



केन्द्रीय माध्यमिक शिक्षा बोर्ड
CENTRAL BOARD OF SECONDARY EDUCATION

CBSE/ DIR(SE&T)/SAI/KI/2019

Date: 30.12.2019

Circular No: Acad-83/2019

Heads of all Institutions

Affiliated to CBSE

Subject: Training Programmes by CBSE in collaboration with Sports Authority of India (SAI) under the Khelo India National Fitness Programme for Schools

Greetings from CBSE!

This is in continuation to CBSE Notification no. 38/2018 dated 12.12.2018 and Circular no. 01/2019 dated 09.01.2019 regarding the Khelo India National Fitness Programme for Schools.

As you are aware that with a view to achieve the twin objective of mass participation and achieving excellence in sports, the Ministry of Youth Affairs & Sports is implementing a Central Sector Scheme, namely, Khelo India – National Programme for Development of Sports. The Scheme inter-alia includes a vertical '**Physical Fitness of School Going Children**' under which the Khelo India Mobile Application (KIMA) has been developed by Sports Authority of India to assess physical fitness of school going children across the country.

The Khelo India programme has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country and establish India as a great sporting nation. It is expected to help scout young talent from schools in various disciplines and groom them as future sports champions. Talented players will be identified under it, in priority sports disciplines at various levels by High-Powered Committee. For this purpose, Physical Education Teachers (PETs) needs to be educated about various Physical Fitness Parameters, Physical Fitness Tests and usage of the Khelo India Mobile Application (KIMA).

The Khelo India Mobile Application (KIMA) is a first of its kind initiative by the Government for the youth of India which engages schools and parents for a fitter and active India. This App is designed to use the latest available technology to reach the farthest areas of the country to enable a widespread use of the same at grass-root level and provide a detailed exhaustive and exclusive set of information to the young Indian sports fans to enable & encourage them to make sports an integral part of their life.

Benefits:

- The data collected will be used to map the fitness levels of the children across the country and help to motivate parents, teachers and children to achieve suggested fitness benchmarks.
- The Khelo India Mobile Application (KIMA) will also give a unique opportunity to develop the **National fitness Index (NFI)** for the first time for the children of our country.
- The available fitness data will also help us map and identify the potential sports talent amongst the children and further use it for mapping and recommending sports disciplines for shortlisted children.

Parameters for fitness assessment:

The following parameters / fitness activities will be considered while assessing the fitness of the children under this scheme in their respective age-groups:



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AGE	PARAMETER	FITNESS ACTIVITY
5 to 8 years	BMI Flamingo Test Coordination Test	Height /Weight Static Balance Plate Tap Test
9 to 18+ years	BMI Speed Endurance Flexibility Core Muscular Endurance	Height /Weight 50 m. Standing Start 600 m. run / walk Sit and Reach (Box) Partial Curl up 30 secs. Push Ups (Boys) and Modified Push Ups for Girls

Role of CBSE/CBSE schools:

CBSE has been entrusted the responsibility to organize training programmes at school level through its COEs for HOD sports/ PETs/PTIs and train them on using the Khelo India Mobile Application (KIMA) and ensure uploading of student's assessment data on the App.

In this regard, all the Principals of schools are instructed to depute their HOD sports/ PETs/PTIs to participate in the Regional / State level Training of Trainers (TOT) Programme regarding the use of the Khelo India Mobile Application (KIMA).

The Principals of the schools, whose HOD sports/ PETs/PTIs have already participated in the National / Regional / State level TOT Programme must ensure that the student's data is uploaded on the Khelo India Mobile Application (KIMA) within 7 working days after the TOT (excluding School Holidays) and complete the fitness assessment in their respective schools within 20 working days after TOT (excluding School Holidays) and upload it on the App.

E-certificate will be issued by SAI in collaboration with CBSE to the PETs / Principals after successful completion of the fitness assessment.

Please note that the fitness assessment of every student shall be conducted twice in an academic year.

For any further query related to the Khelo India Mobile Application (KIMA Assessor App), Portal or any technical issues, please email fitness.kheloindia@gmail.com or contact the following officials from Sports Authority of India (SAI):

- For Technical Support (SAI) – Mob. No. 9319500114, 8810491247, 7982784034
- Ms. Ritu Singh, RM – Mob. No. 9540217272
- Ms. Sandhya Rana, GM – Mob. No. 9818633320

Please refer to the annexures for more details about the programme and registering your school.

