

No.F.4 (144)-DEE/GEN/2017
Government of Tripura
Directorate of Elementary Education
General section

Dated Agartala, the _____ 2017.

MEMO

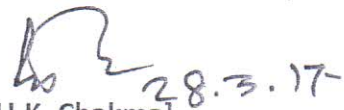
Subject: National Physical Fitness Programme- FIT India

Please find enclosed herewith DO No. 70-211/2016 SP.VI February 6, 2017 of Injeti Srinivas, IAS Secretary Department of Sports, Govt of India to introduce **National Fitness Programme** under which the physical fitness level of children will be measured complemented by a Physical Fitness Programme.

In this regard, 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 stopwatch, a measuring tape and a weighing machine. And these materials are supposed to have been available in the schools, if not, materials may be procured from the fund available under **Sarva Shiksha Abhiyan (SSA)**. Once the measurement is done result of the each student would be reflected in the report card, so that, the parents are aware of the fitness level of their wards and would be interested in ensuring that it is not below the national level.

Accordingly, all the District Education officers, Principal Officer(Education), TTAADC, and Inspector of Schools are hereby requested to circulate the MEMO to the schools under their respective jurisdiction, so that all the school will follow the instruction in regard to introduce National Physical Fitness Programme- **FIT India**.

Encl: As stated above.


[U.K. Chakma] 28.3.17
Director,

Elementary Education

To

1 The District Education Officers

West/Khowai/Sepahijala/Gomati/South/North/Unokoti/Dhalai for information and necessary action.

2. The Principal Officer(Education), TTAADC for information and necessary action.

3. All Inspector of Schools.....for information and necessary action.

Copy to

1 The P.S to the Principal Secretary, for kind information to the Principal Secretary, Education.

2 The Diorector, Youth Affairs & Sports for information with request to pass suitable instruction to the field level functionaries under his jurisdiction .

3 The Director of Secondary Education, Government of Tripura for information.



28/02

Injeti Srinivas, IAS
Secretary



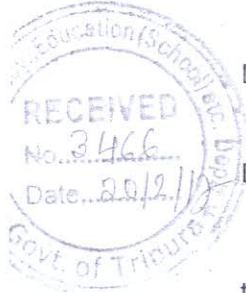
सत्यमेव जयते

No. 523-48/17
20/2

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

February 6, 2017



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

Dear Chief Secretary,

PS, SE
Secy, IAS

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.

DSE/DEE

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.

SSA/RMSA
M. Adhikari

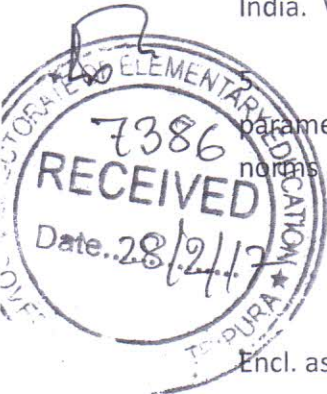
3. Action is already underway to develop physical fitness norms for boys and girls in the age group of 10 – 12 years, 12+ to 15 years and 15+ to 18 years. The fitness level would be measured in terms of endurance, speed, strength, flexibility and body mass index. The measurement protocol would be very 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.

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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,

Encl. as above

DSE : We should adopt this
it is must.

Yours sincerely,

2. Pl. pl. the proposal

(Injeti Srinivas)

Shri Yashpal Singh,
Chief Secretary,
Government of Tripura,
New Secretariat Complex,
Agartala-799010

In
23/2

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, Amritsar (Punjab)
- c. SAI Center, Sonapat (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. Acharya 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.