

M-75075/305/2020-ESTT-IV
Government of India
Ministry of Jal Shakti
Department of Water Resources, River Development & Ganga Rejuvenation
Central Water Commission

03rd Floor(S), Sewa Bhawan,
R. K. Puram, New Delhi-110066
Dated the, 15th October, 2020

Subject: **Age Appropriate Fitness Protocols - regarding.**

The undersigned is directed to forward herewith an Office Memorandum F.No. F-23014/49/2020-Coord dated 09.10.2020 received from DoWR, RD & GR, Ministry of Jal Shakti and Office Memorandum No.15017/3/2020-MDSD dated 01.10.2020 received from Ministry of Youth Affairs and Sports on the subject mentioned above for information and necessary compliance.

Enclosures: **As above**

Signature Not Verified
Digitally signed by
R.K.BALAMURUGAN
Date: 2020.10.16 14:55:32 IST

(R. K. Balamurugan)
Under Secretary (E-IV)
Tel: 011 29583332
Email: estt4@nic.in

To

1. U.S./S.O. E-I,II,III,V,VI,VII,VIII,IX,X,XI,XII,XIII,XIV,O&M,APAR, CM&V Section, CWC
2. All the Chief Engineers of CWC (through Web Portal Circular of CWC)
3. Director, RMCD, CWC
4. Director, RD Directorate, CWC
5. Director, WP&P/D&R(C), CWC
6. Director, PCP Directorate, CWC
7. S.E. Planning Circle, CWC

Copy for information to:

1. P.S. to C.E. (HRM), CWC
2. P.S. to Secretary, CWC

From: "SO Coord MoWR" <coord-mowr@nic.in>

To: "tarunpahwa 02" <tarunpahwa.02@gmail.com>, mowr-divisionheads@lsmgr.nic.in, mowr-sections@lsmgr.nic.in, mowr-wingheads@lsmgr.nic.in, "G. Asok Kumar" <md.nwm@nic.in>, "Neeraj Kumar" <secy-cwma@nic.in>, "MS,GRMB" <membersecy-grmb@gov.in>, "director neriwalm" <director.neriwalm@gmail.com>, "Rajiv Ranjan Mishra" <dg@nmcg.nic.in>, "NWA" <nwa.mah@nic.in>, "dinesh 169" <dinesh_169@rediffmail.com>, "RD,RGNGWTRI" <rgi-cgwb@nic.in>, "Brahmaputra" <bbrd-ghy@nic.in>, bcb242433@gmail.com, "Chairman cwc" <chairman-cwc@nic.in>, "CHAIRMAN, CGWB" <chmn-cgwb@nic.in>, "CMD" <cmd.npcc@nic.in>, cmd@wapcos.co.in, "Shri R. Vasudevan" <dda.nca@nic.in>, "Director General NWDA" <dg-nwda@nic.in>, "dir-adm-gfcc" <dir-adm-gfcc@nic.in>, "S L Gupta" <director-csmrs@nic.in>, "Farakka Barrage Project Office of the GeneralManager" <gmoffice-fbp@gov.in>, "krmb hyd" <krmb.hyd@gmail.com>, sebrb2008@rediffmail.com, secretarytbb@yahoo.com, "SSCAC" <sscac-mowr@nic.in>, "Devendra Pratap Mathuria" <uyrb-mowr@nic.in>, "Director NIH JVT" <director.nihr@gov.in>, "Sunil Kumar Garg" <dir-nwic-mowr@gov.in>, "Pramod Kumar Patra" <pramod.patra1983@gov.in>

Sent: Tuesday, October 13, 2020 3:15:11 PM

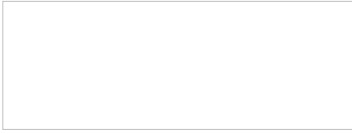
Subject: Age Appropriate Fitness Protocols - regarding.

Sir,

Please find the attachment for information and necessary action.

समन्वय अनुभाग

दूरभाष:011-23381895



I/39921/2020

IMMEDIATE

F. No. F-23014/49/2020-Coord.
Government of India
Ministry of Jal Shakti
Department of Water Resources, RD & GR
(Coordination Section)

Room No. 5, B Wing, Ground Floor,
Shastri Bhawan, New Delhi
Dated 09.10.2020

OFFICE MEMORANDUM**Subject :- Age Appropriate Fitness Protocols – regarding.**

The undersigned is directed to forward herewith an Office Memorandum No. 15017/3/2020-MDSD dated 01.10.2020 received from Department of Sports, Ministry of Youth Affairs and Sports on the subject mentioned above for information and necessary action.

(Rajan Bhasin)
Under Secretary to the Government of India
Tel. 23074033

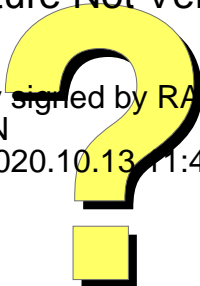
Encl : As above

To

1. Head of all Organizations under this Department
2. All Sections/Wings/SMDs of the Department

Signature Not Verified

Digitally signed by RAJAN
BHASIN
Date: 2020.10.13 11:42:05 IST



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)
Secretary (Sports)

To

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