

मुख्य जिला शिक्षा अधिकारी एवं
पदेन जिला परियोजना समन्वयक,
समग्र शिक्षा, समस्त जिले।

अति० जिला परियोजना समन्वयक,
समग्र शिक्षा,
समस्त जिले।

विषय - फिट इण्डिया मूवमेन्ट के तहत शिक्षकों को दिये जाने वाले ऑन लाईन प्रशिक्षण के लिये पंजीकरण करवाने के क्रम में।

सन्दर्भ - शिक्षा मंत्रालय, भारत सरकार का अ०शा० पत्र क्रमांक 12-1/2020-IS.4 (E) दिनांक 03 नवम्बर, 2020

उपर्युक्त विषयान्तर्गत लेख है कि गत सत्र से फिट इण्डिया मूवमेन्ट के तहत विद्यालयों में पीटीआई / प्रभारी शारीरिक शिक्षकों द्वारा निर्देशानुसार विभिन्न खेल गतिविधियों का आयोजन करवाया जा रहा है। सन्दर्भित पत्र के साथ संलग्न यूवा एवं खेल मंत्रालय, नई दिल्ली के संलग्न पत्रानुसार फिट इण्डिया मूवमेन्ट के तहत निकट भविष्य में विद्यालयों के पीटीआई / प्रभारी शारीरिक शिक्षकों को ऑन लाईन प्रशिक्षण दिया जायेगा।

अतः सन्दर्भित पत्र की पालना में आपको निर्देशित किया जाता है कि विद्यालयों के पीटीआई / प्रभारी शारीरिक शिक्षकों को ऑन लाईन प्रशिक्षण प्राप्त करवाने हेतु "Khelo India Fitness App" पर पंजीयन करवाना सुनिश्चित करवाते हुये संलग्न पत्रानुसार कार्यवाही करवाया जाना सुनिश्चित करें ताकि शिक्षा मंत्रालय एवं खेल मंत्रालय, भारत सरकार द्वारा तदनु रूप कार्यवाही की जा सके।

संलग्न - उपरोक्तानुसार।

www.rajteachers.com

(डॉ० भंवर लाल)

आयुक्त एवं राज्य परियोजना निदेशक

क्रमांक : रास्कूलशिप/जय/वैशि/2020-21/ 16502

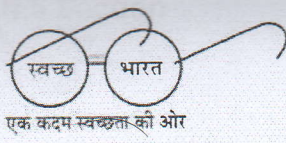
दिनांक :- 6/11/2020

प्रतिलिपि निम्न को सूचनार्थ एवं आवश्यक कार्यवाही हेतु -

1. निजी सचिव, आयुक्त एवं राज्य परियोजना निदेशक, राजस्थान स्कूल शिक्षा परिषद, जयपुर।
2. निजी सचिव, निदेशक, माध्यमिक एवं प्रारम्भिक शिक्षा राज०, बीकानेर।
3. निजी सहायक, अतिरिक्त राज्य परियोजना निदेशक (II), राजस्थान स्कूल शिक्षा परिषद, जयपुर।
4. रक्षित प्रति।

6/11/2020
मुरारी लाल शर्मा
RAS

उपायुक्त, वैशि/औशि०



सूचना का
अधिकार

भारत सरकार
मानव संसाधन विकास मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
शास्त्री भवन
नई दिल्ली - 110 115

GOVERNMENT OF INDIA
MINISTRY OF HUMAN RESOURCE DEVELOPMENT
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
SHASTRI BHAVAN
NEW DELHI-110 115

Santosh Kumar Yadav
Joint Secretary
Tel :- 011-23383226
E-mail : yadavsk.up@nic.in

Dated : 3rd November, 2020

D.O:- 12-1/2020-IS.4 (E)

I hope you are ensuring all the Guidelines and Advisories issued by several Central Ministries in your office and organization under your jurisdiction. Please refer to this Department of Sport's OM No. K-15017/8/2019-FIC dated 16.10.2020 (copy enclosed) enclosing Minutes of the 3rd meeting of Fit India Advisory Committee, wherein it is informed that one online training programme for teachers has been conducted by the Department of Sports and 2nd online training programme for 6000 teachers is under process. In this regard, Department of Sports requested to this department for enrollment of teachers for the said training programme. The teachers may enroll to themselves through "Khelo India Fitness App".

2. I therefore, request you to encourage the teachers under your purview to enroll in the said training programme under Fit India towards fulfillment of the success of the Fit India mission.

