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gui final site of the Ministry of Youth Affairs and Sports





About Fit India Movement



FIT INDIA Movement was launched on 29th August, 2019 by Honourable 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



 To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.



Bulletin >>

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AUGUST 29, 2021 Read more

- School Week 2021

Fit India School week 2021 (14th Nov - 31st Jan)

- Fit India Quiz

Fit India Quiz State Round comming soon...







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Registered School Login

Register School

How To Register

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STEP

FIT INDIA SCHOOL WEEK 2022

Background Fit India School Week was conceived in 2019 with the imperative need of creating awareness about fitness not limited to children but also their parents, teachers, and school staff. In this campaign, school fraternities across the country are encouraged to celebrate 4 to 6 days in a week to promote a healthy and active lifestyle by indulging in various activities such as debates, quiz, essay writing, poster-making competitions, yoga and meditation, pledge of fitness, indigenous sports etc. The 1st edition of Fit India School Week was celebrated in the 3rd week of November 2019 as Fitness Week in partnership with the Ministry of Education. More than 15,000 schools participated in the 1st edition of Fit India School week. In the 2nd edition, Fit India school week was conducted from December 2020 to January 2021. More than 4.3 lakh schools celebrated the Fit India school week across the nation. Fitness activities such as yoga, free hand exercises, painting, debates, symposiums, etc., were part of this edition. Guidelines Activities





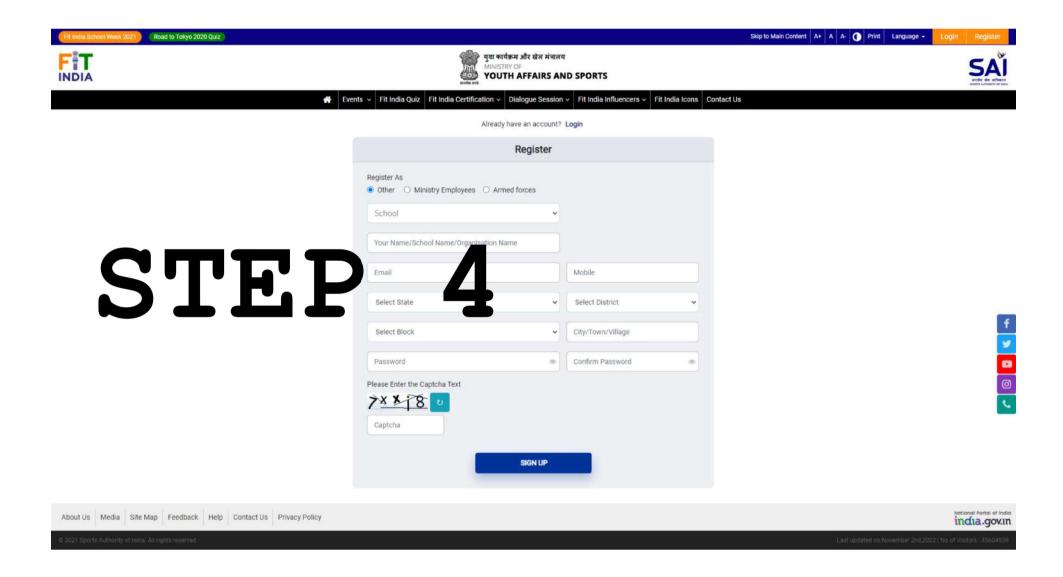






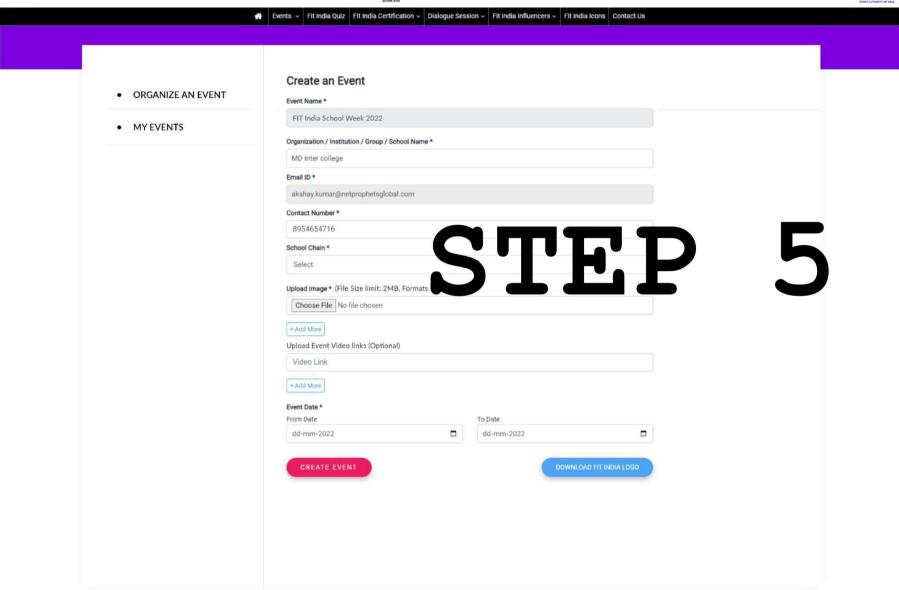


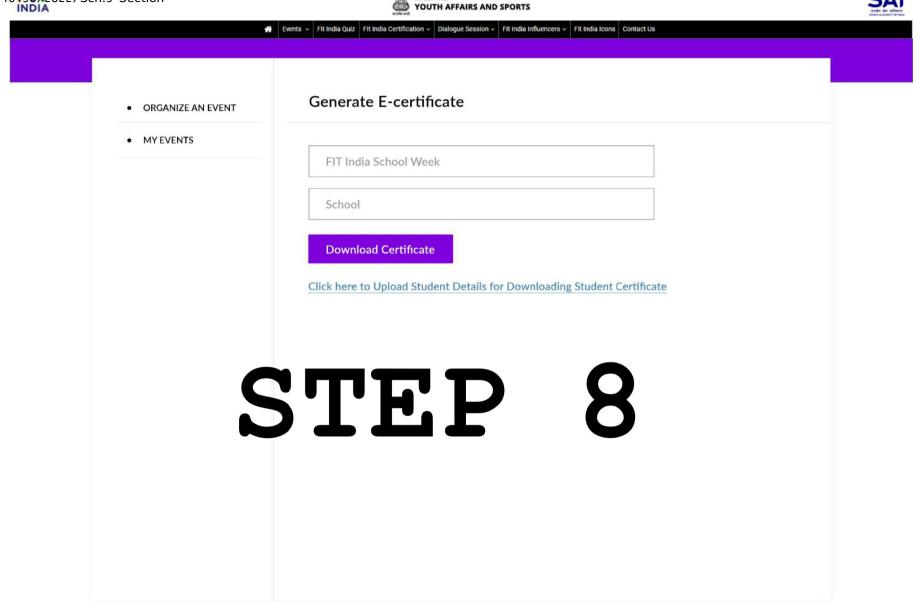




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