

I hope you are ensuring the wearing of masks, following physical distancing and maintaining of hand hygiene in your office functioning on a regular basis. Hon'ble Prime Minister has launched Age Appropriate Fitness Protocols titled as G.O.A.L.S. (Goals for Active Life Style) on 24th September 2020, for different age groups categorised as 05-18 years, 18-65 years and 65+ years. These protocols also consist of fitness test based on various fitness components and suggestive activities and are available in both the language i.e. Hindi & English. These Protocols and Guidelines will pave the way towards improved awareness about fitness levels as well as to motivate towards adopting age-appropriate exercise and yoga asanas as part of daily lifestyle. This would be a big step in improving the fitness level of people and thus will help in moving towards a fitter, healthier and prosperous India.

2. The protocols can be downloaded with the help of link given below;

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