



प्रा. मनिष र. जोशी
सचिव

Prof. Manish R. Joshi
Secretary



सत्यमेव जयते



विश्वविद्यालय अनुदान आयोग
University Grants Commission
(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

D.O.No. F.1-2/2023/Sports (YAS)

August 18, 2023/27 श्रावण, 1945

Dear Madam / Sir,

I am writing to bring your kind attention, an important initiative that aims to promote sports and physical activities among the youth of our country.

As you are aware, sports play a vital role in an individual's integrated development, especially for the youth. Universities and colleges serve as crucial platforms for fostering holistic growth and channelizing our youth's energy in a positive direction to inculcate a healthy lifestyle.

To support this cause, the University Grants Commission (UGC) has partnered with the Department of Sports, under the Ministry of Youth Affairs and Sports, to implement sports schemes in mission mode. As part of this collaboration, the Department of Sports has formulated various guidelines, including the FIT India Programme, Khelo India, Anti-doping in Sports, and Ek Bharat Shrestha Bharat.

I am pleased to enclose the guidelines of the above mentioned schemes for your kind information and urge you to implement them in your esteemed institution/college under your jurisdiction. By doing so, we can collectively contribute to our country's holistic growth of sports and infrastructure.

If you have any query or require support during the implementation process, please do not hesitate to contact Dr. Sunita Siwach, Joint Secretary, UGC (Sports) at ssiwach.ugc@nic.in

I request your active involvement and support in this initiative. Your contribution will go a long way in fostering a culture of sports and physical fitness, ultimately benefiting the youth and the nation.

With kind regards,

Yours sincerely,

(Manish Joshi)

Encl.: as above

All the Vice-Chancellors of Universities



F.No. 1-7/2019-IS-5(Pt.2)
Ministry of Education
Department of School Education & Literacy
(IS-5 Section)

Shastri Bhawan, New Delhi
Dated: 20th November, 2020.

To

The Additional Chief Secretary/Principal Secretary / Secretary (Education),
All States and UTs.

Subject:- Revised guidelines for Ek Bharat Shreshtha Bharat programme in schools -reg.

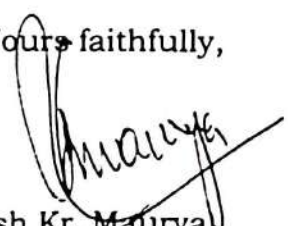
Sir/Madam,

As you are aware, Ek Bharat Shreshtha Bharat(EBSB) programme is being organised in schools all over the country. The EBSB Guidelines issued earlier have been revised. The revised guidelines have been aligned to National Education Policy, 2020 and also to use of toys in education by including specific activities in this regard. Also, a proper system of monthly and annual reporting has been formulated. The new guidelines also clearly provide for integrating EBSB activities into the education process itself, in accordance with NEP 2020. A copy of the revised EBSB guidelines is enclosed.

2. It is requested that the revised EBSB guidelines may be shared with schools for ensuring maximum participation of students in the programme. The action taken report is also to be furnished on regular basis as indicated in the guidelines.

Yours faithfully,

Encl. : As above.


(Rajesh Kr. Maurya)

Under Secretary to Government of India

Ph- 011-23384501

Email ID- rajmaurya.edu@nic.in

Copy to: (For information and necessary action.)

1. Chairperson, CBSE
2. Commissioner, Kendriya Vidyalaya Sangthan.
3. Commissioner, Navodya Vidyalaya Samiti.
4. The Director, Central Tibetan Schools Administration (CTSA)
5. Chairman, NIOS
6. State Project Director, Samagra Shiksha, All States/UTs.

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**Department of School Education and Literacy
Ministry of Education
Government of India**



**EK BHARAT SHRESHTHA BHARAT
(Celebrating Diversity to Realise Unity)**

**Guidelines for activities to be conducted under "Ek Bharat Shreshtha Bharat"
Programme for schools, 2020**

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FIT INDIA



Fitness Protocols and Guidelines for 18+ to 65 Years



Goals

GOALS FOR ACTIVE LIFE STYLE



Kiren Rijiju
Minister of State (I/C),
Youth Affairs and Sports,
Govt. of India

FOREWORD

The Fit India movement, launched in August 2019, on the occasion of National Sports Day, aims to make fitness an integral part of daily life of every Indian citizen. Hitherto, the movement has witnessed wide participation from citizens across the country in various fitness related activities being promoted by the Fit India Mission Directorate.

The movement, which is in its beginning stages, has taken one of its first strategic steps to develop age appropriate fitness protocols suited to the Indian context. These protocols include simple tests and basic guidelines that demystifies what it means to 'stay fit and active'.

I am sure these protocols and guidelines will motivate us to stay rooted to an inherently active lifestyle culture that we have had in our country.

I am happy to launch the Age Appropriate Fitness Protocols and Guidelines; it is a significant step towards achieving our mission of taking the message of fitness to the masses and building a national movement.

I hope that this protocol document becomes a handy tool for our citizens and key stakeholder institutions for the movement, not only to get themselves tested on fitness levels, but also serve as a developmental tool to improve your fitness levels and cultivate an active lifestyle.

111 pages



युवा कार्यक्रम और खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS AND SPORTS
DEPARTMENT OF SPORTS

KHELO INDIA SCHEME (2021-22 to 2025-26)

OPERATIONAL GUIDELINES