2021 11:01 am

- Month wise activity calendar.pdf (~172 KB)
- letter month wise.pdf (~1.0 MB)

Sir/ Madam,

Please find attached herewith the letter along with the enclosure regarding the Month Wise Calendar of activities for the FIT India Movement.

regards,

(Hemant D. Sorte)
Section Officer (IS.4)
Department of SE & L,
Ministry of Education,
Government of India
Shastri Bhawan, New Delhi

प्रो. सरोज शर्मा/Prof. SAROJ SHARMA
अध्यक्ष/Chairperson

317

निदेशक (वि.स.से.) / Director (SSS)
एन.आई.ओ.एस. / NIOS
डायरी सं./Diary No. 668
आवक सं./Inward No. 03/03/21
जावक सं./Outward No. 03/03/21

अध्यक्ष कार्यालय/Chairperson Office
एन.आई.ओ.एस. / NIOS
डायरी नं./Diary No. 2856
आवक सं./Inward No. 22-02-21
जावक सं./Outward No. 02-03-21

DD (Admin) PG.

Ms. Vatsals

Plur
4/3/2021

F. No. 12-1/2019-IS-4 (pt.II)
Government of India
Ministry of Human Resource Development
Department of School Education & Literacy
(IS.4 Section)

Shastri Bhawan, New Delhi

Dated: 13.02.2020

To,

The Secretary, School Education,
All States and UTs

Sub: Month-wise calendar of activities for Fit India Movement - reg.

Sir/Madam,

As you may be aware, Hon'ble Prime Minister has launched the "Fit India Movement" on 29th August, 2019 with a view to make physical fitness a way of life. The Movement aims at behavioral changes- from sedentary lifestyle to physically active way of day-to-day living.

2. To make the movement a success in Schools, a month -wise calendar of activities for Fit India Movement to be followed in Schools is enclosed for necessary action at your end.

Yours Sincerely,

(Rajesh Kumar Maurya)

Under Secretary to the Government of India

Tel. 01123384501

Email-rajmaurya.edu@nic.in

ssaee17@gmail.com

Copy to: The State Project Director, Samagra Shiksha, All States and UTs.

Month Wise calendar of activities for Fit India Movement in Schools:

Sr. No.	Month	Theme based Activities
1.	February	Magical Monday: 1. Organization of indigenous/traditional sports, 2. Students Profile (Name, Age, Weight, Height, Sleeping Hours, Breakfast/ Lunch/ Dinner Timing, Favorite Dishes etc.)
2.	March	Mental Fitness Week: 1. Words picture making 2. Puzzle solving (Sudoku, Crosswords & Word jumbles) 3. Meditation/ Mindfulness activities (5 Minutes Sleep)
3.	April	Fitness Awareness Week: 1. Mass PT (including all the Staff of School) 2. Ringing of Fit India Bell (10 minutes Stretching & Simple exercise) 3. Awareness Generation Rally on themes "We Fit - India Fit"
4.	May	Funny Tuesday: 1. Free Hand exercise, Dance and "Follow the Leader" activity. 2. Fit India- Parents Teachers Meeting
5.	June	Fit India Literary Week: 1. Quiz Competition on Hygienic and Unhygienic foods and nutrition. 2. Essay, Quotes, slogan writing on themes "Fit India Movement" 3. Celebration of "Yoga Day" (Age appropriate Yoga Activities)
6.	July	Fit India Talk: 1. Physical Education Teacher or any eminent person from the related field will talk on- or may use any creative method to aware the students/fellow teachers/Staffs/parents on "Health in Human Life"

7.	August	Winner's Wednesday: 1. Staff vs. Students interclass traditional games.
8.	September	Thursday Shiny Morning: 1. Indoor & Outdoor Games and 2. Age appropriate Yoga activities.
9.	October	Fit Friday: 1. Fit India Cycling, 2. Plogging-Run , 3. Hula Hopping and 4. Meditation/ Mindfulness (5 Minutes Sleep) in the Schools/Community.
10.	November	Sportier Saturday: 1. Inter and Intra Schools competitions on regional and national games of the country.
11.	December	Fit India Awards Week: 1. Fit Star Kids: recognition of the fit star kids from the school on the basis of his/her performance throughout the year. 2. Fit Teacher Award: recognition of Fit Teacher Award from the school on the basis of active participation in the movement.