Encl: As above

Yours Sincerely

www.rajteachers.com

Sd/-
(Santosh Kumar Yadav)

To,
The Education Secretaries
All States/UTs

Copy for similar action:

1. Chairperson, CBSE
2. Commissioner, KVS
3. Commissioner, NVS
4. Director, NCERT
5. Director, CTSA
6. Director, NBB

Copy for information:

Secretary, Department of Sports, MoYA&S



F.No.K-15017/8/2019-FIC
 Government of India
 Ministry of Youth Affairs & Sports
 Department of Sports
 Mission Directorate Sports Development


Hall No.109
 JLN Stadium, New Delhi
 Dated the 16th October, 2020

OFFICE MEMORANDUM

Subject: Minutes of the 3rd Meeting of Advisory Committee on FIT INDIA Movement - Reg.

The undersigned is directed to refer to the above cited subject and to enclose the Minutes of the 3rd Meeting of Advisory Committee on FIT INDIA Movement held on 01st September, 2020 at 3 pm under the Chairmanship of Hon'ble MOS (I/C), MYAS through video conference platform.

2. The list of participants of the meeting is given at **Annexure A**.



(O.P. Chanchal)
 Under Secretary to the Govt. of India
 Ph.011-24361823
 Email: chanchal.op@gov.in

Encl: As above

To
 The members as per the List

Copy to:

- i. PS to MoS(IC), MYA&S
- ii. Sr. PPS to Secretary (Sports)
- iii. PS to JS (Dev.)
- iv. PS to DG, SAI
- v. PS to Mission Director, Fit India Mission Office, SAI

F.No.K-15017/8/2019-FIC
 Government of India
 Ministry of Youth Affairs & Sports
 Department of Sports
 Mission Directorate Sports Development

Subject: Minutes of 3rd meeting of FIT INDIA Advisory Committee – Reg.

The 3rd meeting of the advisory committee on FIT INDIA movement was held on 1st September, 2020 at 3 pm under the Chairmanship of Hon'ble MOS (I/C), MYAS on video conference platform. The list of the participants of the meeting is given at **Annexure A**.

2. **Secretary (Sports, MYA&S)** welcomed all the committee members and dignitaries present in the meeting. He emphasized about the need of taking the FIT INDIA movement forward which was launched by Hon'ble Prime minister last year.
3. **Mission Director (FIT INDIA)** apprised the participants of various initiatives/events of FIT INDIA which took place in the last one year and thanked all the members and stakeholders for taking this movement forward.
4. **The committee carried out detailed deliberations and the gist of the discussions/suggestions are given below:**

4.1 Department of Youth affairs, Ministry of Youth Affairs and Sports (Ms. Usha Sharma, Secretary)

- i. Department of Youth Affairs has always actively participated in FIT INDIA campaigns through various organization such as NYKS, NSS, NCC, Scout guide etc.
- ii. She pointed out that Yoga and Pranayam along with meditation is effective in difficult times for generating good mental health and emphasized that all the stakeholders need to put effort for the propagation of this movement.

4.2 Ministry of Information and Broadcasting (Sh. A.K. Tiwari, Additional Secretary)

- i. Ministry of I&B supported FIT INDIA campaign by live broadcasting of programmes on Doordarshan and also promoted FIT INDIA movement through the programme "Y factor" which is an exclusive programme for the youth of the Nation. Further, Doordarshan publicized the movement, through the programme "FIT INDIA HIT INDIA", endorsement by celebrity athletes, coverage in national as well as regional NEWS bulletins/programmes etc.

4.3 Ministry of Education, Department of School Education & Literacy (Sh. Santosh K. Yadav, Joint Secretary)

- i. The Department is supporting the movement through encouraging registration of schools for the FIT INDIA school rating system with an aim to cover all schools across the country under FIT INDIA school rating. Constitution of FIT INDIA teacher's award is also under consideration in the Department.
- ii. Since all the schools in the country do not have PE teachers, online fitness module may be developed which will be helpful for teachers with nonphysical education background.

Suggestion of Secretary (Sports): One online training Programme for teachers has been already conducted by the Department of Sports and 2nd online training programme for 6000 teachers is under progress. He requested the Department of School Education and Literacy to get the teachers enrolled for forthcoming training programmes.

4.4 Ministry of Health and Family Welfare (Sh. Vikas Sheel, Joint Secretary)

- i. Ministry is promoting FIT INDIA through its Flagship scheme of Ayushman Bharat in which wellness component of Health and wellness centers with the activities like Yoga, Shirodhara, Zoomba, Robex are encouraging healthy lifestyle and promotive health care. Ayushman Bharat app tracks these activities/sessions with geotagging feature. Further, Calendar of activities in which 39 occasions throughout the year have been identified on which Health and Wellness Centres will be organizing these activities with local body representative, women SHG and people.
- ii. EAT right movement "Sahi Bhojan Behtar Jivan" has been envisaged Under which Eat right kits at every HWC are being distributed and for

that purpose, National level Training of Trainers is done and State level is going on.

