

GOVERNMENT OF JAMMU & KASHMIR
DIRECTORATE OF SCHOOL EDUCATION JAMMU
MUTHI CAMP, JAMMU – 181205Circular No: **56** DSEJ of 2022
Dated: **22** -03-2022

This office is in receipt of communications from Ministry of School Education and Literacy GOI Vide F. No. 15-1/2022-IS.4, Dated: 24-02-2022 along with proposed month wise activity calendar of Fit India Movement for March 2022 to February 2023, letter received from Administrative Department of School Education, Civil Secretariat J&K Jammu Vide No: Edu/PS/143/2021-11(56597), Dated: 02-03-2022 & Samagra Shiksha, J&K Jammu Vide letter No: Edu/SMS/SPD/136/8103-09/2022, Dated: 09-03-2022 (copies enclosed for reference) wherein the Ministry has decided to organize series of activities in Schools from March 2022 to February 2023. The month wise calendar covers the area of Fitness Assessment, Yoga activities, Indigenous Sports, Freedom Run, Fit India Week Celebrations etc.

The proposed suggestive activities are to be organized in all the Govt and Pvt Schools of Jammu Division in offline/online mode ensuring all guidelines and advisories issued by Govt. of India & Govt. of J&K UT for COVID-19.

In this regard, all the Chief Education Officers of Jammu Division are hereby directed to circulate the month wise calendar for Fit India Movement to all the government and Private Schools ensuring maximum participation of students/teachers/stakeholders of School Education Department to make this Hon'ble Prime Minister's Campaign of Fit India Movement a grand success. You are directed to issue immediate necessary instructions to all the Head of Govt and Private Schools in the respective districts to adopt suggestive month wise calendar of Fit India movement in Schools from March 2022 to February 2023 in offline/online mode by taking the actions appended as Annexure-"A" involving stakeholders of NCC, Scouts and Guides, Yoga Instructors from Sports, members from Panchayats/Local Bodies and Master trainers of Yoga from School Education Department Jammu.

Concerned District Nodal Officers for Fit India are directed to furnish the compiled monthly status report from the districts for the action taken in the matter by schools and submit to this Directorate by last day of every month 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>) as well as on Saral app & Education Hub of DSEJ.

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.

(Dr. Ravi Shankar Sharma) JKAS
Director School Education
Jammu
Dated: **29** /03 /2022

NO: DSEJ/FIT INDIA/2022/ **51121-42**

Encls = 05 (Five) Lvs

Copy to the:

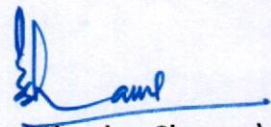
1. Joint Secretary (SS-I), School Education & Literacy, Ministry of Education GOI for kind information.
2. Mission Director, Fit India Movement, Sports Authority of India, New Delhi for kind information.
3. Principal Secretary to Govt, School Education Deptt., JK UT, Civil Secretariat Jammu for kind inf.
4. Deputy Commissioners (All) Jammu Division for information.
5. SPD Samagra Shiksha, J&K, Jammu for information.
6. Director YS & Sports, J&K, Jammu for kind information with the request to instruct all PETs/PEMs/PELs for similar necessary action.
7. Joint Directors Schools (All) Jammu Division for information and similar necessary action.
8. Joint Director Information, Jammu with the request to publish this circular in the leading newspapers.
9. Mr. Govind Sharma Nodal Officer at DSEJ for compliance with the directions to coordinate with State Nodal Officer for Fit India at JKUT & CEOs at District Level till the completion of activities from March 2022 to February 2023.
10. I/C Website for uploading it on official website of DSEJ.

