



केन्द्रीय माध्यमिक शिक्षा बोर्ड  
CENTRAL BOARD OF SECONDARY EDUCATION

CBSE/Dir (Trg. & SE)/2019

Date: November 06, 2019  
Circular No.-ACAD-68/2019

All the Heads of the schools affiliated to CBSE

**SUBJECT: FIT INDIA MOVEMENT – “FITNESS WEEK CELEBRATION” – Reg.**

For any society or Nation to progress, it's important that their citizens are physically fit. The challenges of the modern day life has brought along with it the need to be more physically proactive and fit in order to face its challenges with optimum energy and positivity. Fit children are able to handle day-to-day physical and emotional challenges better. However, for a holistic and intrinsically healthy lifestyle, awareness and support for fitness movement is more essential than ever.

On 29 Aug 2019, the Honorable Prime Minister launched nation-wide “Fit India Movement” aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. So as to take this mission forward, CBSE has decided that each year **SECOND and THIRD WEEK in November**, a total of 06 working days, will be celebrated as “**Fitness Week**” in all its affiliated schools. This movement therefore endeavors to alter this behavior from ‘Passive Screen time’ to ‘Active Field time’ and the aim of the objective is to develop Sports Quotient among all the students to achieve a healthy lifestyle. Such movement will also instill in students the understanding for regular physical activity and higher levels of fitness enhancing in them self-esteem and confidence.

It has also been decided to take-up “**Ek Bharat – Shreshtha Bharat**” on day six of this program. For this purpose, please see attached table as annexure “A”. Schools in ‘Partner State 1’ are expected to take-up indigenous games of ‘Partner State 2’. Similarly, schools located in ‘Partner State 2’ are expected to take-up games mentioned against their ‘Partner State 1’.

**Activities to be undertaken during the Fitness Week Celebration:**

Day	Activity
01	(i) Morning Assembly – Yoga for all (ii) Activities on Fitness and Nutrition for Students and Staff
02	(i) Morning Assembly – Free hands exercise for all (ii) Mental Fitness Activities (Ex. Debates, Symposium, Lectures by Sports Psychologists)
03	(i) Beginning of “Fitness Assessment” of Students through KHELO INDIA App. (ii) Poster making Competition for all Students on theme “Fit Body – Fit Mind – Fit Environment”
04	(i) Physical Activities for all Students including Dance, Aerobics, Yoga, Martial Arts, Rope-Skipping, Gardening etc.

‘शिक्षा सदन’, 17, राऊज़ एवेन्यू, नई दिल्ली - 110002 & ‘Shiksha Sadan’, 17, Rouse Avenue, New Delhi – 110002

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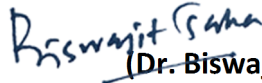


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	(ii) Essay/Poem Writing Competition for all Students on theme "Fit India School"
05	Fitness/Sports Quiz for all Students
06	Competition for Students, Staff and Parents in Traditional/Indigenous/Regional Games – <b>To celebrate</b> the Unity in Diversity of our Nation and to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our Country; Engagement Matrix between States and UTs have been done. Against each pair of State/UTs, the suggestive traditional games list too has been given. Schools may engage its students in minimum one game of its choice from the partner state (Refer annexure "A"). Children, Parent and Teacher participants may also participate in exploring the history and interesting facts of the indigenous games from partner States.

Schools shall ensure that all Students', Parents, Staff and Management shall actively participate in the proposed **Fitness Week Celebration**. The Schools may create a new page on its website titled "**Fit India Movement**" and a brief about the activities undertaken and related pictures/videos be uploaded on it. Also, the same may be submitted through Google form using link: <https://forms.gle/NzAz6wxg5StKTE3DA>

For queries, email at: [cbsefitnessweekcelebration@gmail.com](mailto:cbsefitnessweekcelebration@gmail.com)

  
(Dr. Biswajit Saha)  
Director (Trainings & S.E.)

Copy to:

1. The Director General, Sports Authority of India, Jawaharlal Nehru Stadium Complex (East Gate) Lodhi Road, New Delhi – 110003

The respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

2. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi-110016
3. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
4. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-54
5. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-17
6. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
7. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
8. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
9. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini, Delhi.
10. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-01
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools and their school management in their respective regions

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14. In charge IT Unit with the request to put this circular on the CBSE Academic website
15. The Senior Public Relations Officer, CBSE
16. PPS to Chairperson, CBSE
17. SPS to Secretary, CBSE
18. SPS to Director (Edusat, Research & Development) CBSE
19. SPS to Director (Information Technology) CBSE
20. SPS to Director (Academics) CBSE
21. SPS to Director (SE&T) CBSE
22. SPS to Director (Special Exams and CTET), CBSE

