

Dear Parents,

We are happy to inform you about Fit India Awareness Programme by CISCE in collaboration with Sports Authority of India (SAI) under the Khelo India National Fitness Programme for School. Our school culture supports this initiative as it gives an opportunity to strengthen the physical and vital aspects of the personality, particularly.

The importance of sports and fitness in one's life is invaluable. Playing sports inculcates team spirit, develops strategic & analytical thinking, leadership skills, goal setting and risk taking. A fit and healthy individual leads to an equally healthy society and strong nation.

Khelo India Programme is a national yojana/scheme for the development of sports for those between the ages of 5 to 8yrs and 9 to 18+yrs. The vision of Khelo India is to infuse sports culture and achieve sporting excellence in the country. Special events and programmes will also be arranged to support this initiative. Khelo India App was launched by PM Narendra Modi in February 2019 to promote sports and fitness.

One of the key objectives of the scheme is to identify talented athletes from across the country and nurture the talent through guidance and developed infrastructural facilities.

The programme has some Fitness Assessment Tests as adopted by CISCE. Some of the assignments on which students will be evaluated are height and weight (BMI), static balance (flamingo test) and coordination (plate tap test) for 5 to 8 yrs and BMI , Sit and Reach Test , 600 MT Run / Walk , 50 Mts Dash - Standing Start, Partial Curl- Ups and Push ups for Boys / Modified Push ups for Girls for 9 to 18+yrs. If it is convenient, students may work on some of these assignments at home as well. Our students will be evaluated by the physical education teachers on these parameters, after sufficient practice, once school is functional physically. These tests will help us to assess the fitness level of children and their individual physical capacities which can help us to direct them towards various sporting activities by identifying their strengths and weaknesses.

You may open the following links (from the mobile phone):

- **To watch the Khelo India Mobile App Introduction Video**

<https://www.youtube.com/watch?v=qYUmDBAjXOQ>

- **To download the Parent Application**

For Android: <https://play.google.com/store/>

For IOS: <https://apps.apple.com/in/app/>

- **To look at the assignments/activities**

<https://schoolfitness.kheloindia.gov.in/StaticPage/TestVideos.aspx>

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