

ਦਫਤਰ ਡਾਇਰੈਕਟੋਰੇਟ ਆਫ ਸਕੂਲ ਐਜੂਕੇਸ਼ਨ (ਸੈਕੰਡਰੀ) ਪੰਜਾਬ,

ਕੰਪਲੈਕਸ ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ, ਫੇਜ਼-8, ਐਸ.ਏ.ਐਸ. ਨਗਰ

(ਸਪੋਰਟਸ ਸ਼ਾਖਾ)

ਵੱਲ

ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ)।

ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀ, ਪੰਜਾਬ।

ਈ.ਫਾਈਲ ਨੰ. 116390/2023261700

ਮਿਤੀ ਐਸ.ਏ.ਐਸ. ਨਗਰ: 18-09-2023

ਵਿਸ਼ਾ: **Fit India Quiz 2023 ਸਬੰਧੀ।**

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸਬੰਧ ਵਿੱਚ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ Government of India, Ministry of Education, Department of School Education & Literacy, Shastri Bhavan, New Delhi ਵੱਲੋਂ ਮਿਤੀ 05-09-2022 ਨੂੰ ਅਰਧ ਸਰਕਾਰੀ ਪੱਤਰ ਜਾਰੀ ਕੀਤਾ ਗਿਆ ਹੈ। ਇਸ ਸਰਕੂਲਰ ਅਨੁਸਾਰ Hon'ble Minister of Youth affairs and sports ਜੀ ਵੱਲੋਂ ਮਿਤੀ 29-08-2023 ਨੂੰ Fit India Quiz 2023 ਦਾ 3rd edition ਐਲਾਨਿਆ ਹੈ। Fit India Quiz ਬੱਚਿਆਂ ਵਿੱਚ ਸਿਹਤ, ਤੰਦਰੁਸਤੀ, ਖੇਡ ਸੱਭਿਆਚਾਰ ਅਤੇ ਸਵਦੇਸ਼ੀ ਖੇਡਾਂ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਲਈ ਤਿਆਰ ਕੀਤਾ ਗਿਆ ਹੈ। Fit India Quiz 2023 ਲਈ ਪੂਰੇ ਭਾਰਤ ਦੇ ਸਕੂਲਾਂ ਅਤੇ ਬੱਚਿਆਂ ਲਈ 3.25 ਕਰੋੜ ਦੀ ਨਕਦ ਇਨਾਮੀ ਰਾਸ਼ੀ ਵੀ ਰੱਖੀ ਗਈ ਹੈ।

Fit India Quiz 2023 ਲਈ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਮਿਤੀ 05-09-2023 ਤੋਂ ਸ਼ੁਰੂ ਹੈ ਅਤੇ 5 ਅਕਤੂਬਰ 2023 ਤੱਕ ਅਧਿਕਾਰਤ ਵੈੱਬਸਾਈਟ <https://fitindia.nta.ac.in/> 'ਤੇ ਆਪਣੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਰਜਿਸਟਰ ਅਤੇ ਨਾਮਜ਼ਦ ਕਰ ਸਕਦੇ ਹਨ। ਇਸ ਕੁਇਜ਼ ਸਬੰਧੀ ਦਿਸ਼ਾ-ਨਿਰਦੇਸ਼ ਇਸ ਪੱਤਰ ਨਾਲ ਨੱਥੀ ਹਨ।

ਇਸ ਲਈ ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ) ਅਤੇ ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀਆਂ ਨੂੰ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਉਕਤ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਨਾਲ ਨੱਥੀ ਸਰਕੂਲਰ ਅਨੁਸਾਰ ਸਕੂਲਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਫਿਟ ਇੰਡੀਆ ਕਵਿਜ਼ 2023 ਵਿੱਚ ਰਜਿਸਟਰ ਕਰਨ ਅਤੇ ਭਾਗ ਲੈਣ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ ਜਾਵੇ। ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਅਰਧ ਸਰਕਾਰੀ ਪੱਤਰ ਦੀ ਇੰਨ ਬਿਲ ਪਾਲਣਾ ਕਰਨੀ ਯਕੀਨੀ ਬਣਾਈ ਜਾਵੇ।

ਨੱਥੀ: 1) ਅਰਧ ਸਰਕਾਰੀ ਪੱਤਰ।

2) Fit India Quiz 2023 ਦੀਆਂ ਗਾਈਡਲਾਈਨਜ਼ ਨੱਥੀ ਕੀਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ ਅਤੇ ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ Fit India ਦੀ website (www.fitindia.gov.in) ਉੱਤੇ ਵਿਜ਼ਿਟ ਕੀਤਾ ਜਾਵੇ।

ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ (ਫਿਜੀਕਲ ਐਜੂਕੇਸ਼ਨ)

सुजाता चतुर्वेदी, भा.प्र.से
सचिव



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आज़ादी का
अमृत महोत्सव

भारत सरकार
खेल विभाग
युवा कार्यक्रम और खेल मंत्रालय
Government of India
Department of Sports
Ministry of Youth Affairs & Sports

Sujata Chaturvedi, IAS
Secretary

D. No. 19-2/Fit India/Quiz/2023

Dated: 1st September, 2023

06/9/23
न (न/प्र)
Dear Sanjay,

I am delighted to share with you that the 3rd edition of the Fit India Quiz was officially launched by the Hon'ble Minister of Youth Affairs and Sports, Shri Anurag Singh Thakur, on August 29th, 2023, in celebration of National Sports Day. The Fit India Quiz 2023 follows the resounding success of its predecessors, Fit India Quiz 2021 and Fit India Quiz 2022, and is designed to raise awareness about health, fitness, and our rich sporting culture, including indigenous games, among school-going children.

2. In retrospect, the Fit India Quiz has consistently offered substantial prize money, totaling **Rs. 3.25 Crores**, for students and schools. In the 2nd edition this year, **an impressive 61,981 students from 16,702 schools** across India enthusiastically participated.

3. The Fit India Quiz 2023 continues this tradition by offering a cash prize of **Rs. 3.25 Crore** for both schools and students. We cordially invite schools from all corners of India to participate and register their students in this exciting event. The registration process for schools and student nominations will commence on **September 4th, 2023**, and schools can register and nominate their students on the official website, <https://fitindia.nta.ac.in/> until **October 5th, 2023**.

4. In this regard, I would request your kind support by issuing directions to State/UT Education Department, CBSE, KVS, JNVS and to the National Education Society for Tribal Students to promote the Fit India Quiz 2023 among the schools and students, and to encourage the schools and students to register and participate in the Fit India Quiz 2023.

5. The nodal officer for Fit India Quiz 2023 from Fit India Mission will be Shri Arun Kumar Gupta, Director Fit India (Ph. No. 011-21420696, *email- fitindia@gov.in; ak.gupta82@gov.in). It is further requested to direct the State/UT Education Departments and CBSE, KVS, JNVS and National Education Society for Tribal Students to nominate a nodal officer to coordinate and oversee the Fit India Quiz 2023 registrations.

I look forward to your support in the above endeavor.

Best wishes,

Yours sincerely,

(Signature)
1/9/23
(Sujata Chaturvedi)

Sh. Sanjay Kumar
Secretary,
Department of School Education & Literacy,
Ministry of Education
Shastri Bhawan, New Delhi



Archana Sharma Awasthi
Joint Secretary (SS-I & AE)
Ph: 011-23386232
Email: js-ss1.ae@gov.in

Dated: 5th September, 2023

D.O. No. 15-1/2023-IS.4

Dear Madam/Sir,

Please refer to the Department of Sports' D.O. No. 19-2/Fit India/Quiz/2023 dated 1st Sep., 2023 (copy enclosed) regarding the 3rd edition of Fit India Quiz, officially launched by the Hon'ble Minister of Youth Affairs and Sports, Shri Anurag Singh Thakur, on 29th Aug. 2023, in celebration of National Sports Day. Fit India Quiz 2023 is designed to raise awareness about health, fitness and our rich sporting culture, including indigenous games, among school going children.

2. Department of Sports has informed that in the 2nd edition of Fit India Quiz, an impressive **61,981 students from 16,702 schools** across India enthusiastically participated. Further, like previous editions, Fit India Quiz 2023 is offering a substantial cash prize of **Rs. 3.25 crore** for both schools and students. Therefore, schools from all the corners of India are invited to participate and register their students in this exhilarating event. The registration process for schools and student nominations will commence on **5th Sept. 2023** and schools can register and nominate their students on the official website, <https://fitindia.nta.ac.in/> until 5th Oct. 2023. The guidelines of the programme is also enclosed herewith.

3. In view of the above, you are requested to promote Fit India Quiz 2023 among the schools and children and to encourage the schools and students to register and participate in the Fit India Quiz 2023.

4. The nodal officer for Fit India Quiz 2023 from Fit India Mission is Shri Arun Kumar Gupta, Director Fit India (Ph. 011-21420696, email- fitindia@gov.in ; ak.gupta82@gov.in). You are further requested to **nominate a nodal officer from your State/UT/organization** to coordinate and oversee the quiz registrations.

Encl : As above.