Biswajit Saha

(Dr. Biswajit Saha)
Director (Training and Skill Education)

Encl: **Annexure A:** About the Khelo India School Fitness Programme.

Annexure B: Registering your school for the Khelo India School Fitness Programme.

‘शिक्षा सदन’, 17, राऊज़ एवेन्यू, नई दिल्ली - 110002 & ‘Shiksha Sadan’, 17, Rouse Avenue, New Delhi – 110002

फ़ोन / Telephone : +91-11-23216963, 23214737 वेबसाइट / Website: www.cbseacademic.nic.in.

ई-मेल / e-mail: dirtraining.cbse@gmail.com, directorvoc.cbse@gmail.com.



केन्द्रीय माध्यमिक शिक्षा बोर्ड CENTRAL BOARD OF SECONDARY EDUCATION

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, Delhi – 110016
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida – 201309
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi – 54
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sec-9, Chandigarh – 160017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim – 737101
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar – 791111
7. The Director of Education, Govt. of Andaman & Nicobar Islands, Port Blair - 744101
8. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sec 3, Rohini
9. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-01
10. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt – 110010
11. 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 for compliance.
12. All Director/Heads/ In-Charges, COEs of the Board with request to disseminate the information
13. All Joint Secretary/Deputy Secretary/Assistant Secretary, CBSE
14. In charge IT Unit with the request to put this circular on the CBSE Academic website
15. The Public Relations Officer, CBSE
16. PS to Chairperson, CBSE
17. SPS to Secretary, CBSE
18. SPS to Controller of Examinations, CBSE
19. SPS to Director (Information Technology), CBSE
20. SPS to Director (CTET)
21. SPS to Director (EDUSAT)
22. SPS to Director (Academics) CBSE
23. SPS to Director (Professional Exam), CBSE
24. SPS to Director (Skill Education), CBSE

Director (Training and Skill Education)



Khelo India National Fitness Program

#ChampionsDhundein

Khelo India National Fitness Program



VISION

To give Physical Fitness Assessment Card to all School-going and Out-of-School children, and to identify potential Sports Talent from across India. Khelo India National Fitness Program will be the biggest grassroots Sports and Fitness program in the world.

The revamped KHELO INDIA has been launched to achieve the twin objectives of – broad basing of sports at the grassroot level and achieving excellence in sports at international platforms. Besides identifying and nurturing future sporting champions, Khelo India strives to build a culture of sports in the country, which will enable citizens to derive benefits that sports offers, namely, holistic development of children and youth, community development, gender equality, better health and fitness, and economic opportunities related to sport development.

The **KHELO INDIA MOBILE APP** was launched Under the **KHELO INDIA** Physical Fitness vertical, to enable the general public to get information on three important aspects: **HOW TO PLAY**: Basic rules of a game, **WHERE TO PLAY**: An exhaustive list of available playfields across India and **GET FIT**: Mapping the fitness parameters of the school-going children, through a battery of tests, to identify probable champions. The Khelo India Mobile App aims to use technology to create a sporting culture in the country, as also to identify sporting talent.



Khelo India National Fitness Program

Features and Benefits to Key Stakeholders

It's a first-of-its-kind of initiative by the Government for the youth of India and helps drive the stated agenda of the Government of India to drive active participation by schools, parents for a fitter and active India. This mobile App is designed to empower parents and teachers across the country, to assess the fitness level of their wards using the latest available technology. The App is currently available in Hindi and English, and will be available in regional languages in future.

The App allows parents and teachers to conduct tests which measure flexibility, endurance, core strength, hand-eye-coordination and stamina of a child. The test results can help to identify a sport that a child is most suited to play.

The data collected from across the country, will be used to map the fitness levels of the children pan-India and is expected to have a two-pronged effect - motivate schools, parents, teachers to achieve suggested fitness benchmarks for children and help identify future champions in various sporting disciplines, from across the country.

The Khelo India Data Capture and Analytics platform enables 4 key stakeholders:

Khelo India Parent App

1

- Learn (How to Play)
- Play (Where to Play)
- Take Fitness Assessments
- View Dashboard, Reports and History

School Portal

2

- Upload Student Data
- Generate QR Coded IDs for Students
- Assign Assessors
- Generate/Print Fitness Report Cards
- Track progress of School and Children
- School, Class-wise Performance
- Top Performers and Consistent Performers



3

Assessor App (for PETs/Coaches)

- Take Fitness Assessment in Online and Offline Modes
- Track Assessment Completion Status
- Share Report

4

Sports Authority of India

- Usage Analytics
- Monitor Registrations
- Track Assessments in Schools
- Potential Talent Identification
- Sports Skills Assessments
- National Benchmarks for India

The fitness app will also give us a unique opportunity to develop the National fitness Index (NFI), for the very first time ever, for the children of this country. We have no such mechanism or currency existing as of now. The available fitness data will also help map and identify the potential sports talent and can further be used to map and recommend sports disciplines for shortlisted children.

