



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation under the Ministry of Education, Govt. of India)



CBSE/ DIR(SE&T)/KIFA/2020

19.03.2021

Circular No: Acad-25/2021

Heads of all the Institutions affiliated to CBSE

Subject: Awareness Programme on 'Whole School Approach to Fitness' and 'Khelo India National Fitness Assessment Programme' by CBSE in collaboration with Sports Authority of India (SAI) under the FIT INDIA MISSION in online mode

Dear Principal

This is in continuation to CBSE Notification no. 38/2018 dated 12.12.2018, Circular no. 01/2019 dated 09.01.2019, Circular No: Acad-83/2019 dated 30.12.2019 and Acad-38/2020 dated 28.05.2020 regarding the 'Khelo India National Fitness Assessment Programme for Schools'.

Ministry of Youth Affairs and Sports, under the aegis of FIT INDIA and as per NEP, CBSE is organizing an Online Physical Education Training Programme for all PE Teachers. These programmes are aimed at equipping the Physical Education Teachers of CBSE schools with the Knowledge, Skills and Attitude to perform Physical Fitness Assessment tests in their schools. These programmes shall be conducted from 24th March 2021 onwards. These trainings are being offered free of cost to all participants.

Post the training, PE Teachers will be able to register their schools, create profile for themselves, upload student's data, usage of KIFA and learn how to do Assessment. Once the schools reopen, they will be able to start Assessments using Mobile app in their schools.

Please refer to annexures for more details about the programme and registering your school.

Registration/ Join link will be available on: <https://schoolfitness.kheloindia.gov.in/tot.aspx>

All the Principals/Heads of Institutions must ensure that few teachers from their schools join these Training Programmes.

The Principals/Heads of Institutions must also ensure that after attending the training programme, the PE Teachers start taking fitness assessment in their schools on priority basis. Each and every students of the school must be assessed and correct data must be recorded in the app so that the data/entries can be used for future references.

For any further query or feedback, the schools may contact:

- From CBSE: Joint Secretary, Department of Skill Education at jsse.cbse@gmail.com
- From SAI: Ms Ritu Singh, GM, KIFA at fitness.kheloindia@gmail.com/ ritu.singh@seqfast.com
- Contact the Regional Managers and Technical Experts as provided on <https://schoolfitness.kheloindia.gov.in/StaticPage/ContactUs.aspx>

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Director (Skill Education and Training)



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