Chief Executive & Secretary
GERRY ARATHOON
M.A., B.Ed.
CISCE/CIR/2020
March 6, 2020

To: Heads of all CISCE Affiliated Schools

Subject: Fit India Movement

Dear Principal

I write with reference to a circular received from the Ministry of Human Resource Development, Government of India regarding the ‘Fit India Movement’ launched by the Hon’ble Prime Minister. A copy of the circular is attached herewith.

The schools are requested to take active part in the fit India activities that are being organized in their respective States. A copy of a circular forwarded by the ministry to the Department of School Education of all States & UTs is also attached for your reference.

Further, the heads are requested to include daily fitness activities of at least 30 minutes in their school routine.

The schools may share the photographs/videos of various activities undertaken by them with the Department of School Education & Literacy, Ministry of Human Resource Development, Government of India at the link provided by the ministry (details are given in the attached circular).

With warm regards,

Yours sincerely,

[Signature]
Gerry Arathoon
Chief Executive & Secretary

Encl. as above
DO No. F. No. 12-1/2019-IS.4

Dear Madam/Sir,

As you are aware, Hon’ble Prime Minister has launched the ‘Fit India Movement’ on 29th August, 2019 to inculcate physical activity/sports into the daily life of citizens.

2. To make the Fit India Movement a people’s movement, the Advisory Committee on Fit India, Department of Sports has advised that private schools in the country be urged to take active part in the Fit India activities which are already being carried out in the government schools of States/UTs, CBSE, KVS, NVS and CTSA. In this regard, a Department’s D.O. letter dated 27.11.2019 addressed to the Secretary (Education), all States/UTs along with the Guidelines of Fit India School is being forwarded as an enclosure to you for ready reference.

3. A fit and healthy child is key to holistic development of Society. Daily fitness activities of at least 30 minutes can be included as part of the routine. You may consider issuing necessary instructions to all concerned in this regard and encourage maximum participation in this movement.

4. I look forward to hearing from you about the action taken. Details of the Participation along with photos/videos in this regard may be sent to this Department through the Nodal Officer of Fit India Programme at mail id fitschoolsmovement.gov@gmail.com, and uploaded on the FIT India portal fitindia.gov.in.

With regards,

Yours sincerely,

(L. S. Changsan)

To
The Head of the Institution
All the recognized Education Boards
(As per list attached)

Copy for kind information to: Secretary, School Education Dept.,
All States and UTs.
Dear Madam/Sir,

Please refer to this Department's letters of even number dated 21.8.2019, 23.8.2019 and 25.9.2019 regarding Fit India Movement and making it a people's movement wherein every citizen gives time to himself for being physically active and fit. This requires State Governments to be prime catalysts. In this connection reference to drawn to the letter dated 18th November, 2019 from Secretary, Department of Sports, Govt. of India, addressed to all Principal Secretaries/Secretaries, School Education Department of States and UTs for 'Fit India Movement - Fit India School' (copy enclosed).

2. I would request you to make Fit India Movement a successful people's movement by providing your leadership for the following:

- Apprising and encouraging all schools, public as well as private, in your State to endeavour towards self-certification as Fit India school and seek Fit India Ranking.
- To honour Fit India 3 Star and 5 Star Schools by organising appropriate functions in the State Headquarters. Fit India 5 Star Schools could be felicitated at State level Republic Day and Independence Day functions.
- Nominate a senior officer as a State Nodal Officer for Fit India in your department and intimate his details to this Department at email id: fit.schoolsmovement.gov.in@gmail.com, as well as to the CEO, Fit India Mission, New Delhi at rohit.khanna1107@gmail.com.
- Organise Fit India events at schools from time to time. You may encourage schools to use their creativity in designing and organising Fit India events.
- Organise "FIT INDIA WEEK" in each school in the next 4 to 6 weeks, and upload the information on Fit India portal. A letter of DG, SAI dated 23.10.2019 to all States and UTs with suggested activities for Fit India Week is also enclosed.

With regards,

Yours sincerely,

(Amit Khare)

Encl. 1) Dept. of Sports letter dated 18.11.2019

To

Additional Chief Secretaries /Principal Secretaries /Secretaries, Department of School Education of all States & UTs.