With regards,

Yours sincerely,

(Archana Sharma Awasthi)

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

Copy to:

1. PS to Secretary DSEL
2. State Project Director, Samagra Shiksha, All States and UTs



Guidelines for Fit India Quiz 2023

1. Introduction:

Fit India Mission was launched by the Honorable Prime Minister in August 2019 with a vision to encourage every Indian citizen to adopt a physically active lifestyle. The Ministry of Youth Affairs and Sports is the nodal ministry to implement the Fit India Mission in coordination with other partner ministries and institutions. The Fit India Mission aims to encourage citizens to incorporate easy-to-do physical activities into their daily lives to help them remain healthy. Again to raise awareness about the importance of physical fitness in daily life, Fit India Mission continuously conceptualizes and conducts various programs and campaigns.

2. Objective:

To take forward the message of Fit India Mission among school children and strengthen its presence in schools, a Fit India Quiz has been conceived to engage school children across the country. Fit India Quiz provides a national platform for students to showcase their knowledge of fitness and sports, and also seeks to create awareness among students about India's rich sporting history, dating back centuries. Swadeshi sports, our sports heroes of the past and traditional Indian games make us aware of the traditional Indian lifestyle to stay healthy.

3. Fit India Quiz 2021 & Fit India Quiz 2023:

In the first edition of Fit India Quiz, 36,299 students from 13,502 schools participated and showcased their knowledge in fitness and sports. A total of 61,981 students from 16,702 schools in 702 districts participated in the second edition launched on 29 August 2022. The registration and preliminary examination of Fit India Quiz is organized by the National Testing Agency, which conducts prestigious examinations like JEE and NEET. The preliminary examination is conducted in 11 major local languages apart from English, Hindi.

4. Structure of Fit India Quiz 2023

The Fit India Quiz is conducted in three phases, the details of which are as follows:

Phase/Round	Description
REGISTRATION & PRELIMINARY EXAM (PHASE 1)	Registration: <ul style="list-style-type: none">The school will have to conduct the first round of selection of students internally and the selected

	<p>students will have to register for the preliminary round.</p> <ul style="list-style-type: none"> • Registration for the preliminary round will be open to all schools across India. • Schools will be required to register a minimum of 2 students for the quiz on the link available on the NTA portal which is available on the Fit India Portal (https://fitindia.nta.ac.in/). Schools can register no more than 2 students. There is no upper limit on the number of students from a single school who can register for the Fit India Quiz. • Registration Fee Rs. 100 per student will be applicable. The school has to deposit the registration fee for each student at the time of registration. Registration and payment will be done by the schools by visiting the NTA portal registration link provided on the Fit India website <p>Preliminary Exam:</p> <ul style="list-style-type: none"> • Registered students will compete individually on online platform hosted by NTA (National Testing Agency). There is no age limit set to participate in the Fit India Quiz. However, the questions in the quiz will be designed in such a way that students of class 8 and above can easily answer them. • Provision will be made to have quiz questions in 13 languages- English, Hindi, Tamil, Malayalam, Telugu, Kannada, Marathi, Gujarati, Oriya, Assamese, Bengali, Punjabi and Urdu. However, in case of any discrepancy or invalidity, the questions in English language shall prevail. • User name and password will be shared with the school and students before the preliminary examination. • The quiz under the Preliminary Examination will be of 30 minutes duration and will consist of 60 Multiple Choice Questions (MCQs). Negative marking will be given for wrong answers (4 marks for each correct answer and 1 mark will be deducted for each wrong answer). • The preliminary exam can be taken on a specific Android mobile application. Note: This mobile application is not available on iOS <p>Preliminary Exam Evaluation & Result</p> <ul style="list-style-type: none"> • Students will be assessed on the basis of marks obtained in Preliminary Exam. If more than one student obtains the same marks, the younger
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		<p>student (age wise) will be ranked higher in the merit list.</p> <ul style="list-style-type: none"> The school whose student will be in the merit list will qualify for the state round. Top ranked 4-32 schools from each State/UT will qualify for the next round as per the following table: <table border="1"> <tr> <th>S. No.</th><th>Number of Schools participating from State/UT</th><th>Number of qualified Schools for State/UT round</th></tr> <tr> <td>1.</td><td>0-500</td><td>4</td></tr> <tr> <td>2.</td><td>501-1000</td><td>8</td></tr> <tr> <td>3.</td><td>1001-5,000</td><td>16</td></tr> <tr> <td>4.</td><td>More than 5,000</td><td>32</td></tr> </table> <ul style="list-style-type: none"> If more than one student is from the same school in the merit list, the next student and school will secure a place, thereby qualifying his/her school for the state round. Eligible schools nominate one additional student as Quiz Partner from among the participants of the Preliminary Exam, at their discretion, to form a team of two quizzers for the State round. However, if more than one student qualifies for the same school, the team will consist of both qualified students. The details of the student who is enrolled as Quiz Partner should be entered by the eligible school on the Fit India website along with the bank details of the school and the students participating in the further rounds. Students appearing in the preliminary exam will get participation certificate. Recognition will be given to schools with maximum participation from the State/UT. 	S. No.	Number of Schools participating from State/UT	Number of qualified Schools for State/UT round	1.	0-500	4	2.	501-1000	8	3.	1001-5,000	16	4.	More than 5,000	32
S. No.	Number of Schools participating from State/UT	Number of qualified Schools for State/UT round															
1.	0-500	4															
2.	501-1000	8															
3.	1001-5,000	16															
4.	More than 5,000	32															
STATE/UT (PHASE 2)	ROUNDS:	<ul style="list-style-type: none"> In the state round, teams from eligible schools will participate in a quiz conducted on the web platform. Format: Modalities will be finalized and eligible schools will be informed 															
NATIONAL FINALS (PHASE 3)		<ul style="list-style-type: none"> A total of 36 school teams winning the State Round i.e. one team per State/UT will participate in the National Round. Format: Modalities will be finalized and eligible schools will be informed 															