Stage 1

Fitness
Assessment for All

Stage 2

Advanced Skills
Assessment

Stage 3

Identification of Talent through
Sports Specific Fitness Assessment

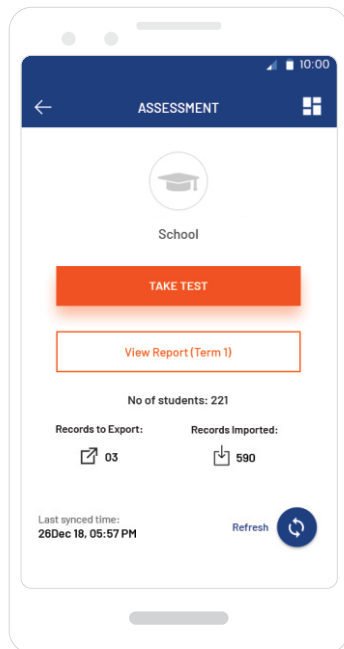
Are you an Assessor?

(School PET/Sport Coach)

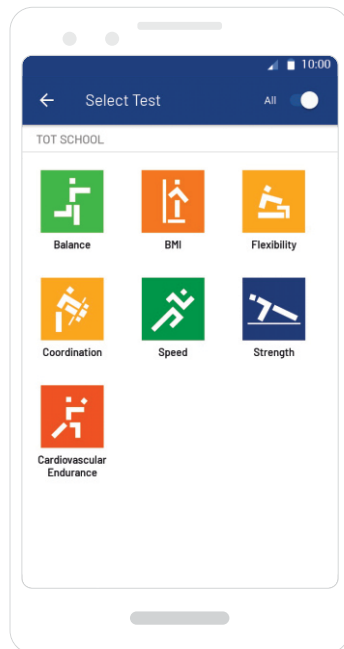
Download Khelo India (School Version) from Google Play Store



Khelo India (school version) mobile app is exclusively developed for schools to assess the fitness level of their students.



Register. Take Tests.
Auto-Synchronise when Online



Choose from Khelo India battery of Tests
for Class I-III (5-8 Years) and
Class IV-XII (9-18+ Years)

5-8 YEARS

BMI: Weight/Height²

Static Balance: Flamingo Balance Test

Coordination Test: Plate Tap Test

9-18+ YEARS

BMI: Weight/Height²

Speed: 50 Mtrs Standing Start

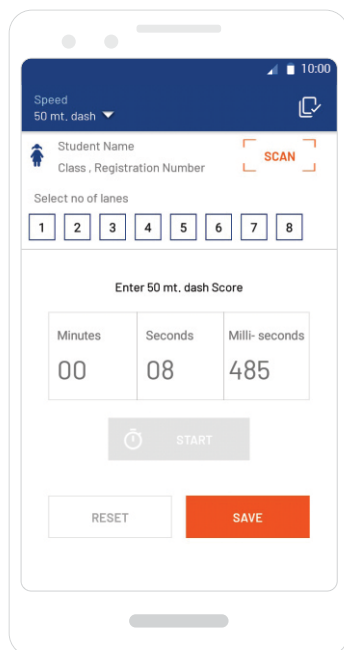
Endurance: 600 Mtr Run/ Walk

Flexibility: Sit and Reach (Box)

