


જિલ્લા શિક્ષણાધિકારી કચેરી
અમરેલી
આવક ક્રમાંક: ૨૧૬૧
અભ્યાનું નામ: (પ્રીતિ) (ચાજના)
તારીખ: ૨૧/૦૯/૨૧ યાજના
સહી: 


ક્રમાંક:-મઉમશબ/સંશોધન/2021/4782-4817  
 ગુજરાત માધ્યમિક અને  
 ઉચ્ચતર માધ્યમિક શિક્ષણ બોર્ડ,  
 સેક્ટર-10 બી, જૂના સચિવાલય પાસે,  
 ગાંધીનગર. તા.05/10/2021

પ્રતિ,  
 જિલ્લા શિક્ષણાધિકારીશ્રી, (તમામ),  
 ગુજરાત રાજ્ય

વિષય:- "Fit india Movement"  
 સંદર્ભ:- શિક્ષણ વિભાગ સચિવાલય, ગાંધીનગરનો પત્ર ક્રમાંક: પરચ-122021-355-  
 વ.2 તા.14/09/2021

ઉપરોક્ત વિષય અન્વયે સંદર્ભદર્શિત પત્રથી જણાવ્યા મુજબ "Fit india Movement"  
 ના ભાગરૂપે Fit india ક્વીઝ અન્વયે FIT INDIA એપ લોન્ચ કરવામાં આવેલ છે. સદર એપ  
 અન્વયે ભારત સરકારના શિક્ષણ મંત્રાલયના તા.10/09/2021 ના પત્ર ક્રમાંક: 12-1/2020-IS-  
 4 (Part-1) અને સ્પોર્ટ્સ ઓથોરીટી ઓફ ઇન્ડિયાના તા.11/09/2021 ના પત્રની નકલ આ  
 સાથે સામેલ રાખી મોકલી આપતા જણાવવાનું કે ભારત સરકારના સદર પત્રની સુચના  
 અનુસાર જરૂરી કાર્યવાહી કરવા આપના તાબાની તમામ માધ્યમિક અને ઉચ્ચતર માધ્યમિક  
 શાળાઓને ઉક્ત વિગતો મોકલી આપશો.

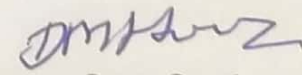
બિડાણ:- ઉપર મુજબ

  
 સંયુક્ત નિયામક  
 ગુજરાત માધ્યમિક અને  
 ઉચ્ચતર માધ્યમિક શિક્ષણ બોર્ડ,  
 ગાંધીનગર

પરિપત્ર નં:- ૪૬૪

ક્રમાંક:-ચજન/ફીટ ઇન્ડિયા મુવમેન્ટ/૨૧-૨૨  
 જિલ્લા શિક્ષણાધિકારી કચેરી  
 અમરેલી.  
 તા.૦૭/૧૦/૨૦૨૧

ઉક્ત પરિપત્ર જાણ તથા અમલ સારું.

  
 જિલ્લા શિક્ષણાધિકારી  
 અમરેલી

પ્રતિ,  
 આચાર્યશ્રી,  
 માધ્યમિક અને ઉચ્ચતર માધ્ય.શાળાઓ તમામ,  
 જિ.અમરેલી

No. 12-1/2020-IS-4 (Part-I)  
Government of India  
Ministry of Education  
Department of School Education & Literacy  
(IS-4 Section)

Shastri Bhawan, New Delhi,  
Dated: 10<sup>th</sup> September, 2021

To

The Additional Chief Secretary/Principal Secretary/Secretary (Education), of all States / UTs

**Sub: FIT India Mobile App for Fitness Assessment**

Sir/Madam,

As you must be aware, Hon'ble Prime Minister has launched the "FIT India Movement" on 29<sup>th</sup> August, 2019 with a view to make physical fitness a way of life.

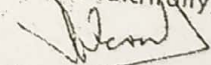
2. To further promote and aware people about importance of fitness, Hon'ble Minister, Youth Affairs and Sports launched FIT India Mobile App on 29<sup>th</sup> August 2021. Fitness Assessment based on the 'Age-Appropriate Fitness Protocols-GOALS' that was launched by Hon'ble Prime Minister in September 2020 is the core feature of the app. The App has integrated features likes calorie counts, activity tracker, sleep tracking etc.

3. The App is available for download on both Android and IOS platforms in Hindi and English. The links to download App are as follows:

- For Android- <https://play.google.com/store/apps/details?id=com.sai.fitIndia>
- For iOS- <https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890>

4. You are requested to publicize the FIT India Mobile App, encourage people to download the App and organize a drive of Fitness Assessment through this App in your department/schools/offices, so that maximum number of people can assess their fitness and find ways to improve it and move towards making a better healthier and fitter India.

