



डा0 ए0पी0जे0 अब्दुल कलाम प्राविधिक विश्वविद्यालय, उत्तर प्रदेश
DR. A.P.J. ABDUL KALAM TECHNICAL UNIVERSITY

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पत्रांक: ए0के0टी0यू0/अधि0 छात्र क0/2023/ 40

दिनांक: 05-09-2023

To,

The Director/Principal
All the affiliated Institutes of Dr.A.P.J. Abdul Kalam
Technical University, Uttar Pradesh, Lucknow

Subject: UGC initiative to promote sports and physical activities among the youth.

Dear Sir/Madam,

In above reference kindly refer the letter from University Grant Commission (UGC), Ministry of Education, Govt. of India, D.O. No.F.1-2/2023/Sports (YAS) dated August 18, 2023 regarding an important initiative that aims to promote sports and physical activities among the youth of our country. To support this cause, the University Grant Commission (UGC) has partnered with the Department of Sports, under the Ministry of Youth Affairs and Sports, to implement Sports schemes in mission mode. As part of this collaboration, the Department of sports has formulated various guidelines, including the **FIT India Programme, Khelo India, Anti-doping in Sports, and Ek Bharat Shrestha Bharat.** The UGC has enclosed the guidelines of the above mentioned schemes for kind information and urged to implement them in all the esteemed Institutions/colleges under jurisdiction of all Universities.

In view of the above, it is requested your active involvement and support in this initiative. Your contribution will go a longway in fostering a culture of sports and physical fitness, ultimately benefiting the youth and the nation.

With kind regards,

Encl: As above

Sincerely Yours

(Prof. O.P. Singh)
Dean Student Welfare

CC to:

- 1- Finance Officer, AKTU, Lucknow.
- 2- Registrar, AKTU, Lucknow.
- 3- Public Relation Officer, AKTU, Lucknow.
- 4- Staff Officer, to Hon'ble Vice Chancellor, AKTU, Lucknow.

(Prof. O.P. Singh)
Dean Student Welfare



ज्ञान-विज्ञान विमुक्तये

प्रा. मनिष र. जोशी
सचिव

Prof. Manish R. Joshi
Secretary



सत्यमेव जयते



विश्वविद्यालय अनुदान आयोग
University Grants Commission
(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

D.O.No. F.1-2/2023/Sports (YAS)

August 18, 2023/27 श्रावण, 1945

Dear Madam / Sir,

I am writing to bring your kind attention, an important initiative that aims to promote sports and physical activities among the youth of our country.

As you are aware, sports play a vital role in an individual's integrated development, especially for the youth. Universities and colleges serve as crucial platforms for fostering holistic growth and channelizing our youth's energy in a positive direction to inculcate a healthy lifestyle.

To support this cause, the University Grants Commission (UGC) has partnered with the Department of Sports, under the Ministry of Youth Affairs and Sports, to implement sports schemes in mission mode. As part of this collaboration, the Department of Sports has formulated various guidelines, including the FIT India Programme, Khelo India, Anti-doping in Sports, and Ek Bharat Shrestha Bharat.

I am pleased to enclose the guidelines of the above mentioned schemes for your kind information and urge you to implement them in your esteemed institution/college under your jurisdiction. By doing so, we can collectively contribute to our country's holistic growth of sports and infrastructure.

If you have any query or require support during the implementation process, please do not hesitate to contact Dr. Sunita Siwach, Joint Secretary, UGC (Sports) at ssiwach.ugc@nic.in

I request your active involvement and support in this initiative. Your contribution will go a long way in fostering a culture of sports and physical fitness, ultimately benefiting the youth and the nation.

With kind regards,

Yours sincerely,


(Manish Joshi)

Encl.: as above

All the Vice-Chancellors of Universities

वसुधैव कुटुम्बकम्
ONE EARTH • ONE FAMILY • ONE FUTURE



Fitness Protocols and Guidelines for 18+ to 65 Years



Goals

GOALS FOR ACTIVE LIFE STYLE



Kiren Rijju

Minister of State (I/C),
Youth Affairs and Sports,
Govt. of India

FOREWORD

The Fit India movement, launched in August 2019, on the occasion of National Sports Day, aims to make fitness an integral part of daily life of every Indian citizen. Hitherto, the movement has witnessed wide participation from citizens across the country in various fitness related activities being promoted by the Fit India Mission Directorate.

The movement, which is in its beginning stages, has taken one of its first strategic steps to develop age appropriate fitness protocols suited to the Indian context. These protocols include simple tests and basic guidelines that demystifies what it means to 'stay fit and active'.

I am sure these protocols and guidelines will motivate us to stay rooted to an inherently active lifestyle culture that we have had in our country.

I am happy to launch the Age Appropriate Fitness Protocols and Guidelines; it is a significant step towards achieving our mission of taking the message of fitness to the masses and building a national movement.

I hope that this protocol document becomes a handy tool for our citizens and key stakeholder institutions for the movement, not only to get themselves tested on fitness levels, but also serve as a developmental tool to improve your fitness levels and cultivate an active lifestyle.



Harsh Vardhan

Minister of Health and Family Welfare, Govt. of India

FOREWORD

India faces a double whammy on the disease front: lifestyle diseases as well as communicable diseases. It is imperative that we prepare and plan to tackle both of them to secure a strong and sustainable future for our country. It is with this vision that our Hon'ble Prime Minister launched the Fit India Movement last year. Change in mindset and culture change is critical towards achieving the Fit India Movement's mission of making fitness an integral part of our daily lives. Ministry of Health & Family Welfare is closely working with the Fit India Mission towards achieving this objective through appropriate policy measures and behaviour change campaigns.

Additionally, the COVID-19 pandemic has brought increased focus on the need to adopt sustainable practices and get back to the active lifestyle and traditionally healthy diet that has been a part of our culture since ages. It is therefore, the right time for Fit India Movement to spread awareness about the importance of physical activity and nutrition as fundamental pre-requisites to develop a strong immune system, healthy mind and body.

Keeping this aspect in mind, we realised the need for developing a standardized framework to help us define and measure the fitness of every individual. It is in this context that an expert committee was constituted to develop Age Appropriate Fitness Protocols and Guidelines for our vast population.

I am happy to launch Age Appropriate Fitness Protocols and Guidelines which the Ministry of Health & Family Welfare has jointly developed with Ministry of Youth Affairs & Sports.

I am sure that these Protocols and Guidelines will pave the way towards improved awareness about our fitness levels as well as motivate us towards adopting age-appropriate exercise and yoga asanas as part of our daily lifestyle. That would be a big step in improving the fitness level of our citizens and thus moving towards a fitter, healthier and prosperous India.

I wish all the success to every citizen in achieving an ideal fitness level.



**Ramesh Pokhriyal
Nishank**

Minister of Human
Resource Development,
Govt. of India

FOREWORD

The culture of sports and fitness farms its roots right from early childhood. 'How to Live' ought to be the first pillar of formal education. This involves teaching and practicing the art of taking care of one's body and health daily. Schools have to be the first formal institution after home where physical fitness is taught and practiced. They have to play very active role if sports and Fitness and teacher community to be taken as seriously as academics by our student.

Ministry of Human Resource Development has been actively working with the Ministry of Youth affairs Sports to achieve this vision for our country. The mission is to encourage every child to stay fit and play any sport of their choice.

I am proud of the fact that we have already launched a series of initiatives for school children as part of the Fit India Movement These include Fit India School Week, Fit India School Certification and Fit India Active Day Series which was a specially designed series to take care of children's physical and mental health during the lockdown period. Around 2.5 Lac schools have registered for the Fit India School Certification which I am sure will go a long way towards developing an education system in the country which looks at sports and fitness as an important enabler for the growth and development of our children.

As a next step, I am happy to launch Age-Appropriate Fitness Protocols and Guidelines. The protocols and guidelines will enable Physical Fitness Assessments to be conducted by schools and parents to monitor and track the fitness and health indicator of each child as per the Khelo India battery of tests for Class 1-3 (5-8 years) and Class 4-12 (9 to 18+ years). I hope that this protocol document becomes a handy pool for our Schools, Physical Education Teachers and all other stakeholders of our education system.



Ravi Mital, IAS

Secretary – Sports
Ministry of Youth Affairs and
Sports, Govt. of India

FOREWORD

Fit India Movement is a people centric movement. Under the Fit India Mission, we plan to make a behavioral change for adoption of active lifestyle.

In view of this, the Ministry of Youth Affairs and Sports is launching the Age Appropriate Fitness Protocols and Guidelines. The protocols and guidelines have been designed in a way as to enable citizens to test themselves on various parameters that define fitness, as well as simple guidelines that will ensure 30-60 minutes of moderate-to-vigorous daily physical activity. The protocols and guidelines, prepared through consultations with a wide range of experts, will facilitate our journey towards increased awareness as well as adoption of physical activities as part of our daily lives.

I look forward to working closely with various stakeholders in the coming days towards wider dissemination and use of these protocols and guidelines.



Preeti Sudan

Secretary, Ministry of
Health and Family
Welfare, Govt. of India

FOREWORD

In the present times with the changing demographic profile and disease burden and rising health care costs on account of non-communicable and chronic diseases, it's critical to move towards the delivery of a more holistic comprehensive primary health care. For primary health care to be comprehensive, it needs to encompass the preventive, promotive, curative, rehabilitative and palliative healthcare with a strong emphasis on Wellness. This amplified focus on wellness, its preventive and promotive aspects of healthcare have multiple benefits, especially in the times of COVID-19 pandemic when people are advised to stay at home and take steps to remain physically and mentally fit

Last year, our Hon'ble Prime Minister. launched the nationwide

"Fit India Movement" to encourage people to remain healthy and agile by including physical activity and sports in our daily lives. Fitness is an integral part of maintaining a healthy life as it impacts not just our physical well-being but our mental well-being as well.

The Ministry of Health and Family Welfare has been working closely with the Fit India Mission to increase awareness among the masses on adopting a physically active and healthy lifestyle especially through their Health and Wellness Centres.

These Age Appropriate Fitness Protocols and Guidelines have been developed for three age groups (1) 5-18 years (2) 18-64 years and (3) 65 years and above jointly by both the ministries. I urge everyone to take steps towards reaching out to its various stakeholders and ensure that these protocols and guidelines are widely disseminated and put into action.

As these Fitness Protocols and guidelines are being launched at a very apt time and scenario. I am confident that this initiative will be a very useful resource and will go a long way towards ensuring a healthier India!



Sandip Pradhan, IRS
Director General
Sports Authority of India

MESSAGE

Sports Authority of India is committed towards actualizing the Hon'ble Prime Minister's vision for making fitness an integral part of daily life of every Indian citizen. As we set out on this journey towards realizing this vision for our country, it was realized that it was important to define fitness and develop some simple and easy fitness protocols and guidelines that any common citizen could refer to.

In view of this, an expert committee was constituted by the Ministry of Youth Affairs & Sports from relevant fields to evolve Age Appropriate Fitness Protocols and Guidelines. The document, while looking at global best practices, is contextualized to the Indian context and easy to adopt.

In the coming days, Sports Authority of India intends to develop easy to follow Information, Education and Communication Materials that will facilitate easy adoption of these protocols and guidelines by our citizens.



Dr. Henk Bekedam
World Health
Organization
Representative to India

MESSAGE

Physical activity is important at every age. Apart from major health benefit, Physical activity has numerous other social, environmental and economic benefits and is intrinsically linked with the achievement of the Sustainable Development Goals. The Global Action Plan for Noncommunicable Disease which is endorsed by United Nations General Assembly, sets a goal of a 10% reduction in levels of physical inactivity by 2025 along with other targets to prevent premature mortality.

The Fit India Movement, a national-wide movement, that promote physical activities and sports in daily lives is a well-timed opportunity to increase the awareness at the community level with provision to increased access to fitness services.

The Age appropriate protocols and guidelines developed by Fit India Mission, Ministry of Youth Affairs and Sports are comprehensive and aims to promote physical activity in multiple settings. These guidelines are a step forward to create active people and societies by encouraging physical activity among people of all ages and abilities.

WHO India sincerely believe that Fitness Protocols and Guidelines will help in measuring and improving the physical activity level at all levels. We appreciate the efforts of Fit India Team in drafting much needed country appropriate physical activity /fitness guidelines.



Dr. K K Deepak

Chairman, Expert
Committee for
development of Fitness
Protocols

MESSAGE

Physical Fitness is a necessity to enable us to perform and carry out all our activities of life. Human wellbeing is always desirable in all age groups. It has been expressed beautifully and very appropriately by our celebrated poet Kavi Kalidas.

'शरीरमाद्यं खलु धर्मसाधनम्
(*Kumārasambhava*, [Kālidāsa](#)) [5.33]

It means that the body is the foremost medium to perform Dharma (duties).

If we are healthy and physically fit, we can perform our responsibilities effectively- be it personal, social or official. Physical fitness is natural and comes easy way. Each one of us can enjoy good physical fitness provided one pays attention to it on regular basis towards achieving set goals.

Maintaining and improving physical fitness is a simple process to practise. One can remain physically fit throughout to enjoy a meaningful life. Human body is like a machine which keeps on working efficiently. However, like any other machine it needs maintenance which can be done comfortably with a little effort.

The present *Fitness Protocols and Guidelines* for imparting and measuring physical fitness are designed towards achievable set goals which are easy, comprehensive and practical for all age groups.

Expert Committee

The following members of the Expert Committee for development of Fitness Protocols for different age groups were involved in the finalization of the fitness protocols and drafting of the document.

	Name	Designation
1	Dr. K.K. Deepak <i>Chairman of the Committee</i>	Prof. and Head of the Department (Physiology), AIIMS, New Delhi
2	Ms. Ekta Vishnoi	Mission Director, Fit India Mission
3	Dr. L. Swasticharan	CMO, (LS) Health & Family Welfare Representative of Ministry of Health and Family Welfare
4	Dr. Y. Venkata Ramana	Scientist, G (Director Grade) & Head – Dept. of Work Physiology and Sports Nutrition and MYA-NIN Department of Sports Science, ICMR, National Institute of Nutrition
5	Dr. Manjit Singh	Deputy Secretary, (PE & Sports), CBSE Representative of Ministry of Human Resources Development
6	Col. Bibhu Nayak	Senior Specialist on Deputation (Sports Medicine) Sports Injury Centre, VMMC & Safdarjung Hospital, New Delhi Representative of Ministry of Health and Family Welfare
7	Dr. P Majumdar	Head of Sports Science, Sports Authority of India
8	Dr. H. Sreedhar	Sports Science Expert, TransStadia Member of 'Khelo India Fitness Assessment Protocols' Committee
9	Mr. I.V. Basavaraddi	Advisor, Ministry of AYUSH
10	Mr. Sujit Panigrahi	CEO, Fitness365 Leads Khelo India Fitness Assessment Program, Sports Authority of India

Acknowledgements

On behalf of the Committee constituted for the 'Development of Age Appropriate Fitness Protocols', I thank all individuals and institutions who have contributed to the consultations and deliberations that has gone behind developing the protocols. First and foremost, I would like to profoundly thank Shri R.S.Julaniya, Former Secretary, Department of Sports, Government of India for his dynamic leadership and steadfast support during his tenure as Secretary, Sports. Next, I express my gratitude to Dr. Manohar Agnani, Joint Secretary, Ministry of Health and Family Welfare for his warm encouragement and timely support. I would also like to express sincere thanks towards Shri L.S. Singh, Joint Secretary, Department of Sports for his guidance right from the conception stage.

Next, I owe my deepest gratitude to Shri Rohit Khanna, Chief Executive Officer, Fit India Mission, Dr. Harshvardhan Nayak, Technical Consultant, Ministry of Health and Family Welfare, Ms. Sobika Rao, Assistant Professor, Morarji Desai National Institute of Yoga, Dr. Subham Badhyal, Senior Research Officer, Sports Science, Sports Authority of India and Shri Shailendra Maurya, Section Officer (Sports Department), CBSE, Mr. Vishnu Sudhakaran, Deputy Director, Fit India Mission and Dr. Pankaj Aggarwal, Public Health Expert- Non Communicable Diseases project, Tata Trusts supporting Ministry of Health and Family Welfare for their active participation in various meetings of the Committee, their ideas and practical inputs has helped to formulate and finalise these protocols.

Finally, my heartfelt appreciation goes to project NISHTHA/Jhpiego for their creative work and excellent layout designs, Shri. Kunal Patadia and Shri. Mayank Choudhary for their secretarial assistance and coordination work.