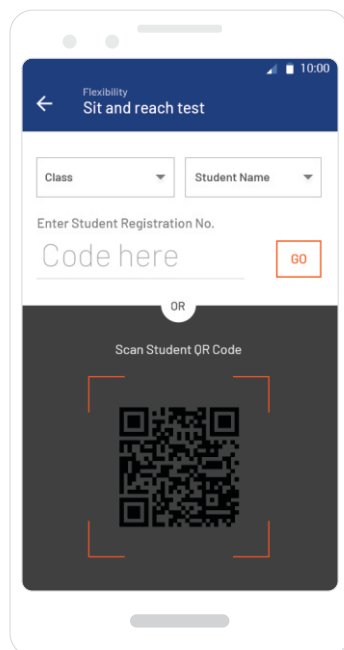
Core: Partial Curl up 30 Secs

Muscular Endurance: Push Ups

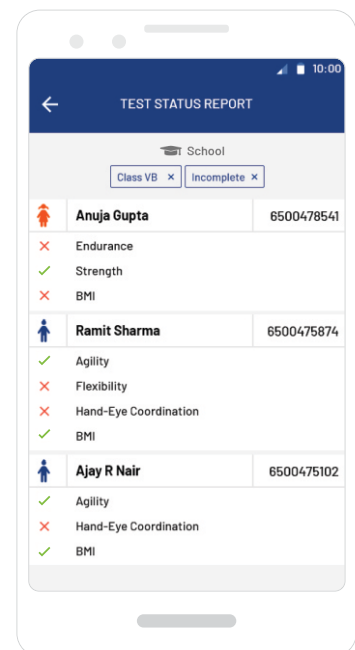
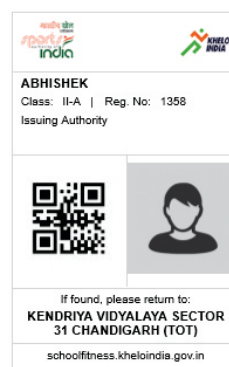
(Boys) & Modified Push Ups for Girls



Take Test (Online/Offline mode)
Timer starts with Fox 40 Whistle



Tag Score to Student



Track Status, Share Reports

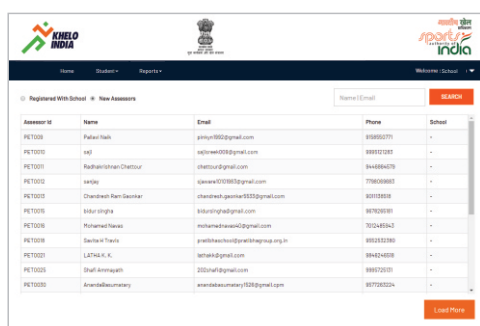
Are you a School Principal/HM?

School Sign Up / Log in: <https://schoolfitness.kheloindia.gov.in>

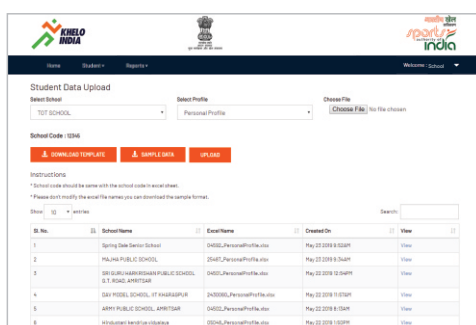
Log into the Interface as the Principal/HM of the School. You are authorised to manage the school related information, create terms (camps), assign school coordinators for the fitness assessment tests. The most important thing to do is to add students data to school.



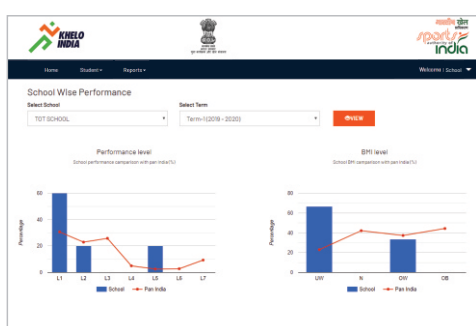
Register your School



Link Assessors (PET/Coach) to School

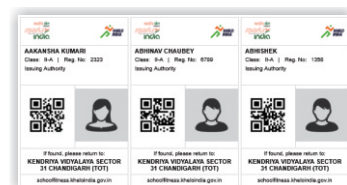


Upload and Manage Student Data

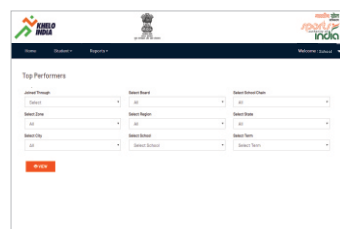


Track School Performance, Class, Student Reports

QR Coded
ID cards get
auto-generated



Filtered Views to track performance
Print Reports

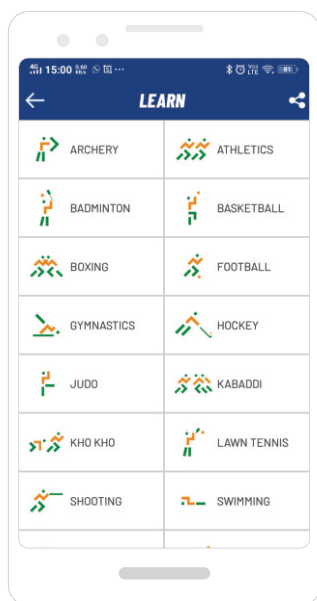


Are you a Parent?

