

## Fit India Movement

### Introduction

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. It was launched by Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019. Samagra Shiksha Gujarat implemented Fit India movement to all the schools (Government/ Grant in aid/Self-financed) from class 1 to 12. Under Fit India movement different activities were conducted in Schools. Schools are motivated to allow the children to play idogeneous/ local games.

### Description

Gujarat stands in first position in all India as more than 39,000 schools registered them for Fit India schools and several other schools are under process of there registration. The third week of December is celebrated as Fit India week in all the schools of Gujarat. A weekly schedule of various activities is shared with the schools as follows:

<b>Days</b>	<b>Activities</b>
<b>Magical Monday</b>	<b>Yoga (3 min)</b> PT , Aerobics, Dancing-exercise
<b>Tempting Tuesday</b>	<b>Team Games, Races Yoga (4 min)</b> 50m, 100m, 200m, Relay, Hurdle, Lemon spoon race, Sporty Parents teacher meet
<b>Winner's Wednesday</b>	<b>Indigenous games Yoga (5 min)</b> Gilli danda, Lagori, Poshampa, Chopar, Tug of war (Rassa kasi)
<b>Thursday Team Work</b>	<b>Twining of schools for sports activities at cluster level Yoga (6 min)</b> Kho-Kho, Kabaddi, Cricket, Football, Relay race
<b>Friday Fitness Quiz</b>	<b>Activities on Good health/ healthy habits: Yoga (7 min)</b> Painting/ Poster making, Slogan writing, Debate, Essay writing, Quiz
<b>Sportier Saturday</b>	<b>Team games Yoga (8 min)</b> Team of children Vs parents, Team of child with parent to complete the task Teams of teachers, Teams of teachers and parents

Yoga training is provided to the teachers and training to register the schools for Fit India movement is also conducted through BISAG. Schools are motivated to conduct sports activities and competitions. Samagra Shiksha Gujarat is working in convergence with Sports Authority of Gujarat to provide physical assessment training to at least 2 teachers of each schools. GCERT started working on the development of physical education curriculum in Gujarati language.

For smooth functioning and monitoring of Fit India movement in Gujarat nodal officers are appointed at the district level and weekly updates of the program is collected through google sheet. CRCs are monitoring the execution of Fit India activities at school level.

Schools organise fitness activities and awareness campaigns and share their reports and photographs to Block MIS. Selected photographs at Block level are shared with the district MIS and selected photographs and videos at district level are shared with the State nodal officer. Fit India movement monthly reports and photographs are shared with MHRD.

Till now more than 6000 schools applied for 3-star rating and more than 2200 schools registered themselves for 5-star rating. Samagra Shiksha Gujarat is working for the development of playgrounds so that more and more students can be benefited.

### Photograph

