

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

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

**Sub: Extension of Date for 3<sup>rd</sup> Edition of Fit India School Week 2021-Regarding.**

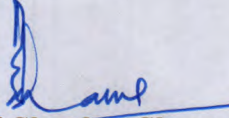
In continuation of this Directorate's Letter issued vide No: DSEJ/FIT INDIA/2021/38923-69, Dated: 03.12.2021 and pursuant to the communication of Ministry of Education & Literacy Government of India Vide F. No: 12-1/2020-IS-4, Dated: 24.12.2021 received through Samagra Shiksha J&K Jammu via whatsapp on Dated: 27.12.2021, it is to inform that the Date of Fit India School Week 2021 celebrations has been extended till 31<sup>st</sup> January, 2022.

In view of the above context, you are directed to circulate this information about extension of Date for 3<sup>rd</sup> Edition of Fit India School Week-2021 in the respective districts and issue immediate necessary instructions to all the Head of Govt and Private Schools to continue flagship program of 3<sup>rd</sup> Edition of Fit India School Week-2021 in Schools upto 31<sup>st</sup> January, 2022 and carry out the proposed activities on Fitness under DSEJ Project Fit India School Week 2021-22 in offline as well as online mode by 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 ensuring all guidelines and advisories issued by Govt of JKUT for Covid-19 Protocols. The proposed activities shared earlier through DSEJ's Letter will remain same.

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](mailto: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, you may contact Mr. Govind Sharma, Nodal Officer for Fit India Movement on his Mobile No: 9419280527.

**Encls = 03 (Three) Lvs**

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

No: DSEJ/FITINDIA/2021/ **42364-93**  
**Copy to the:**

Dated: **30 / 12 / 2021**

1. Principal Secretary to Government, School Education Department J&K UT, Civil Secretariat Jammu for kind information.
2. Deputy Commissioners (All) Jammu Division for information.
3. Pvt. Secy to Mission Director Fit India Youth Affairs & Sports for information of Director.
4. Pvt. Secy to Joint Secretary School Education and Literacy GOI for information of Joint Secretary.
5. Joint Directors School Education (All) for information & necessary action.
6. Nodal Officer Fit India Movement at DSEJ for necessary action.
7. PA to SPD Samagra Shiksha J&K Jammu for information of SPD/State Nodal Officer Fit India.
8. I/C Website for uploading it on official website of DSEJ.



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

Shastri Bhawan, New Delhi,  
Dated: 24<sup>th</sup> December, 2021

To

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

**Subject: - Extension of date of FIT India Week, 2021-reg**

Madam/Sir,

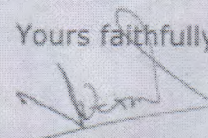
Please refer to this Department's letter, dated 3<sup>rd</sup> November, 2021, 18<sup>th</sup> November 2021, 26<sup>th</sup> November, 2021, 7<sup>th</sup> December 2021 and 14<sup>th</sup> December 2021 (copy enclosed) regarding organizing 3<sup>rd</sup> **Fit India School Week** via online/offline mode, and ensuring maximum participation for making the event a grand success.

2. Fit India School Week celebrations have brought that euphoria, that feeling of exultation not limited to the students but for the parents, schools staff and others as well. In view of the spontaneous support from the school and students, Fit India Cell has decided that Fit India School Week celebrations are **extended till 31st January 2022**.

3. It is therefore requested to circulate/disseminate the information about extension of the date of **Fit India School Week** with all the schools in your State/UT so that maximum schools can take part in the movement. The Action Taken report on the same may also be provided to this Department.

**Encl : As above**

Yours faithfully,



(Vinod Krishan Verma)

Deputy Secretary to the Government of India

Tel.01123384582

E-mail ID: [vinodk.verma@nic.in](mailto:vinodk.verma@nic.in)

**Copy to: (For information and necessary action.)**

1. The Chairperson, Central Board of Secondary Education,
2. The Commissioner, Kendriya Vidyalaya Sangathan,
3. The Director, Central Tibetan Schools Administration (CTSA)
4. The Chairman, National Institute of Open Schooling (NIOS)
5. The Commissioner, Navodaya Vidyalaya Samiti (NVS)
6. The Director, National Council of Education Research and Training
7. The Chairman, Council for the Indian School Certificate Examination (CISCE)
8. The Mission Director, FIT India



**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.**

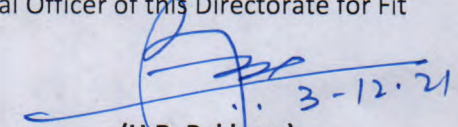
Pursuant to the communications received from Ministries of School Education and Literacy GOI Vide DO No. 12-1/2020-IS.4), dated: 03. 11. 2021 and Youth Affairs & Sports GOI Vide F.No: 2-5/FIT INDIA/SCHOOL WEEK/2021, Dated: 29.10.2021 along with proposed activities chart, a message received from Samagra 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](mailto: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

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

38923-69

Dated: 03/12/2021

**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 (3<sup>rd</sup> Edition)

Duration: 14<sup>th</sup> November to 12<sup>th</sup> 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- <a href="https://play.google.com/store/apps/details?id=com.sai.fitIndia">https://play.google.com/store/apps/details?id=com.sai.fitIndia</a> b) iOS- <a href="https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890">https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890</a>
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.