



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/ACAD/DS(RD)/2022

November 24, 2022

Circular No. Acad- 149/2022

All the Heads of Schools affiliated to CBSE

Subject: Fit India School Week – reg..

Dear Principals

Fit India School Week is the flagship programme dedicated to schools to encourage inculcating fitness habits and increase awareness for fitness and sports among students.

The 4th edition of Fit India School Week is scheduled from **15th November 2022 to 15th December 2022** wherein schools will celebrate it in various forms for 4 to 6 days in a week to reaffirm the importance of fitness in an individual's daily life.

For participation in Fit India School Week, the schools will be required to select any week between 15th November to 15th December 2022 and celebrate the same. The schools can register on Fit India Portal and communicate the dates of Fit India School Week celebration in their school. The indicative list of activities for Fit India School Week celebration is enclosed as Annexure A.

In this edition of Fit India School Week, the schools may celebrate their **Annual Sports Day** wherein the exceptional sporting talent among their students may be identified. The details of the same may be provided on Fit India Portal (<https://fitindia.gov.in/login>) under talent identification. The step by step guide to register and provide details of exceptional sporting talent is enclosed as Annexure B.

School Heads are encouraged to celebrate Fit India School to instil the importance of Fitness in the lives of their students and other stakeholders.

Dr. Joseph Emmanuel
Director (Academics)

Encl.: As stated above

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

- 1 The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India, Shastri Bhawan, A - Wing, Dr. Rajendra Prasad Road, New Delhi, 110001
- 2 The Joint Secretary (BR/CER/Sainik Schools), Sainik Schools Society, Room No. 108 (I), South Block, New Delhi-110001.



'शिक्षा सदन' ,17 राऊज़ एवेन्यू ,इंस्टीट्यूशनल एरिया, नई दिल्ली-110002
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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- 3 The Chairman, Odisha Adarsha Vidyalaya Sangathan (OAVS), N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005.
- 4 The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
- 5 The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
- 6 The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
- 7 The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
- 8 The Director (Exam. & Scholarship), HRDD Department, Gangtok, Govt. of Sikkim, Sikkim –737101
- 9 The Director of Secondary Education, Department of Education, Govt. of Arunachal Pradesh, Itanagar – 791111. Mob: 08794812121
- 10 The Director (Education), Directorate of Education VIP Road, Port Blair, A&N Island – 744103
- 11 The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
- 12 The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
- 13 The Director AWES, Integrated Headquarters of MoD (Army), FDR Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
- 14 All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective Regions
- 15 All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
- 16 All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
- 17 In charge IT Unit with the request to put this Circular on the CBSE Academic Website
- 18 In-Charge, Library
- 19 The Head (Media & Public Relations), CBSE
- 20 DS to Chairman, CBSE
- 21 SPS to Secretary, CBSE
- 22 SPS to Director (Academics), CBSE
- 23 SPS to Director (Information Technology), CBSE
- 24 SPS to Controller of Examinations, CBSE
- 25 SPS to Director (Training and Skill Education), CBSE
- 26 SPS to Director (Professional Examinations), CBSE



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- 27 SPS to Director (CTET), CBSE
- 28 SPS to Director (EDUSAT), CBSE
- 29 Record File

Director (Academics)



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Annexure A

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



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FIT INDIA School Week 2022

15th November – 15th 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 indigenous sports.
- To make fitness reach every school, college/university, panchayat, village, 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
AUGUST 29, 2021 [Read more...](#)

School Week 2021
Fit India School week 2021 (14th Nov - 31st Jan)

Fit India Quiz
Fit India Quiz State Round coming soon...





- Events
- Fit India Quiz
- Fit India Certification
- Dialogue Session
- Fit India Influencers
- Fit India Icons
- Contact Us

FIT INDIA School Week 2022
15th November - 15th December

Suggest sporting talent

CLICK HERE

- 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





- Events
- Fit India Quiz
- Fit India Certification
- Dialogue Session
- Fit India Influencers
- Fit India Icons
- Contact Us

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

Login

Email / Username

Password

Please Enter the Captcha Text


LOGIN

STEP 3

[Forgot password?](#)





Already have an account? [Login](#)

Register

Register As

Other Ministry Employees Armed forces

School

Your Name/School Name/Organisation Name

Email

Mobile

Select State

Select District

Select Block

City/Town/Village

Password

Confirm Password

Please Enter the Captcha Text



Captcha

SIGN UP

STEP 4





Events ▾

Fit India Quiz

Fit India Certification ▾

Dialogue Session ▾

Fit India Influencers ▾

Fit India Icons

Contact Us

- ORGANIZE AN EVENT

- MY EVENTS

Create an Event

Event Name *

FIT India School Week 2022

Organization / Institution / Group / School Name *

MD Inter college

Email ID *

akshay.kumar@netprophetsglobal.com

Contact Number *

8954654716

School Chain *

Select

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

 No file chosen

Upload Event Video links (Optional)

Video Link

Event Date *

From Date

dd-mm-2022



To Date

dd-mm-2022



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



- Events
- Fit India Quiz
- Fit India Certification
- Dialogue Session
- Fit India Influencers
- Fit India Icons
- Contact Us

- 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



Events ▾

Fit India Quiz

Fit India Certification ▾

Dialogue Session ▾

Fit India Influencers ▾

Fit India Icons

Contact Us

- ORGANIZE AN EVENT

- MY EVENTS

Generate E-certificate

[Download Certificate](#)

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

STEP 8



Events ▾

Fit India Quiz

Fit India Certification ▾

Dialogue Session ▾

Fit India Influencers ▾

Fit India Icons

Contact Us

- ORGANIZE AN EVENT

- MY EVENTS

Add Participants *

Organization Name

MD Inter college

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

Update Participants

STEP 9



Events ▾

Fit India Quiz

Fit India Certification ▾

Dialogue Session ▾

Fit India Influencers ▾

Fit India Icons

Contact Us

- ORGANIZE AN EVENT

- MY EVENTS

Generate E-certificate

[Download Certificate](#)

STEP 10