Ekta Vishnoi

Mission Director – Fit India



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1. Overview

Physical fitness is the ability to perform day to day normal activities with vigor, alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and meet any unforeseen emergencies. Physical fitness is composed of various attributes which individuals have or achieved that relates to their ability to perform physical activity. Each physical fitness component can be tested and trained separately. The purpose is to enable adults, aged 18-65 years to demonstrate individually and with others, the physical skills, practices and values to enjoy a lifetime of active healthy living.

1.1 Key Objectives

1. Ensure 30-60 Minutes of Moderate-to-vigorous Physical Activity (MVPA) per day
2. Promote 'Fitness for All'

1.2 Physical Fitness Assessment


The most relevant components of physical fitness for 18-65 year age group are given below:

Fitness Component	Test
Flexibility	V Sit Reach Test
Muscular Strength (Core Strength)	Naukasana (Boat Pose) or 1 Minute Partial Curl Up
Muscular Endurance	Push Ups (Male) and Modified Push Up (Female) Or Sit Ups
Body Composition	BMI
Aerobic/Cardio-vascular Fitness	2 Km Walk/Run
Balance	Vrikshasana (Tree Pose) or Flamingo Test



2. Test Descriptions

2.1 Flexibility - V Sit Reach Test

What does it measure:	
Common measure of flexibility, and specifically measures the flexibility of the lower back and hamstring muscles. This test is important as because tightness in this area is implicated in lumbar lordosis, forward pelvic tilt and lower back pain	
How to Perform:	Infrastructure/Equipment Required:
<ol style="list-style-type: none"> 1. The subject removes their shoes and sits on the floor with the measuring line between their legs and the soles of their feet placed immediately behind the baseline, heels 8-12" apart. 2. The thumbs are clasped so that hands are together, palms facing down and placed on the measuring line. 3. With the legs held flat by a partner, the subject slowly reaches forward as far as possible, keeping the fingers on baseline and feet flexed. 4. After three tries, the student holds the fourth reach for three seconds while that distance is recorded. 5. Make sure there are no jerky movements, and that the fingertips remain level and the legs flat. 	<ol style="list-style-type: none"> 1. A tape for marking the ground, marker pen, and ruler. 2. With the tape mark a straight line two feet long on the floor as the baseline, and a measurement line perpendicular to the midpoint of the baseline extending two feet on each side. 3. Use the marker pen to indicate every half-inch along the measurement line - the point where the baseline and measuring line intersect is the zero point.
	Scoring:
	The score is recorded (difference between initial position and final position), in cm and mm, as the distance reached by the hand.
	
	How to conduct: https://www.youtube.com/watch?v=No8wJ3X3A3Y
Administrative Suggestion:	

Proper warm-up and static stretching of the lower back and posterior thighs is very important for this test. A partner placing his/her hands lightly across knees can prevent the flexing of knees. Keep hands over each other (fish pose). In order to prevent the test apparatus from sliding away during the test, it should be placed against a wall or a similar immovable object.

The test trial is repeated if:

1. The hands reach out unevenly or
2. The knees are flexed at the time of doing the test.

Suggested Physical activities to improve Flexibility:

You need to stretching by toe touching, climbing stairs, Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana, Katichakrasna, Tadasana, Tai-chi and pilates on regular basis to develop flexibility.

2.2 Muscular Strength - Naukasana (Boat Pose)

Nauka in Sanskrit means 'boat'. It is a supine lying posture which includes raising legs and trunk.

The final position resembles the shape of a boat, hence the name.

It measures the strength of the back and abdominal muscles.

How to perform:

1. Sit on the floor, stretch the legs out in front and keep them straight and place the palms on the floor by the side of the hip.
2. Recline the trunk slightly back and simultaneously raise the legs from the floor, keeping the knees tight and toes pointed upwards. Bring the arms in front and stretch them straight, parallel to the floor with palms facing each other.
3. Keep the legs at an angle of about 35–40 degrees from the floor and the crown of the head in line with the toes.
4. The balance of the body rests on the buttocks and no part of the spine should be allowed to touch the floor.
5. Record the total holding time.

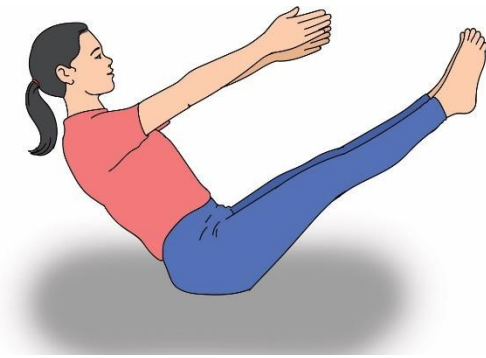
Equipment Required:

Yoga Mat / Non – slippery surface. Make sure the asana is not performed near a wall or hard surface.

Scoring:

Record Hold time in (10-60) seconds

Holding the pose for 10 seconds or minimum 3 breathing is optimal. It can be extended to 60 seconds with regular practice.



Administrative Suggestion:

1. The posture should be steady, stable and comfortable.
2. Do not exceed, perform the asana according to one's capacity.
3. Care should be taken that no portion of the body above or below the waist and hips touches the ground.
4. Start the test again if the practitioner fails to maintain the ideal position.

Suggested Physical activities:

To improve Abdominal Muscles and Muscular Endurance (push-ups/ modified push-ups for Female), you need to Practice climbing stairs, hill walk, cycling, dance, push-ups, sit ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. to build strength.

You need to practice Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yoga Mudrasana, Quarter squat, Climb stairs, Crunches and Back extension exercise.

2.3 Abdominal/Core Strength - Partial Curl Up - 30 seconds

What does it measure

The curl up test measures abdominal muscular strength and endurance of the abdominals and hip-Flexors, important in back support and core stability.

How to Perform:

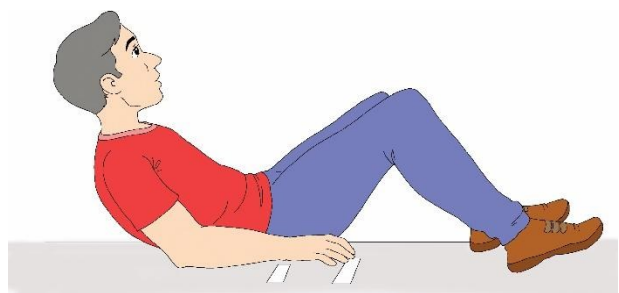
1. The subject lies on a cushioned, flat, clean surface with knees flexed, usually at 90 degrees, with hands straight on the sides (palms facing downwards) closer to the ground, parallel to the body.
2. The subject raises the trunk in a smooth motion, keeping the arms in position, curling up the desired amount (at least 6 inches above/along the ground towards the parallel strip).
3. The trunk is lowered back to the floor so that the shoulder blades or upper back touch the floor.

Infrastructure/Equipment Required:

Flat clean cushioned surface with two parallel strips (6 inches apart), Stopwatch

Scoring:

Record the maximum number of Curl ups in a certain time period 30 seconds.



How to conduct:

<https://youtu.be/Apz7MH3dO-M>

Administrative Suggestion:


Participants should be encouraged to keep a normal breathing rate. Results are usually better if the participant can maintain constant pace during the activity.

Suggested Physical activities:

To improve Abdominal Strength (partial curl ups) and Muscular Endurance (push-ups/ modified push-ups for Female)

1. You need to Practice climb stairs, hill walk, cycling, dance, push-ups, sit ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. to build strength.
2. You need to practice Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yoga Mudrasana, Quarter squat, Climb stairs, Crunches and Back extension exercise.

2.4 Muscular Endurance - Push Ups for Male/Modified Push Ups for Female

<p style="text-align: center;">What does it measure</p> <p style="text-align: center;">Upper body strength, endurance, and trunk stability.</p>	
<p>How to Perform:</p> <ol style="list-style-type: none"> 1. A standard push up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder width apart, extended and at a right angle to the body. 2. Keeping the back and knees straight, the subject lowers the body to a predetermined point, to touch some other object, or until there is a 90-degree angle at the elbows, then returns back to the starting position with the arms extended. 3. This action is repeated, and the test continues until exhaustion, or until they can do no more in rhythm or have reached the target number of push-ups. 4. For Female: push-up technique is with the knees resting on the ground. 	<p>Infrastructure/Equipment Required:</p> <p>Flat clean cushioned surface/Gym mat</p> <p>Scoring:</p> <p>Record number of correctly completed push-ups.</p> <div style="text-align: center;">  </div> <p>How to conduct: https://youtu.be/wDPMtXeGuUo</p>
<p>Administrative Suggestion:</p> <p>Participants should be encouraged to emphasize to keep the back straight. Results are usually better if the participant can maintain constant pace during the activity.</p>	
<p>Suggested Physical activities to improve Muscular Strength:</p> <ol style="list-style-type: none"> 1. You need to Practice climb stairs, hill walk, cycling, dance, push-ups, sit ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. to build strength. 2. You need to practice Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yoga Mudrasana, Quarter squat, Climb stairs, Crunches and Back extension exercise. 	

2.5 Body Composition - Body Mass Index or BMI

What does it measure

Body Composition refers primarily to the distribution of muscle and fat in the body. Body size such as height, length and girth are also grouped under this component.

The test performed is Body Mass Index (BMI), which is calculated from body Weight (W) and height(H). $BMI = W / (H \times H)$, where W = body weight in kilograms and H = height in meters.

The higher the score usually indicates higher levels of body fat.

Measuring Height Accurately

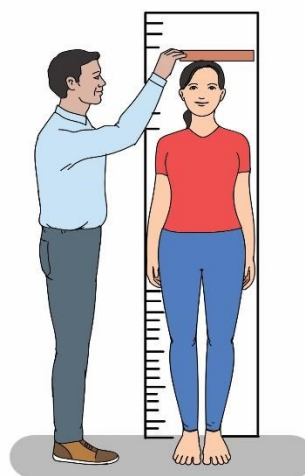
1. Remove the participant's shoes, bulky clothing, and hair ornaments, and unbraided hair that interferes with the measurement.
2. Take the height measurement on flooring that is not carpeted and against a flat surface such as a wall with no molding.
3. Have the participant stand with feet flat, together, and back against the wall. Make sure legs are straight, arms are at sides, and shoulders are level.
4. Make sure the participant is looking straight ahead and that the line of sight is parallel with the floor.
5. Take the measurement while the participant stands with head, shoulders, buttocks, and heels touching the flat surface (wall). (See illustration.) Depending on the overall body shape of the participant, all points may not touch the wall.
6. Use a flat headpiece to form a right angle with the wall and lower the headpiece until it firmly touches the crown of the head.
7. Make sure the measurer's eyes are at the same level as the headpiece.
8. Lightly mark where the bottom of the headpiece meets the wall. Then, use a metal tape to measure from the base on

Infrastructure/Equipment Required:

Flat, Clean surface, Weighing Machine, Stadiometer/Measuring Tape pasted on a wall

Scoring:

Height recorded in cm and mm. Accurately record the height to the nearest 0.1 centimeter.



Weight will be recorded in kilogram (kg) and grams (gms). Record the weight to the nearest decimal fraction (eg, 25.1 kilograms).

the floor to the marked measurement on the wall to get the height measurement.

9. Accurately record the height to the nearest 0.1 centimeter.

Measuring Weight Accurately

1. Use a digital scale. Avoid using bathroom scales that are spring-loaded. Place the scale on firm flooring (such as tile or wood) rather than carpet.
2. Have the participant remove shoes and heavy clothing, such as sweaters.
3. Have the participant stand with both feet in the center of the scale.
4. Record the weight to the nearest decimal fraction (for example, 25.1 kilograms).



How to conduct:

https://youtu.be/mVGfZ0_ki7M


Administrative Suggestion:

Explain the test procedures to the subject.

Suggestions for Improvement:

1. One can improve BMI by losing or gaining weight. Whether you gain or lose weight depends on caloric balance.
2. It is recommended to perform at least 30 minutes of moderate-intensity activity, above usual activity done at home or work, most days (5+) of the week to reduce the risk of chronic disease.
3. One can gain greater health benefits from doing more activity. To manage body weight and prevent gradual weight gain, 60 minutes of moderate to vigorous activity on most days (5+) of the week is necessary. In order to sustain weight loss, 60-90 minutes of daily moderate-intensity activity may be necessary.
4. For both weight maintenance and weight loss, it is important to keep food intake (calories) to a level that is equal to or less than the amount of calories to burn through daily activity.

2.6 Cardiovascular Fitness - 2 km Run/Walk

What does it measure: Cardiovascular Fitness/Cardiovascular Endurance	
How to Perform: <ol style="list-style-type: none">1. Participants are instructed to run or walk 2 kms in the fastest possible pace.2. The participants begin on signal (Starting point)- "ready, start". As they cross the finish line, elapsed time should be announced to the participants.3. Walking is permitted but the objective is to cover the distance in the shortest possible time.	Infrastructure/Equipment Required: <p>Stopwatch, whistle, marker cone, lime powder, measuring tape, 200 or 400 m with 1.22 m (minimum 1 m) width preferably on a flat and even playground with a marking of starting and finish line. You can also use any application on your mobile phone that tells you the distance.</p> Scoring: <p>Time taken for completion (Run or Walk) in min, sec.</p>  <p>How to conduct: https://youtu.be/fD6qFP6srgQ</p>
Administrative Suggestion: <p>Participants should be encouraged to practice running with emphasis placed on the concept of pace. Results are usually better if the participant can maintain constant pace during most of the run and perhaps using a strong closing effort.</p>	
Suggested Physical activities to improve Cardiovascular Endurance: <p>You can do pranayam (kapalbhati, bhastrika, bhramari), road cycling, swimming, aerobics, running and dancing to improve endurance.</p>	

2.7 Static Balance - Vrikshasana (Tree Pose)

This is a balancing asana. The Sanskrit word vriksha means 'tree', thus, this is the 'Tree Posture'. In the imagination of the tree, foot seems as a root, leg is the trunk, arms as the branches and leaves, head as top of the tree, all make the posture in the shape of a tree.

Measures the balance and equilibrium of the body in static position.

How to perform:

1. Stand in a relaxed and comfortable position with feet 2 inches apart and arms by the sides of the body.
2. Focus on your breath.
3. Bend your right knee & press the sole of your right foot on the inner side of the left thigh and heel against the perineum of the left thigh.
4. Once you are balanced, take a deep breath and gracefully raise your arms overhead in "namaskar mudra".
5. Look straight and ensure the spine is erect. Focus on your breath.
6. To release gently bring down the hands followed by the leg. Relax. Repeat on the other side.

Equipment Required:

Yoga Mat / Non – slippery surface. Make sure the asana is not performed near a wall or hard surface.

Scoring:

Record Hold time in (10-60) seconds. Holding the pose for 10 seconds or minimum three breathing is optimal. It can be extended to 60 seconds with regular practice.



Administrative Suggestion:

1. The posture should be steady, stable and comfortable.
2. Perform according to one's capacity.
3. Start the test again if the practitioner fails to maintain the ideal position.
4. Minimum hold time should be for at least for 10 secs after attaining the final position.
5. Should be performed on both the sides.

2.8 Static Balance - Flamingo Balance Test

What does it measure:

Ability to balance successfully on a single leg. This single leg balance test assesses the strength of the leg, pelvic, and trunk muscle as well as Static balance.

How to Perform:

1. Stand on the beam. Keep balance by holding the instructor's hand (if required to start).
2. While balancing on the preferred leg, the free leg is flexed at the knee and the foot of this leg held close to the buttocks.
3. Start the watch as the instructor lets go of the participant/subject.
4. Pause the stopwatch each time the subject loses balance (either by falling off the beam or letting go of the foot being held).
5. Resume over, again timing until they lose balance. Count the number of falls in 60 seconds of balancing.
6. If there are more than 15 falls in the first 30 seconds, the test is terminated.

Infrastructure/Equipment Required:

Non-slippery even surface, Stopwatch, can be done by just standing on a beam/block.

Scoring:

The total number of falls or loss of balance in 60 seconds of balancing is recorded. If there are more than 15 falls in the first 30 seconds, the test is terminated.



How to conduct:

<https://youtu.be/LN72M7lj6tg>

Administrative Suggestion:

Participants should be encouraged to focus their eyes on stationary objects straight ahead.

Suggested Physical activities to improve Balance (Flamingo Test):

To improve balance, you should practice one-foot balance, walking on toes and heel toe walking, walking on a straight line, skipping, hopping, vrikshasana, walking on beam etc.



