



All India Council for Technical Education

Nelson Mandela Marg, VasantKunj, New Delhi-110070



AGE APPROPRIATE FITNESS PROTOCOLS

Dear Madam/ Sir,
Greetings from All India Council for Technical Education.!

The Ministry of Youth Affairs and Sports under the aegis of the Fit India Movement has developed Age Appropriate Fitness Protocols named as G.O.A.L.S. (Goals for Active Life Style) for different age groups categorized as 05-18 years, 18-65 years and 65+ years. These protocols have been launched by the Hon'ble Prime Minister in the 'Fit India Dialogue' programme held on 24th September 2020 while celebrating the 1st Anniversary of Fit India Movement. These protocols consist of fitness tests based on various fitness components and suggested activities to improve the same.

In this regard, it is kindly requested to extend your support in disseminating these Fitness Protocols among the general public by making it available on your website/other platforms of institution where it can be easily accessible to people. These protocols are available to download on the following link:
<https://sites.google.com/view/fitindiaoff/home>

Warm regards,
AICTE

No. 16-9/2020 NS-1
Government of India
Ministry of Education
Department of Higher Education
Scholarship Division

2nd Floor, Wing-6, West Block-1, R.K. Puram,
New Delhi-110 066

Dated the 3rd October, 2020

To

1. The Secretary, University Grants Commission,
No. 2, Bahadur Shah Zafar Marg, New Delhi-110 002

2. The Chairman, All India Council for Technical Education,
Nelson Mandela Marg, Vasant Kunj, New Delhi-110070

Sub:- Regarding wide publicity of fitness Protocols named as G.O.A.L.S. - reg.

The Dept. of Higher Education has received the OM no. 15017/3/2020-MDSD dated 01.10.2020 (copy attached) from the M/o Youth Affairs & Sports (MoYAS) stating that their Ministry under the aegis of the Fit India Movement has developed Age Appropriate Fitness Protocols named as G.O.A.L.S. (Goals for Active Life Style) for different age groups categorized as 05-18 years, 18-65 years and 65+ years and was launched by Hon'ble Prime Minister in the 'Fit India Dialogue' programme held on 24th September 2020 while celebrating the first anniversary of 'Fit India Movement'.

2. These protocols consist of fitness tests based on various fitness components and suggested activities to improve the same. The MoYAS has requested for disseminating these Fitness Protocols among the general public by making available on the website and other means.

3. In view of the above, it is hereby requested to make available the link of fitness protocol on UGC's website where it can be easily accessible to people.

Encl:- As above.



(Ghanshyam)
Under Secretary (Scholarship)
01126172917

No.15017/3/2020-MDSD
 Govt. of India
 Ministry of Youth Affairs & Sports
 (Department of Sports)

Shastri Bhawan, New Delhi

Dated the 1st October, 2020

OFFICE MEMORANDUM

Sub:- Age Appropriate Fitness Protocols - regarding

Ministry of Youth Affairs and Sports under the aegis of the Fit India Movement has developed Age Appropriate Fitness Protocols named as G.O.A.L.S. (Goals for Active Life Style) for different age groups categorized as 05-18 years, 18-65 years and 65+ years.

2. These protocols have been launched by Hon'ble Prime Minister in the 'Fit India Dialogue' programme held on 24th September 2020 while celebrating the 1st Anniversary of Fit India Movement. These protocols consist of fitness tests based on various fitness components and suggested activities to improve the same.

3. In this regard, it is kindly requested to extend your support in disseminating these Fitness Protocols among the general public by making it available on your website/other platforms of Department where it can be easily accessible to people. These protocols are available to download on the following link:

<https://sites.google.com/view/fitindiaoff/home>

JS
1.10.20

JS(HB)

Ravi Mital

(Ravi Mital)
 Secretary (Sports)

To

Secretaries to the Govt.of India
 (As per list attached)