राष्ट्रीय अध्यापक शिक्षा परिषद् (भारत सरकार का एक विधिक संस्थान)



National Council for Teacher Education

(A Statutory Body of the Government of India)

By E-mail / By Hand / Speed Post / Fax

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, Posmaking competition (iii) Indigenous Games (iv) Fitness Assessment through Mobile App (v) Yoga & Meditation (vi) Fitness Pledge - to be taken by teachers, students and the 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.



जी-7, सेक्टर-10, द्वारका, नई दिल्ली-110075 G-7, Sector-10, Dwarka, New Delhi -110075

आज़ादीक अमृत महोत्सव

E-mail: - inspection@ncte-india.org; Website: www.ncte.gov.in

राष्ट्रीय अध्यापक शिक्षा परिषद्

(भारत सरकार का एक विधिक संस्थान)



National Council for Teacher Education

(A Statutory Body of the Government of India)

By E-mail / By Hand / Speed Post / Fax

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.instagra.com/ncte official

https://www.youtube.com/@nationalcoundilforteachere7797

Google Form Link: https://forms.qle/C7kfvCqnt2PwGbNQ7

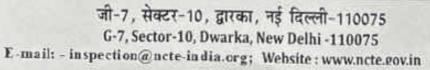
Thanking you,

Yours faithfully,

(T Ravi)

Nodal Officer, NCTE







Centre for Teachers' Education

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