

No.1861/DSE/S&YS/S5/FISW/2022-23/  
GOVERNMENT OF PUDUCHERRY  
DIRECTORATE OF SCHOOL EDUCATION  
OFFICE OF THE DEPUTY DIRECTOR  
(SPORTS & YOUTH SERVICES)

Dt. 07.12.2022

CIRCULAR

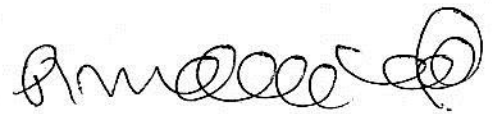
Sub: DSE – Sports and Youth Services – SAI - Conduct of Fit India School week - in the U.T of Puducherry - Reg.

Ref. : 1. F. No.25-12001(30)/1/2022/409, Sports Authority of India, Lakshmbai National College of Physical Education, dated 15.11.2022.  
2.F.No.12-1/2020-IS-4(pt.1)/Ministry of Education/Govt.of India/21.12.2022

With reference to the circular cited above, the Fit India Mission under the aegis of Sports Authority of India, has decided to launch Fit India week for schools across the country from **November 2022 to January 2023**, themed on "Azadi ka Amrit Mohosta" for commemorating 75 years of India's Independence to provide a National platform for students to showcase their knowledge about fitness and sports, to hold the key to a Fit Life for all.

2. All the Schools are hereby directed to choose one week within this window to celebrate the **Fit India School Week** celebration. Activities like yoga, dance, debate, symposiums, lectures etc., were the part of the celebration in Fit India School Week. The details of the talented athletes identified by Schools during annual sports day can be shared on Fit India mission website. More details of Fit India School week steps to follow are attached as Annexure.

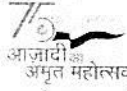
3. It is requested to all the Heads of Government, Government – Aided and Private Schools, U.T. of Puducherry to encourage their students and register their schools without fail.



(P. T. RUDRA GOUD)  
DIRECTOR OF SCHOOL EDUCATION

To

1. All the Heads of Schools (Govt./Govt.Aided/Private), U.T. of Puducherry - And
2. The Joint Director of School Education (SE), DSE, Puducherry.
3. The State Project Director, Samagra Shiksha, DSE, Puducherry.
4. The Deputy Director (SE). Karaikal.
5. The Deputy Director (*Women*), DSE, Puducherry.
6. The Deputy Director (Sports & Youth Services), DSE, Puducherry.
7. The Chief Educational Officer, Puducherry / Karaikal / Mahe.
8. The Delegate to the Director of School Education, Yanam.
9. The Deputy Inspector of Schools – Zone I,II,III,IV & V, Puducherry & Zone I&II Karaikal.



भारतीय खेल प्राधिकरण  
SPORTS AUTHORITY OF INDIA

लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा महाविद्यालय  
**LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION**

कार्यवट्टम्, तिरुवनन्तपुरम - ६९५५८९, केरला, Kariyavattom P.O., Thiruvananthapuram - 695 581 Kerala

Tele: 0471-2418712, 2416886. E-mail: sailncpe@gmail.com



F.No.25-12001(30)/1/2022 / 409

15.11.2022

The Secretary to Government (Education)  
School Education Department  
Govt. of Puducherry

Sub: Fit India School Week 2022-reg

Sir/Madam,



As you are aware that, the fit India Movement was launched in August 2019 to popularize fitness as a way of life among citizens. Envisioned as a people's movement, the endeavor has been to inculcate the philosophy that Fitness is Free, Fun, Easy among citizens of all age groups from school children to senior citizens. As a part of that and to create awareness about fitness and Sports among School children, who are future of India, Fit India in association with Sports Authority of India, Ministry of Youth Affairs and Sports has decided to conduct Fit India Quiz & Fit India Week for Schools across the country.