F. No. 12-1/2020-IS-4
Government of India
Ministry of Education
Department of School Education & Literacy

Shastri Bhawan
New Delhi-110001
22/02/2021

To

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

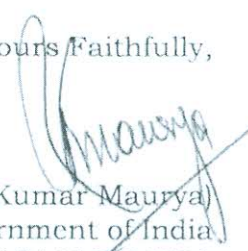
Subject: Month wise calendar of activities for FIT India Movement - reg

Please refer to this department letter No. F. 12-1/2019-IS.4 pt II dated 13th February 2020 regarding Month-wise calendar of activities for Fit India Movement.

2. As you must be aware that FIT India Movement aims at behavioral changes- from sedentary lifestyle to physically active way of day to day living. To make the movement successful, a month wise calendar of suggestive activities is enclosed. States / UTs may adopt / or adapt it according to their requirements or they may also make their own action plan and share the same with this department.

3. Further, States/UTs are advised to follow all the COVID-19 related protocols/SOPs and Guidelines issued from Government of India while conducting the activities.

Yours Faithfully,


(Rajesh Kumar Maurya)
Under Secretary to the Government of India
Tel.01123384501

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. All Consultants (TSG), EdCIL

**Month Wise calendar of Suggestive activities for Fit India
Movement in Schools:**

Sr. No.	Month	Theme based Activities
1.	February	Magical Monday: 1. Organization of indigenous/traditional sports, 2. Students Profile (Name, Age, Weight, Height, Sleeping Hours, Breakfast/ Lunch/ Dinner Timing, Favorite Dishes etc.)
2.	March	Mental Fitness Week: 1. Words picture making 2. Puzzle solving (Sudoku, Crosswords & Word jumbles) 3. Meditation/ Mindfulness activities (5 Minutes Sleep)
3.	April	Fitness Awareness Week: 1. Mass PT (including all the Staff of School) 2. Ringing of Fit India Bell (10 minutes Stretching & Simple exercise) 3. Awareness Generation Rally on themes "We Fit – India Fit"
4.	May	Funny Tuesday: 1. Free Hand exercise, Dance and "Follow the Leader" activity. 2. Fit India- Parents Teachers Meeting
5.	June	Fit India Literary Week: 1. Quiz Competition on Hygienic and Unhygienic foods and nutrition. 2. Essay, Quotes, slogan writing on themes "Fit India Movement" 3. Celebration of "Yoga Day" (Age appropriate Yoga Activities)
6.	July	Fit India Talk: 1. Physical Education Teacher or any eminent person from the related field will talk on- or may use any creative method to aware the students/fellow teachers/Staffs/parents on "Health in Human Life"
7.	August	Winner's Wednesday: 1. Staff vs. Students interclass traditional games.

8.	September	Thursday Shiny Morning: 1. Indoor & Outdoor Games and 2. Age appropriate Yoga activities.
9.	October	Fit Friday: 1. Fit India Cycling, 2. Plogging-Run , 3. Hula Hopping and 4. Meditation/ Mindfulness (5 Minutes Sleep) in the Schools/Community.
10.	November	Sportier Saturday: 1. Inter and Intra Schools competitions on regional and national games of the country.
11.	December	Fit India Awards Week: 1. Fit Star Kids: recognition of the fit star kids from the school on the basis of his/her performance throughout the year. 2. Fit Teacher Award: recognition of Fit Teacher Award from the school on the basis of active participation in the movement.