DIRECTORATE OF SCHOOL EDUCATION JAMMU, MUTHI CAMP JAMMU
ANNEXURE-"A"

SUGGESTIVE ACTIVITIES FOR FIT INDIA MOVEMENT UNDER DSEJ PROJECT FIT INDIA 2022-23
(MARCH 2022-FEBRUARY 2023)

Sr. No.	Month	Theme based Activities
1.	March- April	FIT INDIA FITNESS ASSESSMENT <ul style="list-style-type: none"> Fitness assessment by teachers and parents on Fit India Mobile App Link 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 Participation in Fit India Quiz as audience on Fit India Mobile App Fitness Ka Dose Aadha Ghanta Roz- doing daily physical activities like Yoga/Free hand exercise/ dance/ playing sports etc. for half an hour atleast.
2.	May-June	MENTAL FITNESS AND YOGA <ul style="list-style-type: none"> Learn Common Yoga Protocols, different poses of Yoga through Fit India Mobile App Celebration of "Yoga Day" (Age-appropriate Yoga Activities) Rhythmic Yoga on patriotic songs and share your stories on Fit India Mobile App Pranayam, Meditation/ Mindfulness activities every day. Daily Yoga, Stretching, Hand exercises may be included in assembly to make fitness part of students'/teachers' daily lifestyle Focus on Mind games like chess, Sudoku, Puzzle etc.
3.	July	FITNESS ASSESSMENT OF STUDENTS THROUGH PE TEACHERS AND INDIGENOUS SPORTS <ul style="list-style-type: none"> Participate in Khelo India National Fitness programme for schools through Fit India Mobile App Learn different Indigenous/ traditional sports on Fit India Mobile App Organization of indigenous/traditional sports, martial arts, dance with theme – Hamari Sanskriti Se Fitness
4.	August - September	FIT INDIA FREEDOM RUN <ul style="list-style-type: none"> Organizing Fit India Freedom Run at iconic and historic importance places by registering on Fit India Mobile App Share your Run with friends/family and challenge them on Fit India Mobile App Fit India Freedom Run to start/culminate with patriotic songs/stories on freedom struggle of local heroes (Staff, Students & Community) Places associated with Independence Movement in states/UTs to

		be selected for culmination/ starting of Freedom run <ul style="list-style-type: none"> • In morning assembly plays / role-plays may be conducted on various historically important events. • Stories/Talks/Essay competition on one Freedom Fighter/local hero of Freedom struggle at least once every week
5.	October	FIT INDIA PLOG RUN <ul style="list-style-type: none"> • Organise and register FIT India Plogrun on Fit India Mobile App • Virtual connect with Plogging communities on Fit India Mobile App with share your stories feature • Plays/ Rallies with themes such as Swachta, Ahinsa and other values of Mahatma Gandhi • Cultural programs depicting importance of Mahatma Gandhi in India's Independence • Swachhata Pledge/ Water Saving Pledge
6.	November-December	FIT INDIA SCHOOL WEEK AND FITNESS ASSESSMENT <ul style="list-style-type: none"> • Celebrating 5-6 days in a week for fitness related activities • Inter and Intra Sports Competitions • Motivate & aware parents, community regarding doing daily fitness activities. • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Fitness assessment by teachers and parents on Fit India Mobile App
7.	January-February	FIT INDIA NEW YEAR SPECIAL AND FITNESS ASSESSMENT <ul style="list-style-type: none"> • Welcoming new year with fitness events • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Fitness assessment by teachers and parents on Fit India Mobile App • Participation in Fit India Quiz as audience on Fit India Mobile App • Collage making and poster competition on Healthy Food Habits and Importance doing daily fitness activities


 (Dr. Ravi Shankar Sharma) JKAS
 Director School Education
 Jammu

NO: DSEJ/FIT INDIA/2022/51121-42, Dated: 22/03/2022



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Government of Jammu and Kashmir
SCHOOL EDUCATION DEPARTMENT
Civil Secretariat, Jammu/Kashmir

Director School Education,
Jammu/Kashmir.

Project Director.
Samagra Shiksha, J&K.

No:- Edu-PS/143/2021-11(56597)

Dated:- 07-03-2022

Subject:- Suggestive Activities Calendar for FIT India Movement (March 2022-Feb2023)- regarding.

Sir,

Kindly find enclosed herewith a copy of D.O F.No. 15-1/2022-IS.4 dated: 24.02.2022 received from Ministry of Education, Department of School Education & Literacy regarding the subject cited above.

In this connection, the undersigned is directed to request you to kindly circulate the suggestive activities calendar for Fit India Movement to all the schools in the State/UT in order to maximize the participation of schools/students/teachers in the movement.