- iii. Ministry is planning to organize Healthy and Fit health workers/FIT Doctors concept which will be promoting FIT INDIA movement.

4.5 Ministry of AYUSH (Sh. P.N. Ranjeet Kumar, Joint Secretary)

- i. In the times of pandemic, the Ministry has carried out the biggest fitness Programme of International Day of YOGA. Further, Ministry is promoting Home yoga and Yogasana as a sport. AYUSH Ministry has launched "AYUSH FOR IMMUNITY" on 14th august for disease prevention and healthy life.

4.6 Additional Director General of Military Training (Maj. Gen. Rajeev Thapar)

- i. Institutes of sports and adventure, schools and colleges of Army are the key entities where all the activities regarding FIT INDIA are promoted. Army is encouraging families and children of Defence personnel to take part in the activities of FIT INDIA.

Suggestion of Secretary (Sports) : He requested Indian Army to get registered for FIT INDIA Freedom Run so that all these activities get reflected on FIT INDIA portal.

4.7 Department of Higher Education, Ministry of Education (Sh. Madan Mohan, ADG).

- i. Department of Higher Education has formed campaign committee under Joint Secretary which is responsible for implementation of FIT INDIA action plan in which a fitness hour and activities to be done during that hour are carried out across all Higher education institutions. All the institutions under the department have been directed to promote a healthy diet. The process of development of a portal for feedback of FIT INDIA campaign from institutions and organizations is underway.
- ii. The Department has devised the incentives mechanism for institutes in form of grading based on FIT INDIA activity, where 5% weightage is given in overall ranking of institution for Fitness activity.

4.8 Indian Olympic Association (Sh. Narender Batra, President)

- i. He recommended to make Fitness part of curriculum, further suggested for deploying in-charge for State/UT for monitoring the progress of

FIT INDIA movement. The activities of Sports Federations at State and district level can be reported through the State level in-charge.

4.9 Athletics Federation of India (Sh. Adille Sumariwalla, President)

- i. AFI runs largest grassroots athletics Programme through which it is promoting FIT INDIA.

4.10 Boxing Federation of India (Sh. Ajay Singh, President)

- i. BFI recommended to utilize the wealth of expertise available with Federations in terms of coaches, sports scientists and others and also recommended cycling at various heritage sites for furtherance of FIT INDIA movement.

4.11 Mallakhamb Federation of India (Sh. Ramesh Indoliya, President)

- i. MFI endorses FIT INDIA logo in their promotions. On international day of Mallakhamb MFI has promoted that how FIT INDIA can contribute for healthy and fit life.
- ii. MFI has brought the concept of "FIT INDIA Mallakhamb Chaouraha" in Ujjain and made calendar of every 2nd and 4th Sunday of month to organize FIT INDIA Mallakhamb event in every district office.

4.12 Sh. Sanjay Gupta (Head-Google India, FICCI-Media and Entertainment Committee Member)

- i. He congratulated on FIT INDIA Freedom Run campaign reaching out to more than 20 crore and appreciated the efforts to promote FIT INDIA movement.

4.13 Sh. Jalaj Dani (Director, Reliance Foundation)

- i. Reliance Foundation is a part of FIT INDIA mission and committed for providing any support. He highlighted that if government and private sector develop consensus on uniform GST regime and integrated supply chain technology for sports equipment and toys, it will help sports and fitness as well as to fulfill Hon'ble Prime Minister's vision of Atmanirbhar Bharat.
- ii. He put forwarded the suggestion that CSR contribution can be utilized for grass root events on the lines of support to Olympic event and requested to make fitness a part of CSR.
- iii. He highlighted that Apps are alongwith vernacular language would be useful tools take this movement forward.

4.14 Sh. Anupam Goswami (Chairman, CII sports committee)

- i. CII is a lead partner for FIT INDIA through various events and desires to build up the similar partnership with regard to Freedom Run.

4.15 Ms. Shabnam Panjwani (Co-Chair, FICCI Sports Committee)

- i. She underlined the participation of FICCI in Plogging as well as participation of their athletes in the online campaign, also threw light on the "Let's Move" Programme on national sports day by FICCI and assured that FICCI has undertaken measures to integrate this Programme with FIT INDIA freedom run.

4.16 Sh. Udit Sheth (Transstadia pvt. Ltd.)

- i. He recommended measurement of Fitness at school level, fitness award on the line of sports award and fitness programme till U17 Women's Football World Cup event with a component of women empowerment for encouragement of FIT INDIA movement.
- ii. Transstadia is doing effort to put Yogasana into framework of grading with support from Ministry of AYUSH.

