

**Nagaland Board of School Education
Kohima**

NOTIFICATION

Dated Kohima, the 10th February 2022

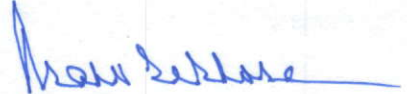
No.NBE-8/Ad-Misc(10)/2022:: The Department of Sports, Ministry of Youth Affairs & Sports, Government of India, has launched the Fit India Mobile App as a part of commemoration of Azadi Ka Amrit Mahotsav. The fitness assessment based on the 'Age-appropriate Fitness Protocols-GOALS', was launched by the Hon'ble Prime Minister in September 2020.

The Fit India Mobile App comes with host of other features like customized diet plan, steps counter, calorie monitor, sleep tracker etc. In an endeavour to make fitness tool accessible to all, all these features are free for all the users. A guide on how to perform the fitness tests is also available on the App.

The App is available in both Android and iOS platforms. The links for the download are as follows:

- i. Android: <https://play.google.com/store/apps/details?id=com.sai.fitIndia>
- ii. iOS: <https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890>

All heads of registered institutions of the Board are therefore, requested to inform the parents, teachers and students about the Fit India Mobile App and encourage them to download and make use of the App and be benefited.



(Mrs. Asano Sekhose)

Chairman

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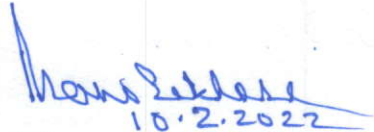
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A. Copy for information and necessary action:

1. All Heads of Registered Institutions of the Board

B. Copy for information:

1. The Special Secretary to the Government of Nagaland, Department of School Education & SCERT, Nagaland, Kohima
2. The Principal Director, School Education, Nagaland, Kohima
3. The Director, Youth Resources and Sports, Nagaland, Kohima
4. The Director, IPR, Nagaland, Kohima with a request to kindly disseminate the content of this notification to the media.


10.2.2022

(Mrs. Asano Sekhose)

Chairman