

ई-मेल/Email : CBOSE.bharat@gmail.com

वेबसाइट/Website : www.CBOSE.com

सम्पर्कसूत्र/Contact : +91-9557361231

फैक्स/Fax :



केन्द्रीय मुक्त विद्यालयी शिक्षा एवं परीक्षा बोर्ड

(अपेक्षित विद्यालय के अनुच्छेद 19(1)(सी) एवं 19(1)(जी) तथा मानव संसाधन एवं विद्यालय मंत्रालय, भारत सरकार के अंतर्गत एक स्वायत्त संस्था)

पंजीकृत कार्यालय : चतुर्थतल, प्राईमप्लाजा, इंदिरानगर, लखनऊ- 226016

कैंप कार्यालय : सी-91 जेजेक्वल्सटर पीरागढ़ी कैंप, नई दिल्ली-110056

CENTRAL BOARD OF OPEN SCHOOLING AND EXAMINATION

(An Autonomous organization under Article 19(1)(C) and 19(1)(G) of the Constitution of India and under the Ministry of Human Resource Development, Government of India)

पत्रांकसंख्या

Ref. No.: CBOSE/ACO/8032

दिनांक:

Date: 02/05/25

Circular

To,

All the Heads of Schools affiliated to CBOSE

Subject: FIT India 'Sunday on Cycle' Campaign 2025 – reg.

Under FIT-INDIA Initiative of Khelo-India Scheme, and with the objective of integrating fitness into our daily routines, the Hon'ble Union Minister of Youth Affairs & Sports and Labour & Employment, Govt. of India inaugurated the Fit India Cycling Drive on 17th December 2024 in New Delhi, with the participation of over 500 Cycling enthusiasts. This cycling initiative has since evolved into a national movement under the banner of **Sundays on Cycle**, held in more than 5,000 locations across the country and engaging nearly 2 lakh cyclists. It has also received recognition from the Hon'ble Prime Minister during the 117th episode of Mann Ki Baat, underlining the campaign's significance in promoting health and wellness.

In order to address obesity and lifestyle-related health challenges, it is vital to include consistent physical activity in our daily lives. There is a need to raise awareness about the importance of regular fitness routines and physical exercise in building a healthier nation. In this spirit, the FIT INDIA Mission is organizing a special edition of the 'Sunday on Cycle' campaign across India on 4th May 2025

The schools may participate in the 'Sunday on Cycle' Campaign in following ways:

The schools of Delhi/ NCR may participate in the Fit India 'Sundays on Cycle' event to be organized at Major Dhyan Chand National Stadium at 7:00 am on 4th May 2025. 2. The schools in other states may conduct similar events on 4th May 2025, amplifying the Campaign's reach and impact. 3. Spread awareness about fitness and the importance of daily physical activity using the slogan "Fitness ki Dose,

Aadha Ghanta Roz', across social media platforms of the school. 4. The schools should register the participants/ students on the Fit India portal (<https://fitindia.gov.in/coiregistration>), so that all participants can receive digital Participation Certificates upon successful completion of the event .

In view of above, you are requested to disseminate the above information among the students and teachers of your school and encourage them to participate in 'Sunday on Cycle' Campaign.

With best wishes!

Copy with a request to respective Heads of Directorates as indicated below to also disseminate the information to all concerned schools under their jurisdiction:

1. All Regional Directors/Regional Officers of CBOSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
2. All Joint Directors/Deputy Directors/Assistant Directors, CBOSE
3. In charge IT Unit with the request to put this circular on the CBOSE websites
4. The Assistant Librarian, CBOSE
5. The Public Relations Officer, CBOSE
6. PS to Chairperson, CBOSE
7. SPS to Secretary, CBOSE
8. Guard File



Organization Secretary
Central Board of Open Schooling and
Examination, New Delhi