3. Fitness Protocols

WHO Guidelines on Physical Activity and Sedentary Behaviour 2020

Age Appropriate Fitness Protocols and Guidelines for age 18-64 years

1. Adults should do at least 150 minutes to 300 minutes of moderate-intensity aerobic physical activity, or do at least 75 to 150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous-intensity activity throughout the week for substantial health benefits;
2. Adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.

3.1 Physical Fitness Recommendations

There is strong evidence that demonstrates that compared to less active adult men and women, individuals who are more active:

- have lower rates of all-cause mortality, coronary heart disease, high blood pressure, stroke, type 2 diabetes, metabolic syndrome, colon and breast cancer, and depression;
- are likely to have less risk of a hip or vertebral fracture;
- exhibit a higher level of cardiorespiratory and muscular fitness; and
- are more likely to achieve weight maintenance, have a healthier body mass and composition.

Fit India recommends the following physical activities for improvement amongst 18-65 years age group:

3.2 Flexibility related Activities

1. Forward Bend

- a. Stand with your feet together, extend your torso down without rounding your back.
- b. Stay long throughout your neck, extending the crown of your head toward the ground.
- c. Draw your shoulders down your back.

2. Calf Stretch

- a. Stand facing a wall. Put your hands against the wall at shoulder height.

- b. Put one foot in front of the other.
 - c. Bend your elbows and lean in toward the wall. You will feel a stretch in your calves.
 - d. Keep your knee straight and your hips forward. Make sure your heel stays on the ground.
5. Switch your feet and repeat the stretch.

3. Child's Pose

- a. Kneel on the ground.
- b. Bend at your hips. Put your arms next to your head with your hands on the ground in front of you.
- c. Sit your bottom down over your heels. You should feel a stretch in your shoulders and lower back.

4. Knee to Chest

- a. Lie on your back with your legs straight.
- b. Bring the right knee toward your chest.
- c. Wrap your arms underneath your knee and pull your leg closer to your body until you feel a stretch in the back of your right thigh.
- d. Repeat the stretch on your left leg.

5. Bend Down

- a. Stand tall with your feet hip-width apart, knees slightly bent, arms by your sides.
- b. Exhale as you bend forward at the hips, lowering your head toward the floor, while keeping your head, neck and shoulders relaxed.

3.3 Strength related Activities

1. Straight Leg Raises (Lower Body Strength)

- a. Stand tall. Use a chair or wall for balance.
- b. Forward:
 - i. Slowly lift your leg up in front of you as high as you can.
 - ii. Keep your leg straight.
 - iii. Then lower back to the starting position.
 - iv. Do not relax your leg.
 - v. Do not swing your leg.
- c. Side:
 - i. Slowly lift your leg out to the side with your toe pointed forward.
 - ii. Keep your leg straight.
 - iii. Then lower back to the starting position.
 - iv. Do not relax your leg.

- v. Do not swing your leg.
- d. After you have completed all leg lifts on one side, switch to the other side.

2. Push-Ups on the Wall (Upper Body Strength)

- a. Stand facing the wall.
- b. Place your hands flat on the wall at shoulder level.
- c. Keep your arms straight.
- d. Your feet should be behind your body so that you are leaning on the wall.
- e. Stand on the balls of your feet.
- f. Bend your arms to bring your chest to the wall.
- g. Keep your legs in place.
- h. Make your body a straight line.
- i. Push your arms straight to return to the starting position.
- j. Make sure your body stays in a straight line the whole time.

3. Curl Up (Core Strength)

- a. Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. Reach your arms toward your knees.
- b. Lift your head, and then slowly lift your upper back until your hands reach your knees.
- c. Try to get your shoulder blades completely off the ground.
- d. Pause and then slowly lower all the way back down, including your head

4. Plank (Core Strength)

- a. Assume a modified push-up position with your elbows bent 90 degrees and both forearms resting on the floor.
- b. Position your elbows directly underneath your shoulders and look straight toward floor.
- c. Your body should form a perfectly straight line from the crown of your head to your heels

5. Push-ups (Upper Body Strength)

- a. Keep your feet together.
- b. Your weight should be on your chest.
- c. Position hands palms-down on the floor
- d. Raise your body by using your arms

6. Squat (Lower Body Strength)

- a. Plant your feet on the ground
- b. Bend your knees
- c. Lower yourself in a controlled manner.

3.4 Endurance related Activities

1. Spot Running (Improves Speed & Endurance & Core Strength)

- a. Stand straight.
- b. Start jogging.
- c. Make sure to jump on toes and land on your heels.
- d. As this is a warm-up, do this for 30 to 45 seconds.

2. Climbing Stairs (Endurance)

- a. Step the right foot onto the first step, followed by the left.
- b. Continue this stepping motion until you've reached the top of the stairs.
- c. Always lead with the high foot.
- d. Don't let your feet cross while climbing up the stairs.

3. Jumping Jacks (Endurance)

- a. Jump up and spread your legs apart as you swing your arms over your head.
- b. Jump again and bring your arms back to your sides and your legs together.

4. March and Swing Your Arms (Endurance)

- a. March in place. Lift your knees up as high as you can. Go at a steady pace.
- b. As you bring your knee up, swing the opposite arm in front of you.
- c. Switch your arms when you switch your legs

5. Brisk Walking (Endurance)

- a. Walk a little initially and then gradually increase the time.
- b. Take light, easy steps and make sure your heel touches down before your toes.

6. Quick Air Punches (Endurance)

- a. Push off with your back foot and set foot, Quarter-rotate your jabbing shoulder as you throw the punch, fist your palm and punch.

7. Swimming (Endurance)

- a. Float with your face in the water, your body straight and horizontal.
- b. Stack your hands and keep your arms and legs long.
- c. Kick out and back in a circle then snap your feet together.
- d. Drop your head underwater and exhale.

8. Walking lunges (Muscular Endurance)

- a. Stand tall in front of a long and clear walkway.

- b. Your feet should be hip-width apart, your chest up, and your core and glutes engaged.
- c. Take a big step forwards with your left foot, lowering until both your knees are bent at 90° and your front thigh is parallel to the floor.

3.5 Balance related Activities

1. Single Leg Stance

- a. Stand on one leg with your arms out to the side.
- b. Work up to holding this position for 30 seconds.

2. Leg Swings

- a. Stand on one leg, swinging the other leg front to back.
- b. You can lightly hold onto something for help if necessary.
- c. Do 10 swings on each side.

3. Walking On Lines of different shapes

- a. Find or make a straight/zigzag line on the floor.
- b. Walk on the line for 20 steps.
- c. You can put your arms out to the side for additional balance help.



4. Age-appropriate Yoga Protocols

Yoga has the ability to change our perspectives of life. More keenness for life, genuine and natural sense of feel good, renewed sense of health and wellbeing are some of the benefits of Yoga. Its therapeutic approaches and principles represent the essence of a broad holistic dimension to health and disease. The practice of Yoga facilitates mind and body coordination, emotional equanimity and intellectual clarity.

4.1 Yoga Protocol for 18-35 Years of Age

Yoga practices		Rounds	Duration
1. Prayer			1 min
2. Kriya: Kapalabhati		2 Rounds of 30 strokes	2 mins
3. Suryanamaskar		2 rounds	2 mins
4. Yoga asanas		2 rounds	7 mins
Standing	Tadasana (The Palm tree pose)		
	Katichakrasana (The Half wheel pose)		
Sitting	Ushtrasana (The Camel pose)		
	Sasakasana (The Hare pose)		
	Vakrasana (The Spinal twist pose)		
Prone	Dhanurasana (The Bow pose)		
	Makarasana (The Crocodile pose)		
Supine	Viparit Karani (Leg up the wall pose)		
	Halasana (The Plough pose)		
	Saral Matsyasana (The Fish pose)		
	Shavasana (The Corpse pose)		
5. Pranayama		5 rounds	2 mins
	Anuloma-Viloma (The Alternate nostril breathing)		
6. Dhyana (Breath awareness)			1 min
TOTAL DURATION			15 mins

4.2 Yoga Protocol for 35-50 Years of Age

Yoga practices		Rounds	Duration
1. Prayer			1 min
2. Kriya : Kapalabhati		2 Rounds of 30 Strokes	2 mins
3 Loosening Practices			
	Neck Bending (forwards/backwards) Shoulder Rotation (clockwise/ anticlockwise) Trunk Twisting (left & right)	2 rounds	2 mins
4 Yogasanas			
Standing	Tadasana (The Palm tree pose)	2 rounds	7 mins
	Hastottanasana (Up stretched arms with side-bending)		
	Padahastanasana (The Hands to feet pose)		
	Ardhacakrasana (The Half wheel pose)		
Sitting	Ardhaushttrasana (The Half camel pose)		
	Sasakasana (The Hare pose)		
	Uttanamandukasana (The Stretched-up frog pose)		
	Vakrasana (The Seated spinal twist pose)		
Prone	Sarala-Dhanurasana (The Simple bow pose)		
Supine	Setubandhasana (The Bridge pose)		
	Pavanamuktasana (The Wind releasing pose)		
	Shavasana (The Corpse pose)		
5 Pranayama			
	Anuloma-Viloma (The Alternate nostril breathing)	5 rounds	2 mins
6 Dhyana (Breath Awareness)			1 min
	TOTAL DURATION		15 Minutes

4.3 Yoga Protocol for 50-65 Years of Age

Yoga practices		Rounds	Duration
1. Prayer			1 min
2. Kriya: Kapalabhati		2 Rounds of 30 Strokes	2 mins
3. Loosening Practice		2 rounds	2 mins
	Neck movements		
	Forward and backward bending		
	Right and left bending		
	Right and left twisting		
	Shoulder movements		
	Rotation (clockwise-anticlockwise)		
	Trunk movement		
	Trunk twisting to left and right		
4 Yogasanas		2 rounds	7mins
Standing	Tadasana (The Palm tree pose)		
	Ardha-katicakrasana (The Lateral arch pose)		
Sitting	Dandasana (The Staff pose)		
	Sukhasana (The Easy Pose)		
	Vakrasana (The Seated spinal twist)		
Prone	SaralBhujangasana/Bhujangasana (The Cobra pose)		
	Ardha-Shalabhasana/ Shalabhasana (Single leg raise / Both leg raise)		
	Makarasana (The Crocodile pose)		
Supine	Markatasana (The Monkey pose)		
	Ekpad Pavanamuktasana/ Pavanamuktasana (The Wind releasing pose)		
	Shavasana (The Corpse pose)		
5 Pranayama		3 rounds	2 mins
	Anuloma-Viloma (Alternate nostril breathing)		
	Bhramari Pranayama (Humming)		
6 Dhyana			1 min
	TOTAL DURATION		15 Minutes

Note: Yogic practices should be performed according to their own capacity.

To know about each of the Yoga Protocols, please refer to Ministry of AYUSH Website:

<http://ayush.gov.in/genericcontent/common-yoga-protocol-2017>

Yoga Protocols Videos (in different languages):

https://www.youtube.com/playlist?list=PLRR-Y7wX83ktZnITgjRzl9v_8BaYRMDf-



5. Guidelines & Safety Considerations

5.1 Yoga Guidelines

Yoga practitioner should follow the general guidelines as under, while performing Yogic practices:

5.1.1 Before the Practice

- A non-slippery surface / Yoga mat is preferable.
- In case of Chronic disease/ Pain/Cardiac problems, consult Physician /Yoga Therapist before performing Yogic Practices.
- Cleanliness of the surroundings, body and mind.
- Yogic practice should be done on an empty/light stomach.
- Bladder and bowels should be empty.
- Girls may avoid practice during menstruation or they can practice simple relaxing Yogic practices or Dhyana.

5.1.2 During the Practice

- The Yogic practice shall be performed slowly, in a relaxed manner, with awareness of the body and breath.
- Do not hold the breath unless specified.
- Breathing should be through nostrils unless instructed otherwise.
- Every asana should be stable, comfortable and effortless.
- Perform asana according to one's capacity.
- The asana should be maintained without any undue tension in the muscle and with a relaxed state of mind.
- It is advisable to maintain the pose for 10 seconds. It can be extended to 60 seconds with regular practice.
- Holding the posture for 10 seconds or minimum 3 breathing is optimal.
- There are contra-indications/ limitations for each Yoga practice and should always be kept in mind.

5.1.3 After the Practice

- It is advised to take a bath after 20-30 minutes of Yoga practice.
- Food may be taken only after 20-30 minutes of Yoga practice.
- One should feel relaxed and comfortable after Yoga practice. If any fatigue is felt during or after Yoga practice, may please consult a Physician /Yoga Therapist.

5.2 Environmental Consideration

- Adequate precautionary measures related to adequate hydration and proper clothing should be taken before undertaking physical exercises in hot humid, cold & high-altitude areas.
- Adequate rest, quality sleep, Nutrition & Hydration status be ensured before undertaking exercise protocol as an essential safety prerequisite.
- Sustained and heavy exercises are to be avoided in Hot & Humid environment.
- Appropriate modification should be carried out in exercise protocols keeping in view of the prevailing local environmental conditions to be undertaken (extreme weather conditions).

5.3 Warm up

- Warm-up for a duration of 5-10 minutes will be an integral part of the exercise protocol.
- Light Stretching be undertaken as a part of the warm up phase of exercise protocol which has a role in injury prevention.

5.4 Hydration

Appropriate measures should be undertaken during the duration of exercise to maintain adequate hydration to make up for the loss of fluid & electrolyte (water and salt) during exercise.

5.5 Cool Down

Cooling down by undertaking light aerobic exercises & stretching of major joints for a duration of 5-10 minutes be undertaken after the end of the exercise.

5.6 Other Considerations

- Participants across the age group having a Body Mass Index (BMI) more than 30 are advised to start the exercise protocol in a gradual manner with relatively lesser time duration, lower intensity & lesser frequency and be encouraged to gradually increase the frequency, time & intensity till it is tolerated well.
- Adults with known medical history should exercise under supervision, after due clearance from concerned Medical Practitioners.

Participants are encouraged to be vigilant about the possible development / occurrence of symptoms with regard to adverse medical conditions and immediately stop the exercise and seek medical attention.



6. Benchmarks for Fitness Tests

Description of Fitness Indicators

	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
Level	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Score	2 Points	4 Points	6 Points	7 Points	8 Points	9 Points	10 Points

The following benchmarks are the baseline reference point for current Year. At the end of the Year, the Fitness benchmarks will be generated based on the fitness assessment being done across India. For the purpose of current year's reference point, the following benchmarks are to be used:

6.1 V Sit Reach - for Males (cms)

AGE (Yrs)	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 Excellent)	L7 (Super)
18-25	<11	12-13	14-17	18-19	20-21	22	>22
26-35	<9	10-12	13-16	17	18-19	20	>20
36-45	<7	8-11	12-15	16-17	18-19	20	>20
46-55	<6	7-9	10-13	14-15	16-18	19	>19
56-65	<5	6-8	9-11	13	14-16	17	>17

6.2 V Sit Reach - Female (cms)

AGE (Yrs)	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 Excellent)	L7 (Super)
18-25	<14	15-16	17-19	20-21	22	23	>23
26-35	<13	14-17	18-19	20	21-22	23	>23
36-45	<12	13-16	17	18-19	20-21	22	>22
46-55	<10	11-14	15-16	17-18	19-20	21	>21
56-65	<9	10-14	15-16	16-17	18-19	20	>20

6.3 Naukasana - (min:sec)

The Benchmarks for both Male and Female for this test will be developed once we have sufficient data points for all age groups. Participants are requested to record their timing and continue practice to do better.