The questions will also include audio-visual and image-based questions to make the quiz interactive and interesting. The quiz will have questions from various topics as mentioned below

- History of Indian sports, traditional games/sports, yoga, personalities etc.
- Fitness with special emphasis on Indian traditional fitness methods
- Khelo India/Olympics/CWG/Asian Games etc.
- Questions based on various schemes of Government of India on sports promotion and fitness like Khelo India Scheme, TOPS, Fit India Mission
- Major domestic and international leagues and competitions – IPL, ISL, La Liga, Big Bash League, F1/Moto Racing, Boxing etc.
- Any other national/international developments regarding sports and fitness

The State and National rounds of the quiz will have innovative concepts including physical challenge/activity to make it fun, interactive and engaging for the audience. The quiz will also have multi-format including buzzer round and audio/video identification round etc.

5. Prize Structure for Fit India Quiz:

The Fit India quiz provides an opportunity for schools and students win cash prizes worth more than Rs 3 Crore. The detailed prize structure for the Fit India Quiz is as below:

Fit India Quiz 2023 Prize Structure		
Particulars	Cash Prize for schools (in INR)	Cash prize for Students* (in INR)
National Champion	25,00,000	2,50,000
1st Runner Up- National Round	15,00,000	1,50,000
2nd Runner Up- National Round	10,00,000	1,00,000
State/UT Champion **	2,50,000	25,000
State/UT 1st Runner Up **	1,00,000	10,000
State/UT 2nd Runner Up**	50,000	5,000
State qualifiers after Preliminary Exam***	15,000	2,000
Trophies, Medals & Certificates to National & State winners & runner ups and certificates to State/UT merit list holder		9,69,000
Total Prize money -----		3,25,00,000

6. Tentative Timeline for the Fit India Quiz

S.No	Activity	Start Date	End Date
1	Launch of Fit India Quiz	29 th August 2023	
2	Registrations	4 th September 2023	5 th October 2023
3	Preliminary exam (including mock tests conducted by NTA)	1 st November to 8 th November 2023	
4	State Round	1 st December 2023	25 th December 2023
5	National Round	January 2023	

7. Role of Schools

- The schools will be the key drivers for the propagation and promotion of the quiz within their respective schools which shall be essential for the greater success and participation from students.
- The schools will be responsible for registering minimum two students for the quiz on the Fit India website and shall ensure fair selection process being carried out for the identifying the students.
- The schools to pay the require registration fee per student.
- The qualified school must nominate an additional student from the respective school as quiz partner, based on their discretion, for the State Round to form a team of two quizzers.
- The schools to adhere to the guidelines as available on the Fit India website.
- Schools to make necessary arrangements in case of travel etc for the students.

8. Role of States/UTs

- States/UTs to ensure wide publicity to Fit India Quiz and encourage to the schools to register and participate in the Fit India Quiz. The information on Fit India Quiz to be shared with all the schools in the state to ensure maximum participation.
- States/UTs to support Fit India Mission in the conduct of State round in respective states/UTs

9. Role of Fit India Mission

Fit India Mission under Ministry of Youth Affairs and Sports, Government of India shall be the chief benefactor for the Fit India Quiz and shall provide all necessary financial support and guidance to the stakeholders. The Fit India Mission will co-ordinate with the concerned state departments and facilitate in providing guidelines and defining SOPs at various stages of the Fit India Quiz.