


No. 2(4)/2020-GC
Ministry of Electronics & Information Technology
(General Coordination Section)

New Delhi-110003
Dated 27.10.2020

Subject:- Age Appropriate Fitness Protocols – regarding

Please find enclosed herewith a OM No. 15017/3/2020-MDSD/1819 dated 1st October, 2020 received from Sh. Ravi Mital, Secretary (Sports) Ministry of Youth Affairs & Sports, Department of Sports Shastri Bhawan, New Delhi on the above subject for information and taking further necessary action.


(Devender Pal)
Deputy Director
Tele. No. 24301250

Encl: as above.

To :

1. All Officers/ Staff of MeitY through Intra MeitY
2. Webmaster MeitY
3. Head of Organizations under MeitY

No.15017/3/2020-MDSD/1819
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>



To

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

Dir (Pers) 09/10
DD (Pers) for AC 12/10
DNC (C)

Ravi Mital
(Ravi Mital)
Secretary (Sports)

R. Ravish
12/10

Secretaries to the Govt. of India

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| 1. | Shri Sanjay Agarwal , Secretary Department of Agriculture, Cooperation & Farmers Welfare Room No 115, Krishi Bhawan, New Delhi – 110001 |
| 2. | Dr. Trilochan Mohapatra (Scientist), Secretary Department of Agricultural Research and Education Room No 105 KB, Krishi Bhawan, New Delhi – 110001 |
| 3. | Shri Vaidya Rajesh ,Kotecha , Secretary Ministry of Ayush AYUSH BHAWAN, B Block, GPO Complex, INA, New Delhi – 110023 |
| 4. | Shri Rajesh Kumar Chaturvedi , Secretary Department of Chemicals and Petrochemicals Room No. 217 A Wing Shastri Bhawan, New Delhi – 110001 |
| 5. | Shri Chhabilendra Roul , Secretary Department of Fertilizers A - Wing, Shastri Bhawan, Dr. Rajendra Prasad Road, |
| 6. | Shri P.D. Vaghela Ms. S. Aparna Secretary Department of Pharmaceuticals Room no 218 Shastri Bhawan A wing Dr. Rajender Prashad Road New Delhi-110001 |
| 7. | Shri Anil Kumar Jain , Secretary Ministry of Coal A-Wing, Shastri Bhawan, Dr. Rajendra Prasad Road, New Delhi – 110001 |
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| 12. | Ms. Leena Nandan , Secretary Department of Consumer Affairs 49, Krishi Bhawan, New Delhi – 110001 |

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| 3. | Shri Sudhanshu Pandey , Secretary Department of Food and Public Distribution Room No. 169, Krishi Bhawan,, New Delhi – 110001 |
| 14. | Shri Rajesh Verma , Secretary Ministry of Corporate Affairs A-wing, Shastri Bhawan, Rajendra Prasad Road, New Delhi – 110001 |
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| 16. | Shri Raj Kumar Secretary Department of Defence Production 136, South Block, New Delhi |
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| 18. | Shri Ravi Kant , Secretary Department of Ex-Servicemen Welfare 5-A, South Block, New Delhi |
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| 28. | Dr. T. V. Somanathan , Secretary Department of Expenditure North Block, New Delhi - 110001 |
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| 32. | Shri Rajeev Ranjan , Secretary Department of Fisheries New Delhi |
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| 35. | Prof. Balram Bhargava , Secretary Department of Health Research 2nd Floor Red Cross Society Building, I, Red Cross Road , New Delhi – 110001 |
| 36. | Shri Sailesh , Secretary Department of Public Enterprises Room No. 305, C.G.O. Complex, Block No. 14, Lodi Road, New Delhi |
| 37. | Shri Ajay Kumar Bhalla, Secretary Department of Home North Block, Central Secretariat, New Delhi – 110001 |
| 38. | Dr. SUMEET JERATHI, Secretary Department of Official Languages Lok Nayak Bhawan, C-Wing, Khan Market, New Delhi – 110003 |

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| 39. | Shri Sanjeev Gupta Secretary Department of Inter State Council Secretariat Inter-State Council Secretariat, Ministry of Home Affairs, Vigyan Bhawan Annexe, New Delhi – 110011 |
| 40. | Shri Durga Shanker Mishra , Secretary Ministry of Housing and Urban Affairs Nirman Bhawan, C - Wing, Dr. Maulana Azad Road, New Delhi – 110011 |
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| 51. | Dr. R S Shukla Secretary Ministry of Parliamentary Affairs Parliament House, Sansad Marg, New Delhi – 110001 |
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| 53. | Dr. Kshatrapati Shivaji , Secretary Department of Administrative Reforms and Public Grievances (DARP) 514, Sardar Patel Bhavan, Sansad Marg, New Delhi – 110001 |
| 54. | Shri Tarun Kapoor , Secretary Ministry of Petroleum & Natural Gas A-Wing, Shastri Bhawan, Dr. Rajendra Prasad Road, New Delhi – 110001 |
| 55. | Shri Sanjeev Nandan Sahai , Secretary Ministry of Power Shram Shakti Bhawan, New Delhi – 110001 |