6.4 Partial curl-up - Male (no.)

AGE (Yrs)	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 Excellent	L7 (Super)
18-25	<25	25-30	31-34	35-38	39-43	44-49	>49
26-35	<22	22-28	29-30	31-34	35-39	40-45	>45
36-45	<17	17-22	23-26	27-29	30-34	35-41	>42
46-55	<13	13-17	18-21	22-24	25-28	29-35	>35
56-65	<9	9-12	13-16	17-20	21-24	25-31	>31
65+	<7	7-10	11-14	15-18	19-21	22-28	>28

* Source: Table adapted from Golding et al. (1996). *The Y's way to Physical fitness (3rd ed.)*

6.5 Partial Curl-up - Female (no.)

AGE (Yrs)	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 Excellent	L7 (Super)
18-25	<18	18-24	25-28	29-32	33-36	37-43	>43
26-35	<13	13-20	21-24	25-28	29-32	33-39	>39
36-45	<7	7-14	15-18	19-22	23-26	27-33	>33
46-55	<5	5-9	10-13	14-17	18-21	22-27	>27
56-65	<3	3-6	7-9	10-12	13-17	18-24	>24
65+	<2	2-4	5-10	11-13	14-16	17-23	>23

* Source: Table adapted from Golding et al. (1996). *The Y's way to Physical fitness (3rd ed.)*

6.6 Push-ups - Male (no.)

AGE (Yrs)	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 Excellent	L7 (Super)
17-19	<4	4-10	11-18	19-34	35-46	47-56	>56
20-29	<4	4-9	10-16	17-29	30-39	39-47	>47
30-39	<2	2-7	8-12	13-24	25-33	34-41	>41
40-49	0	1-5	6-10	11-20	21-28	28-34	>34
50-59	0	1-4	5-8	9-17	18-24	25-31	>31
60-65	0	1-2	3-5	6-16	17-23	24-30	>30

* Source: adapted from Golding, et al. (1986). *The Y's way to physical fitness (3rd ed.)*

6.7 Push-ups - Female (no.)

AGE (Yrs)	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 Excellent	L7 (Super)
17-19	0-1	2-5	6-10	11-20	21-27	27-35	>35
20-29	0-1	2-6	7-11	12-22	23-29	30-36	>36
30-39	0	1-4	5-9	10-21	22-30	30-37	>37
40-49	0	1-3	4-7	8-17	18-24	25-31	>31

50-59	0	1-2	3-6	7-14	15-20	21-25	>25
60-65	0	1	2-4	5-12	13-18	19-23	>23

* Source: adapted from Golding, et al. (1986). *The Y's way to physical fitness (3rd ed.)*

6.8 BMI Level

BMI Categories	BMI range – kg/m ²
Underweight	< 18.5
Normal (healthy weight)	from 18.5 to 25
Overweight	from 25 to 30
Obese	> 30

6.9 Two (2) Km Run/Walk - Male (min:sec)

AGE (Yrs)	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 Excellent)	L7 (Super)
20-29	>11:50	10:42	09:44	08:59	08:33	07:37	<07:37
30-39	>12:23	11:20	10:16	09:38	08:59	07:55	<07:55
40-49	>13:04	12:04	11:01	10:28	09:46	08:33	<08:33
50-59	>13:55	12:51	12:00	11:27	10:42	09:25	<09:25
60-65	>15:00	13:55	12:54	12:24	11:34	10:16	<10:16

Source: Cooper Test

6.10 Two (2) Km Run/Walk - Female (min:sec)

AGE (Yrs)	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 Excellent)	L7 (Super)
20-29	13:47	12:51	12:00	11:34	10:42	09:45	09:45
30-39	14:21	13:17	12:36	12:00	11:25	10:42	10:42
40-49	15:00	14:08	13:17	12:39	12:05	11:08	11:08
50-59	15:40	14:55	14:08	13:42	13:17	12:25	12:25
60-65	16:07	15:36	14:48	14:08	13:36	12:25	12:25

Source: Cooper Test

6.11 Vrikshasana - (min:sec)

The Benchmarks for both Male and Female for this test will be developed once we have sufficient data points for all age groups. Participants are requested to record their timing and continue practice to do better.



for more details, visit

<http://fitindia.gov.in>



युवा कार्यक्रम और खेल मंत्रालय

MINISTRY OF

YOUTH AFFAIRS AND SPORTS

DEPARTMENT OF SPORTS

KHELO INDIA SCHEME

(2021-22 to 2025-26)

OPERATIONAL

GUIDELINES

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ABBREVIATIONS/GLOSSARIES

ABSC	Army Boys Sports Companies	As specified in Clause 4.2.2 (c)
ACTC	Annual Calendar of Training and Competition	As specified in Clause 3.2.4(c)
AISCD	All India Sports Council of Deaf	As specified in Clause 6.4.1 (iii)
AIU	Association of Indian Universities	As specified in Clause 3.2.3
ASTM	American Society for Testing and Materials	As specified in Clause 2.3.4 (d)
AUTOCAD	Autodesk's Computer added Design	As specified in Clause 2.2.7
BADP	Border Area Development Programme	As specified in Clause 2.10.2
BOQ	Bill/Schedule of Quantities	As specified in Clause 2.3.4 (d)
BSF	Border Security Force	As specified in Clause 4.2.2 (c)
CAPF	Central Armed Police Force	As specified in Clause 4.2.2 (c)
CPWD	Central Public Works Department	As defined in Clause 2.2.8
CSR	Corporate Social Responsibility	As specified in Clause 1.1.2
DLPMC	District Level Planning & Monitoring Committee	As defined in Clause 7.3
DPAC	Departmental Project Approval Committee	As defined in Clause 1.3.2
DPR	Detailed Project Report	As specified in Clause 2.2.2
DSR	Delhi Schedule of Rates	As specified in Clause 2.3.4 (c)
EAT	Expenditure Advance Transfer	As defined in Clause 2.6.2 (xix)
FEM	Finite Element Method	As specified in Clause 2.2.7

GFR	General Financial Rules	As specified in Clause 2.6.2 (iv)
GIS	Geographic Information System	As specified in Clause 2.11.1
GPS	Global Positioning System	As specified in Clause 2.3.4 (h)
GTCC	Games Technical Conduct Committee	As specified in Clause 3.3.7
IOA	Indian Olympic Association	As specified in Clause 3.7.3(iv)
ITBP	Indo Tibetan Border Police	As specified in Clause 4.2.2 (c)
KISCE	Khelo India State Centre of Excellence	As specified in Clause 3.7.5 (ii)
KVS	Kendriya Vidyalaya Sangathan	As specified in Clause 4.3.4
MDS	Mission Directorate Sports Development	As specified in Clause 2.4.2
MGNREGA	Mahatma Gandhi National Rural Employment Guarantee Scheme	As specified in Clause 2.10.2
MLALAD	Members of Legislative Assembly Local Area Development	As specified in Clause 2.2.10
MoU	Memorandum of Understanding	As specified in Clause 2.3.8
MPLAD	Members of Parliament Local Area Development	As specified in Clause 2.2.10
MYAS	Ministry of Youth Affairs and Sports	As specified in Clause 1.3.2
NSF	National Sports Federations	As specified in Clause 3.2.3
NSRS	National Sports Repository System	As specified in Clause 3.7.5 (iii) (d)
OSOG	One State One Game	As specified in Clause 4.3.1
PAC	Project Appraisal Committee	As defined in Clause 1.3.2
PCI	Paralympics Committee of India	As defined in Clause 6.4.1

PERT	Program Evaluation and Review Technique	As specified in Annexure II S. No. 24
PFMS	Public Finance Management System	As defined in Clause 2.6.2 (xix)
PMU	Project Management Unit	As specified in Clause 3.8 (v)
PPP	Public Private Partnerships	As specified in Clause 1.1.2
PSU	Public Sector Undertaking	As defined in Clause 2.3.5
PWD	Public Works Department	As defined in Clause 2.3.5
SAI	Sports Authority of India	As specified in Clause 2.1.1
SGFI	School Games Federation of India	As specified in Clause 3.2.3
SLPMC	State Level Planning and Monitoring Committee	As specified in Clause 7.2
SLM	State Level Monitors	As specified in Clause 7.4.1
STAD	Structural Analysis and Design	As specified in Clause 2.2.7
SOB	Special Olympics Bharat	As defined in Clause 6.4.1 (ii)
TPQA	Third Party Quality Assurance	As specified in Clause 7.4.1
USIS	Urban Sports Infrastructure Scheme	As specified in Clause 2.6.4

1. INTRODUCTION

1.1. Aims & Objective

1.1.1. The Khelo India Scheme aims to encourage sports all over the country, thus allowing the population to harness the power of sports through its cross-cutting influence, namely, holistic development of children & youth, community development, social integration, gender equality, healthy lifestyle, national pride and economic opportunities related to sports development.

1.1.2. The Khelo India Scheme aims to create sustainable physical & social infrastructure with convergent use of different schemes of the Government of India/States/UTs, Corporate Social Responsibility (CSR) Funds, Public/Private/Community/Corporate Sponsorships, District Mineral Funds, etc. The Scheme will also use innovative financial tools like Public Private Partnerships (PPP) in furtherance of the objectives. The Scheme envisages innovation at the local level keeping in view the broad national perspective of making sporting a mass movement and promoting excellence in sports.

1.2. Scheme Components

1.2.1. The Khelo India Scheme includes playfield development, community coaching development, promotion of community sports, establishment of a strong sports competition structure at both school and university level as also for rural/indigenous sports, sports for persons with disability and women, filling up of critical gaps in sports infrastructure including creation of hubs of sports excellence, talent identification and development, support to sports academies, implementation of a national physical fitness drive for school children and sports for peace and development.

1.2.2. The revised Khelo India Scheme (2021-22 to 2025-26) is comprised of the following Components:

- i. Creation and Upgradation of Sports Infrastructure
- ii. Sports Competitions and Talent Development
- iii. Khelo India Centres and Sports Academies
- iv. Fit India Movement
- v. Promotion of Inclusiveness through Sports.

1.3. Planning & Monitoring

1.3.1. The Scheme envisages the active role of the District Administration and Department of Sports at the State level for planning, monitoring and executing different components. Innovation at grassroot level to leverage financial resources of Khelo India Scheme to broad-base the outcomes in convergence with different schemes of Government of India/State/UTs in addition to other avenues like Public/Private/Corporate funding, CSR funding, District Mineral Funds, etc. will be promoted. This scheme has been included once in the Annual Prime Minister's Award for Excellence in Public Administration wherein two awards were provided for District Administration's role in Khelo India Scheme. Due weightage will be given to efforts and achievements of District Administrations under different components of the Khelo India Scheme while assessing the performance of District for consideration of this types of prestigious awards. The details of the constitution of District Level and State Level Committees will be mentioned in the foregoing chapters.

1.3.2. All the proposals will be appraised by the appropriate Project Appraisal Committees (PAC) from administrative, financial and utility angles along with the past performance of the agency. The recommendations of the PAC will be placed before the Departmental Project Approval Committee (DPAC) headed by the Secretary (Sports), Department of Sports, Ministry of Youth Affairs and Sports (MYAS), Government of India. The DPAC will approve the projects and subsequently will have periodic monitoring.

1.3.3. The Department of Sports in consultation with States has emphasized on 'One State-One Sports' and has also identified 14 disciplines to be developed as medal prospects for the upcoming Olympic Games. The Planning Process should ensure that the proposals and events under Khelo India Schemes should prioritise the proposals related to these disciplines to have a focused approach to broad-base and create excellence in these disciplines. The 14 identified disciplines are as under: -

- i. Archery
- ii. Boxing
- iii. Shooting
- iv. Badminton
- v. Wrestling
- vi. Hockey
- vii. Weightlifting
- viii. Cycling
- ix. Athletics
- x. Table Tennis
- xi. Judo
- xii. Swimming
- xiii. Fencing
- xiv. Rowing

2. CREATION AND UPGRADATION OF SPORTS INFRASTRUCTURE

2.1 Introduction

2.1.1. The component of Creation & Upgradation of Sports Infrastructure under this Scheme aims at creating and upgrading sports infrastructure throughout the country by providing capital to States/ UTs, the Sports Authority of India (SAI) under the Ministry of Youth Affairs and Sports and other eligible entities such as Central/State educational institutions, Defence/Paramilitary organizations, etc. to create modern sports infrastructure as well as to improve existing sports, sports science and sports equipment and other related infrastructure.

2.1.2. The Scheme envisages providing support to a wide variety of sports infrastructure projects, both Greenfield and Brownfield projects, provided they aim at bridging critical gaps in sports infrastructure to meet existing demands. Accordingly, all applications will have to include an action plan clearly demonstrating participation, especially community participation in the vicinity will be increased through the proposed project(s).

2.1.3. Proposals for projects will also be judged on the basis of their potential for inclusiveness, i.e., being user-friendly, enabling the participation of women, person with disabilities, etc., and potential for multi-use through the Universal Design Principle demonstrating empathy and affinity between humans and infrastructure. Emphasis will also be given for collaboration with various stakeholders including educational institutions, community groups, and sports bodies as well as environmental sustainability and areas which have experienced natural disasters such as flood and drought, similar importance will also be given with strong demand for sports facilities due to popularity of one or more sports disciplines or strong population growth or significant change in circumstances (e.g. economic challenges) will be given priority.

2.1.4. The following entities shall be eligible to receive assistance for the creation and upgradation of sports infrastructure under this Scheme: -

- i) State Governments/State Sports Council/State Sports Authority, State Schools/Universities through Department of Sports of the States/UTs;
- ii) School, Colleges and Universities under Central Government; and
- iii) Sports Control Boards of different Central Ministries, defence/paramilitary organisations, Sports Authority of India (SAI) and other autonomous bodies under the Central Government.

2.2. Types of infrastructure to be funded

2.2.1. The categories of sports infrastructure for the purpose of providing grant-in-aid and the maximum admissible grant for each category under the Khelo India Scheme will be as under:

S.No.	Particulars	Maximum Admissible Grant (₹ Crore)
i.	Synthetic Athletic Track (8 Lane)	9.50
	Synthetic Athletic Track (4 Lane)	6.50
ii.	Synthetic Hockey Field	6.50
	Synthetic Hockey Field with Lighting	8.00
	Natural Hockey Field	2.60
iii.	Natural Football Field	3.20
	Synthetic Football Turf	6.00
iv.	Multipurpose Hall of size 60M x 40M x 12.5M with facilities for Badminton, Volleyball, Judo, Wrestling, Handball, Kabaddi, etc.	14.00
v.	Multipurpose Hall of size 40M x 20M x 9.0M with facilities for Badminton, Volleyball, Basketball (as per respective federation guidelines) including sub base	11.83
vi.	Multipurpose Hall of size 36.0M x 20.0M x 9.0M with Built-up area 1000 sqm with changing room and toilets	7.50
vii.	Multipurpose Hall of size 18.5M x 17.5M x 7.5M with Built-up area 450 sqm with changing room and toilets.	3.0
viii.	Multipurpose Hall of size 17.5M x 10M x 7.5M with Built-up area 275 sqm with changing room and toilets.	1.75
ix.	Swimming Pool (25M X 25M)	3.50
	Swimming Pool (50M X 25M)	6.50
	Swimming Pool (all weather)	8.00
x.	Lawn Tennis Court	1.50
xi.	Archery Range	1.50
xii.	Squash Court	6.00

2.2.2. A brief list of specifications in respect of the sports facilities mentioned at S.Nos. i. to xii. of Para 2.2.1 above is provided at [Annexure-I](#) and Model Detailed Project Report (DPR) is enclosed as [Annexure-II](#).

2.2.3. Construction of a Multi-Sports Complex and Human Performance and Recovery Laboratory will be decided by this Ministry after taking into account the various facilities available in a State/UT. The Multi-Sports Complex may include the following: -

- a) Multipurpose Indoor Halls for Indoor games;
- b) Indoor Stadium including Swimming Pool Complex;
- c) Outdoor Stadium with spectator galleries and elite facilities;
- d) Courts for sports like Tennis, Squash, Basketball, Volleyball, etc.;
- e) Provision of FIFA standard Natural Turf in Football Grounds;
- f) Sports academies and training centres including hostels for sportspersons.

2.2.4. Under this component, grants-in-aid may also be considered for Sports Science and Sports Equipment depending upon the specific requirement/proposal received from the eligible entities and recommendations from SAI on the Sports utility angle. The Maximum Admissible Grant amount will be decided by the competent Authority.

2.2.5. The items mentioned in para 2.2.1 above are only indicative and any sports infrastructure other than those cited above will also be permissible under the Khelo India Scheme. Sports infrastructure facilities may be provided at the block/sub-district areas at a lesser scale which will be evaluated by the PAC after assessing each proposal.

2.2.6. The cost of the project over and above the maximum admissible grant mentioned above shall be borne by the project proponent.

2.2.7. The grant/sanction will be issued on the basis of DPR provided by the eligible entities on the basis of designs and drawings drawn on Autodesk's Computer added Design (AUTOCAD) or on equivalent software such as Structural Analysis and Design (STAD), Finite Element Method (FEM), etc. The measurements should be linked with the specific drawings and should also be interlinked with the schedule of quantities for the particular project.