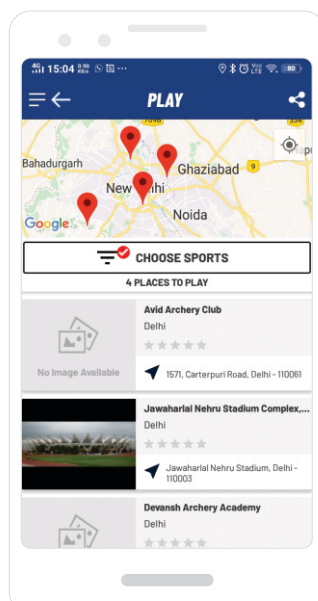
Download Khelo India from Google Play Store and App Store



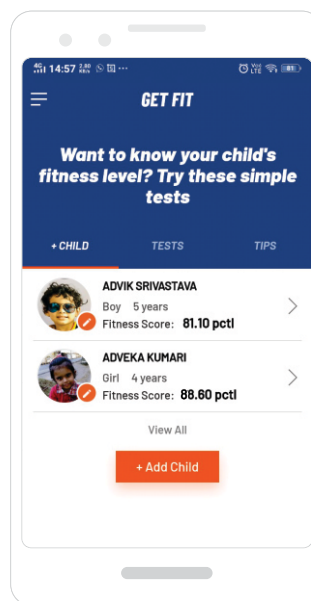
Khelo India App helps you to get information about various games (HOW TO PLAY - 'LEARN'), available sporting facilities (WHERE TO PLAY - 'PLAY') and fitness assessment of your children ('GET FIT').



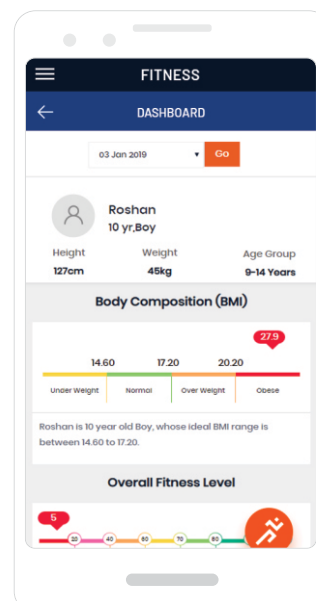
Learn about Sports Rules



Find Playfields



Take Fitness Test of your Children



View Dashboard, View Report, Recommendation and History

Useful Links

Admin Manual: <https://schoolfitness.kheloindia.gov.in/UploadedFiles/SampleData/AdminManual.pdf>
Videos: <https://schoolfitness.kheloindia.gov.in/StaticPage/TestVideos.aspx>
SOP: <https://schoolfitness.kheloindia.gov.in/UploadedFiles/SampleData/SOP.pdf>
Register for ToT: https://docs.google.com/forms/d/1apHfphffPv8UQcw_U2h9X00uP6MkBNzKlsls04El6xM/viewform?ts=5c3c2875&edit_requested=true



Sports Authority of India

Gate No 10, Jawaharlal Nehru Stadium Complex, New Delhi - 110003

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STEPS TO BE FOLLOWED FOR REGISTRATION IN THE KHELO INDIA SCHOOL FITNESS PROGRAM

REGISTRATION OF SCHOOL:

Step 1: Visit to the link <http://schoolfitness.kheloindia.gov.in/>



Step 2: Click on the option “Sign up”.

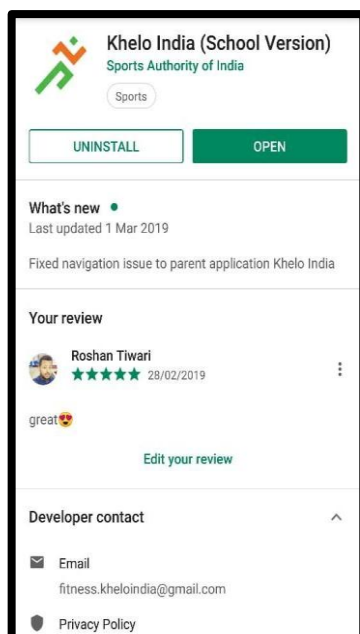
Step 3: Fill the form and submit (please select appropriate Board / Chain).

