



SANGHAMITRA SCHOOL

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Cir/2021-2022/June

Circular

Date: 18th June 2021.

Dear parents /students,

CBSE / Fit India Movement was launched in 2019 by the Hon'ble Prime Minister in August 2019 to popularize fitness and sports among citizens. As part of this movement the Sports Authority of India and the Fit India Mission has decided to launch Fit India Quiz for schools in the month of June 2021.

They will be four rounds

- School Round:
- Preliminary Round:
- State Round:
- National Round:

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.

The School round online quiz on fitness and sports will be held for the students from class 6 to 10th on 25th of June. It will be an MCQ test 60 Questions for 45 minutes on Radius Edutech platform .

Topics for the quiz are:

1. History of Indian sports, traditional sports and games, yoga personalities etc.
2. Fitness topics with special emphasis on Indian traditional fitness methods.
3. Olympics Commonwealth Games, Asian Games, KheloIndia Games and other popular sports.

Qualified students will be registered for the Preliminary round.

All the best children!

Principal.