



केन्द्रीय विद्यालय संगठन / KENDRIYA VIDYALAYA SANGATHAN
(Ministry of Education, Govt. of India)
18-संस्थागतक्षेत्र / 18-Institutional Area
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F.No110355/01/2020-21/KVS(HQ)/Sports/FitIndia activities } 621-624

Date: 19-03-21

केवल ईमेल

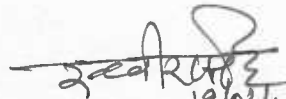
श्री. राजेश कुमार मौर्य,
अवर सचिव,
स्कूल शिक्षा और साक्षरता विभाग
(IS-4 सेक्शन), शास्त्री भवन,
न्यू दिल्ली - 110001

विषय :- सत्र 2021-2022 के लिए फिट इंडिया मूवमेंट रोडमैप / एक्शन प्लान के संबंध में-

महोदय,

आपके पत्रांक सं - 12-1/2020-IS4 दिनांक 15.03.21 फिट इंडिया मूवमेंट रोड मैप / केवीएस द्वारा तैयार कार्य योजना 2021-2022 की प्रतिलिपि जिसमें भारत @ 75 और आज़ादी का अमृत महोत्सव विषय पर आधारित है जो आपके अवलोकन एवं आवश्यक कार्रवाई हेतु संलग्न है।

भवदीय,


(रनवीर सिंह) 19/03/21

उपायुक्त (शैक्षिक- II एवं खेल)

संलग्नक:- यथोपरि।

प्रतिलिपि:-

1. निजी सचिव, आयुक्त केन्द्रीय विद्यालय संगठन(मु.) को सूचनार्थ।
2. निजी सचिव, अपर आयुक्त (शैक्षिक/प्रशासन) केन्द्रीय विद्यालय(मु.) संगठन को सूचनार्थ।
3. मिस एकता विश्वाई, मिशन डाइरेक्टर, फिट इंडिया मूवमेंट, भारत सरकार को सूचनार्थ ।

Fit India Movement Road Map/ Action Plan for 2021-22 of KVS

S. no	Month	Theme	Activities planned by KVS for Fit India Movement 2021-22, 125 th Anniversary of Netaji and "Azadi Ka Amrit Mahotsav" India @ 75 through Sports activities.
1	March -April 2021	<p>Fit Walkathon / Cyclothon</p> <p>Mental Fitness week: awareness Week</p>	<p>1. Awareness generation Rally on themes</p> <p>i) "We Fit - India Fit" participants can hold Placards / Banners with the theme - Netaji: An Icon of India's Freedom Struggle.</p> <p>i) Walkathon / Rally with students in nearby places with Cut out / banner / Placards related to Freedom struggle, Freedom Fighters and their role</p> <p>ii) Cyclothon can be conducted with banners and placards of Information related to "Netaji the Indian Hero", "India Freedom struggle".</p> <p>2. Mental Fitness week:</p> <p>1. Words Picture making.</p> <ul style="list-style-type: none"> • Netaji Our True Leader • (Theme - India 's Freedom Struggle , India @ 75, India my Dream, Dandi March) • Meditation / Mindfulness activities (5 Minutes). <p>3. Fitness awareness Week :</p> <p>1. Mass PT (Including all staff of School)</p> <p>2. Ringing of Fit India Bell (10 minutes stretching and Simple exercise)</p> <p>3. Awareness generation Rally on themes " We Fit - India Fit" holding Themes related to "Netaji and his effort to make India a free Nation"</p> <p>4. "Azadi Ka Amrit Mahotsav" India @ 75</p> <p>Rally and activities to mark the - Civil Disobedience Movement- Dandi March</p>
2	May -June 2021	<p>Yoga Month Special</p> <p>May - Fitness with Yoga</p> <p>Yoga Month - June Celebration of "Yoga Day" (Age Appropriate Yoga activities)</p>	<p>May - Celebrated as Fitness with Yoga. (Students and staff shall perform Asanas and meditation.</p> <p>June - Yoga Month with various activities.</p> <p>1. Yoga Displays - Mass displays.</p> <p>2. Yoga demonstration - Individual.</p> <p>3. Yoga competitions - Inter House/ Interschool (schools of Nearby locality).</p> <p>4. Talks on importance of Yoga.</p> <p>5. Demonstrations and inspirational talks by Yoga Acharya's.</p> <p>6. Session- Yoga Healthy Life Style.</p> <p>"Azadi Ka Amrit Mahotsav " India @ 75</p> <p>Mapping important historical events from 1857-1947 preparing a dairy/scrapbook/wall magazines/Power Point Presentation</p>
5	July 2021	Indigenous Sports.	<ul style="list-style-type: none"> • First week - organizing state wise Indigenous Sports. • Second week - Educate students by organizing the state wise indigenous sports in the Vidyalaya . • Third & fourth Week - Organise competition - Indigenous Sports the competition can be Inter House, Inter Class , Staff V/S Students , Inter School with nearby Schools, Cluster wise etc,

