



# केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

**CENTRAL BOARD OF SECONDARY EDUCATION**

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



**CBSE/ACAD/DS(MS)/2022**

**Date: 07.09.2022**

**Circular No: Acad-98/2022**

All the Heads of Schools affiliated to CBSE

**Subject: Fit India Quiz 2022 – reg.**

Dear Principal

The Fit India Movement was launched in August 2019 to popularize 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.

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 second edition of Fit India Quiz for schools across the country. The registrations for schools to participate have started from 03.09.2022 on Fit India website <https://fitindia.gov.in>

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 in all.

The quiz is the second edition of the National Level Quiz for students which will give out a total cash award of Rs.3.25 crore to schools and students.

There will be four rounds of the Quiz:

- 1. School Round:** To be conducted by the school to select students for registration in the Fit India Quiz Preliminary Round.
- 2. Preliminary Round:** To be a multiple-choice questions round conducted by the National Testing Agency (NTA). The country wide quiz will be organized in 13 languages.
- 3. State Round:** To be conducted by each State/ UT with the support from Fit India Mission amongst schools qualified after the preliminary round. This round will be anchored by a professional quiz master and will be telecasted on Fit India Mission social media handles.
- 4. National Round:** Final round in which the winning team of each State/ UT will participate and fight for the Top Title of the National Winner of FIT INDIA QUIZ 2022. First and second runner-up prizes will also be decided.

All the details of Fit India Quiz 2022 are attached as Annexure 1.

You are requested to disseminate the above information among students of your school and encourage them to participate in the Fit India Quiz.

With Best Wishes

**Dr. Joseph Emmanuel**  
Director (Academics)



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली –110002

'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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## CENTRAL BOARD OF SECONDARY EDUCATION

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**Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:**

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001.
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odhisha-751005.
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
13. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
14. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
15. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
16. All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
17. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
18. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
19. In-Charge, Library
20. The Head (Media & Public Relations), CBSE
21. DS to Chairperson, CBSE
22. SPS to Secretary, CBSE
23. SPS to Director (Academics), CBSE
24. SPS to Director (Information Technology), CBSE
25. SPS to Controller of Examinations, CBSE
26. SPS to Director (Skill Education), CBSE
27. SPS to Director (Professional Examinations), CBSE
28. SPS to Director (Training), CBSE
29. SPS to Director (CTET), CBSE
30. SPS to Director (EDUSAT), CBSE
31. Record File

**Director (Academics)**



‘शिक्षा सदन’, 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली –110002

‘Shiksha Sadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002



## 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.

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 link available on Fit India website (<a href="http://www.fitindia.gov.in">www.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>• A registration fee for Rs. 50 per student shall be applicable. School to deposit the registration fees for each student at the time of registration.</li> <li>• The registration and payment by the schools shall be done by visiting 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>• <b>The quiz under NTA round will be of 30 minutes duration and will consist of 60 multiple choice questions (MCQ).</b> 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 through mobile device with Andorid 5 or above and internet connectivity, using the dedicated mobile application.</li> </ul> <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 4-32 schools from each State/UT will qualify for the next round as per the following table:</li> </ul>

Phases/Rounds	Description		
	S. No.	Number of Schools participating from State/UT	Number of qualified Schools for State/UT round
	1.	0-500	4
	2.	501-2500	8
	3.	2501-10,000	16
	4.	More than 10,000	32
	<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 along with the bank details of the school and the students participating in the further rounds.</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>		
STATE ROUND	<ul style="list-style-type: none"> <li>• State Round will have 4-32 qualified schools</li> <li>• Format: Depending on the number of teams qualified (4-32 teams), 1-12 rounds will be held to determine the State/UT champion.</li> <li>• Modalities of the state round shall be communicated to the qualified teams.</li> <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	<ul style="list-style-type: none"> <li>• Modalities to be finalised</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, Ask an Expert, Flip a Question, Trump Card** 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.

### 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

# Subjected to nature of rounds included in the State and National Rounds

### Tentative Timeline for the Fit India Quiz

S.No.	Activity	Start Date	End Date
1	Launch of Fit India Quiz	August 29, 2022	
2	Registrations	September 3, 2022	October 15, 2022
3	Preliminary or NTA Round (including mock tests conducted by NTA)	Nov 5, 2022 to Nov 10, 2022	
4	State Round	December 10, 2022	December 31, 2022
5	National Round	January/February 2023	

### **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.