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No.15017/3/2020-MDSD/1850  
Govt. of India  
Ministry of Youth Affairs & Sports  
(Department of Sports)  
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Shastri Bhawan, New Delhi  
Dated the 1<sup>st</sup> 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 24<sup>th</sup> September 2020 while celebrating the 1<sup>st</sup> 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>

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Ravi Mital

( Ravi Mital )  
Secretary (Sports)

To

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

12/10/2020  
SO (Gen)

Sanjay  
12/10/2020  
Shri Bishu

## Secretaries to the Govt. of India

1.	Shri Sanjay Agarwal , Secretary Department of Agriculture, Cooperation & Farmers Welfare Room No 115, Krishi Bhawan, New Delhi – 110001
2.	Dr. Trilochan Mohapatra (Scientist), Secretary Department of Agricultural Research and Education Room No 105 KB, Krishi Bhawan, New Delhi – 110001
3.	Shri Vaidya Rajesh ,Kotecha , Secretary Ministry of Ayush AYUSH BHAWAN, B Block, GPO Complex, INA, New Delhi – 110023
4.	Shri Rajesh Kumar Chaturvedi , Secretary Department of Chemicals and Petrochemicals Room No. 217 A Wing Shastri Bhawan, New Delhi – 110001
5.	Shri Chhabilendra Roul , Secretary Department of Fertilizers A - Wing, Shastri Bhawan, Dr. Rajendra Prasad Road,
6.	Shri P.D. Vaghela Ms. S. Aparna Secretary Department of Pharmaceuticals Room no 218 Shastri Bhawan A wing Dr. Rajender Prashad Road New Delhi-110001
7.	Shri Anil Kumar Jain , Secretary Ministry of Coal A-Wing, Shastri Bhawan, Dr. Rajendra Prasad Road, New Delhi – 110001
8.	Shri Anup Wadhawan, Secretary Department of Commerce
9.	Dr. Guruprasad Mohapatra , Secretary Department of Department for Promotion of Industry and Internal Trade Udyog Bhawan, New Delhi – 110011
10.	Shri Pradipta Kumar Bisoi, Secretary Department of Posts Dak Bhawan, Sansad Marg, New Delhi - 110001
11.	Shri Anshu Prakash, Secretary Department of Telecommunications Room No. 210, Sanchar Bhawan, Rafi Marg, New Delhi – 110001
12.	Ms. Leena Nandan , Secretary Department of Consumer Affairs 49, Krishi Bhawan, New Delhi – 110001

13.	Shri Sudhanshu Pandey , Secretary Department of Food and Public Distribution Room No. 169, Krishi Bhawan,, New Delhi - 110001
14.	Shri Rajesh Verma , Secretary Ministry of Corporate Affairs A-wing, Shastri Bhawan, Rajendra Prasad Road, New Delhi - 110001
15.	Shri Ajay Kumar, Secretary Department of Defence 101-A, South Block, New Delhi - 110011
16.	Shri Raj Kumar Secretary Department of Defence Production 136, South Block, New Delhi
17.	DR. G. SATHEESH REDDY, Secretary Department of Defence Research & Development Department of Defence Research & Development New Delhi
18.	Shri Ravi Kant , Secretary Department of Ex-Servicemen Welfare 5-A, South Block, New Delhi
19.	Dr. Inder Jit Singh, Secretary Ministry of Development of North Eastern Region Vigyan Bhawan Annexe, Maulana Azad Road, New Delhi - 110011
20.	Dr. M. Nair Rajeevan , Secretary Ministry of Earth Sciences Mahasagar Bhavan, Block - 12, C.G.O Complex, Lodhi Road, New Delhi - 110003
21.	Shri Amit Khare , Secretary Department of Higher Education 127-C, Shastri Bhawan, Dr. Rajendra Prasad Road, New Delhi
22.	Smt. Anita Karwal , Secretary Department of School Education & Literacy 124-C, Shastri Bhawan, New Delhi
23.	Shri Ajay Prakash Sawhney , Secretary Ministry of Electronics and Information Technology Electronics Niketan, 6, CGO Complex, Lodhi Road, New Delhi - 110003
24.	Shri Rameshwar Prasad Gupta , Secretary Ministry of Environment, Forests & Climate Change Paryavaran Bhawan, CGO Complex, Lodhi Road, New Delhi - 110003
25.	Shri Rahul Chhabra , Secretary Ministry of External Affairs South Block, New Delhi - 110011

