



Government of Goa  
**DIRECTORATE OF EDUCATION**  
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No. Acad/ Misc/FIM/2021/1052

Dated:- 11/06/2021

**C I R C U L A R**

The Government of India, Ministry of Youth Affairs & Sports Authority of India, Fit India Mission, New-Delhi has launched Fit India Movement to popularize fitness as a way of Life among the Citizen.

In this regard, it is decided to launch **Fit India Quiz** for school students across the Country which includes four rounds of quiz – School round, Preliminary Round, State Round & National Round during the month of June, 2021 and therefore All the Head of Institutions are hereby requested to give necessary publicity and share this information to the maximum students of your school which will become a great success.

The details for the quiz vide their Circular NO.F. No.19-1/FIT INDIA/QUIZ/2020 dated 01/06/2021 are enclosed herewith.

Further, it is to inform those schools that have still not registered on the FIT INDIA PORTAL are requested to register themselves on the FIT INDIA PORTAL.

**(D. R. Bhagat)**  
Director of Education

To,  
All Govt./Aided Secondary, Higher Secondary & Special Schools under jurisdiction of this Directorate.

Copy to :-

1. The OSD to Hon'ble Chief Minister, Secretariat, Porvorim-Goa.
2. PA to Secretary(Education), Secretariat, Porvorim-Goa.
3. The Director(Administration), Directorate of Education, Porovirm-Goa.
4. The Dy. Director of Education, North/ South/ Central Educational Zone, Mapusa/ Margao/ Panaji-Goa.
5. The ADEIs of all Talukas.
6. P.A. to the Director of Education, Porvorim-Goa.
7. The State Project Director, Samagra Shiksha, Porvorim to upload on their website.
8. The Nodal Officer, IT for uploading on website of this Directorate.
9. Office file.
10. Guard file.



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Ministry of Youth Affairs and Sports



SPORTS AUTHORITY OF INDIA  
FIT INDIA MISSION

Jawaharlal Nehru Stadium,  
1<sup>st</sup> Floor (Near Ramp No. 5)  
Lodhi Road, New Delhi – 110003  
Email: [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in)  
Ph: 011-21420804

F. No. 19-1/FIT INDIA/QUIZ/2020

Dated: 01/06/2021

CIRCULAR

1. The Fit India Movement was launched in August 2019 to popularise fitness as a way of life among citizens. Envisioned as a People's Movement, the endeavour has been to inculcate the philosophy that Fitness is Free, Fun and Easy among citizens of all age groups – from school children to senior citizens.
2. In a bid to further reiterate the need to create awareness about fitness and sports among school children, who are the future of India, the Fit India Mission under the aegis of Sports Authority of India, Ministry of Youth Affairs and Sports has decided to launch Fit India Quiz for schools across the country in the month of June 2021.
3. The objective of the quiz is to provide a National platform for students to showcase their knowledge about fitness and sports, also endeavours in its philosophy to create awareness among students about India's rich sporting history, including centuries-old indigenous sports, our national and regional sporting heroes of the past and how traditional Indian lifestyle activities hold the key to a Fit Life for all.
4. The quiz is the first National-Level Quiz for students which will give out total **cash award of Rs 3.25 crore to schools and students.**
5. The quiz will also be the first-ever fitness and sports quiz to be telecast on India's one of the largest sport television channels, Star Sports as well as on National TV channel. Students who make it to the national round as representatives of their schools, will therefore get a chance to showcase their talent before entire nation.
6. The four rounds of the quiz will include the following:
  - a. **School Round:** To be conducted by the school to register the school students for the Preliminary Round.
  - b. **Preliminary Round:** To be a multiple-choice online round conducted by the National Testing Agency (India's premiere examination body that conducts national-level exams such as JEE and NEET). The country-wide quiz will be organised in 13 languages for benefit of students studying in regional-medium schools.
  - c. **State Round:** To be conducted by each State/UTs with the support from FIT India Mission amongst Schools qualified after preliminary round. The detailed process of qualification of the school is described in the annexure. This round will be anchored by a professional quiz master and will be webcast on social media.



