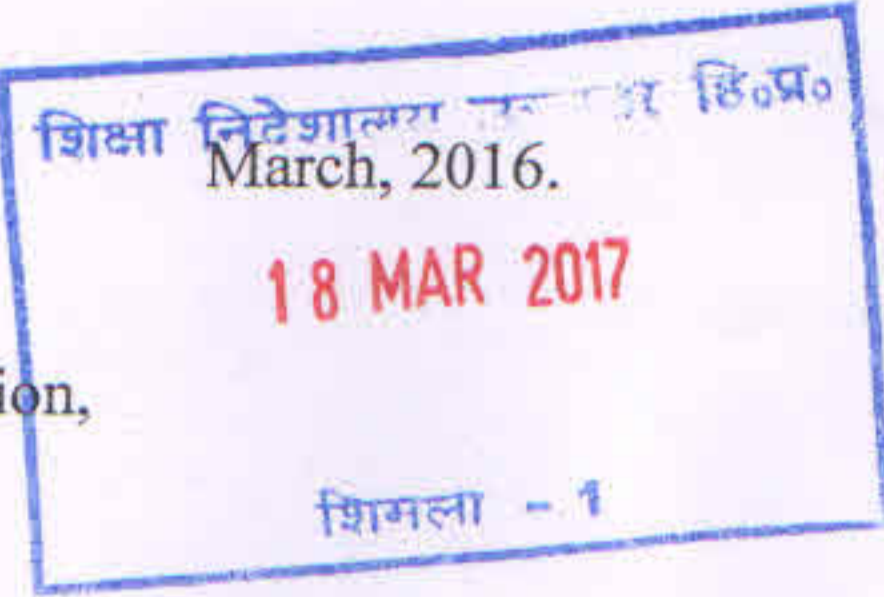


No.EDN-H(12)B(6)HSSA-/2016-Loose
Directorate of Higher Education
Himachal Pradesh, Shimla

To Dated: Shimla-171001 the



All The Dy. Directors Higher Education,
Himachal Pradesh.

Subject:- Issues of physical fitness among school children in the age group of 10-18 years.

Memo:-

Please find enclosed herewith the copy of letter No.EDN-C-F(10)-5/2016-L dated 25/02/2017 received from The Principal Secretary (Education) to the Government of Himachal Pradesh on the subject cited above .

In this regard, you are directed to further intimate all the Schools working under your administrative control to develop physical fitness amongst the Boys and Girls in the age group of (10-18) years. The fitness level developed be measured in term of endurance, speed flexibility and body mass index. The copies of the D.O. letter (Three pages) received from the Department of Sports Govt. of India Shastri Bhawan, Dr. Rajendra Prasad Road New Delhi are enclosed herewith.

Further you are directed to send the copies of this enclosed D.O. letter to all the quarters concerned for guidance and ready reference please.

Encls: As Above

Director Higher Education
Himachal Pradesh, Shimla

Endst. No.Even Dated : Shimla the March, 2017

Copy to:-

1. The Incharge, I.T. cell Director Higher Education with the direction to upload on the Departmental website.

Director Higher Education
Himachal Pradesh, Shimla

12729
Endst no: 69833 Even Dated 24-3-17
EDN-D-(Sports)/misc
Office of the Dy. Dir of Hr. Education Una
Forwarded in original to all the Principals/ Headmaster in
Private/Asst/Ans in Una Dist for information & compliance
SSS/HS
Dy. Director of Hr. Education
Una Distt Una (HP)

Injeti Srinivas, IAS

Secretary



सत्यमेव जयते

खेल विभाग
शास्त्री भवन, डॉ. राजेन्द्र प्रसाद रोड
नई दिल्ली-110 001

Department of Sports

Shastri Bhavan, Dr. Rajendra Prasad Road
New Delhi-110 001

D.O.No.70-211/2016-SP.VI

O/o the Chief Secretary,

February 6, 2017

Dy. No. ~~53806/3~~

Dated... 17/2/17

Dear Chief Secretary,

With a view to addressing the issue of physical fitness among school children in the age group of 10 – 18 years, it is proposed to introduce a National Physical Fitness Programme under which the physical fitness level of children will be measured, complemented by a Physical Fitness Programme.

