

Dear Madam/ Sir,

Greetings from All India Council for Technical Education.!

The Ministry of Youth Affairs and Sports under the aegis of the Fit India Movement has developed Age Appropriate Fitness Protocols named as G.O.A.L.S. (Goals for Active Life Style) for different age groups categorized as 05-18 years, 18-65 years and 65+ years. These protocols have been launched by the Hon'ble Prime Minister in the 'Fit India Dialogue' programme held on 24th September 2020 while celebrating the 1st Anniversary of Fit India Movement. These protocols consist of fitness tests based on various fitness components and suggested activities to improve the same.

**In this regard, it is kindly requested to extend your support in disseminating these Fitness Protocols among the general public by making it available on your website/other platforms of institution where it can be easily accessible to people. These protocols are available to download on the following link:**

<https://sites.google.com/view/fitindiaoff/home>

[https://drive.google.com/file/d/10rZfEAeL3\\_npstwzVoIBq50FqXcCm6\\_v/view?usp=sharing](https://drive.google.com/file/d/10rZfEAeL3_npstwzVoIBq50FqXcCm6_v/view?usp=sharing)

<https://drive.google.com/file/d/1sxlqrdN5U6PytFNUgRjhFWi4FxeJ2xJs/view?usp=sharing>

Warm regards,

AICTE