4.17 Sh. Gautam Thakar (CEO, Star Sports)

- i. Star Sports is working with Ministry of Youth Affairs and Sports for promotion of sports and fitness.

4.18 Sh. Ajay Sharma (Assistant Secretary General, ASSOCHAM)

- i. ASSOCHAM has organized discussion on FIT INDIA and role of corporates for FIT INDIA on 8th July, 2020 and it is also working very closely with Ministry of Commerce for creating right ecosystem for promoting two important components related to FIT INDIA i.e. Gym equipment and sports goods manufacturing sector.
- ii. He suggested that major events such as cyclothon may be launched on important occasions like 2nd October.

4.19 Ms. Shilpa Shetty.

- i. She has publicized the FIT INDIA campaign on her app and promoting this campaign on her social media channel.
- ii. She propounded the point that FIT INDIA needs to bring mental wellness component in this movement along with physical wellness considering the impact of covid-19 pandemic.

5. Hon'ble Minister of State(I/C), Ministry of Youth Affairs and Sports

The Hon'ble Minister appreciated the members for their enthusiastic participation and for their ideas and suggestions in the past and further congratulated FIT INDIA mission for their wonderful job including activities with various State Governments, institutions and other stakeholders. He highlighted the fact that FIT INDIA Freedom run has gathered highest traction among Government initiatives so far. For that he thanked various Ministries like Ministry of Petroleum and Natural Gas, Ministry of Railways and Ministry of Education (formerly called Ministry of Human Resource and Development) for their contribution in FIT INDIA Freedom Run. Hon'ble MOS pointed out that there are various events happening at village level as part of FIT INDIA movement but their footprint is not captured adequately well. He highlighted that Ministry of Panchayati Raj's FIT INDIA village concept is taking FIT INDIA movement forward.

He accentuated the fact that the FIT INDIA is like Swachh Bharat Abhiyan, where campaign itself is a must part of people's lives. Along with this, he pointed out the challenges which have to be overcome and appreciated the suggestion of members from National Federations and Sports Bodies and expressed the need to promote fitness parallelly with sports and appreciated the participation of Ms. Kajal Aggarwal as special invitee to the meeting. He expressed his gratitude for the amazing support from business fraternity and assured to work on the suggestions provided by them. He highlighted the contribution of the indigenous games in promotion of FIT INDIA campaign. Finally, he mentioned that the mental and spiritual well being are also important aspects that add to the concept of Fitness.

6. The meeting ended with vote of thanks to the Hon'ble Chair.

Annexure A

**List of members/participants present for 3rd meeting of FIT India
Advisory Committee held on 01.09.2020**

Sr. No	Name	Designation
1.	Ms. Usha Sharma	Secretary, Youth Affairs, MYA&S.
2.	Shri Ravi Mital	Secretary, Sports, MYA&S.
3.	Shri Sandip Pradhan	DG, SAI.
4.	Shri A.K. Tiwari	Addl. Secretary, MoI&B.
5.	Shri Santosh Kumar Yadav	Joint Secretary, School Education and Literacy, MoHRD
6.	Shri Vikash Sheel	Joint Secretary, MoHFW.
7.	Shri P.N. Ranjit Kumar	Joint Secretary, MoAYUSH
8.	Shri Sanjeeb Kumar Patjoshi	Joint Secretary, Mo Panchayati Raj
9.	Shri L. S. Singh	Joint Secretary, Development, MYA&S
10.	Ms. Ekta Vishnoi	Mission Director, Fit India Mission Office, SAI
11.	Shri Madan Mohan	ADG, Higher Education, MoEdu
12.	Shri Rajiv Thapar	Major General, ADG-MT
13.	Dr. Narender Batra	President, Indian Olympic Association
14.	Shri Ajay Singh	President, Boxing Federation of India.
15.	Shri Adille J Sumariwalla	President, Athletic Federation of India
16.	Dr. Ramesh Indoliya	President, Mallakhamb federation of India.
17.	Shri Sanjay Gupta	FICCI, Media and Entertainment Committee, Head, Google India.
18.	Shri Jalaj Dani	Director, Reliance Foundation.
19.	Shri Anupam Goswami	Chairman, CII National Sports Committee
20.	Ms. Shabnam Panjwani	Cochair, FICCI Sports Committee
21.	Shri Udit Sheth	Trans Stadia Pvt. Ltd
22.	Shri Ajay Sharma	Assistant Secretary General Assocham
23.	Ms. Shilpa Shetty	Actress, Lifestyle Influencer
24.	Ms. Kajal Aggrawal (special invitee)	Actress
