

एल. एस. सिंह  
संयुक्त सचिव  
L. S. SINGH  
Joint Secretary



भारत सरकार  
युवा कार्यक्रम और खेल मंत्रालय  
खेल विभाग

GOVERNMENT OF INDIA  
MINISTRY OF YOUTH AFFAIRS & SPORTS  
DEPARTMENT OF SPORTS  
TEL. : 91-11-23384152  
TELEFAX : 91-11-23070830



DO No.K-15017/3/2019-FIC



Dated the 24<sup>th</sup> February, 2020

Respected Sir,

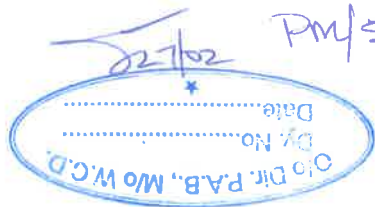
Kindly refer to the meeting held between Secretary, MoYAS and Secretary, Mo WCD and yourself on 20<sup>th</sup> February 2020 to discuss inclusion of Fit India Movement during POSHAN PAKHWADA to be held on 8<sup>th</sup> to 22<sup>nd</sup> March, 2020.

2. It was discussed in the meeting that awareness about fitness for women may be included during POSHAN PAKHWADA. Proposed activities are as follows:

Activity	Suggested addition for Fit India
• Panchayat meeting: Talk on importance of nutrition and hygiene	• Include importance of physical activity in daily life.
• Cycle Rally	• Use of Fit India banner with logo for Cycle Rally.
• Home visit by AWWs, ASHAs and ANMs to beneficiaries spreading the message on importance of hygiene and sanitation at home	• Include why active physical lifestyle is necessary for good health and how one can do physical activities.
• School based activities/Poshan Pathsala	• Physical activities like free hand exercise, indigenous games, dance etc may be organised for students
• Awareness campaign for adolescent girls	• Include importance of playing games / physical activities daily for 60 minutes. One or more physical activities may be conducted.
• Cooperative/federation Meetings to address Nutrition	• Talk about Fit India in the meeting.
• Youth Group Meetings	• Include awareness about physical activity/fitness in the meeting. One or more physical activities may be conducted.
• Prabhat Pheri	• Prabhat Pheri to start with basic exercises.



JS/ASC  
24/2/20  
(Dir. PAB)  
Vignit file  
on file  
24/2/20



24/2/20  
Pl. mt up immediately  
Contd...2/-  
26/2/20



3. The suggested physical activities that may be conducted in the above-mentioned programs are as follows:

- Kho Kho
- Kabaddi
- Hopscotch (Kith-Kith)
- Traditional dance
- Tug of War (Raasakshi)
- Rassi Kud
- Football

4. Awareness about fitness for women can be included in the questionnaire during home visits. Some of the indicative questions are given below:

- (i) Do you know that daily physical activities like (Walking, work like farming, lifting and moving heavy objects, household work etc) helps you to stay healthy and free from diseases like heart diseases, hypertension, diabetes, joint problems etc.
- (ii) Are you aware that adults require 150 minutes of moderate physical activity (carrying light loads, brisk walking, cycling to work, household chores)/60 minutes of rigorous physical activity in a week (carrying heavy loads, digging, construction, farming activities etc) ? (Y/N)
- (iii) Are you aware that children need to play daily for more than 60 minutes? (Y/N)
- (iv) If your daily work does not contribute to 150 minutes of moderate physical activity (carrying light loads, brisk walking, cycling to work, household chores)/60 minutes of rigorous physical activity (carrying heavy loads, digging, construction, farming activities etc), in a week do you know it becomes important to exercise regularly ? (Y/N)
- (v) Do you know that the following physical activities can be practiced by you and your family to stay fit and healthy?
  - a. Walking/Jogging
  - b. Running
  - c. Playing a sport
  - d. Yoga
  - e. Dancing
  - f. Cycling
  - g. Rope skipping, other traditional games/sports

5. The Fit India logo can be obtained from the Fit India website link below:

([http://fitindia.gov.in/wpcontent/uploads/2019/10/FITIndia\\_Logo\\_Guidelines.pdf](http://fitindia.gov.in/wpcontent/uploads/2019/10/FITIndia_Logo_Guidelines.pdf)).

6. It is also requested details of event including the number of participants and video/photographs of the event may be uploaded on the Fit India portal - <http://fitindia.gov.in/>

*With warm regards*

Yours sincerely,

*L.S. Singh*  
(L S Singh)

Shri Ajay Tirkey  
Special Secretary  
Ministry of Women and Child Development  
Shastri Bhawan, New Delhi--110001

Copy To:

Shri Rabindra Panwar ,  
Secretary,  
MoWomen and Child Development  
Shastri Bhawan, New Delhi--110001