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- d. **National Round:** Final round in which winning team of each State/UT will participate and fight for the TOP TITLE of the National Winner of FIT INDIA QUIZ 2021. First Runner Up and Second Runner Up prizes will also be decided. This will be a grand event to be hosted by Fit India Icon.

More details of Fit India Quiz are attached as Annexure.

7. It is therefore requested that the Principal Secretary/Secretary in-charge of School Education Department of all State/UT Governments may kindly give necessary publicity and share this information with all schools in the state so that maximum students from the State/UTs participate in this unique programme. It is with the support and active participation of all states/UTs that the Fit India Quiz can become a grand success.
8. This issues with the approval of Secretary (Sports), Ministry of Youth Affairs and Sports.

-sd-

(Ekta Vishnoi)  
Mission Director (Fit India)

Encl.: As above

To:

Principal Secretary/Secretary in charge of School Education Department of States/UTs

Copy to:

1. Joint Secretary, D/o School Education and Literacy, Ministry of Education, Government of India
2. Principal Secretary/Secretary in charge of Sports Department of States/UTs
3. The Chairperson, Central Board of Secondary Education
4. The Commissioner, Kendriya Vidyalaya Sangathan
5. The Commissioner, Navodaya Vidyalaya Samiti
6. The Chairperson, Council for the Indian School Certificate Examinations (CISCE)
7. Director in charge of State School Education Boards of States/UTs

Copy also for information to:

1. Sr.PPS to Secretary, D/o School Education and Literacy, Ministry of Education, Govt. of India.
2. Sr.PPS to Secretary D/o Sports, Ministry of Youth Affairs and Sports, Govt. of India

(Ekta Vishnoi)  
Mission Director (Fit India)



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Annexure

## GUIDELINES FOR FIT INDIA QUIZ

### **Preface**

The Fit India Movement was launched by the Hon'ble Prime Minister in August 2019 with a vision of encouraging every Indian citizen to adopt a physically active lifestyle. Ministry of Youth Affairs and Sports (MYAS) is the nodal ministry for implementing the Fit India Movement in coordination with other stakeholders. The aim of Fit India Movement is to encourage the citizens to include physical activity in their daily lives and to showcase the ease of simplicity of doing activities which can make them fit. In a bid to increase awareness about the importance of physical fitness in our daily lives, the Fit India Mission has conceptualised and conducted multiple events and campaigns. Fit India Movement has been able to mark its presence in more than **4 lakhs schools** across the country through Annual Fit India School Week Celebrations and Fit India School certifications.

### **Objective**

To further propagate the message of Fit India Movement among the school children and strengthen its presence in schools, a Fit India Quiz has been envisioned to involve school children across the country. Fit India Quiz, while providing a national platform to students to showcase their knowledge about fitness and sports, also endeavours to create awareness among students about India's rich sporting history, including centuries-old indigenous sports, our sporting heroes of the past and how traditional Indian lifestyle activities hold the key to a Fit Life for all.

### **Structure of Fit India Quiz**

The Fit India Quiz is primed to be the first-of-its-kind nation-wide quiz on fitness and sports for school children. The quiz will have representations from every State/UT in the country and will be a mix of online and broadcast rounds. The quiz format has been designed in an inclusive manner wherein school students from across the country will get an opportunity to test their fitness and sports knowledge against their peers. The quiz will be open for students from all age groups, but the questions shall be framed in a way that can be easily answered by students of class 8 and above.