**Director (Trainings & S.E.)**

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## INDIGENOUS GAMES

S.No.	Partner State 1		Partner State 2	
	Name of the State	Indigenous Games	Name of the State	Indigenous Games
1	<b>Gujarat</b>	Gilli Danda, Jalso Gutte (Small Stones) Cowrie (Shell Game)	<b>Chattisgarh</b>	Ulaanbanti (Forward roll) Khalimar, Gidigada, Foda
2	<b>Tamil Nadu</b>	Nungu Vandii Kallangal(Five stones) Bambaram, Adu Puli Attam Dayakattai (Dice game) Nondi (Hopping) Silamba (Martial Art)	<b>Jammu &amp; Kashmir</b>	Teekan (Gutte) Bante (Marbles) Saz Lounge (Hopping Game) Garam (Sitholia) Gaante Bear (Kite Flying)
3	<b>Madhya Pradesh</b>	Gilli Danda, Sitholia Gutte (Small Stones) Poshampa, Langri, Stapu Ghera Rolling (Tyre Rolling)	<b>Manipur &amp; Nagaland</b>	Kang, Mukna Khong Kangiei, Hiyang Yubi Lakpi (Coconut Snatching) Rhang Ta (Martial Art)
4	<b>Himachal Pradesh</b>	Thoda Kancha Gilli Danda Poshampa Dhopkhel	<b>Kerala</b>	Pambaram (Lattu) Kalaripayattu (Martial Art) Pallanguzhi (Beads Game) Cowrie (Shell Game) Rassakasse (Tug-of-war)
5	<b>Maharashtra</b>	Pakda-Pakdi, Malkhamb Marbles, Atya Patya Kho Kho Cowrie (Shell Game)	<b>Odisha</b>	Chasabasa, Rumal Chori Gharbanaba, Hatabika Luchakali (Hide & Seek) Marbles, Cowrie (Shell Game)
6	<b>Chandigarh</b>	Gatka Gilli Danda Gutte (Small Stones)	<b>Dadra &amp; Nagar Haveli</b>	Cowrie (Shell Game) Kabaddi
7	<b>Uttar Pradesh</b>	Surr, Chor Sipahi Gilli Danda, Kanche Gutte (Small Stones) Poshampa Pachisi (Ludo on ground)	<b>Arunachal Pradesh &amp; Meghalaya</b>	Cowrie (Shell Game) Archery, Hinsm Tuman, Khalai Latom, Mawpoin, Sitnup Budu Salgrika (Tug-of-war)
8	<b>Punjab</b>	Tibla Tiblee, Kikli, Gatka Gulli Danda Gutte (Small Stones) Cowrie (Shell Game) Gherra Rolling (Hoop/Tyre Rolling) Rassa-kasse (Tug-of-war)	<b>Andhra Pradesh</b>	Chain, Chor Sipahi Goti, Kabbadi Kho Kho Bongaralu Aata (Lattu) Thwngmung Aadu Puli Aatam

Continued..

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9	<b>Goa</b>	Hoops, Bounro Tiktem Logorio	<b>Jharkhand</b>	Kati, Kabaddi Pari Khanda (Martial Art) Gutte (Small Stones)
10	<b>Bihar</b>	Pari Khanda (Martial Art) Gutte (Small Stones)	<b>Tripura &amp; Mizoram</b>	Insuknawr (Rod pushing game) Gella Chutt Inbuan, Mizo Inchai
11	<b>Lakshadweep</b>	Kabaddi Chor Siipahi Rumal Chori	<b>Andaman &amp; Nicobar</b>	Archery Snorkeling Kayaking
12	<b>Uttarakhand</b>	Gulli Danda, Bagh Bakri Thap, Pehalwani Kuddi Maran (Jumping) Kabbadi, Kushti	<b>Karnataka</b>	Chinni Dandu Buguri, Goti Kabbadi, Chowka Bara Ashtapada
13	<b>Haryana</b>	Kushti, Pachisi (Chaupar) Gherra Rolling (Hoop/Tyre Rolling) Rassa-kasse (Tug-of-war)	<b>Telangana</b>	Palli Patti (Pitthu) Aadu Puli Aatam
14	<b>Rajasthan</b>	Pitto Chopad	<b>Assam</b>	Dhopkhel, Dhora Hao Bonda Boha Hao, Tang Guti
15	<b>Delhi</b>	Gulli Danda, Pithoo Rassikud, Silambam Panja Kushti, Malakhamba	<b>Sikkim</b>	Archery
16	<b>Puducherry</b>	Atya Patya, Nungu Vandii Kallangal (Five stones) Bambaram, Dayakattai Adu Puli Attam	<b>Daman &amp; Diu</b>	Gilli Danda Gutte (Small Stones) Cowrie (Shell Game) Jalso