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/others 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  

May be issued to all Inst.  

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

[Signature]

Ravi Mittal  
Secretary (Sports)  

To  
Secretaries to the Govt. of India  

[Notes]  
Modern  
It may be recommended to put it in our website the same.  
PME - for website loading  

[Stamp]
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.

(Ajai Verma)
Under Secretary (GAC)

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