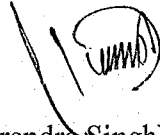


**Government of India
Ministry of Information & Broadcasting
(Policy Planning Cell)**

Subject – Age Appropriate Fitness Protocols – reg.

Please find enclosed a copy of the OM No. K-15017/3/2020-MDSD dated 1st October, 2020 received from Secretary, Department of Sports, Ministry of Youth Affairs and Sports on the subject cited above, for dissemination of these Fitness Protocols among the general public by making them available on various Media Platforms including the respective websites.

Encl.: As above


(Amarendra Singh)
Under Secretary (PPC)
Tele # 23384853

All Media Units

Sr. Technical Director, NIC, M/o I&B

M/o I&B's ID Note No. P-11017/24/2019-PPC (CFN-114609) dated 06.10.2020

Copy for information to – PPS to JS (P&A)

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

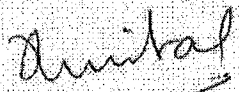
Sub:- Age Appropriate Fitness Protocols - regarding

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>


(Ravi Mital)
Secretary (Sports)

To

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