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Following table provides the summary of phases/rounds involved in the Fit India Quiz:

Phases/Rounds	Description
REGISTRATION AND SCHOOL ROUND	<ul style="list-style-type: none"><li>• The school to hold the first round of selection of students internally and register the selected students for the Preliminary round.</li><li>• Registration for preliminary round will be open to all schools across India.</li><li>• Schools will be required to register minimum 2 students for the quiz on Fit India website (<a href="https://fitindia.gov.in">https://fitindia.gov.in</a>). Schools can register more than 2 students. There is no upper limit for number of students to be registered for Fit India Quiz from a single school.</li><li>• <b>The registration fees will be Rs. 250 per student</b> and will be paid by the school at the time of registration. The registration fees shall be applicable for each student and the school shall make the total payment depending on the number of students registered.</li><li>• The registration and payment by the schools shall be done by clicking the registration link provided on the Fit India website.</li></ul>
PRELIMINARY ROUND (NTA ROUND)	<ul style="list-style-type: none"><li>• Registered students will compete individually on an online platform hosted by NTA (National Testing Agency). The quiz questions shall be framed in a way that can be easily answered by students of class 8 and above.</li><li>• Provision will be made to have quiz questions in 13 languages- English, Hindi, Tamil, Malayalam, Telugu, Kannada, Marathi, Gujarati, Odiya, Assamese, Bengali, Punjabi and Urdu. However, in case of any discrepancies or invalidation, questions in English / Hindi language will prevail.</li><li>• The necessary links for accessing the quiz, username, and passwords for nominated individual student will be shared with the school and students before the NTA round.</li><li>• The quiz under NTA round will be of 45 minutes duration and will consist of 60 multiple choice questions (MCQ). Negative marking will be given for incorrect answers (Each correct answer carries 4 marks and for each wrong answer 1 mark will be deducted).</li><li>• The NTA round will be taken by individual student using a Desktop / Laptop equipped with O.S Windows 7 or above,</li></ul>

Phases/Rounds	Description															
	<p>Webcam, Microphone and a stable internet connection with preferable speed of 1Mbps.</p> <p><b>Evaluation and Results of NTA round</b></p> <ul style="list-style-type: none"> <li>The students will be evaluated based on the scores achieved in the NTA round. If more than one student gets the same score, the younger student (age-wise) will rank higher in the merit list.</li> <li>The school whose student is there in the merit list will qualify for the state round.</li> <li>Top ranked 8-32 schools from each State/UT will qualify for the next round as per the following table:</li> </ul> <table border="1" data-bbox="502 740 1265 983"> <thead> <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> </thead> <tbody> <tr> <td>1.</td> <td>0-500</td> <td>8</td> </tr> <tr> <td>2.</td> <td>501-2500</td> <td>16</td> </tr> <tr> <td>3.</td> <td>2501-5000</td> <td>24</td> </tr> <tr> <td>4.</td> <td>More than 5000</td> <td>32</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>If more than one student in the merit list are from the same school, the next student and school will secure a position, making his/her school qualifying for the state round.</li> <li>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. However, if more than one student from the qualified school is among the top scorers in the NTA round, the second student in the merit list will automatically be a part of the team representing the qualified school in the State Round.</li> <li>Details of the student who has been nominated as quiz partner must be entered in on Fit India website by the qualified school.</li> <li>The students appearing in the preliminary round will get participation certificate. The recognition will be given to the schools having maximum participation.</li> </ul>	S. No.	Number of Schools participating from State/UT	Number of qualified Schools for State/UT round	1.	0-500	8	2.	501-2500	16	3.	2501-5000	24	4.	More than 5000	32
S. No.	Number of Schools participating from State/UT	Number of qualified Schools for State/UT round														
1.	0-500	8														
2.	501-2500	16														
3.	2501-5000	24														
4.	More than 5000	32														
STATE ROUND	<ul style="list-style-type: none"> <li>To be conducted by each State/UTs with the support from FIT India Mission amongst qualified schools</li> <li>State Round will see 8-32 teams from qualified schools participating on a customized digital platform.</li> <li>Format: Depending on the number of teams qualified (8-32 teams), 3-11 rounds will be held to determine the State/UT champion.</li> </ul>															