Yours faithfully,


(Ravinder Singh)

Deputy Director (PD&M)

Copy to the:-

1. Private Secretary to Principal Secretary to Government, School Education Department for information of Principal Secretary.
2. Master file.

F. No. 15-1/2022-IS.4
Government of India
Ministry of Education
Department of School Education & Literacy
(IS-4 Section)

Shastri Bhawan, New Delhi
Date: 24th February, 2022

To,

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

Sub: Suggestive Activities Calendar for FIT India Movement (March 2022-Feb2023) - reg.

Sir/Madam,

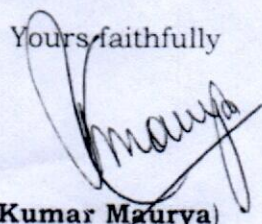
As you are aware, Hon'ble Prime Minister has launched the "FIT India Movement" on 29th August, 2019 with a view to make physical fitness a way of life.

2. To make the movement a success in schools, as observed in the previous years, a month wise suggested activities list under Fit India Movement from March, 2022 to Feb, 2023 has been planned by this Department. The Month wise Calendar covers the area of fitness assessment, Yoga activities, indigenous sports, Freedom Run, Fit India Week Celebration etc. The copy of the same is enclosed.

3. In this regard, it is therefore requested to circulate/disseminate the above information with all the schools in your State/UT so that maximum schools/students/teachers can take part in the movement.

Encl: Suggestive Activities Calendar

Yours faithfully



(Rajesh Kumar Maurya)

Under Secretary to the Government of India

Mail id: rajmaurya.edu@nic.in

Tel: 011-23384501

Copy to: (For information and necessary action.)

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 Chairman, National Institute of Open Schooling (NIOS)
5. The Director, National Council of Educational Research and Training (NCERT)

DIRECTORATE OF SAMGRA SHIKSHA, J&K STATE

(An Integrated Scheme of School Education)

(Behind Bone & Joint Hospital) Bagat-i-Barazulla Srinagar (Ph) 0194-2438731/2435895 (Summer)
1st floor, Dolphin Motors opposite Gurudwara, Channi Rama, National Highway road, Jammu. (Ph) 0191-2467170 (Winter)
Email: jksamagrashiksha@gmail.com

The Director,
School Education,
Jammu/Kashmir.

No:- Edu/SMS/SPD/136/8103-09/2021

Dated:-09-03-2022


Subject:- Suggestive Monthly Activities Calendar under Fit India Movement from March 2022 to February 2023.

Sir,

Kindly find enclosed herewith a copy of the communication bearing no. Edu-PS/143/2021-11(56597) dated 2-3-2022 received from Deputy Director (Planning Department and Monitoring), Civil Secretariat, J&K alongwith D.O. letter issued by Ministry of Education, Department of School Education and Literacy, Government of India issued vide F.No. 15-1/2020-IS.4 dated 24-02-2022 with suggestive activities calendar regarding the captioned subject.

The Month-wise Calendar issued by Ministry of Education is to be implemented from March 2022 to February 2023 and covers areas of fitness assessment, Yoga activities, indigenous sports, Freedom Run, Fit India Week Celebration and other fitness activities. In this context, you are requested to issue instructions to all Chief Education Officers of your division to circulate the suggestive month-wise covering theme based activities under Fit India Movement from March 2022 to February 2023 to all schools so that maximum schools and teachers take part in the movement. However it is pertinent to mention here that while conducting the activities, all the COVID-19 related protocols/SOPs have to be followed as per the guidelines issued from Government of India and UT of J&K.

Yours faithfully,


(Deep Raj), KAS
Project Director,
Samagra Shiksha J&K.

Enclosures:- Two letters alongwith suggestive month-wise activities calendar

Copy for information to:

1. Private Secretary to Principal Secretary to Government, School Education Department, J&K for information of the Principal Secretary.
2. Deputy Director (PD & M), Civil Secretariat, J&K.
3. Coordinator/Nodal Officer, Fit India J&K for follow up with Divisional Nodal Officers.
4. Divisional Nodal Officers (Fit India) Jammu/Kashmir with the request to monitor and coordinate Month-wise calendar of activities at all levels in their respective Division under Fit India Movement and send district-wise and division-wise monthly action report to this Directorate by 5th of every month.
5. Office file.