OFFICE MEMORANDUM

Subject: Age Appropriate Fitness Protocols – Regarding.

The undersigned is directed to forward herewith a copy of O.M. No. 15017/3/2020-MDS dated 01.10.2020 received from Ministry of Youth Affairs and Sports on the above subject, which is self explanatory.

It is requested to disseminate the Fitness Protocols among the general public by making it available on the website/other platforms of your Department.

Encl: As above.

To

1. Vice Chairman, Delhi Development Authority, INA Vikas Sadan, INA, New Delhi, Delhi 110023.
2. DG (Works), Central Public Works Department, Nirman Bhawan, New Delhi.
3. Member Secretary, National Capital Region Planning Board, Core IV-B, First Floor, India Habitat Center, Lodhi Road, New Delhi – 110003.
4. CMD, NBCC (India) Limited, NBCC Bhawan, Lodhi Road, New Delhi, NBCC Bhawan, Lodhi Road, New Delhi - 110 003,
5. CMD, Housing and Urban Development Corporation Ltd.(HUDCO), HUDCO Bhawan, Core-7-A, India Habitat Centre, Lodhi Road, New Delhi - 110 003.
6. CMD, Hindustan Prefab Limited (HPL), Jangpura, Near Rajdoot Hotel, New Delhi, Delhi 11014.
7. Executive Director, Building Materials and Technology Promotion Council, Core 5 -A, First Floor, India Habitat Centre, Lodi Road, New Delhi- 110 003.
9. Director, National Institute of Urban Affairs, 1st and 2nd Floor, Core 4B, India Habitat Centre, Lodhi Road, New Delhi – 110003.
11. Secretary, Delhi Urban Art Commission, Core-6A, UG & First Floor, India Habitat Centre, Lodhi Road, New Delhi-110 003.
12. The Director of Estates, Nirman Bhawan, New Delhi.
13. The Director of Printing, Nirman Bhawan, New Delhi.
15. The CEO, Central Govt. Employees Welfare Housing Organisation (CGEWHO), Sixth Floor, 'A' Wing, Janpath Bhavan, Janpath, New Delhi-110 001.
16. The Chief Executive, National Cooperative Housing Federation of India, 6A/6, Siri Fort Institutional Area August Kranti Marg New Delhi – 110049.

Copy to: The Secretary, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.
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

To

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