Yours faithfully,



(Vinod Krishan Verma)

Deputy Secretary to the Government of India  
Tel.01123384582

Email: vinodk.verma@nic.in

**Copy to: (For information and necessary action.)**

1. The Chairperson, Central Board of Secondary Education,
2. The Commissioner, Kendriya Vidyalaya Sangathan,
3. The Director, Central Tibetan Schools Administration (CTSA)
4. The Chairman, National Institute of Open Schooling (NIOS)
5. The Commissioner, Navodaya Vidyalaya Samiti (NVS)
6. The Director, National Council of Education Research and Training
7. The Chairman, Council for the Indian School Certificate Examination (CISCE)





Government of India  
Ministry of Youth Affairs and Sports



SPORTS AUTHORITY OF INDIA  
FIT INDIA MISSION

Jawaharlal Nehru Stadium.  
1<sup>st</sup> Floor (Near Ramp No. 5)  
Lodhi Road, New Delhi - 110003  
Email: [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in)

F. No. 19-1/FIT INDIA/QUIZ/2020

Dated: 11/09/2021

CIRCULAR

Subject: Fee waiver to schools registering for Fit India Quiz 2021

1. In supersession of the circular of even number dated 12.08.2021 on Fit India Quiz 2021 the following amendments has been made in the fees structure of the Quiz:

The Registration fees for 2 lakh students from 1 lakh schools have been waived off by Fit India Mission as per the criteria mentioned below:

- i. Registration of 2 lakh students nominated by 1 lakh schools (Maximum two students per school on first cum first basis) for the Fit India Quiz will be free of cost. (i.e. 2 students nominated by each school can participate in Fit India Quiz for free).
- ii. In case the school is willing to nominate more than 2 students for Fit India Quiz, they can nominate the students after making payment of registration fee of Rs 50 per student for the additional students.


2. For the schools who have already paid the registration fees of Rs 225/- per students, the fees paid for first 2 students shall be fully reimbursed to the concerned school and same shall be considered under the free registrations facility. Further, out of fees (Rs 225/- per student) already paid on registration of additional students nominated by the school (over and above the first 2 students), Rs 175/- per student shall be reimbursed to the concerned schools and remaining amount of Rs 50/- per student shall be adjusted against the fees due for the registration.

3. The remaining criteria and guidelines stated in the circular of even number dated 12.08.2021 on Fit India School Quiz 2021 will remain same. The revised guidelines for Fit India Quiz 2021 is enclosed herewith. It is therefore requested that the Principal Secretary/Secretary in-charge of School Education Department of all State/UT Governments may kindly share this circular with all schools in the state so that maximum students from the State/UTs participate in Fit India Quiz 2021.

This has been issued with approval of the competent authority.

Encl: As above

30/09/21  
9700-1/2021

  
(Ekta Vishnoi)  
Mission Director (Fit India)

## FIT INDIA QUIZ 2021 (REVISED GUIDELINES)

The Fit India Movement was launched by the Hon'ble Prime Minister in August 2019 with a vision of encouraging every Indian citizen to adopt a physically active lifestyle. Ministry of Youth Affairs and Sports (MYAS) is the nodal ministry for implementing the Fit India Movement in coordination with other stakeholders. The aim of Fit India Movement is to encourage the citizens to include physical activity in their daily lives and to showcase the ease of simplicity of doing activities which can make them fit. In a bid to increase awareness about the importance of physical fitness in our daily lives, the Fit India Mission has conceptualised and conducted multiple events and campaigns. Fit India Movement has been able to mark its presence in more than 4 lakhs schools across the country through Annual Fit India School Week Celebrations and Fit India School certifications.

### **Objective**

To further propagate the message of Fit India Movement among the school children and strengthen its presence in schools, a Fit India Quiz has been envisioned to involve school children across the country. Fit India Quiz, while providing a national platform to students to showcase their knowledge about fitness and sports, also endeavours to create awareness among students about India's rich sporting history, including centuries-old indigenous sports, our sporting heroes of the past and how traditional Indian lifestyle activities hold the key to a Fit Life for all.

### **Structure of Fit India Quiz**

The Fit India Quiz is primed to be the first-of-its-kind nation-wide quiz on fitness and sports for school children. The quiz will have representations from every State/UT in the country and will be a mix of online and broadcast rounds. The quiz format has been designed in an inclusive manner wherein school students from across the country will get an opportunity to test their fitness and sports knowledge against their peers. The quiz will be open for students from all age groups, but the questions shall be framed in a way that can be easily answered by students of class 8 and above.

