

Recd up. 21-10/20

सचिव (डेयर) एवं मनि. (भा.क. अनु.प.) का कार्यालय
Office of Secy. (DARE) & DG (ICAR)
Office Dy. No. 470918
Date 1-10-2020

No. 15017/3/2020-MDS
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>

Dr DR/DO
14/10

May be issued to all Inst.

(Ravi Mital)
Secretary (Sports)

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

Madam,
It may be requested to PME to put it in our website/FB/YouTube
14/10/2020

US(YAZ)

dy - in writing
AS(D) - in writing
DS (G&E)



PMEC - for website loading
14/10

Mrs CST
Pl. upload 2020
KK

INDIAN COUNCIL OF AGRICULTURAL RESEARCH
KRISHI BHAWAN: NEW DELHI

F. No. GAC-21-59/2020-CDN

Dated-13 /10/2020

ENDORSEMENT

Department of Sports, Ministry of Youth Affairs & Sports, Govt. of India, Shastri Bhawan, New Delhi has issued O.M. No.15017/3/2020-MDSD dated 1.10.2020 regarding Age Appropriate Fitness Protocols. The above mentioned O.M. dated 1.10.2020 is being uploaded on the ICAR website www.icar.org.in and e-office for information and necessary action.

Ajv
13/10/20
(Ajai Verma)

Under Secretary (GAC)

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PJ