

File No. NCTE-Estt018/30/2023-Esst Section-HQ

22 November 2023

To,

The Regional Directors,
(ERC, NRC, SRC & WRC)
National Council for Teacher Education
New Delhi- 110075

Subject: Celebration of FIT India Week from 15th November 2023 to 15th December 2023 by all Teacher Education Institutions (TEIs): schedule of activities- reg.

Dear Sirs,

Celebration of FIT India Week from 15th November 2023 to 15th December 2023

All Teacher Education Institutes (TEIs) may be requested to conduct the suggested list of activities, throughout the FIT India Week scheduled from November 15, 2023, to December 15, 2023. For celebration of this program, each TEI can choose a week at their convenience and organize various sports and fitness activities for 4 to 6 days.

Time	Activities to be conducted
Between 15th November and 15th December 2023	(i) Annual Sports Day
	(ii) Importance of fitness- Debate, Quiz, Essay Writing, Poster making competition
	(iii) Indigenous Games
	(iv) Fitness Assessment through Mobile App
	(v) Yoga & Meditation
	(vi) Fitness Pledge - to be taken by teachers, students and their parents.
	(vii) Fit India Parents-Teachers Meeting
	(viii) Organize Health Camps
	(ix) Running/Races/Cycling Races/
	(x) Popular Sports and Fun Games
	(xi) Idea Generation Contests & Entrepreneurship Building

Note:-

1. Debate, Quiz and Essay writing, Poster making competitions are specific to the student category in schools and colleges; however, students may be encouraged to participate in other activities being organized during the FIT India Week as well.
2. Encourage the use of Fit India Mobile App to assess fitness level during Fit India week.

After conducting the activities, kindly upload the photos/videos on your social media handles, while also tagging the NCTE, on the following links:

<https://twitter.com/ncteDelhi>

<https://www.facebook.com/NCTEDEL>

https://www.instagram.com/ncte_official

<https://www.youtube.com/@nationalcouncilforteachere7797>

Google Form Link: <https://forms.gle/C7kfvCant2PwGbNQ7>

Thanking you,

Yours faithfully,



(T Ravi)

Nodal Officer, NCTE



TAGORE INSTITUTE OF ART AND EDUCATION

Affiliated to Baba Saheb Ambedkar Education University
& West Bengal Board of Primary Education

Recognised by N.C.T.E and
Approved by the Department of Higher Education
Govt. of West Bengal

Centre for Teachers' Education

Ref. No.....

Date 27 Nov. 2023

FIT India Week

Celebration of FIT India Week from 15th November 2023 to 15th December 2023

Activities to be conducted	Date
Annual Sports Day	30/11/2023
Importance of fitness- Debate, Quiz, Essay Writing, Poster making competition	02/12/2023
Indigenous Games	04/12/2023
Fitness Assessment through Mobile App	05/12/2023
Yoga & Meditation	07/12/2023
Fitness Pledge – to be taken by teachers, students and their parents.	08/12/2023
Fit India Parents-Teachers Meeting	09/12/2023
Organize Health Camps	11/12/2023
Running/Races/Cycling Races/	12/12/2023
Popular Sports and Fun Games	13/12/2023
Idea Generation Contests & Entrepreneurship Building	14/12/2023

WOODS END, SHANTINIKETAN-ILAMBAZAR ROAD, BANAVILA, P.O.- DARANDA
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