Following table provides the summary of phases/rounds involved in the Fit India Quiz:

Phases/Rounds	Description
REGISTRATION AND SCHOOL ROUND	<ul style="list-style-type: none"><li>• The school to hold the first round of selection of students internally and register the selected students for the Preliminary round.</li><li>• Registration for preliminary round will be open to all schools across India.</li><li>• Schools will be required to register minimum 2 students for the quiz on link available on Fit India website (<a href="http://www.fitindia.gov.in">www.fitindia.gov.in</a>). Schools can register more than 2 students. There is no upper limit for number of students to be registered for Fit India Quiz from a single school.</li></ul>



Phases/Rounds	Description															
	<ul style="list-style-type: none"> <li>Registration of 2 lakh students nominated by 1 lakh schools (Maximum two students per school on first cum first basis) for the Fit India Quiz will be free of cost. (i.e. 2 students nominated by each school can participate in Fit India Quiz for free).</li> <li>In case the school is willing to nominate more than 2 students for Fit India Quiz, they can nominate the students after payment of registration fee of Rs 50/- per student for the additional students.</li> <li>The registration and payment by the schools shall be done by visiting the registration link provided on the Fit India website.</li> </ul>															
PRELIMINARY ROUND (NTA ROUND)	<ul style="list-style-type: none"> <li>Registered students will compete individually on an online platform hosted by NTA (National Testing Agency). The quiz questions shall be framed in a way that can be easily answered by students of class 8 and above.</li> <li>Provision will be made to have quiz questions in 13 languages- English, Hindi, Tamil, Malayalam, Telugu, Kannada, Marathi, Gujarati, Odiya, Assamese, Bengali, Punjabi and Urdu. However, in case of any discrepancies or invalidation, questions in English / Hindi language will prevail.</li> <li>The necessary links for accessing the quiz, username, and passwords for nominated individual student will be shared with the school and students before the NTA round.</li> <li><b>The quiz under NTA round will be of 45 minutes duration and will consist of 75 multiple choice questions (MCQ).</b> Negative marking will be given for incorrect answers (Each correct answer carries 4 marks and for each wrong answer 1 mark will be deducted).</li> <li>The NTA round will be taken by individual student through mobile device with Andorid 5 or above and internet connectivity, using the dedicated mobile application. Mobile devices with iOS will not be compatible for the mobile application.</li> </ul> <p><b>Evaluation and Results of NTA round</b></p> <ul style="list-style-type: none"> <li>The students will be evaluated based on the scores achieved in the NTA round. If more than one student gets the same score, the younger student (age-wise) will rank higher in the merit list.</li> <li>The school whose student is there in the merit list will qualify for the state round.</li> <li>Top ranked 8-32 schools from each State/UT will qualify for the next round as per the following table:</li> </ul> <table border="1" data-bbox="464 1809 1294 2101"> <thead> <tr> <th>S. No.</th> <th>Number of Schools participating from State/UT</th> <th>Number of qualified Schools for State/UT round</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>0-500</td> <td>8</td> </tr> <tr> <td>2.</td> <td>501-2500</td> <td>16</td> </tr> <tr> <td>3.</td> <td>2501-5000</td> <td>24</td> </tr> <tr> <td>4.</td> <td>More than 5000</td> <td>32</td> </tr> </tbody> </table>	S. No.	Number of Schools participating from State/UT	Number of qualified Schools for State/UT round	1.	0-500	8	2.	501-2500	16	3.	2501-5000	24	4.	More than 5000	32
S. No.	Number of Schools participating from State/UT	Number of qualified Schools for State/UT round														
1.	0-500	8														
2.	501-2500	16														
3.	2501-5000	24														
4.	More than 5000	32														



**Phases/Rounds**

**Description**

	<ul style="list-style-type: none"> <li>• If more than one student in the merit list are from the same school, the next student and school will secure a position, making his/her school qualifying for the state round.</li> <li>• The qualified school must nominate an additional student from the respective school as quiz partner, based on their discretion, for the State Round to form a team of two quizzers. However, if more than one student from the qualified school is among the top scorers in the NTA round, the second student in the merit list will automatically be a part of the team representing the qualified school in the State Round.</li> <li>• Details of the student who has been nominated as quiz partner must be entered in on Fit India website by the qualified school along with the bank details of the school and the students participating in the further rounds.</li> <li>• The students appearing in the preliminary round will get participation certificate. The recognition will be given to the schools having maximum participation.</li> </ul>
STATE ROUND	<ul style="list-style-type: none"> <li>• State Round will have 8-32 teams from qualified schools participating on a customized digital platform.</li> <li>• Format: Depending on the number of teams qualified (8-32 teams), 3-11 rounds will be held to determine the State/UT champion.</li> <li>• These rounds will be anchored by a professional quiz master and will be webcast on social media. The quiz could be in mixed language (local as well). Also questions on local sports will also be asked.</li> <li>• Total of 36 school teams i.e., one team per State/ UT will move to the National Round.</li> </ul>
NATIONAL ROUND	<p><b>National Round shall consist of Quarter-finals, Semi-finals and Final Rounds-telecast on Star Sports and national television &amp; Webcast on social media channels of Sports Authority of India, Ministry of Youth Affairs and Sports, Star Sports and Fit India.</b></p> <p><b>Quarter Final</b></p> <ul style="list-style-type: none"> <li>• 36 teams will be divided into 12 groups of 3 teams each. The 3 teams will compete with each other and the top team from each group (a total of 12 teams) will move to the Semi Final Round.</li> <li>• For the remaining 24 teams, 4 best Runner ups will also move to the Semi Final Round</li> <li>• A total of 16 teams will therefore qualify for the Semi-Finals.</li> </ul> <p><b>Semi Final</b></p> <ul style="list-style-type: none"> <li>• The 16 teams who enter the Semi-Finals will be divided into 4 groups of 4 teams each. The winner from each group will move to the National Final Round, which will be telecast on Star Sports.</li> </ul> <p><b>Final</b></p> <ul style="list-style-type: none"> <li>• 4 teams will compete to secure the Top Place of being India's No 1 school in the Fit India Quiz.</li> </ul>