Fit India is planning to organize a **Fit India School Week**, a Fit India Mission flagship programme with the imperative need of creating awareness about fitness not limited to children but also their parents', teachers and school staffs. In this campaign, School fraternities across the country are encouraged to celebrate 4-6 days in a week to promote a healthy and active lifestyle by indulging in various fun activities. The 3<sup>rd</sup> edition of Fit India School Week, themed on 'Azadi Ka Amrit Mohostav' for commemorating 75 years of India's independence, was organized from 14<sup>th</sup> November 2021 to 12<sup>th</sup> December 2021 and was extended till 31<sup>st</sup> January 2022. The Fit India School Week witnessed more than 4.5 lakh participants from all over India. Activities like yoga, dance, debate, symposiums, lectures etc were part of the celebration in Fit India School Week. This year, the 4<sup>th</sup> edition of Fit India School week is proposed to be organized from **15<sup>th</sup> November to 15<sup>th</sup> December 2022**. Schools can select one week within this window to celebrate the Fit India School Week. From this year onwards, all schools were encouraged to celebrate their annual Sports Day on any day from their Fit India School Week celebration. The details of exceptional talented athletes identified by Schools from different Sports disciplines during the annual sports day can be shared on Fit India mission website

It is kindly requested to your good office to give directions to all schools in Puducherry under your jurisdiction by sharing this information so that maximum students can participate in this unique programme.

Anticipating favorable consideration

Yours faithfully,

(Mohandas.T.P)  
Director



Encl: copy of the correspondence from MYAS,GOI



5

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

Shastri Bhawan, New Delhi  
Dated: 21 October, 2022

To

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

**Subject: - 4<sup>th</sup> edition of fit India School Week - reg**

Please refer to the Department of Sport's D.O No. 13/WK/2021-22(Vol.2) dated 18.10.2022 (copy enclosed) regarding the celebration of 4<sup>th</sup> edition of fit India School Week.

2. Deptt. of Sports has informed that, this year, the event is scheduled from 15<sup>th</sup> November to 15<sup>th</sup> December, 2022, wherein school will celebrate in various way for 4 to 6 days in a week, to reaffirm the importance of fitness in one's daily life. In this regard, as per the discussion with this Ministry and SAI under chairmanship of Hon'ble SM, it was decided that all States/UTs/CBSE/KVS/JNV school would be requested to celebrate the event as the previous years. The details of the Fit India School Week would be available from first week of Nov, 2022 on Fit India Portal. It is also decided that from this edition of Fit India School Week, the Annual Sports Day of schools may be celebrated on any day falling in the event. Details of the talented athletes identified by the school during the event can be shared on a dedicated link. DoS has also shared a list of suggestive activities for the event available in Fit India Official Portal.

3. You are requested to take necessary action to give necessary instruction to all Schools under your purview so that schools can celebrate the event in a great manner. An action plan in this regard may also be provided to this Department.

With good wishes,

Encls: As above

Yours faithfully,

(V.K. Verma)

Director to the Government of India  
E-mail : vinodk.verma@nic.in  
Tele No. 011-23384582

Copy to: (For Information and necessary action.)

1. The Chairperson, Central Board of Secondary Education,
2. The Commissioner, Kendriya Vidyalaya Sangathan,
3. The Chairman, National Institute of Open Schooling (NIOS)
4. The Commissioner, Navodaya Vidyalaya Samiti (NVS)
5. The Director, National Council of Education Research and Training
6. The Chairman, Council for the Indian School Certificate Examinations

**FIT INDIA SCHOOL WEEK 2022**

**The indicative list of activities for Fit India School Week celebration 2022**

Day	Activities
1	Annual Sports Day
2	Importance of Fitness – debates, quiz, essay writing, poster making competition
3	Indigenous Games
4	Khelo India Physical Fitness Assessment of students
5	Fitness Assessment for nearby communities through Fit India Mobile App
6	Yoga and Meditation





**FIT  
INDIA**



**FIT INDIA School Week 2022**  
15<sup>th</sup> November – 15<sup>th</sup> December

Suggest sporting talent

[CLICK HERE](#)

About Fit India Movement



FIT INDIA Movement was launched on 29th August, 2019 by Honourable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve

the following objectives:

