

CBSE to observe Fitness Week in November as part of Fit India Movement

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In an attempt to promote fitness among school children, the Central Board of Secondary Education (CBSE) will be observing Fitness Week in the second and third week of November as a part of Fit India Movement. The prime objective of the initiative is to bring about a behavioural change in school children from spending "Passive Screen Time" to "Active Field Time".

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Union Minister of Youth Affairs and Sports Kiren Rijiju expressed his happiness over CBSE's move and said Fit India Movement is the need of the hour.

About Fitness Week:

The extensive six-day programme is aimed to address both physical and mental fitness needs of children. Indigenous games from every state, such as Cowrie from Gujarat, Silamba from Tamil Nadu, Bante from Jammu and Kashmir, Gulli Danda from Punjab, Pambaram from Kerala, will also be included in the fitness regime of children.

Khelo India Mobile App:

CBSE has also decided to assess the fitness levels of students from the age of 5 years to 16 years using the Khelo India Mobile App that has been developed by the Sports Authority of India. The App has an inbuilt fitness test for various age groups and helps ascertain aspects such as flexibility, core strength and agility of students, the scores of which can then be used to identify students who have the prospect of taking up sport at the professional level.