Phases/Rounds	Description
	<ul style="list-style-type: none"> <li>Winner of the Final round will be declared as National Champion.</li> </ul>

The questions in the State and National rounds will also include audio-visual and image-based questions to make the quiz interactive and interesting. Preliminary round will also have image-based questions. The Quiz will have questions from multiple themes as outlined below.

- History of Indian Sports, Traditional Sports and Games, Yoga, Personalities etc
- Fitness topics with special emphasis on Indian traditional fitness methods.
- Olympics, Commonwealth Games, Asian Games, Khelo India Games and other popular sports.

The State and National rounds of the quiz will have innovative concepts such as 'phone a teacher/ parent' etc. to make it fun, interactive and engaging for the audience. The quiz will also have multi-formats featuring buzzer rounds and audio/video recognition round, etc.

#### Prize Structure for Fit India Quiz

The Fit India quiz provides an opportunity for schools and students win cash prizes worth more than Rs 3 Crore. The detailed prize structure for the Fit India Quiz is as below:

Fit India Quiz Budget Estimate		
Prize money to winners		
Particulars	Cash Prize for schools (in INR)	Cash prize for Students* (in INR)
National Champion	25,00,000	2,50,000
1st Runner Up- National Round	15,00,000	1,50,000
2nd Runner Up- National Round	10,00,000	1,00,000
State/UT Champion **	2,50,000	25,000
State/UT 1st Runner Up **	1,00,000	10,000
State/UT 2 <sup>nd</sup> Runner Up**	50,000	5,000
State qualifiers after NTA round***	15,000	2,000
Cash prizes to teachers, principals and parents who will be part of the quiz in various rounds		9,69,000
<b>Total Prize money -----</b>		<b>3,25,00,000</b>

It is suggested that the cash prize may be utilized only for the purpose of promotion of sports and fitness.

\*Awarded to team of 2 students

\*\*Awarded to each State/UT

\*\*\*Awarded to all qualified schools for state round

#### Timeline for the Fit India Quiz



S. No.	Activity	Start Date	End Date
1	Launch of Fit India Quiz	September 1, 2021	
2	Registrations	September 1, 2021	September 30, 2021
3	Preliminary or NTA Round	October 29, 2021	
4	State Round	December 1, 2021	December 31, 2021
5	National Round	January/February 2022	

### Role of Schools

- The schools will be the key drivers for the propagation and promotion of the quiz within their respective schools which shall be essential for the greater success and participation from students.
- The schools will be responsible for registering minimum two students for the quiz on the Fit India website and shall ensure fair selection process being carried out for the identifying the students.
- The qualified school must nominate an additional student from the respective school as quiz partner, based on their discretion, for the State Round to form a team of two quizzers.
- The schools to adhere to the guidelines as available on the Fit India website.
- Schools to make necessary arrangements in case of travel etc for the students.

### Role of States/UTs

- States/UTs to ensure wide publicity to Fit India Quiz and encourage to the schools to register and participate in the Fit India Quiz. The information on Fit India Quiz to be shared with all the schools in the state to ensure maximum participation.
- States/UTs to conduct State round in respective states with the support of Fit India Mission and select state/UT champion for National round.
- Event Management agency will be finalised by FIT India Mission.

### Role of Fit India Mission

Fit India Mission under Ministry of Youth Affairs and Sports, Government of India shall be the chief benefactor for the Fit India Quiz and shall provide all necessary financial support and guidance to the stakeholders. The Fit India Mission will co-ordinate with the concerned state departments and facilitate in providing guidelines and defining SOPs at various stages of the Fit India Quiz.