CIRCULAR

    3. Acad/Circular/2019/2676, dated 22/11/2019
    4. Acad/CIR/2019/Fit India/159, dated 13/1/2020

As all of you are aware that Fit India Movement, Fit India School campaign is being run by the Govt. of India in schools across the nation.

To make physical fitness a way of life, Fit India Movement aims to make behavioral changes from sedentary lifestyle to physically active way of day-to-day living. Fit India would be a success only when it becomes a people’s movement and Physical activity is made a part of daily routine for all classes in schools to boost fitness.

It is therefore enjoined upon all the Heads of Govt./Govt. Aided/primary/Secondary school and special schools to encourage all students and staff to hold daily fitness activities including yoga for holistic development, where yoga teachers are not available general teachers or even students with knowledge of yoga may lead basic yoga exercises.

(Shailesh R. Saligramde)
Dy. Director of Education (Acad)

To,
The Heads of Govt./Govt. Aided/Unaided Primary/Secondary/Higher Secondary & Special Schools in the State of Goa.

Copy to:-
    1. The Under Secretary to the Govt. of India, Ministry of Human Resource Development, Department of School Education & Literacy, (IS-4 Section ), Shastri Bhavan, New Delhi 110 001.
    2. The Dy. Director of Education, North/Central/South Educational Zone, Mapusa / Panaji / Margao - Goa.
    3. The ADEIs of all Talukas.
    4. The Nodal Officer, IT for uploading on website of this Directorate