

No.Z-11018/6/2017-Admn
Government of India
Ministry of Rural Development
Department of Land Resources
G-Wing, NBO Building, Nirman Bhawan, New Delhi-110011

Dated: 16th October, 2020

C I R C U L A R

Subject: Age Appropriate Fitness Protocols - regarding

The undersigned is directed to forward herewith a copy of Ministry of Youth Affairs and Sports OM No.15017/3/2020-MDSD dated 01.10.2020 on the above mentioned subject. 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 as developed by the Ministry may be downloaded from <https://sites.google.com/view/fitindiaoff/home>.

Encl: As above.

Th. Lianboi
(Th. Lianboi)
Under Secretary (Admn.)

All Officers/Officials of the Department of Land Resources

Copy to:

✓ NIC, DoLR with the request to upload the same in the Department's website.

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

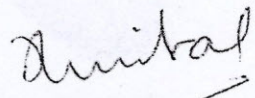
Ministry of Youth Affairs and Sports under the aegis of the Fit India Movement has developed Age Appropriate Fitness Protocols named as G.O.A.L.S. (Goals for Active Life Style) for different age groups categorized as 05-18 years, 18-65 years and 65+ years.

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>

Download


(Ravi Mital)
Secretary (Sports)

To

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