



भारत सरकार / Government of India
वाणिज्य एवं उद्योग मंत्रालय / Ministry of Commerce & Industry
विकास आयुक्त का कार्यालय / Office of the Development Commissioner
सीपज़ - विशेष आर्थिक क्षेत्र / SEEPZ-Special Economic Zone
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Public Notice 197/2020

Subject: Age Appropriate Fitness Protocols – reg.

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.

In this regards, these fitness protocols can be downloaded from the below mentioned link.

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

This issues with the approval of the Dy. Development Commissioner.

(Raju Kumar)
Asst. Development Commissioner
SEEPZ-SEZ

No. SEEPZ-SEZ/ADMN/GI/588/2020-21/12489

Dated 13/10/2020

Copy to:

1. DCO/JDCO
2. Notice Board
3. IT Section with direction to upload the Circular on office website.

Mail forwarded to No 70 JS (DJ)

Dy No. 1056/E.III
07/10/2020

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

कृपया कृपया ध्यान
रखें

P. 406271
01/10/2020

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
(Ravi Mital)
Secretary (Sports)

To

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

[Signature]
11/10

circulate
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JS (DJ)

[Signature]
07/10/20
ASO(RV)

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5/10
S/153

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(PN)

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US (MIS)