

No.EDN-H(12)-B(6)-HSSA/2019

Directorate of Higher Education

Himachal Pradesh.

Dated Shimla-1

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September 2020 **16 SEP 2020**

शिक्षा निदेशालय उत्तर हिमाचल

To

All the Dy.Directors of Higher Education,
Himachal Pradesh.

Subject:

Month-wise calendar of activities for Fit India Movement- reg.

Memo:

With reference to letter No. EDN-B-B(16)-8/2020 dated: 16/05/2020 with enclosure received from Ministry fo Human Resource Development Department of School Education & Literacy on the subject cited above.

In this regard, you are directed to circulate Month-Wise Calendar activities of Fit India Movement to all Schools under your jurisdiction.

Month wise Calendar of Activities for Fit India Movement in School:-

Sr. No.	Month	Game
	February Megical Monday to be celebrate as Megical Monday - Every Monday	<ol style="list-style-type: none">1. Organization of indigenou/traditional Sports for example.<ol style="list-style-type: none">A. Musical Chair game with a twist.B. Musical ChairC. Musical Chair with balloonsD. Musical Chair Games SongE. Song & Statues2. Prepration of Student profile data.
2	March Mental Fitness Week - Every 2 nd Week	<ol style="list-style-type: none">1. Words Picture making - Monday, Thurseday.2. Puzzle solving - Wednesday, Thursday.3. Meditation/Mindfulness activities - Friday, Saturday
3	April Fitness Awareness Week - Every 2 nd Week	<ol style="list-style-type: none">1. Mass PT (including all the Staff of School) - Monday, Satuarday2. Ringing of Fit India Bell (10 Minutes stretching & Simple excrcise) - Tuesday, Wednesday3. Awareness Generation Rally on them "We Fit- India Fit" - Thursday, Friday
4	May Funny Tuesday - Every Tuesday to be Celebrateas funny Tuesday	<ol style="list-style-type: none">1. Free Hand excrcise - 1st 2nd & 3rd Tuesday. (1) Dance and "Follow the Leader" activity.2. Fit India Parents Teachers Meeting - 4th Tuesday.

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5	<u>June</u> Fit India Literary Week - Every 1 st Week	<ol style="list-style-type: none"> 1. Quiz competition on Hygienic and Unhygienic foods and Nutrition. - Tuesday, Wednesday. 2. Essay, quotes, slogan writing on themes "Fit India Movement" - Thursday, Friday. 3. Celebration of "Yoga Day" (Age appropriate Yoga Activities) - Monday, Saturday.
6	<u>July</u> Fit India Talk.	May be adjusted in first week of August because there is Summer Vacation in July.
7	<u>August</u> Winner's Wednesday: - Every Wednesday Celebrate as winner's Wednesday.	<ol style="list-style-type: none"> 1. Staff vs. Students interclass traditional games. <ol style="list-style-type: none"> (a) Tug of war - 1st Wednesday (b) Pithoo, fivetone - 2nd Wednesday (c) Antakshri/Kho-Kho - 3rd Wednesday. (d) Kabaddi - 4th Wednesday
8	<u>September</u> Thursday Shiny Morning - Every Thursday Celebrate as Shiny Morning.	<ol style="list-style-type: none"> 1. Indoor Games - Chess & Carromboard Indoor Game 1st Thursday 2. Outdoor Games - Badminton, Volley Ball & Basket Ball 2nd and 3rd Thursday. 3. Age appropriate Yoga activities age group Junior and Senior Group. - 4th Thursday
9	<u>October</u> Fit Friday - Every Friday celebrate as Fit Friday.	<ol style="list-style-type: none"> 1. Fit India cycling - 1st Friday week 2. Plogging-run - 2nd Week Friday 3. Hula Hopping - 3rd Week Friday 4. Meditation/Mindfulness (5 Minutes Sleep) in the Schools/ Community - 4th Week Friday
10	<u>November Sportier Saturday</u> Every Saturday as Sportier Saturday.	<ol style="list-style-type: none"> 1. Intra Schools Competitions - 1st & 2nd Saturday. 2. Intra School Competition Regional and National Games On the Country. - 3rd and 4th Saturday
11	<u>December</u> Fit India Awards week - Every 3 rd Week	<ol style="list-style-type: none"> 1. Fit Star Kids - Monday, Tuesday, and Wednesday 2. Fit Teacher Award - Thursday, Friday, and Saturday

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Office of the Deputy Director of Higher Education,
UnaDistt. Una (HP).


(Dr. Amarjeet K. Sharma)
Director Higher Education
Himachal Pradesh, Shimla

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24 September, 2020

All the Principals/ Headmasters of Govt. Senior Secondary Schools/
Govt. High Schools in Una Distt. for information and necessary action.


Deputy Director of Higher Education,
Una Distt. Una (HP).