

R-8666
11/11/2020
B.S. BHANUMATHI
REGISTRAR GENERAL



AMARAVATI
(Off):0863 2372613
(Telefax) :0863 2372631

ROC No.458/SO/2020

Dated 11.11.2020

11 NOV
To
All the Unit Heads,
in the State of Andhra Pradesh.

Sir,

Sub: High Court of Andhra Pradesh – Letter received from the Under Secretary (National Mission for Judicial Reforms), Ministry of Law and Justice, Government of India, New Delhi – Age Appropriate Fitness Protocols – forwarding for necessary action – Reg.

Ref: Letter Dated 26.10.2020 in File No.N-17/3/2018-NM, from Under Secretary (NM&JR), Ministry of Law and Justice, Government of India, New Delhi, along with the Office Memorandum dated 1.10.2020 of the Secretary (Sports), Ministry of Youth Affairs & Sports .

Adverting to the above subject and reference cited, I am to inform that

EC the Under Secretary (NM&JR), Ministry of Law and Justice, Government of India, New Delhi, has forwarded the Office Memorandum dated 1.10.2020 of the Secretary (Sports), Ministry of Youth Affairs & Sports, Department of Sports with regard to Age Appropriate Fitness Protocols and requested to extend the support in disseminating these Fitness Protocols.

Therefore, as directed, I am herewith forwarding the reference cited letter along with the Office Memorandum dated 1.10.2020, regarding Age Appropriate Fitness Protocols and request you to circulate the same to the Officers and staff under their control.

Yours sincerely,

REGISTRAR GENERAL

11/11/2020

PRL. DISTRICT COURT : WEST GODAVARI : ELURU : DT. 16.11.2020

Communicated to all the Judicial Officers working in the Unit including Secretary, D.L.S.A., West Godavari, Eluru, with a request to circulate the same among all the staff members working under their control.


PRL. DISTRICT JUDGE,
W.G., ELURU. 16/11

Copy to:

The Superintendents, Accounts Section and Central Nazareth; Superintendents, O.P.Cell, Copyist Section, PTR Section District Court, Eluru.

The Incharge System Officer, Principal District Court, Eluru, with a direction to upload the same in the official website of District Court and also send **emails** to all the Courts.

DID 204293
DATE 16/11/2020

Handwritten notes and signatures:
US (A) 17/3/2020
16/10/2020
JS (RK)
B.P.
19/10

No.15017/3/2020-MDSD/1840
Govt. of India
Ministry of Youth Affairs & Sports
(Department of Sports)

Shastri Bhawan, New Delhi
Dated the 1st October, 2020

OFFICE MEMORANDUM

Sub:- Age Appropriate Fitness Protocols - regarding

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.

2. These protocols have been launched by 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.

3. 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 Department 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>

Ravi Mital
(Ravi Mital)
Secretary (Sports)

To
Secretaries to the Govt. of India
(As per list attached)

न्याय विभाग
Department of Law
नई दिल्ली / New Delhi
02.10.2020
क्र.सं. 149207
C.R. No. _____