Step 4: User name and Password will be shared on Principal’s email id.

Step 5: Upload the Student’s Data in the format provided at portal.

SIGN UP AS TRAINERS/ASSESSOR ON KHELO INDIA MOBILE APPLICATION:

Step 1: Install Khelo India (School Version) Application from Google Play Store.



Step 2: Click on “Start Fitness Assessment option”.

Step 3: Click on ‘Sign up’ option.

Step 4: Fill the form

Step 5: Accept the terms & condition and the privacy policy and click on sign up.

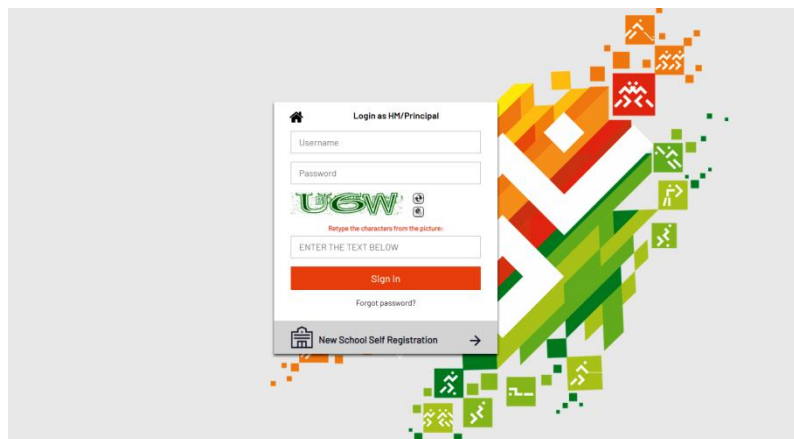
Step 6: Trainer’s Khelo India (KI/PET) ID will be provided and displayed on the screen.

Assessor Id	Name	Email	Phone	Action
PET00380	Bagadiya DARSHAN	bag*****@*****l.com	989****685	Activate
PET001450	adarsh	ada*****@*****l.com	730****394	Activate
PET002288	adarsh	tgu*****@*****l.com	730****394	Activate
PET0012901	Adarsh Shankar	jsk*****@*****l.com	930****235	Activate
PET0013717	Amit	sum*****@*****l.com	901****107	Activate
PET0014001	Adarsh Sharma	shj*****@*****l.com	971****665	Activate
PET0014322	Jahanvi	ada*****@*****l.com	963****040	Activate
PET002958	Adarsh Goswami	ada*****@*****l.com	934****006	Activate
PET004430	Priyadarsh Singh	prj*****@*****l.com	829****534	Activate
PET004721	adarsha naskar	ada*****@*****l.com	705****135	Activate
PET0015465	Adarsh modi	Jay*****@*****l.com	626****477	Activate

Step 7: Confirmation of sign up will be intimated via email/SMS on the registered email id / contact no.

Step 8: After confirmation, PETs will contact the principal and get themselves activated.

Step 9: Principal will Log in on the Khelo India portal <http://schoolfitness.kheloindia.gov.in/> through Principal's given username and password provided.



Step 10: Click on Manage Assessor (to be done by Principal / HM id).

Step 11: Select the option “New Assessor” (to be done by Principal / HM Id).

Assessor Id	Name	Email	Phone	Action
PET00380	Bagadiya DARSHAN	bag*****@*****l.com	989****685	Activate
PET001450	adarsh	ada*****@*****l.com	730****394	Activate
PET002288	adarsh	tgu*****@*****l.com	730****394	Activate
PET0012901	Adarsh Shankar	jsk*****@*****l.com	930****235	Activate
PET0013717	Amit	sum*****@*****l.com	901****107	Activate
PET0014001	Adarsh Sharma	shi*****@*****l.com	971****665	Activate
PET0014322	jahanvi	ada*****@*****l.com	963****040	Activate
PET002958	Adarsh Goswami	ada*****@*****l.com	934****006	Activate
PET004430	Priyadarsh Singh	prj*****@*****l.com	829****534	Activate
PET004721	adarsha naskar	ada*****@*****l.com	705****135	Activate
PET0015465	Adarsh modi	Jay*****@*****l.com	626****477	Activate

Step 12: Search the Trainer's name/KI/PET ID.

Step 13: Activate the Trainer ID.

Step 14: Credential of the PET will be provided via email/text on the registered email of the PET.

Step 15: Upload the students Data

Step 16: Once the student's data is uploaded, trainers can start taking fitness assessment in their school through Khelo India Assessor App.