

BUREAU OF INDIAN STANDARDS
(Administration Department)

CIRCULAR

Subject: Age Appropriate Fitness Protocols - Goals for Active Life Style - reg.

DoCA, vide their letter no. F.No. N-21/02/2020-P&C dated 12th October 2020 forwarded herewith the copy of Office Memorandum No-15017/3/2020-MDSD dated 1st October 2020 of Ministry of Youth Affairs & Sports (Department of Sports) wherein it was mentioned that:

- i) 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.
- ii) 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.

2. In this regard, all departments at BIS HQs/ROs/BOs/Labs/NITS are, therefore, requested to visit the link <https://sites.google.com/view/fitindiaoff/home> for availing the benefits and to download the available protocol in the said link.

3. This issues with the approval of the Competent Authority.

Encl: as above

(N. Vittoba)

Director (Administration)

Our Ref: ADMN/09/04/2014

Circulated to: All Department at HQs, ROs/BOs/Labs/NITS for compliance through BIS Intranet

F.No. N-21/02/2020-P&C
Government of India
Ministry of Consumer Affairs, Food and Public Distribution
[Department of Consumer Affairs]

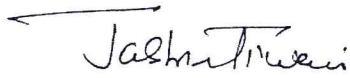
Krishi Bhawan, New Delhi.
Dated, the 1st October, 2020
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OFFICE MEMORANDUM

Please find enclosed the copies of the D.O. letter/O.M for information and strict compliance as per details given below:

S.No	Name of Ministry/Department, D.O./O.M. No. & Date	Subject
1.	Ministry of Youth Affairs & Sports. Department of Sports O.M. No. 15017/3/2020-MDSD dated 1 st October, 2020	Age Appropriate Fitness Protocols named as Goals for Active Life Style – reg.
2.	Ministry of Health & Family Welfare. Additional Secretary's D.O. No. 198116/AS (H)/2020 dated 5 th October, 2020	Information about toll-free tele-counselling in all the COVID Care/Isolation Centres of respected States/UTs and sensitize isolation centres staff regarding
2.	Cabinet Secretariat's O.M. No. 1/41/5/2020 – Cab. dated 28 th September, 2020	Immediate action to be taken for enforcement of Model Code of Conduct and Application of Model Code of Conduct after announcement of General Election to the Legislative Assembly of Bihar, 2020 – reg.

Encl. As above.


(Jasbir Tiwari)
Under Secretary (P&C)
Tel. No. 2338 1233

To

All Divisional Heads in the Department of Consumer Affairs.

Recd. on email of 01/10/2020 (12:57 pm)

Secretary (CA)
 Dy. No. E-150591
 Date 01/10/2020

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
 (Ravi Mital)
 Secretary (Sports)

C
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 To
~~SEC (VM)~~
 Secretaries to the Govt. of India
 (As per list attached)

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US (PSC)
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7/10/20
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8/10/20
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