26.	Shri Vikas Swarup, Secretary Ministry of External Affairs South Block, New Delhi – 110011
27.	Shri Tarun Bajaj, Secretary Department of Economic Affairs North Block,
28.	Dr. T. V. Somanathan , Secretary Department of Expenditure North Block, New Delhi - 110001
29.	Shri A.B.P. Pandey , Secretary Department of Revenue 128-A/North Block, New Delhi –
30.	Shri Tuhin Kanta Pandey , Secretary Department of Investment & Public Asset Management Room No. 407, 4th Floor Block No. 14 CGO Complex, Lodhi Road, New Delhi – 110003
31.	Shri Atul Chaturvedi, Secretary Ministry of Animal Husbandry, Dairying and Fisheries Room No : 229, Krishi Bhawan, New Delhi – 110001
32.	Shri Rajeev Ranjan , Secretary Department of Fisheries New Delhi
33.	Smt. Pushpa Subrahmanyam , Secretary Ministry of Food Processing Industries Panchsheel Bhawan, August Kranti Marg, New Delhi – 110049
34.	Shri Rajesh Bhushan, Secretary Department of Health & Family Welfare Nirman Bhawan, C-Wing, New Delhi – 110001
35.	Prof. Balram Bhargava , Secretary Department of Health Research 2nd Floor Red Cross Society Building, 1, Red Cross Road , New Delhi – 110001
36.	Shri Sailesh , Secretary Department of Public Enterprises Room No. 305, C.G.O. Complex, Block No. 14, Lodi Road, New Delhi
37.	Shri Ajay Kumar Bhalla, Secretary Department of Home North Block, Central Secretariat, New Delhi – 110001
38.	Dr. SUMEET JERATH, Secretary Department of Official Languages Lok Nayak Bhawan, C-Wing, Khan Market, New Delhi – 110003

39.	Shri Sanjeev Gupta Secretary Department of Inter State Council Secretariat Inter-State Council Secretariat, Ministry of Home Affairs, Vigyan Bhawan Annexe, New Delhi – 110011
40.	Shri Durga Shanker Mishra , Secretary Ministry of Housing and Urban Affairs Nirman Bhawan, C - Wing, Dr. Maulana Azad Road, New Delhi – 110011
41.	Shri Amit Khe Secretary Department of Higher Education 127-C, Shastri Bhawan, Dr. Rajendra Prasad Road, New Delhi
42.	Shri Upendra Prasad Singh , Secretary Ministry of Drinking Water & Sanitation Shram Shakti Bhawan, Rafi Marg, New Delhi – 110001
43.	Shri Upendra Prasad Singh, Secretary Water Resources, River Development & Ganga Rejuvenation Shram Shakti Bhawan, Rafi Marg, New Delhi – 110001
44.	Shri Barun Mitra , Secretary Department of Justice Shastri Bhawan, A-Wing, Dr. Rajendra Prasad Road, New Delhi - 110001
45.	Shri Barun Mitra Secretary Department of Justice Shastri Bhawan, A-Wing, Dr. Rajendra Prasad Road, New Delhi - 110001
46.	Shri Anoop Kumar Mendiratta, Secretary Department of Legal Affairs Room No.207, A-Wing, Shastri Bhawan, Dr Rajendra Prasad Road, New Delhi – 110001
47.	Dr. G. Narayana Raju , Secretary Legislative Department Room No.405, A-Wing, Shastri Bhawan, Dr. Rajendra Prasad Road, New Delhi – 110001
48.	Shri Arvind Kumar Sharma ,, Secretary Ministry of Micro. Small & Medium Enterprises Udyog Bhawan, Rafi Marg, New Delhi – 110011
49.	Shri Anil Kumar Jain , Secretary Ministry of Coal Shastri Bhawan, C-Wing, Dr. Rajendra Prasad Road, New Delhi – 110001
50.	Shri Sunil Kumar , Secretary Ministry of Panchayati Raj Krishi Bhawan, Dr. Rajendra Prasad Road, New Delhi – 110001

51.	Dr. R S Shukla Secretary Ministry of Parliamentary Affairs Parliament House, Sansad Marg, New Delhi - 110001
52.	Dr. Kshatrapati Shivaji , Secretary Department of Pension & Pensioner's Welfare 514, Sardar Patel Bhavan, Sansad Marg, New Delhi - 110001
53.	Dr. Kshatrapati Shivaji , Secretary Department of Administrative Reforms and Public Grievances (DARP) 514, Sardar Patel Bhavan, Sansad Marg, New Delhi - 110001
54.	Shri Tarun Kapoor , Secretary Ministry of Petroleum & Natural Gas A-Wing, Shastri Bhawan, Dr. Rajendra Prasad Road, New Delhi - 110001
55.	Shri Sanjeev Nandan Sahai , Secretary Ministry of Power Shram Shakti Bhawan, New Delhi - 110001