			<p>Fit India Talks on -Indigenous Sports and its importance Physical Education Teacher or any eminent person from related field will talk on or may use any creative method to aware the students / fellow Teachers / Staff/Parents on "Role of Indigenous Sports in bringing the past".</p> <p>"Azadi Ka Amrit Mahotsav" India @ 75 Indigenous sports of Pre Independence Bare foot Football, Hockey , Athletic event Bare foot , wrestling, Kho-Kho Bare foot etc, Freedom fighter/Martyrs, their life & contributions: - Drama, theatre, Role play.</p>
8	August 2021	Kick Start India @ 75.	<ul style="list-style-type: none"> • First week - Talk on 75th Independence Day of India. (Curtain Raiser) by Senior Citizens (Retired /Jawan officer from Defense) of the nearby locality/ eminent personality. • Second Week - <ul style="list-style-type: none"> ii) Independence day Run. iii) Conduct Walk by the Grand Parents who attained 75& 75+ Years with the students. • Third & Fourth Week - Fit India Mental Fitness Week. <ul style="list-style-type: none"> i) Essay writing competition on Topics "India the Super power in Sports @ 75 " ii) Quiz Competition on Independence Day. <p>"Azadi Ka Amrit Mahotsav" India @ 75 Freedom fighter/Martyrs, their life & contributions: - Drama, Theatre, Role play.</p>
9	September 2021	Freedom Run - India @ 75	<p>Freedom Run/ Walk- For students, Staff and Parents.</p> <ul style="list-style-type: none"> • First Week - for Primary Students. • Second week - For students of secondary Section. • Third fourth week - students of Higher Secondary, staff and Parents. <p>"Azadi Ka Amrit Mahotsav" India @ 75 Aligning the beliefs/ideology/-with various movements/events that lead to Independence. Deliberation on how these ideology can further strengthen the fabric of the nation.</p>
10	October 2021	1. Fit India Plog Run	<p>Vision - India 100 years Nathaji's & Gandhiji's ideas. Fit India Plog Run shall be conducted with other Fit India activities including Students, Staff and Parents.</p> <p>"Azadi Ka Amrit Mahotsav" India @ 75 Transforming India the landmark policies:- seminars & webinars.</p>
11	November - December 2021	Fit India week - Eat Right Campaign	<ol style="list-style-type: none"> 1. Speech on Proper Diets - Doctors / Nutrition's in the assembly or on separate slots. 2. Community lunch on the day of House Sports Competitions Class wise with menu of Prescribed Diets. 3. Seminars and Classes for students from Class VI and above on proper diets. 4. Classes on proper food for Primary students. <p>"Azadi Ka Amrit Mahotsav" India @ 75 The constitution of India:- the amendments towards realizations of equality & equity with special reference to education:- seminars, symposiums & Debate.</p>

			Visit of students to place of Historical importance/border areas/Seema Darshan in view of inculcating Patriotism.
12	January - February 2022	Fit India Festive Special (EBSB) Ek Bharat Shrestha Bharat) Fit India Cyclothon @ Block level	First and Second week Walking minimum 5 kms in the Historical places near the Border and writing the historical reports on the India's Freedom Struggle. <ul style="list-style-type: none"> • Third Week - Conducting Cyclothon including students, Staff, Parents and interested public of the Block where the Vidyalaya is situated. "Azadi Ka Amrit Mahotsav" India @ 75 Photography competition Independence as seen through the lens. Collage making.