2.2.8. All new sports infrastructure proposals sent to the Ministry should be based on Delhi Schedule Rate 2021/Central Public Works Department (CPWD) updated with the Cost Index of the particular State/UT. This will be applicable for all applicants/DPRs w.e.f 1st April 2022.

2.2.9. All the eligible entities mentioned in Para 2.1.4 above shall forward their proposals along with the prescribed application form ([Annexure-II](#)) through the concerned Department of Sports of the respective State/UT Governments. The proposal will be signed by the Head of the Department of Engineering Department for Sports and countersigned by the Principal Secretary/Secretary in charge of Sports of the State/UT Government/appropriate authority. In case of Central Universities, the proposals will be signed by the Registrar and countersigned by the Vice-Chancellor of the University.

2.2.10 Convergence among different schemes of Government of India/State/UT, CSR/Public/Private/Corporate Sponsorships will be encouraged for the creation of sports infrastructure. The Khelo India Scheme may also be converged with the Members of Parliament Local Area Development (MPLAD) Scheme. The States/UTs may also like to

consider making a similar provision in their respective Member of Legislative Assembly Local Area Development (MLALAD) Schemes so as to enable a Member of Legislative Assembly to contribute from out of his MLALAD funds for the development of sports infrastructure in the respective States/UTs. As a result of this, if a Member of Parliament contributes at least 50% of the grant admissible for an individual project under the scheme, a matching grant will be released by the Ministry of Youth Affairs & Sports. Members of Parliament may contribute from their MPLAD funds for all items admissible under MPLAD Scheme. PPP will also be encouraged to create sporting infrastructure.

2.3. Assessment of Proposals

2.3.1. The past performance of the project proponent will be reviewed to assess the likelihood of successful delivery of a future project. Poor past performance may result in rejection of the project proposal, provided the proponent demonstrates clearly what steps, different from those taken in the delivery of past project(s), will be taken to ensure successful and timely delivery of the future project(s).

2.3.2. This assessment will include consideration of whether:

- a) The proponent has taken appropriate steps to implement the previous project(s) funded by the Department of Sports, Government of India (within appropriate time frames).
- b) The proponent has overdue projects funded by the Department of Sports, Government of India, and whether they have requested a variation.
- c) The proponent has completed projects funded by the Department of Sports, Government of India, and whether they have submitted the requisite Utilization Certificate with details of physical and financial progress supported by documentary and photographic evidence.

2.3.3. Each State/Union Territory shall get projects in a year based on their population, percentage of youth participation, and achievements at the National/International level. Allotment of projects will depend on the merit of the projects received from the proponent State/UT, subject to receipt of valid proposals, fulfilling all the criteria laid down in the Operational Guidelines and accuracy of DPR.

2.3.4. The eligible entities, mentioned above in para 2.1.4., shall forward the proposals in the form of a DPR which will contain the following details: -

- a) Justification for the Sports Infrastructure applied for.
- b) Application in the prescribed format ([Annexure II](#))
- c) Estimates of cost - To be mandatorily on the basis of Delhi Schedule of Rates (DSR) 2021 with up-to-date correction slip, specifications, and items (Revision Act Non-schedule items should be analyzed on the basis of the current market as per DSR 2021). The market rate incorporated should be validated by authenticated quotations in all States/UTs. The DSR 2021 rates may be duly amended on the basis of cost indices approved by the concerned State/UT.
- d) Drawing and Design - For Athletic, Hockey & Football Turf, Swimming pool, Multipurpose Hall, etc. specifications as per International Standards have to be followed mandatorily. All the drawings should be done in the AUTOCAD system or on equivalent software such as Structural Analysis and Design (STAD), Finite Element analysis and design Method (FEM), etc. Drawings with details of measurements should be subsequently linked with Bill/Schedule of Quantities - BOQ

- (both in digital/physical format). All items selected must satisfy BIS/ASTM (American Society for Testing and Materials)/CPWD/manufacture specifications.
- e) Detailed Specifications - To be in compliance with the broad specifications given in [Annexure I](#).
 - f) Confirmation that the land on which the project is proposed to be executed belongs to the proponent (State/UT Govt. etc.) and free from all encumbrances. Clear Title (Land Clearance Certificate) of Property should be submitted ([Annexure -II](#)).
 - g) Confirmation to the effect that the cost of the project over and above the grant admissible under this scheme shall be borne by the grantee. MYAS will sanction the amount specified for the definite infrastructure as per above para 2.2.1. If there is any deviation in items in terms of specification, quantity, extra/ substituted items will be borne by the grantee and no demand will be entertained thereafter. The grantee should also submit an undertaking/certificate in this regard.
 - h) Confirmation to the effect that the capital asset created from the grant released under the scheme shall be maintained by the grantee and will be uploaded in Global Positioning System (GPS) to make a nationwide inventory of sports infrastructure. The DPR shall contain a road map regarding the methodology proposed to be adopted by the grantee for maintaining the asset. For example, details like engagement of coach/ trainer, conducting tournament/ competition, allowing the local populace to utilize the sports facilities available, levying a nominal entrance fee, etc. may be indicated. Annual maintenance of the field of Sports should be done through agencies with specialization in relevant fields.
 - i) All the infrastructure constructed by MYAS should be accessible to all, including the aged, the pregnant, and persons with disabilities and follow the harmonized Guidelines of Accessible Sports Complex and Residential Facilities for Sportspersons with Disabilities” conceptualized as per International Standards and issued by the Department of Sports, MYAS.

2.3.5. All documents such as cost estimates, drawings, designs, specifications, etc. may be prepared by the same agency which will execute the project such as CPWD, Public Works Department (PWD), Central/ State Public Sector undertaking (PSU).

2.3.6. All the infrastructure created can incorporate various energy and resource efficient mechanisms like:

- a) Optimum Utilisation of resources - Rain water harvesting, Utilisation of local building material, use of artificial intelligence, optimum use of water.
- b) Sustainable/Energy-saving construction - Use of Solar panels, LED lights, use of glass panels in windows, use of fly ash bricks, recycling of demolition waste.

2.3.7. The infrastructure built should be disaster resilient as per National Building Code 2016 and IS code 1893. All the relevant clauses required for disaster resilient building should be considered while formulating estimates and drawing. It will be mandatory to adhere to the Environmental Guidelines applicable in different States/UT.

2.3.8. The sports infrastructure created under the Scheme will be leveraged for utilization by the MYAS, Government of India. A Memorandum of Understanding (MoU) in this regard will be signed between MYAS and the grantee so that the infrastructure could be utilized by MYAS as and when required ([Annexure -V](#)). Besides, it will also be ensured that the grantee also utilizes the infrastructure judiciously. During free time, facilities

would be available for use to schools, colleges, neighborhood communities, and sports associations free of cost or with any nominal amount as per extant policy.

2.3.9. Suitable guidelines will be issued for considering letting out the existing sports infrastructure to private bodies on the basis of transparent bidding procedures so as to ensure optimum utilization of the existing infrastructure and simultaneously generating adequate revenues. The letting-out of sports infrastructure to private bodies should not be of exclusive nature, thereby meaning, Athletes with proven success at state, national and international level will be allowed to use these facilities free of cost in addition to the schedule for sportspersons from weaker sections for using the infrastructure at nominal cost.

2.3.10 All sports infrastructure facilities must have changing rooms, toilet facilities, and drinking water facilities – separately for men, women, and persons with disabilities. If this facility is already available it will be attempted to upgrade the same through convergence with other applicable schemes in the State/UT.

2.3.11 All sports infrastructure projects funded under this Scheme should mandatorily include “Khelo India” in the displayed signage. The name of the sports facility created should start with “Khelo India”. ([Annexure-IV](#))

2.3.12 Only such proposals, which are complete in all respects and technically feasible, will be considered for sanction. For this, the project timelines would be expected to be adhered to scrupulously by the implementing agency.

2.4 Receipt and Examination of Proposals

2.4.1 All the eligible entities mentioned above at para 2.1.4., except Central Universities, Sports Control Board and SAI, shall forward their proposals to the Concerned Department of the respective State Government in the form of DPR as mentioned in para 2.3.4., duly signed and countersigned by the Principal Secretary/Secretary in charge of the Sports Department of the State/UT Governments. The schools under Central Government like Kendriya Vidyalaya Sangathan etc. should be routed through their H.Q./Central office/Sansthan etc. duly signed by the head of the entity/organization. The Central Universities, Sports Control Boards and SAI shall forward their proposals directly to the Ministry of Youth Affairs & Sports, Government of India. In case of Central University, the proposals shall be signed by the Registrar and countersigned by the Vice-Chancellor of the University. Further, in case of SAI and Sports Control Boards the proposal shall be signed and countersigned by the Chairman/Director General/Commissioner/Head of such Organization(s). The defence/paramilitary organizations are also eligible for submission of their proposals of sports infrastructure as proposed in para 2.2.1 and it should be signed and countersigned by the Head of the Department.

2.4.2 All proposals received from the eligible entities will be examined in this Ministry (MD-SD, i.e., Mission Directorate - Sports Development). All documents such as cost estimates, drawings, designs, specifications, etc. shall be examined and any discrepancy therein, if noticed shall be communicated to the concerned applicant/eligible entity. A report on Sports Utility Angle in respect of all valid proposals received will be sought from the SAI within 15 days from the receipt of the proposal duly signed by the Director (Infra), SAI.

2.4.3 All the fresh proposals shall be sent through a specific email-id handled and circulated by the MD-SD. The eligible entity should submit DPR, drawings, certificates, and undertakings in physical format/hard copy and the same should be uploaded online on the MDSO Khelo India web portal. The Ministry will endeavor to develop a Web Portal for the receipt, processing and monitoring of proposals.

2.5 Appraisal and Approval

2.5.1 The proposals, which are complete in all respect, shall be placed before the Project Appraisal Committee (PAC) constituted at para 8.1.1 (a).

2.5.2 The Project Appraisal Committee may consider the past performance of the project proponent, the pendency of utilization certificates, equitable distribution among the various States/UTs, critical gaps (including the projects sanctioned under this scheme as well as other existing sports infrastructure in the State/UT), timely submission of requisite documents in respect of the completed and ongoing projects, etc. in addition to the details mentioned in the proponent's application/ Detailed Project Report (DPR) while recommending the proposal.

2.5.3 The recommendations of the Project Appraisal Committee (PAC) shall be placed before the Department Project Approval Committee (DPAC) constituted at para 8.2.1.

2.5.4 The project proposal approved will be sanctioned as per the norms of the Scheme.

2.6 Release of Funds

2.6.1 The first installment will be released as per the extant guidelines of the Ministry of Finance (MoF) only after the acceptance of Administrative Approval by the Grantee and submission of documents as described below: -

- i) A certificate that all required clearances for land have been obtained, possession of the land has been taken and the same is available for execution of the project;
- ii) MoU between the Grantee and the Executing Agency, like CPWD/PWD/Central PSU, etc. Further, in case the grantee and executing agency are same, the grantee shall issue a certificate stating that grantee itself is the executing agency of the project and mentioning the team of engineers etc. employed on the project as well as the estimated date of completion of the project.
- iii) A copy of the Award Letter issued to the Contractor selected through a competitive tendering process by the Executing Agency, i.e., CPWD/PWD/Central PSU, etc.

2.6.2 The Sanction letter will include following terms and conditions: -

- i) The land on which the project is proposed to be executed shall belong to the Government (the grantee) and free from all encumbrances.
- ii) The grant amount should be utilized only for the purpose for which it is sanctioned and the unspent balance of the grant, if any, shall be refunded by the grantee immediately after completion of the project.
- iii) The excess amount, if incurred, over and above the grant released by the Government of India shall be borne by the grantee only. In other words, no additional grant over and above the admissible grant would be given.

- iv) Assets acquired, wholly or substantially, out of Government grant, except those declared obsolete and unserviceable or condemned in accordance with the procedure laid down in the General Financial Rules (GFR), shall not be disposed of without obtaining prior approval of the MYAS, Department of Sports.
- v) The grantee shall ensure that the interests of Scheduled Castes and Scheduled Tribes are protected, not only at the time of execution of the project but also at the time of utilization of the sports facility, created out of the grant released by the Department of Sports, Ministry of Youth Affairs & Sports.
- vi) The accounts of the grantee shall be maintained in accordance with the provisions contained in GFR, as may be amended from time to time. The accounts of the grantee shall be open to inspection by the sanctioning authority and audit, both by the Comptroller & Auditor General of India under the provisions of the CAG (DPC) Act, 1971 and internal audit by the Principal Accounts Office of the Ministry of Youth Affairs & Sports, whenever the grantee is called upon to do so.
- vii) Monthly progress report in respect of the project being executed, for which grant has been released shall be uploaded on the Khelo India web portal and the same shall be forwarded to the Department of Sports, Ministry of Youth Affairs & Sports, monthly within 10th Day of every month from the start of the work in the prescribed format ([Annexure-III](#)).
- viii) The grantee shall submit a certificate of the utilization of the non-recurring grant for the purpose for which it was sanctioned in the prescribed format on the Khelo India web portal and a Physical copy should also be sent to this Ministry, duly signed and counter-signed by the competent authority. The utilization certificate shall be submitted within 12 months of the closure of the Financial Year in which funds were released. For example, if funds were released during the financial year 2020-21, the funds shall be utilized and the Utilization Certificate (UC) shall be submitted latest by 31.03.2022. ([Annexure-VI](#))
- ix) The utilization certificate shall also disclose whether the specified, quantified and qualitative targets that should have been reached against the amount utilized, were in fact reached, and if not, the reasons, therefore, i.e., Project milestones.
- x) The grantee shall not divert the grant and entrust the execution of the scheme or work concerned to another institution or organization and shall abide by the terms & conditions of the grant. If the grantee fails to utilize the grant for the purpose for which the same has been sanctioned, the grantee will be required to refund the amount of the grant with interest thereon @ 10% per annum.
- xi) The grantee shall also certify that it has not obtained or applied for a grant for the same purpose of activity from any other Ministry or Department of the Government of India or any other Non-Governmental Organization (NGO) or voluntary organization, except for the purpose of meeting requirements to fund costs over and above the cost ceilings prescribed.
- xii) In order to ensure the quality, safety, time schedule, and specifications in the construction activities, the grantee must ensure to get the work executed by Central/State agencies like CPWD/State PWD/Central and State PSU. For the project under Universities, there is an Engineering wing that executes the work under their supervision Vice-Chancellor/Registrar of the Universities should certify that the work was constructed as per CPWD/BIS/ASTM and any other globally accepted specifications.
- xiii) The fact that the project is financed by the Ministry of Youth Affairs & Sports, Government of India, under the Khelo India Scheme, shall be prominently highlighted and displayed on the facility created, and also while inviting people and

- holding functions/programmes/events, etc. “A fit and healthy individual leads to an equally healthy society and strong nation.” ([Annexure-IV](#))
- xiv) The grantee shall ensure that the sports infrastructure project is constructed in accordance with the broad specifications given in the Operational Guidelines. The specifications will be completely based on CPWD specifications 2019 and must match the level of International Standard in respect of the given sports discipline.
 - xv) The grantee shall enter into an MoU with the MYAS, as per the model format prescribed as ([Annexure-V](#)).
 - xvi) The asset generated from out of this grant shall be maintained by the grantee at its expense. An action plan for maintenance, including the source(s) of funds for the purpose will be submitted by the applicant along with the application form.
 - xvii) When a sports facility is created in a school or college or university, the grantee shall permit the use of this sports facility by everyone from the general public and not restrict the same only to the students of the respective institution.
 - xviii) Interest and other earnings, if any, against the grants-in-aid released to the grantee should be mandatorily remitted to the Consolidated Fund of India immediately after the finalization of the accounts.
 - xix) Grantees shall register themselves on the PFMS Portal and the receipt of grant and expenditure incurred including submission of UC will be reported through PFMS/EAT module.

2.6.3 Further installments will be released in compliance with the conditions of the previous sanction order on receipt of the following documents: -

- a) Utilization Certificate of the previous installment along with an audited statement of expenditure;
- b) Physical Progress Report in compliance with the previous sanction order;
- c) Latest Photographs of the project;
- d) A copy of order regarding the constitution of the Monitoring Committee and a copy of Report of Monitoring Committee on inspection of the project; and
- e) A copy of MoU signed with MYAS.

2.6.4 All the ongoing projects, already sanctioned under the erstwhile Urban Sports Infrastructure Scheme (USIS) and the Khelo India Scheme, shall be governed under these guidelines and balance funds shall be met out of the Khelo India Scheme only.