- To promote fitness as easy, fun and free.
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- To encourage inter-school sports.
- To make fitness reach every school, college/university, panchayat/ranga, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

**STEP 1**

Events Archive



Bulletin >>

- Download Fit India mobile app android
- School Week 2021
- Fit India School week 2021 (15th Nov - 31st Jan)
- Fit India Quiz
- Fit India Quiz State Round coming soon





- Registered School Login
- Register School
- How To Register
- Download Merchandise

# STEP 2

## FIT INDIA SCHOOL WEEK 2022

### Background

Fit India School Week was conceived in 2019 with the imperative need of creating awareness about fitness not limited to children but also their parents, teachers, and school staff. In this campaign, school fraternities across the country are encouraged to celebrate 4 to 6 days in a week to promote a healthy and active lifestyle by indulging in various activities such as debates, quiz, essay writing, poster-making competitions, yoga and meditation, pledge of fitness, indigenous sports etc.

The 1st edition of Fit India School Week was celebrated in the 3rd week of November 2019 as Fitness Week in partnership with the Ministry of Education. More than 15,000 schools participated in the 1st edition of Fit India School week.

In the 2nd edition, Fit India school week was conducted from December 2020 to January 2021. More than 4.3 lakh schools celebrated the Fit India school week across the nation. Fitness activities such as yoga, free hand exercises, painting, debates, symposiums, etc., were part of this edition.

### Guidelines



### Activities



New to site? [Create an Account](#)

**Login**

Email / Username

Password

Please Enter the Captcha Text  
eZha  Captcha

# STEP 3

[Forgot password?](#)





Already have an account? [Login](#)

# STEP 4

**Register**

Register As  
 Other  Ministry Employees  Armed forces

School

Your Name/School Name/District Name

Email  Mobile

Select State  Select District

Select Block  City/Town/Village

Password  Confirm Password

Please Enter the Captcha Text  
 7x x 78

Captcha

**SIGN UP**



• ORGANIZE AN EVENT

• MY EVENTS

### Create an Event

Event Name \*

FIT India School Week 2022

Organization / Institution / Group / School Name \*

MD Inter collage

Email ID \*

akshay.kumar@nelpropheglobal.com

Contact Number \*

8954654716

School Chain \*

Select

Upload Image \* (File Size limit: 2MB, Formats

Choose File No file chosen

+Add More

Upload Event Video links (Optional)

Video Link

+Add More

Event Date \*

From Date

dd-mm-2022

To Date

dd-mm-2022

CREATE EVENT

DOWNLOAD FIT INDIA LOGO

STEP 5

• ORGANIZE AN EVENT

• MY EVENTS

### My Events

FIT India School Week



FIT India School Week

Participants: 0 | Organization Name

EDIT

DELETE

ADD EVENT PICTURES & VIDEOS

SUGGEST OUTSTANDING SPORT TALENT

DOWNLOAD CERTIFICATE

# STEP 6



- ORGANIZE AN EVENT
- MY EVENTS

### Suggest Outstanding Sport Talent

Bulk Upload

Download Sample Excel



S No	Sports	Discipline	Name of Athlete	Gender(M/F/Other)	Date of Birth (dd-mm-yyyy)	Sports Event	Performance (Description)
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Upload Student Excel

Submit

[View Uploaded Data](#)

# STEP 7

- ORGANIZE AN EVENT
- MY EVENTS

### Generate E-certificate

FIT India School Week

School

Download Certificate

[Click here to Upload Student Details for Downloading Student Certificate](#)

# STEP 8

• ORGANIZE AN EVENT

• MY EVENTS

### Add Participants \*

Organization Name  
MD Inter college

Participant Name(s)\* (Please enter name in one row)  
Himanshu  
Aditya  
Satishh

Update Participants

# STEP 9



- ORGANIZE AN EVENT
- MY EVENTS

### Generate E-certificate

Fit India Freedom Run 3.0

Participant

Himanshu

Download Certificate

# STEP 10