

11 NOV 2019

CIRCULAR

Sub: DSE – Sports & Youth Services –Celebration of **FIT INDIA Week** Programme
in all the Schools of the Union Territory of Puducherry – Reg.

FIT INDIA Movement (People's Movement) launched by the Hon'ble Prime Minister on 29th August, 2019. Fit India Movement involves behavioral change, which is possible by making it a people's movement wherein every citizen gives to himself for being physically active and fit. This requires partners from across various fields to organize FIT INDIA events voluntary across the country.


2. CBSE in partnership with FIT INDIA has proposed to organize **FIT INDIA Week** in the **3rd week of November, 2019** to promote the culture of fitness by doing following suggested activities:

- i. **Magical Monday:** Organization of an indigenous / traditional sport, physical fitness assessment of staff & Yoga protocol (3 Minutes).
- ii. **Tempting Tuesday:** Sporty parents teacher meeting on being active & lifestyle, 30 minutes fitness session for all & Yoga protocol (4 Minutes).
- iii. **Winner's Wednesday:** Staff Vs Students traditional games for students and Yoga Protocol (5 Minutes).
- iv. **Thursday Team Work:** Any team games for students and Yoga protocol (6 Minutes).
- v. **Friday Fitness Quiz:** Fitness / Sports / Khelo India quiz for all and Yoga protocol (6 Minutes).
- vi. **Sportier Saturday:** Fun activity for students, teacher & parents handing over assessment report card & Yoga Protocol (8 Minutes).

As mentioned above, the Directorate of School Education has proposed to celebrate **FIT INDIA Week** in the **3rd week of November 2019** in all the Schools of the Union Territory of Puducherry to promote fitness among the school going children.

In this regard, all the Inspecting Officers are requested to inform Head of Institutions under their control to organize the **Fit India week** (suggested activities) mentioned above in their respective schools.

//BY ORDER OF DIRECTOR OF SCHOOL EDUCATION//


(P. NARASSINGAME)
DEPUTY DIRECTOR
SPORTS & YOUTH SERVICES

To
All the Head of the Institutions

Copy to:

1. The Deputy Director (SE) Karaikal
2. The Deputy Director (EE), Puducherry
3. The Deputy Director of Education (W), Puducherry
4. The Chief Educational Officer, Puducherry/Karaikal/Mahe
5. The Delegate to The Director of School Education, Yanam
6. The D.I.S (I,II,III,IV,&V), Puducherry.

Copy Submitted to:

1. The Director of School Education. Puducherry.