2.7 Applicability

2.7.1 These guidelines will be applicable to future cases only and all the past cases where projects have been sanctioned under the erstwhile USIS and under the Khelo India Scheme, will not be re-opened in the light of these guidelines. However, committed liabilities of the erstwhile Schemes of USIS and the Khelo India Scheme will be borne from the budget allocation of the Khelo India Scheme as per the procedure of release of funds prescribed under these guidelines.

2.7.2 All project proposals received under Khelo India Scheme and not yet approved shall be considered under these guidelines by taking into account the projects already approved and efforts will be made to sanction the projects for all States/UTs in an equitable manner.

2.7.3 The completed project shall be inaugurated by the Hon’ble Minister of MYAS or his delegated representative.

2.8 Submission of Utilization Certificates

2.8.1 The grantee(s) shall be required to upload and submit the UC in accordance with the provisions of GFR as amended from time to time in the format enclosed as [Annexure-VI](#) along with the consolidated statement of expenditure in the format enclosed as [Annexure VI-A](#) on the Khelo India web portal and the physical copy of the same shall be forwarded to this Ministry.

2.9 Submission of Completion Certificate

2.9.1 The grantee will also upload and submit the Completion Certificate of the project including photographs of the sports infrastructure created, after its completion, issued by the Executing Agency. The completion should be authenticated at the level of Secretary/ Concerned Department Sports of the state or similarly placed officer. The quality of the work shall be maintained by a 3rd party quality assurance unit appointed by the MDSD. For equipment/turf or other units to be got checked from SAI or the specialized firm/Institute appointed by the Government of India.

- a) Handing/ taking over Report containing detailed Inventory;
- b) Consolidated audited statement of expenditure; and
- c) Complete Plan for maintenance and its utilization in accordance with MOU signed with MYAS.

NOTE: - If the project is not completed within the scheduled period (i.e., 12 months /24 months), whatever may be the reason thereof, no fresh project will be sanctioned to that Central/ State agency. The concerned entity may complete the project at its own cost and seek reimbursement from MYAS after its completion. If any sanctioned project of MYAS is not started within 6 months from the date of sanction, MYAS will be at liberty to cancel the sanction. The contractual obligation of the same will not be the responsibility of MYAS.

NOTE: - In case of any doubt or inconsistency in any issue, the provision of the scheme document will prevail over Operational Guidelines.

2.10 Playfield Development

2.10.1 Development of the playfield up to the district level should have change rooms, a drinking water facility and bio-toilets for both boys and girls. All the playfields should have proper fencing (up to 6ft. height) and an efficient drainage system. Grant will only be given to upgrade or maintain playfields fulfilling the specification mentioned above. A suitable grant per playground may be given on receipt of request through the State/UT Government for this purpose. Standards of playfield/informal play areas to be developed by adopting International norms and best practices. Setting up of Subsidiary Statutory body/Committee will be done by the respective Sports Department of State/UT.

2.10.2 Playfield may be developed in the convergence of other schemes by States/UT at Gram Panchayat Level. The funding for this purpose may be met out of the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGA), Border Area Development Programme (BADP), District Mineral Fund and other schemes under

which the development of playfields is an authorized scheme of expenditure. The States/UT may like to draw financial resources either from state Government schemes or from any Central Government scheme. For Example, a modern playground will have change rooms, drinking water facilities, bio-toilets, etc. provision exists under the Swachh Bharat Mission of the Government of India for the construction of toilet facilities. Funds under that scheme may be utilized for the construction of toilet facilities on the playground premises.

2.11 Geo-tagging of Sports Infrastructure

2.11.1 A National inventory of playfields and sports infrastructure will be prepared on a Geographic Information System (GIS) platform for their optimum utilization. It should also be ensured to place a strong institutionalized mechanism for preserving, protecting, developing and promoting playfields. The Department of Sports of all State/UT's should formulate mechanisms to have proper control over them.

2.11.2 The compilation of geo-tagged sports infrastructure data will be done through assistance from multiple stakeholders like Central / Autonomous bodies, State machinery through municipal corporations or District Collectorates, PSU's, schools, colleges, and other similar entities. The database will be created and maintained by this Ministry. In due course of time, the campaign invites the public at large to "suggest a playfield" for geo-tagging based on crowdsourcing through which citizens can map/geo-locate the available assets in an area using mobile or web applications along with their associated attributes. Such mapping guidelines along with data validation features shall be drafted in due course of time. The public will be encouraged to use this portal for easy access to the playfield. The information gathered in the portal shall be used for the allotment of funds under the infrastructure component as well.

2.11.3 All the data pertaining to sports facilities/ infrastructure, and playfields shall be put in the public domain on a separate website to be created by the Department of Sports. The data will be regularly reviewed and updated.

3. SPORTS COMPETITION AND TALENT DEVELOPMENT

3.1 INTRODUCTION

3.1.1 The component of Sports Competitions and Talent Development will have the following three sub-components: -

- I) Sports Competitions
- II) Talent Identification and Development
- III) Community Coaching Development

3.2 SPORTS COMPETITIONS

3.2.1 Khelo India Games will be the basic platform to showcase sporting skills and accordingly become a platform for talent spotting and providing development pathways for gifted and talented children to achieve excellence. The following National-level competitions will be conducted annually: -

- a) Khelo India Youth Games;
- b) Khelo India University Games;
- c) Khelo India Winter Games.

3.2.2 These National-level competitions will be conducted in respect of high priority/priority sports disciplines and indigenous games.

3.2.3 These National-level competitions will be organised in the true spirit of the Olympic Movement by associating the concerned National Sports Federations (NSFs), School Games Federation of India (SGFI), University Sports Promotion Bodies, including the Association of Indian Universities (AIU) or other entities engaged in Winter Sports.

3.2.4 In addition to the annual national level competitions, the following will also be carried out: -

- a) State/UT Governments and Defence/Paramilitary Forces will be encouraged to conduct competitions in identified sports disciplines by the Central Government on its own by associating District and State level associations/federations of various sports disciplines.
- b) A system of school and university leagues will be launched in key team games across the country to create greater participation and competition.
- c) For the purpose of encouraging identification and development of talent, proposals for organising sports competitions for any category of sportspersons at the local or State level may be sent by any organisation, association, sports federation, or anybody/institution irrespective of their recognition, through the Sports Department of the State/Union Territories for receiving grants-in-aid to facilitate such activities. All such funding will be done as per Annual Calendar of Training and Competition (ACTC) rates.
- d) Suitable mechanism will be devised to ensure dope control test awareness workshops before competitions keeping in view the inclusion of the spirit of fair play and integrity in sports.

3.3 Implementation Mechanism

3.3.1 This component will be executed by associating specialized organisations like NSFs, SGFI, AIU/ University Sports Board, State/UT Governments and other stakeholders as may be required.

3.3.2 The Ministry will set up a suitable administrative and financial mechanism to organise events under this component and will have a periodic review to monitor preparatory work. With the approval of the competent authority, the committees will be formed.

3.3.3 Providing financial assistance as required to NSFs, other agencies and overall delivery of all aspects relating to the conduct of competitions will be the responsibility of this Ministry.

3.3.4 The games shall be conducted in association with a State Government for which an MoU will be signed indicating the broad area of responsibility. The State Government will take care of host city infrastructure and sports infrastructure wherever required. MYAS may provide financial assistance for a top-up of sports infrastructure of the State and/or University through the Creation and Upgradation of Sports Infrastructure or other relevant components in case the need arises.

3.3.5 Organising Committee headed by Secretary (Sports) and Chief Secretary of the State Government (host state) with suitable representation from the Director General, SAI, Pr. Secretary (Sports) of the State Government (Host state), sports federations, and other organizations.

3.3.6 Additionally, an Executive Committee headed by the Chief Minister/Lt. Governor of the Host State/UT with the participation of MYAS, SAI and other stakeholders. The Host State/UT may also constitute additional committees as per requirement for the conduct of the Games.

3.3.7 A separate Games Technical Conduct Committee (GTCC) will be duly constituted with members of MYAS, a subject expert of the concerned sports discipline, representative of the NSF; which will have the mandate for the technical conduct of the games.

3.3.8 All sports activities/ competitions funded under this component should mandatorily include “Khelo India” in the displayed signage. ([Annexure-IV](#))

3.4 Selection of Participants

3.4.1 **Khelo India Youth Games** - The SGFI/NSFs will draw up an annual calendar of lower-level competitions (to be conducted by them) leading up to the National Level Competitions. These Competitions will act as avenues for the identification of budding Sporting Talents in specific Sports disciplines.

3.4.2 **Khelo India University Games** - The AIU/University Sports Body will draw up an annual calendar of lower-level competitions (to be conducted by them) leading up to the National Level Competitions. These Competitions will act as avenues for the identification of elite Sporting Talents in specific Sports disciplines for which a committee will be formed at the National level. The participants at the University Games shall be as per

world University Games norms. Funding may also be given to AIU for the better conduct of zonal/ national competitions.

3.4.3 Khelo India Winter Games - Khelo India Winter Games will be organised annually in respect of Winter Games discipline in coordination with Winter Games associations and Sports Councils.

3.5 Submission of Utilization Certificate

3.5.1 After organising the Annual Sports Competition / Youth Games / Event, the grantee should submit the UC through implementing agency, as per [Annexure-VI](#). The concerned State Agency should submit the UC along with a detailed expenditure statement (Duly attested by the Chartered Accountant) within 3 months of completion of events.

3.6 Budget

3.6.1 Each set of competitions is expected to see a participation of approximately 8,000 athletes and the officials. An appropriate budget will be earmarked for the conduct of all the competitions viz. **Khelo India Youth Games, Khelo India University Games and Khelo India Winter Games**.

3.6.2 Corporate/Private/Public sponsorships shall be explored to meet the extra-budgetary requirements.

3.7 TALENT IDENTIFICATION AND DEVELOPMENT

3.7.1 Implementation mechanism

- a) The National competitions involving Schools, Colleges, Universities and NSFs under Khelo India Scheme and National Championships and National Sports Talent Search Portal will provide a platform for identification of talented sportspersons in priority Sports disciplines in which the country has potential/advantage.
- b) In addition to selection of prize winners, the duly constituted talent identification committee may also adopt globally accepted scientific methods to spot and identify talent in various sports disciplines.
- c) The identification of talented sportspersons will be done in a transparent manner through competitive performance and assessment made through a scientifically designed battery of tests.
- d) Further, a National Talent Search Portal will provide seamless access to upload individual achievements.
- e) In addition, various other innovative approaches will be adopted for carrying out a scientific evaluation at remote places for better identification of talented sportspersons.
- f) During the talent identification drive sporting talent hubs, discipline-wise, including indigenous games, shall be identified and duly mapped. Efforts will be made through sports academies to conduct special programmes to encourage sports across the country.
- g) The High-Powered Committee (HPC) shall have the discretion to recognize further avenues that may be utilized for identifying talents.

3.7.2 High Powered Committee (HPC)

The powers and responsibilities of the HPC shall include, but not be limited to, the following:

- a) To manage, monitor and ensure effective and efficient implementation of the component.
- b) Decide on sports disciplines (and may be event-wise) to be supported and the number of athletes to be supported under each discipline (along with the Boys/Girls ratio).
- c) To issue guidelines on the target age for each of the sports disciplines & events (separately for Boys & Girls).
- d) To decide on avenues through which talents will be identified.
- e) To decide on criteria for selection of athletes and weeding out mechanism for athletes selected under Khelo India Scheme.
- f) To decide on Components for which financial support will be provided to selected talents and modes through which such support will be delivered to them.
- g) To decide accreditation guidelines for academics, training institutes, sports science, and injury management Institutes.
- h) Grant accreditations to these institutes/organisations.
- i) Put in place a monitoring mechanism for these institutes/organisations to ensure players are getting adequate services.
- j) Issue various guidelines on funding for various Components of support to the player (e.g., consumables, equipment, training, education, logistic, national/ international tournament exposure, providing sports science support, Injury Management).
- k) To approve a list of players to be supported.
- l) To finalise and approve the financial allocation under this component within the approved budget for the component.
- m) To negotiate and finalise terms for multi-sports discipline academies/institutes.
- n) The HPC will be empowered to take up any other matter for consideration that it may deem necessary for effective and efficient implementation of the Talent Identification and Development through Long Term Athlete Development (LTAD).
- o) May devise incentive norms for States, NSFs, SGFI, AIU and other organisations for the encouragement of talent identification.
- p) To hire coaches, support staff, personnel & other experts required to run the program successfully.
- q) To define the tenure for Talent Identification and Development Committee (TIDC) members and review extension/ tenure duration from time to time.

3.7.3 The Composition of the HPC will be as under –

S. No.	Designation of Officer	Capacity in Committee
i.	Director General, SAI	Chairperson*
ii.	Eminent sportspersons (three) (Nominated by Chairperson)	Member
iii.	Eminent coaches (two) (Nominated by Chairperson)	Member
iv.	Representative of Indian Olympic Association (IOA)	Member
v.	Sports Science Expert (one)	Member

vi.	Director (MD-SD), MYAS	Member
vii.	Secretary, SAI / Officer in charge of Khelo India	Member Secretary

*The Chairperson may co-opt or invite any other experts as deemed fit for the meeting. The committee will meet at least once in a quarter and grant all the approvals (financial & operational) as necessary. The committee may delegate the powers as deemed necessary.

3.7.4 Modes of Talent Identification

I. Grassroot Talent Identification: Grassroots talent identification shall be implemented under two categories –

a) Potential Talent Identification

- i. Khelo India Mobile App and Fit India App would be used for capturing the data for which age-appropriate protocols have been developed.
- ii. A PE teachers' training programme also is in place to facilitate the evaluation of participants. State Education Board/ State Sports Department/ other State-level entities may take the initiative of training PE teachers in the State.

b) Proven Talent Identification

- i. Five Talent Identification Zonal Committees (TIZC) will be formed for each sports discipline to cover the entire country. Twenty (20) sports disciplines namely- (i) Archery; (ii) Boxing; (iii) Shooting; (iv) Badminton; (v) Wrestling; (vi) Hockey; (vii) Weightlifting; (viii) Cycling; (ix) Athletics; (x) Table-Tennis; (xi) Judo; (xii) Swimming; (xiii) Fencing; (xiv) Rowing; (xv) Gymnastics; (xvi) Basketball; (xvii) Volleyball; (xviii) Football; (xix) Kho-Kho and (xx) Kabbadi shall be initially covered as part of the talent identification drive. More sports disciplines may be included, if required, with the approval of the DPAC.
- ii. Each Committee would have 6 to 7 members nominated in consultation with NSFs to shortlist and finalise the aspirants.
- iii. Talent scouts (mostly ex-athletes) nominated by each State shall attend competitions in their respective zones to identify proven talent. The shortlisting of competitions to scout shall be done by each State in consultation with TIZC.
- iv. Assessment camp to shortlist proven talents shall be conducted by TIZC.
- v. The list of talented grassroots athletes will be forwarded to State Government sports facilities, SAI training centres, Khelo India State Centres, sports schools, etc. for consideration for induction, based on their individual merits.

II. Elite Talent Identification: Elite talent identification would be conducted through two committees –

a) Talent Screening Committee (TSC)

- i. For each Sport, TSC will be appointed consisting of eminent athletes, coaches and other stakeholders, as may be deemed necessary. The help of professional talent scouts can also be taken.