2. A similar programme was introduced in early 1960's, but it was a pilot programme, which got discontinued in 1986. The present proposal is to not only revive the earlier programme, but introduce universal coverage.

3. Action is already underway to develop physical fitness norms for boys and girls in the age group of 10 – 12 years, 12+ to 15 years and 15+ to 18 years. The fitness level would be measured in terms of endurance, speed, strength, flexibility and body mass index. The measurement protocol would be very simple requiring only stop watch, a measuring tape and a weighing machine. It is proposed to dovetail this programme with the 'Sarva Shiksha Abhiyan'/RTE and 'Madhyamik Shiksha Abhiyan'. Once the measurement is done, result of each student would be reflected in the report card so that parents are aware of fitness level of their wards and would be interested in ensuring that it is not below the national norms.

4. As you would agree, every student who is physically fit would be an asset to the nation whereas those unfit, a liability. The endeavour of the programme is to build FIT India. We also believe that physical fitness would also improve academic performance.

I seek your kind support in promoting this movement of making India fit. The parameters and schedule for conducting random sample for development of fitness norms are annexed for kind information.

With regards,

Yours sincerely,

(Injeti Srinivas)

Encl. as above

Shri V.C. Pharka,
Chief Secretary,
Government of Himachal Pradesh,
Secretariat, Room No. E- 201B,
Shimla- 171001

16-2-17
Secy (YSS)

US(YSS)
17/2/17

SO (Educ)

May
18/2/2017

Miss Chand

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Annexure

These are items to be tested during the physical fitness programme.

Variable	Test	Age group
Cardio-respiratory endurance	600 mtr. run/walk test	10-12 years boys & girls
	800 mtr run/walk test	12+ - 15 years boys & girls
	1000 mtr run/walk test	15+ - 18 years boys & girls
Speed	50 mtr. dash	10- 18 years boys & girls
Muscular Strength	Modified push-ups	10- 18 years boys & girls
Flexibility	Sit & reach test	10- 18 years boys & girls
Body Mass Index	Height, age, weight	10- 18 years boys & girls

Equipments required:

1. Stop watch.
2. Measuring Tape.
3. Weighing machine.

The Govt. of India is planning to prepare the norms for children of Indian schools so that the present status of children of school is known. The norms will be prepared, so that they can be graded accordingly and perform various exercises to improve various components of physical fitness.

The following test centers have been selected to collect the data on physical fitness of the school children. The children will include the students of Kendriya Vidyalaya, Govt. Schools of various states and they will report to the testing centers according to the schedule given below.

1. North Zone

- a. SAI Center, Srinagar (Jammu & Kashmir)
- b. Guru Nanak Dev University, Amirtsar (Punjab)
- c. SAI Center, Sonipat (Haryana)
- d. JLN Stadium, New Delhi

2. East Zone

- a. SAI Center, Itanagar (Arunachal Pradesh)
- b. LNIPE -NERC, Sonapur, Guwahati (Assam)
- c. SAI Center, Shillong (Meghalaya)
- d. SAI Center, Salt Lake, Kolkatta (West Bengal)

3. West Zone

- a. SAI Center, Pune (Maharashtra)
- b. SAI Center, Goa
- c. SAI Center, Gandhi Nagar (Gujrat)

4. South Zone

- a. SAI Center, Bangalore (Karnataka)
- b. LNCPE, Trivandrum (Kerala)
- c. Kakatiya University, Warangal (Telangna)
- d. Achrya Nagarujn University, Guntur (Andra Pradesh)

5. Central Zone

- a. LNIPE, Gwalior (Madhya Pradesh)
- b. SAI Center, Jaipur (Rajasthan)
- c. BHU, Varanasi (Uttar Pradesh)
- d. Pandit Ravi Shankar Shukla University, Raipur (Chhattisgarh)

Schedule

Date of testing programme	Age Group	Sex
5 th April 2017	10 to 12 years	Boys & Girls
6 th April 2017	12+ to 15 years	Boys & Girls
7 th April 2017	15+ to 18 years	Boys & Girls

It is desired from all the schools who are sending their children for the collection of data for the norms to please ensure that children coming for the test are free from any medical ailment.

The NFPF programme will definitely find out the status of the children which will help them to improve upon all the aspects of physical fitness and will certainly do well in academics and sports.