

Dear Parent



FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the fitness goal.

As part of this movement the Sports Authority of India and the Fit India Mission has decided to launch Fit India Quiz for schools in the month of **June 2021**

(For your reference: http://cbseacademic.nic.in/web_material/Circulars/2021/40_Circular_2021.pdf)

The four rounds of the quiz will include the following:

a. School Round: To be conducted by the school to register the students for the Preliminary Round.

Topics:

- ✓ 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, KheloIndia Games and other popular sports.

b. Preliminary Round: To be a multiple-choice online round conducted in 13 languages by the National Testing Agency

c. State Round: To be conducted by each State/UTs with the support from FIT India Mission amongst Schools qualified after preliminary round

d. National Round: Final round in which winning team of each State/UT will participate.

The **School round** will be conducted on **Monday, 21st June 2021 at 4pm for Grades VIII-X.**

Interested candidate can join the below zoom link sharp at 4pm.

Zoom Meeting ID: 676 537 9984

Passcode: avnvida

Principal