- ii. The TSC may observe players during various competitions/camps and make a list of the talented players. TIZCs may also operate as TSC or assist TSC.
- iii. This Committee will be provided support of data analysts, and any other support that is required to enable them to function effectively. Video analysis of the players during the competition/camps/trials will enable them to make a proper analysis of sporting talent.
- iv. The list along with the profile will be put up and presented before TIDC for each sport.

b) Talent Identification and Development Committee (TIDC)

- i. The TIDC will be appointed by the competent authority for each sport and will consist of eminent athletes, National observers, eminent coaches, talent scouts, sports scientists, and representatives from NSFs.
- ii. TIDC will scout talent at the National level and recommended athletes may be inducted into Khelo India accredited academies and/or National Centres of Excellence (NCOE). TIDC may recommend conducting of additional Assessment Camp for final identification.
- iii. The role of the TIDC will be as under: -
 - a) To recommend the final list of players for talent development support.
 - b) To recommend the removal (including temporary discontinuation) of the player from the scheme owing to the reasons such as lack of improvement in performance or sincerity to the achievement of goal, positive report in dope testing, any behaviour of player that brings disrepute to the game or government or any other reason as deemed fit by the committee, etc. The reason for removal is to be recorded in writing by the TIDC unit.
 - c) To prepare a comprehensive protocol document outlining talent identification methodology and parameters (e.g., target age groups, performance parameters, weeding-out thresholds/ benchmarks etc.) within broad parameters defined by HPC.
 - d) To supervise induction and sensitization sessions for athletes and parents about benefits under the scheme, performance expectations and weeding-out criteria etc.
 - e) To recommend guidelines for accreditation of academies/institutes/training centres where the talented players can be trained along with reasonability of expenses for each of the category.
 - f) To recommend accreditation of academies/institutes/training centres in various categories & nature of support if required to be provided to these entities for supporting talented athletes selected under the scheme (incentivized structure based on the improvement of performance is suggested).
 - g) To recommend various Components of support such as consumables, equipment, tournament exposure, sports science support, injury management, education, travel, lodging and boarding.
 - h) To recommend talent tracking software/ equipment/ support/ technical manpower or services of any other expert agencies required centrally or at various locations.

- i) To recommend sports science, injury management/ institutes/organisations (Indian and Abroad) along with rate card where talented athletes will be trained/ supported.
 - j) To carry out a review of the performance of the player in the frequency to be decided by them for this purpose, to decide on a data management system & monitoring mechanism.
- iv. To recommend the protocols for age verification to be followed (for the purpose of selection/ weeding out, as much as possible, objective criteria may be laid down).
 - v. Under normal circumstances, the HPC will consider the recommendation of TIDC and take the final decision. However, owing to shortage of time or any other compelling reasons, for the benefit of the players, cross-cutting influence on various sports or for any other reason, any matter can directly be decided in the HPC meeting.

3.7.5 Talent Development

i) **Grassroots Talent Development** would be ensured through enrolment and training of identified talent through Khelo India e-Khel Pathshala and Khelo India Centres (small).

ii) **Intermediate Talent Development** would be ensured through enrolment and training at Khelo India State Centres of Excellence (KISCE), Sports Schools, Army Boys Public Companies, SAI Training Centres etc. The support mechanism for each of these centres is defined in respective Operational Guidelines or relevant scheme-related documents.

iii) **Elite Talent Development**

- a) Talent shortlisted by the TIDC will be given an option of joining a Khelo India Accredited Academy.
- b) Academies inducting and training identified athletes will be provided support up to INR ₹ 5,00,000 per athlete per annum for which norms will be finalised by HPC. The HPC shall determine the quantum of support against each head/ Component. This amount may be reviewed after every two years and revised in accordance with the inflation rate and other relevant indices. Support for international competition exposure for Khelo India Athletes shall be considered on a case-to-case basis by HPC based on the recommendation of TIDC.
- c) The identified athletes will be supported for a period of 8 years (Long Term Athlete Development) provided the athletes are not weeded out in between based on the weeding out criteria developed by TIDC.
- d) Athletes shall be supported under Elite Talent Development and the details of each athlete including academy and coach(es) details shall be captured in the National Sports Repository System (NSRS).

3.7.6 Budget

An appropriate budget will be earmarked for the maintenance of the Online Portal, identification of sporting talents through different avenues, including advanced scientific profiling, shortlisting of talents and recommending the best talents for providing support and e-Khel Pathshala. Identification of sporting talent will involve the conduct of Pan-

India trials by Talent Scouts (to be engaged for the purpose), in association with States/UTs-

- a) Funds will be released to the National/ Regional/ State Sports Academies supported under the Khelo India Scheme or to any other sports academy in which the athlete has got admission.
- b) In the case of Academies other than those supported under the Khelo India scheme, the academy to be funded shall sign an agreement with SAI with respect to the Components to be funded and facilities to be provided to each athlete in lieu of the financial assistance extended.
- c) The funds released for supporting the athletes shall be utilized for providing facilities not covered by financial assistance under any other schemes.

3.8 COMMUNITY COACHING DEVELOPMENT

- i) A cascading model of Community Coaching Development will be adopted for the development of community coaches across the country. This will involve skill development and a certification system.
- ii) A short-term community coaching development programme will be devised and identified Physical Education Teachers will be trained as Master Trainers. These Master Trainers would in turn train Regional Trainers.
- iii) Online courses for community coach development will also be developed at primary and advanced levels. There will be a system of coach accreditation based upon the level of proficiency. The e-Khel Pathshala shall be used extensively to train Community Coaches and PE Teachers.
- iv) With respect to technical officials such as umpires and referees, they would be supported with capacity development programmes under the existing scheme of Human Resources Development implemented by the Department of Sports, MYAS.
- v) **e-Khel Pathshala** shall cater to Physical education teachers, teachers and other Coaches for their technical knowledge enhancement. The primary aim of the project is to ensure grassroots talent development. If required, necessary inputs and execution paths may be finalised in consultation with the Ministry of Education. e-Khel pathshala shall primarily include digital content creation, running the program, Learning Management System, manpower, etc. Multiple stakeholders like Laxmibai National Institute of Physical Education (LNIPE), Laxmibai National College for Physical Education (LNCPE) Thiruvananthapuram, NIS Patiala, CBSE, NCERT, NSFs, etc. may be included in the strategy and implementation of the program. Suitable support may be requested from the Ministry of Education. An appropriate Project Management Unit (PMU) may be set up for e-Khel Pathshala. Additional sources of funding / tie-ups / knowledge / CSR partners may be explored by SAI.
- vi) The past champion athletes under KICs are required to utilise the facility of 'e-Khel Pathshala' and only after the completion of Level-I, he/she will be continued as a coach from the second year onwards.

3.8.1 Implementation Mechanism

This Component will be implemented with support from LNIPE Gwalior/ LNCPE Thiruvananthapuram and National Sports University, Imphal, Manipur in respect of Community Coaching Development. Content development of the courses may be carried out in coordination with NSFs, States & other Govt/NGOs. The agencies will be selected through a transparent bidding process. For this purpose, a quarterly action plan should be

submitted for seeking financial assistance. The detailed proposal should be submitted by SAI/LNIPE/LNCPE as per scheme/operational guidelines to the Khelo India Division. The fund will be released to SAI/LNIPE/LNCPE as per the extant guidelines issued by the MoF. The UC along with a detailed Expenditure Statement duly certified by DG-SAI/VC-LNIPE/VC-LNCPE should be submitted to the concerned office of MYAS accordingly.

3.8.2 Budget

Training of PETs/Volunteers as Master Trainers entails expenditure on travel, accommodation, content development, training material, faculty charges, etc. An appropriate budget will be earmarked for said training.

Any additional requirements for the budgets will be met by the appropriate funds by the competent authority.

4. KHELO INDIA CENTRES AND SPORTS ACADEMIES

4.1 INTRODUCTION

4.1.1 The component of Khelo India Centres and Sports Academies will have the following two sub-components: -

- I) Khelo India Centres
- II) Sports Academies

4.2 KHELO INDIA CENTRES

4.2.1 A large number of sports infrastructure set up throughout the country are not being utilised optimally due to lack of coaches/part-time coaches, supports staff such as physiotherapists and masseurs, equipment, the proper field of play, consumables, day boarding facilities, etc., as well as lack of adequate financial support for meeting recurring expenditure.

4.2.2 It is proposed to support better utilization of sports infrastructure belonging to State/UTs and other eligible agencies through a suitable Memorandum of Understanding (MoU). Accordingly, the following three categories of centres may be supported under this component:

- a) ***Khelo India State Centres of Excellence***: As part of India's pursuit for excellence in the Olympics, the endeavour is to scale up State/UT's best academies to world standard by supporting an existing Sports training facility of State/UT's government by way of financial support for Sports science back-up, engagement of coaches and support staff, sports equipment, etc. The number of KISCE shall be one for smaller States and Union Territories and up to 3 for larger states as per the NITI Aayog classification of States ([Annexure-VII](#)). All other expenditures including but not limited to lodging, boarding, capital expenditure, etc. will be borne by the respective State/UT's.
- b) ***Khelo India Centres***: In order to augment the utilisation of existing sports infrastructure available at State, PSU, autonomous bodies, Schools, Universities (including Private universities) and other organisations, it is proposed to have small Khelo India Centres to strengthen the sports ecosystem at the grassroots level. A low-cost, effective sports training mechanism has been worked out wherein "Past Champion Athletes" would be engaged as coaches and mentors for young and budding athletes. Initially, 1000 Khelo India Centres will be established in the country by the end of FY 2023-2024, minimum one (1) centre in each district across the State/UT's. Upon reaching the target, the DPAC may decide to establish more such Centres depending upon the level of saturation attained.
- c) ***Other Centres***: Grants-in-aid may be extended to residential centres like Army Boys Sports Companies (ABSCs), Sports Schools, Central Armed Police Force (CAPF) Sports Schools like Indo-Tibetan Border Police (ITBP), Border Security Force (BSF) Schools etc. for recurring expenditure like boarding, education, competition exposure, consumable sports equipment etc. Funding may be capped to ₹ 1.5 lakhs per trainee per year which can be revised by the DPAC.

4.2.3 Under this Component, online sports coaching and education through ‘e-Khel Pathshala’ will also be undertaken.

4.3 Implementation Mechanism

4.3.1 General

- i) Capacity building and Viability Gap Funding support will be provisioned for State/UT Centres of Excellence and Khelo India Centres that may include universities (including private universities). The emphasis would be on the up-gradation of sports science facilities and sports science resources.
- ii) Provision of maximum funding to the State/UT Centres of Excellence and Khelo India Centres will be done for the priority sport (s) selected by the State/UT under the “One State One Game (OSOG)” initiative. ([Annexure-VIII](#))
- iii) Identification of talent pool will be done by State/UT or implementation partner, however, the necessary tools and expertise may be provided by Central Nodal Agency as decided by MYAS. Similarly, talent development for the attainment of high levels of performance in sports should be done by State/UT/Other Organisation.
- iv) To be eligible for successive grants, centres where the per-discipline grant is provided are required to have a minimum of 30 regular trainees per discipline. In centres where the per-athlete grant is provided, the sanctioned strength will be finalised by the DPAC.

4.3.2 Khelo India State Centre of Excellence

Implementing Agency: The Sports Department of the respective State/UT will be the implementing agency.

- i) A Circular along with a Detailed Project Report (DPR) proforma as placed in [Annexure-VII](#) will be circulated to each State/UT/eligible agency seeking the details of potential centres which could be funded under the component. These potential centres are expected to have the best facilities for sports training in the State/UT. The details furnished for each centre would include –
 - a) Infrastructure/ training facilities available at the centre for each sport.
 - b) Coaching and support staff employed by the centre.
 - c) Past performance of athletes trained at the centre at the National/International level.
- ii) The Project Appraisal Committee (PAC) constituted by the Competent Authority shall review the details furnished for each centre and select the best centre(s) from each State/UT/other organisation for consideration for viability gap funding. Preference shall be accorded to the centres having facilities for sports included in the 14 priority Olympic disciplines ([Annexure VIII-A](#)).
- iii) The proposals recommended by the PAC would be put in front of the DPAC for notifying the centre as the State/UT Centre of Excellence and approval to conduct a viability gap analysis.
- iv) A thorough on-site inspection / detailed deliberations and in-depth analysis of the centre will be conducted through SAI for funding of the selected centre and coordinate with the concerned State/UT department to prepare cost estimates of interventions to fill the viability gap and share the details as per the proforma placed at [Annexure-IX](#).

- v) The assessment report along with the budgetary requirement for viability gap funding after completion of necessary verification and/or inspection shall be placed in front of the DPAC for approval.
- vi) Upon approval of the identified gaps and the financial estimates from DPAC, sanction of funding for the Excellence Centre shall be issued by the Ministry.

4.3.3 Khelo India Centres

Implementing Agency: The Sports Department of the respective State/UT will be the implementing agency.

- i) Selection of grantee will be at the discretion of State/UT Govt. which will call for applications from districts through respective District Sports Officer (DSO), with the recommendation of the Administrative Head of the concerned District, in case of private/non-governmental organisations or individuals. Whereas, in the case of Government organisations, the Sports Department may directly nominate the training centre. Subsequently, the State/UT Government will forward shortlisted proposals from each district along with the proposed sports discipline to the Ministry. Relevant proforma is attached at [Annexure-XI](#). In case of exceptional circumstances, proposals received directly in the Ministry may be evaluated as per the extant norms.
- ii) The PAC shall examine the proposals and recommend KIC's to be notified to the DPAC for approval.
- iii) In the case of erstwhile SAI Extension Centres converted into Khelo India Centre, the administrative control will be under State/UT.
- iv) Once a training facility has been notified as Khelo India Centre, a past Champion Athlete must be engaged at the centre by State/UT to provide sports training. The eligibility criteria for engagement of past Champion Athletes are placed at [Annexure -XII](#). A Selection Committee may be formed comprising a State/UT representative, a representative of MYAS/SAI and the management team of the training centre.

4.3.4 Other Centres

Implementing Agency: The nodal agency overlooking the management of the given residential centre will be the implementing agency. For example, Director General Military Training (DGMT) for ABSCs, Kendriya Vidyalaya Sangathan (KVS) for KV's, School Management Committee for CAPF Sports Schools, etc.

- i) Existing centres having a good track record in academics & sports, adequate boarding & lodging (hostel) facilities, sufficient space and inclination to develop Olympic sports especially may be selected.
- ii) Inter-ministerial partnership (with MHRD, MHA, MOD, MoTA, MoR, etc.), Public Private Partnership (PPP) model, tie-up with Public Sector Undertakings (PSUs) for private schools/training centres, CAPF based schools like BSF schools, ITBP schools etc.
- iii) Expenditure related to boarding, education expenses, competition exposure, Insurance & medical, sports training & support, etc. shall be borne by the Government. Any other expenditure will be borne by the implementing partner.

4.4 Budget

Each State Level Khelo India Centre will be provided with an annual grant for the purpose of engagement of coaches/part-time coaches, and expenditure on equipment,

proper field of play, consumables, day boarding facilities, physiotherapists, etc., as well as the requirement for recurring expenditure including beneficiary support, repair & maintenance. An appropriate budget will be earmarked for this purpose.

- i) **Khelo India State/UT Centre of Excellence:** Need-based support for recurring & non-recurring expenditure for a maximum of 03 OSOG disciplines and sports science will be provided. The quantum of assistance will be determined through a comprehensive viability gap assessment.
- ii) **Khelo India Centres:** Each Khelo India Centre shall be supported at a maximum annual recurring grant of ₹ 5 lakhs per discipline for remuneration of past champion athletes, purchase of sports equipment, sports kit, competition exposure, etc. Out of ₹ 5 lakhs, ₹ 3 lakhs shall be mandatorily earmarked for the remuneration of past Champion Athlete @ ₹ 25,000 per month. The respective state governments may take up the initiative for Awareness Campaigns among the Past Champion Athletes in their states which will ensure local Past Champion Athletes' availability in every KICs. For new centres/disciplines notified under KIC, a one-time grant of ₹ 5 lakhs per discipline will be provided for preparation/up-gradation of sports fields, purchase of sports equipment, sports kits, etc.

4.5 SPORTS ACADEMIES

4.5.1 The talent identified from sports competitions and other talent identification mechanisms is given an option to join SAI NCoE, TOPS NCoE, non-SAI NCoE or a Khelo India accredited academy so that adequate training support can be provided.

4.5.2 Need-based support / Grants-in-aid for both recurring and non-recurring items shall be provided for the establishment, operation and maintenance of such sports academies in respect of identified disciplines to Sports Authority of India, State/UT Governments or to the private sector or sports person under Public Private Partnership (PPP)/CSR mode for facilitating and supplementing Long Term Athlete Development (LTAD) programme.

4.5.3 A system would be developed for the rating of academics to facilitate the selection of appropriate academics for support, facilities for para-athletes will also be a parameter for rating of academies. The quantum of funds to be given may be decided based on a rating mechanism.

4.6 Implementation Mechanism

Implementing agency: The project will be implemented through SAI/States/UTs/NSFs/Public or Private entities, including eminent sports persons.

- i) Evaluation criteria will be devised for the selection of academies with the approval of the DPAC.
- ii) Need-based support will be provided for the engagement of High-Performance Director and Coaching staff, including foreign coaches, sports scientists, support staff, monitoring & performance measurement systems and non-recurring equipment.
- iii) Common norms will be evolved for the purpose of identification of sports talent, training methodology, monitoring and performance measurement systems, LTAD, requirements of sporting facilities, sports science backup, sports medicine etc., so that

there is some uniformity of processes to be implemented by various Institutes and Academies.

