



Government of Goa  
DIRECTORATE OF EDUCATION  
Alto - Porvorim, Bardez - Goa



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## CIRCULAR

Department of Sports, Ministry of Youth Affairs and Sports (MYAS) has planned a series of activities and campaigns under the aegis of Fit India Movement to promote fitness across the country in December, 2020.

The 2<sup>nd</sup> edition of Fit India School Week will be celebrated in the month of December, 2020.

The plan includes Fit India Thematic Campaign “फिटनेस का डोज - आधा घंटा रोज”, Fitness Assessment through Fit India App, Fit India School Week and Fit India Quiz with an aim to create awareness and disseminate the message of Fit India Movement through school.

All the Heads of Govt.,/Govt. Aided/unaided Primary/Secondary/ Higher Secondary and Special Schools are hereby requested to motivate all the students to participate in Fit India Thematic Campaign as per proposed activities enclosed in Annexure here, under Fit India School Week.

  
(Santosh S. Amonkar)  
Director of Education

Encl:- As above.

To,

The Heads of Govt./Govt. Aided/Unaided Primary/Secondary/Higher Secondary & Special Schools in the State of Goa.

Copy to:-

1. The Secretary, Ministry of Youth Affairs & Sports, Department of Sports, Room No. 3, 'C' Wing, Shastri Bhavan, New Delhi 110 001.
2. The Dy. Director of Education, North/Central/South Educational Zone, Mapusa/Panaji/Margao - Goa.
3. The ADEIs of all Talukas.
4. The Nodal Officer, IT for uploading on website of this Directorate

| Day | Activities   |
|-----|--|
| 1   | (i) Virtual Assembly - Free hand exercises<br><br>below:   |
| 2   | (i) Virtual Assembly – Common Yoga Protocols<br><br>(ii) Debates, Symposium, Lectures on “Re-strengthening of the mind post pandemic” - Mental Fitness Activities for Students, Staff and Parents<br><br>(iii) Open letter to Youth of the Nation on “Power of Fitness”<br><br>(iv) Open mic on topics such as “Exercise is a celebration of what your body can do, not a punishment for what you ate” etc |
| 3   | (i) Brain Games to improve concentration/ problem solving capacity – e.g Chess, Rubik’s cube etc<br><br>(ii) Poster making competition on theme “Hum Fit Toh India Fit” or “New India Fit India”<br><br>(iii) Preparing advertisements on “Hum Fit Toh India Fit”, “Emotional and physical well-being are interconnected” etc  |
| 4   | (i) Debates, Symposium, Lectures etc about diet & nutrition during pandemic for Students/ Staff & Parents<br><br>(ii) Essay/ Poem Writing Competition on theme “ Fitness beats pandemic”<br><br>(iii) Podcast/ Movie making on suggested themes – “Get fit, don’t quit”; “Mental Health is not destination but a journey” etc  |
| 5   | (i) Online Quiz related to fitness/ sports<br><br>(ii) Virtual challenges for students, staff/ teachers e.g.<br><br>(a) Squats challenge<br>(b) Step-up challenge<br>(c) Spot jogging<br>(d) Rope skipping<br>(e) Ball dribbling etc.<br><br>(iii) Session(s) by motivational speakers for students, parents and school staff  |