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Phases/Rounds	Description
	<ul style="list-style-type: none"><li>• These rounds will be anchored by a professional quiz master and will be webcast on social media. The quiz could be in mixed language (local as well). Also questions on local sports will also be asked.</li><li>• Total of 36 school teams i.e., one team per State/ UT will move to the National Round.</li></ul>
NATIONAL ROUND	<p><b>National Round shall consist of Quarter-finals, Semi-finals and Final Rounds-telecast on Star Sports and national television &amp; Webcast on social media channels of Sports Authority of India, Ministry of Youth Affairs and Sports, Star Sports and Fit India.</b></p> <p><b>Quarter Final</b></p> <ul style="list-style-type: none"><li>• 36 teams will be divided into 12 groups of 3 teams each. The 3 teams will compete with each other and the top team from each group (a total of 12 teams) will move to the Semi Final Round.</li><li>• For the remaining 24 teams, 4 best Runner ups will also move to the Semi Final Round</li><li>• A total of 16 teams will therefore qualify for the Semi-Finals.</li></ul> <p><b>Semi Final</b></p> <ul style="list-style-type: none"><li>• The 16 teams who enter the Semi-Finals will be divided into 4 groups of 4 teams each. The winner from each group will move to the National Final Round, which will be telecast on Star Sports. <b>Final</b></li><li>• 4 teams will compete to secure the Top Place of being India's No 1 school in the Fit India Quiz.</li><li>• Winner of the Final round will be declared as National Champion.</li></ul>

The questions in the State and National rounds will also include audio-visual and image-based questions to make the quiz interactive and interesting. Preliminary round will also have image-based questions. The Quiz will have questions from multiple themes as outlined below.

- History of Indian Sports, Traditional Sports and Games, Yoga, Personalities etc
- Fitness topics with special emphasis on Indian traditional fitness methods.
- Olympics, Commonwealth Games, Asian Games, Khelo India Games and other popular sports.

The State and National rounds of the quiz will have innovative concepts such as 'phone a teacher/ parent' etc. to make it fun, interactive and engaging for the audience. The quiz will also have multi-formats featuring buzzer rounds and audio/video recognition round, etc.



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### 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:

<b>Fit India Quiz Budget Estimate</b>		
<b>Prize money to winners</b>		
<b>Particulars</b>	<b>Cash Prize for schools (in INR)</b>	<b>Cash prize for Students* (in INR)</b>
<b>National Champion</b>	25,00,000	2,50,000
<b>1st Runner Up- National Round</b>	15,00,000	1,50,000
<b>2nd Runner Up- National Round</b>	10,00,000	1,00,000
<b>State/UT Champion **</b>	2,50,000	25,000
<b>State/UT 1st Runner Up **</b>	1,00,000	10,000
<b>State/UT 2<sup>nd</sup> Runner Up**</b>	50,000	5,000
<b>State qualifiers after NTA round***</b>	15,000	2,000
<b>Cash prizes to teachers, principals and parents who will be part of the quiz in various rounds</b>		9,69,000
<b>Total Prize money -----</b>		<b>3,25,00,000</b>

It is suggested that the cash prize may be utilized only for the purpose of promotion of sports and fitness.

\*Awarded to team of 2 students

\*\*Awarded to each State/UT

\*\*\*Awarded to all qualified schools for state round

### Tentative Timeline for the Fit India Quiz

<b>S. No.</b>	<b>Activity</b>	<b>Start Date</b>	<b>End Date</b>
1	Launch of Fit India Quiz	June 2021	
2	Registrations	1 <sup>st</sup> July 2021	31 <sup>st</sup> July 2021
3	Preliminary or NTA Round	4 <sup>th</sup> September 2021	





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S. No.	Activity	Start Date	End Date
4	State Round	1 <sup>st</sup> October 2021	31 <sup>st</sup> October 2021
5	National Round	1 <sup>st</sup> November 2021	14 <sup>th</sup> November 2021

### 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.

### 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 conduct State round in respective states with the support of Fit India Mission and select state/UT champion for National round.
- Event Management agency will be finalised by FIT India Mission.

### 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.