



Government of Goa  
Directorate of Sports and Youth Affairs  
Campal, Panaji-Goa

GOA@60

No. DSYA/SW/Cir/FIM/2022/2990

SAKA- 25<sup>th</sup> Phalguna 1943  
Dated: 16/03/2022

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Sub: Fit India Movement App

CIRCULAR

I am directed to bring to the attention of all HODs the contents of the DO letter No.1-10/SAI/Fit India/2021 dated 21<sup>st</sup> Jan. 2022 from the Secretary to the Government of India, Department of Sports, Ministry of Youth Affairs and Sports, for creating awareness of the Fit India Mobile App which has as a core feature, the "Age - appropriate Fitness Protocols-Goals" which was launched by the Hon'ble Prime Minister in September 2020 (letter enclosed).

All the Departments are requested to publicize the message of the Fit India Mobile App and encourage their staff to download the App that will indicate their fitness level and provide ways to improve the same.

*Vandana Rao*

(Vandana Rao, IAS) 17.03.22  
Director of Sports & Youth Affairs

To,  
All Heads of the Departments

Copy to: -

1. All Secretaries in the Secretariat.
2. All Addl. Jt. Secretaries/Joint Secretaries/Under Secretaries.
3. The Guard File.
4. Office File