- iv) The non-recurring expenditure may also be utilised to fund critical infrastructure gaps in such academies.

4.7 Budget

An appropriate budget will be earmarked for need-based support for both creations of sports infrastructure and technical assistance in terms of coaches, sports science support, etc. to Sports academies on merit. The recurring expenditure will be incurred for engagement of High-Performance Director, Coaches, Support Staff, Consumables, monitoring and performance measurement systems, competition exposure, education, etc. The non-recurring expenditure will be incurred to fund critical infrastructure gaps, including equipment, in such academies.

5. FIT INDIA MOVEMENT

5.1 INTRODUCTION

5.1.1 Vision

To promote physical fitness by inculcating a habit of fitness among all citizens.

5.1.2 Mission

- i) Under the Component of the **“Fit India Movement”** the Government will play the role of a catalyst. Fit India is a people-centric movement to be run on a voluntary basis with the participation of as many citizens as possible and is an ongoing activity.
- ii) Citizens are encouraged to spend time (at least 30 minutes) every day - *“Fitness ka dose, aadha ghanta roz”*, *“Fitness is easy, fitness is fun and fitness can be done, anytime by anyone”*, *“Hum Fit toh India fit”* - on physical activities in any form, be it sports, games, walking, jogging, cycling, dancing, plogging, yogasana, fitness quizzes, participation in fitness events or any other form of physical activity, awareness programmes or combinations thereof.

5.1.3 The component of **Fit India Movement** will consist of the following three areas of activities, namely: -

- I) Physical Assessment of School Going Children
- II) Fit India School Certification
- III) Promotion of Fitness via Campaigns/Events

5.2 PHYSICAL ASSESSMENT OF SCHOOL GOING CHILDREN

5.2.1 Implementation Mechanism

- i) The work related to implementation, execution and monitoring of activities relating to “Physical Fitness of School Going Children” will be handled by the Fit India Mission (FIM) Cell.
- ii) Lakshmibai National Institute of Physical Education (LNIPE), Gwalior and Lakshmibai National College of Physical Education (LNCPE), Thiruvananthapuram will provide technical support for the identification/formulation of physical fitness parameters and fitness tests for analysing fitness levels of school going children.
- iii) Activities will be carried out in collaboration with the schools of Central and State/UT Governments, private schools (aided and unaided), etc.
- iv) Financial assistance shall be provided to the stakeholders including schools as per the broad parameters of the Scheme as decided/approved by the DPAC.
- v) The component shall be implemented by MYAS/SAI.

5.2.2 Budget

An appropriate budget will be earmarked for Fit India Movement. Any subsequent change will be subject to the approval of the DPAC.

5.3 FIT INDIA SCHOOL CERTIFICATION

5.3.1 Implementation Mechanism

- i) The Department of Sports has taken the initiative to integrate fitness as an essential part of school education where physical fitness is taught and practiced, apart from home. One such initiative is the Fit India School Certification for eligible schools as per pre-decided simple and easy parameters.
- ii) A Committee comprising the Administrative Head of the concerned District or the representative nominated by him, District Sports Officer, District Education Officer and prominent sports person nominated by the Administrative Head of the concerned District, shall recommend the school for the Fit India School Certification. The recommended schools can file their claims online at www.fitindia.gov.in for certification. Certification of schools is an ongoing process aiming to cover all eligible schools and to encourage more schools to join the line by enhancing their facilities and resources for ensuring the physical fitness of students.
- iii) The evaluation for the purposes of certification will be carried out by a third-party agency that will conduct physical validation of the school infrastructure and compliance with the conditions and parameters approved by the Ministry (to be approved by the Ministry).
- iv) A proposal may be submitted for appraisal/recommendation to the PAC for the purpose of seeking funds required to conduct the verifications of the applicants by the third-party agency. The proposals recommended by the PAC shall be placed before the DPAC for approval and funds will be sanctioned accordingly.

5.3.2 Fund Allocation

Funds will be earmarked for verification of the applicants for the Fit India certification by the third-party agency subject to approval from DPAC.

5.4 PROMOTION OF FITNESS VIA CAMPAIGNS/EVENTS

5.4.1 Implementation Mechanism

- i) Promotion of fitness to citizens may be conducted through recurring campaigns/events of various categories, such as Fit India Quiz, Fit India School Week, Fit India Cyclothon, Fit India Plog Run, Fit India Diversity Run, Fit India Freedom Run, Mountain-biking, Trans Himalayan expedition, Fit India District Runs, Fit India Games, etc.
- ii) The campaigns/events under this component may also be organised in convergence with the welfare schemes of other Ministries which are aimed at empowerment of women, promotion of physical activity, etc. While conducting events under this component, the tag of “Fit India” should be used by the organisers.
- iii) National Physical Fitness Parameters (age-specific categories) will be evolved, and a tool kit will be provided to schools and relevant agencies to evaluate the physical fitness of all citizens, both children and adults. This tool kit should be easy to implement by anyone with the help of guidelines included in the kit.
- iv) All sports activities/ competitions funded under this Component should mandatorily include “Khelo India” in the displayed signage.
- v) In order to promote fitness from an indigenous perspective, a series of Fit India indigenous games videos may be produced for showcasing through various media.

5.4.2 Fund Allocation

Funds may be allocated on a case-to-case basis upon the appraisal of the proposals by the PAC constituted at para 8.1.1 (b) and approval of the DPAC constituted at para 8.2.1.

5.5 DISBURSEMENT OF FUNDS

5.5.1 An appropriate budget will be earmarked annually for all the activities under the Fit India Movement. Additionally, suitable funds for equipment/development of sports facilities at the schools under the Fit India School Certification Component may be released as one-time assistance for developing sports facilities in such certified schools. A suitable award scheme may also be implemented for recognizing States/UTs, Municipal Bodies, Gram Panchayats, Corporates, Schools, Organisations, individuals, etc. for their achievements in the fitness sphere. Fit India Quiz and related activities with commensurate prize money may be instituted and funded from this Component.

5.5.2 The proposals should also contain timelines that need to be adhered to scrupulously by the implementing agency, so that time overruns and cost overruns can be avoided. Only such proposals, which are complete in all respects and technically feasible, will be considered for sanction.

5.5.3 Grant can be provided to Schools, Central / State Govt. organisations / PSUs / Paramilitary force / NSFs, etc. for conducting Fit India events/campaigns.

6. PROMOTION OF INCLUSIVENESS THROUGH SPORTS

6.1 INTRODUCTION

6.1.1 Under the component of “Promotion of Inclusiveness through Sports” the power of sports in promoting gender equity and social inclusiveness is duly recognized and special measures are needed to be provided to achieve the desired objectives.

6.1.2 The component of Promotion of Inclusiveness through Sports will have the following four sub-components: -

- I) Sports for Peace and Development
- II) Promotion of Rural and Indigenous/Tribal Games
- III) Promotion of Sports among Persons with Disabilities
- IV) Promotion of Sports among Women

6.2 SPORTS FOR PEACE AND DEVELOPMENT

6.2.1 Vision

- i) The Khelo India Scheme envisages the usage of sports for the promotion of peace and development in terrorism and extremism-affected areas as well as other disturbed areas and areas along the international land border to promote confidence-building among the local populace and bringing the youth into the mainstream and engaging them in healthy and constructive activities.
- ii) The Government of India, under the Special Package for Jammu and Kashmir is providing funds for the enhancement of sports facilities in the Union Territory. The activities under this Package will be carried out by dovetailing them with this Scheme. To ensure optimal utilization of these infrastructures, soft support in terms of coaches, equipment, consumables, technical support, competitions, etc. will be provided.
- iii) Efforts will be made to organise village level competitions in respect of sports disciplines popular in all such areas for positive engagement of youth.

6.2.2 Implementation Mechanism

- i) The sporting activities/sports competitions in the eligible States/UTs/districts will be organised under the supervision of a committee headed by the Administrative Head of the concerned District with District SP, District representatives of State Sports Council and a senior officer of the Central Armed Police Forces (CAPF) as members.
- ii) The Committee will be empowered to identify the sports disciplines in which the sporting activities/sports competitions will be organized in a particular district depending upon the popularity of the Games in the district.
- iii) A separate Games Technical Conduct Committee (GTCC) will be duly constituted with members of MYAS, subject experts of the concerned sports discipline, representative of the NSF; which will have the mandate for the technical conduct of the games.
- iv) The sports infrastructure available in the district will be utilized to conduct the activities and the Central grant will be utilized to provide soft support for coaches,

equipment, consumables, technical support, organization of competitions including boarding and lodging facilities and travelling expenses for the participants, etc.

- v) All proposals will be appraised by the PAC constituted at 8.1.1 (b) and approved by the DPAC constituted at 8.2.1.
- vi) While implementing the proposals in the field the “Khelo India” tag must be highlighted by the organisers ([Annexure-IV](#)).

6.2.3 Budget

An appropriate budget will be earmarked for support to State Governments and for supporting Sporting Clubs and teams in disturbed areas. Suitable criteria will be laid down in this regard by co-ordination with Central Armed Police Forces (CAPFs) as part of the Civic Action Plan of the Ministry of Home Affairs.

6.3 PROMOTION OF RURAL AND INDIGENOUS/TRIBAL GAMES

6.3.1 Vision

- i) The Khelo India Scheme aims to encourage sports all over the country, thus allowing the population to harness the power of sports through its cross-cutting influence, namely, holistic development of children and youth, community development, social integration, gender equality, healthy lifestyle, national pride and economic opportunities related to sports development.
- ii) To make popular the Rural, Indigenous and Tribal Sports/Games and to disseminate information and peak the curiosity of the present generation about these games and also to encourage children and youth to take up these games in a major way, paving way for their mainstreaming.
- iii) Annual National competitions/activities/demonstrations in rural and indigenous/tribal games to encourage children and youth to take up these games in a major way paving for their mainstreaming. These competitions/demonstrations may be single/multi-discipline.
- iv) Ek Bharat Shrestha Bharat (EBSB) is an ambitious programme of the Ministry of Education, which aims at enhancing the interaction of people of diverse culture living in different States/Union Territories of this country to promote national integration, peace and harmony. The sports component of EBSB would be dovetailed with the Khelo India Scheme for the purpose of organising the events and implementing the objectives of peace and development inherent in this Scheme. EBSB events to be organised by the Department of Sports would include a variety of sports disciplines, including rural and indigenous games, promotional sports, traditional games, etc. For this purpose, support and assistance would be provided to the NSFs, sports associations and other local sports bodies specialising in respective disciplines/games.
- v) In order to showcase our rural and indigenous/tribal games, financial assistance may be provided under the Khelo India Scheme for organising rural and indigenous/tribal games/competitions through the EBSB programme of the Government of India and other suitable proposals received in the Department of Sports.
- vi) In addition to the indigenous games of Mallakhamb, Kalariyapattu, Gatka, Thang – Ta and Silambam, other indigenous sports of different States/State UTs may also be promoted by providing financial assistance.
- vii) A dynamic and interactive website providing information on such games will also be set up. This will not only help disseminate information and ignite the curiosity of the

- present generation about these games but also encourage children and youth to take up these games in a major way, for their future mainstreaming.
- viii) Proposals for organising events/promotion and upliftment of indigenous games may be sent by the organisers, associations, and federations concerned, through the Sports Department of the State/State UTs for the purpose of receiving grants-in-aid to facilitate such activities.
 - ix) Talented players in these indigenous games can be selected as Khelo India Athletes and support can be provided.
 - x) Promotion of publication of books on Rural and Indigenous/Tribal Games and providing promotional avenues for individuals who are interested in writing books, creating videos, etc., on traditional games for children.
 - xi) Each state should recommend at least one indigenous game to get support under this component. This Ministry shall conduct a feasibility study of the game proposed by the state and select appropriate ones for support.

6.3.2 Implementation Mechanism

- i) This sub-component will be implemented by the participating sports federations/association and/or other stakeholders as per need, including NGOs.
- ii) All proposals will be appraised by the PAC and approved by the DPAC.
- iii) A separate Games Technical Conduct Committee (GTCC) will be duly constituted with members of MYAS, subject experts of the concerned sports discipline, representative of the NSF; which will have the mandate for the technical conduct of the games.
- iv) Providing financial assistance to NGOs and other various associations and overall monitoring of all aspects relating to these verticals will be the responsibility of the Sports Authority of India once the approval of the Departmental Project Approval Committee has been obtained.
- v) Khelo India Centre for indigenous games can be started in states for recognised indigenous games, dovetailing Khelo India Centres & Sports Academies component.
- vi) Academies/institutes/training centres that have been traditionally teaching recognised indigenous games can be accredited similar to private sports academies accredited under Khelo India.

6.3.3 Budget

An appropriate budget will be earmarked for promoting indigenous games by organising national, state level and/or local competitions and installing, maintaining and upgrading the interactive website and supporting critical infrastructure where required. An Organising Committee comprising representatives from the Government of India, State Governments, NSFs, and other relevant stakeholders will be constituted for smooth conduct and delivery of the events/ competitions under the component. The funds may be used for supporting NGOs and Sports Federations/Associations promoting rural and indigenous/tribal games. All the funding will be as per Annual Calendar of Training and Competition (ACTC) rates fixed for the National Sports Federations.

6.4 PROMOTION OF SPORTS AMONG PERSONS WITH DISABILITIES

6.4.1 Vision

To supplement the various efforts of the Government and provide a platform for the person with disabilities. The talented sports persons with different types of disabilities will

be provided with regular specific scientific training at par with International Standards to nurture their Sports to excess at National and International level competition.

The government has recognized the following sports bodies engaged in the promotion of sports among the disabled, as the National Sports Federation:

- i) Para Olympics Committee of India (PCI) for the physically disabled persons.
- ii) Special Olympics Bharat (SOB) for the mentally challenged people.
- iii) All India Sports Council of Deaf (AISCD) for Deaf and Dumb.

6.4.2 Implementation Mechanism

- i) This component will be implemented with the coordination of PCI, SOB and AISCD/State/UTs and other agencies involved in the development of Sports among persons with disabilities in association with the beneficiary organisations.
- ii) A separate Games Technical Conduct Committee (GTCC) will be duly constituted with members of MYAS, subject experts of the concerned sports discipline, and representatives of the NSF; which will have the mandate for the technical conduct of the games.
- iii) Financial assistance may be given to States/ UTs and SAI for providing Specialised sports infrastructure for persons with disabilities as per guidelines laid in Accessible Sports complex and Residential facilitation for Sports Persons with Disabilities.
- iv) Creation of specialized sports infrastructure for persons with disabilities, classification of players and equipment support. Establishment of training centres for athletes with disabilities and training of Indian classifiers.
- v) Scholarship for coaching diploma both by differently-abled athletes and able-bodied persons seeking coaching for the training of athletes with disabilities and coaching development. Support for sports competitions for athletes with disabilities and preparation of teams for participation in such competitions including the Paralympics.
- vi) The funds provided under this head may be used for the classification of players, equipment, training and preparation of teams for Paralympic Games and disciplines and competitions.
- vii) Given the lesser availability of classifiers in India, technical classification courses may be introduced in sports academies, so that international-level classifiers can be created in India which is essential for para-athletes. A dedicated classification centre with international standards is to be established so that para-athletes can make use of the facilities instead of going abroad for the same.
- viii) Courses may be introduced in Coaching, Sports Science and nutrition specifically designed to cater to the needs of para-athletes in sports academies so that international experts can be created in para-sports.
- ix) All proposals will be appraised by the PAC and approved by the DPAC.

6.4.3 Sports activities for Athletes with disabilities

- i) The mandate for holding of National/International Sports Competition shall lie with the respective National Sports Federation/bodies.
- ii) PCI will hold training and competition for athletes in respect of the sports disciplines controlled by it.
- iii) SOB will hold training/coaching and competition for mentally challenged athletes in respect of the sports disciplines controlled by it.

- iv) AISCD will hold competitions for Deaf and Dumb athletes in respect of the sports disciplines controlled by it.
- v) Funding for similar activities by other organizations which are engaged in the promotion of sports among the disabled, can also be considered and granted by the Ministry of Youth Affairs and Sports.
- vi) Funding for National coaching camps/competitions will be decided in consultation with the respective sports federations.
- vii) Funds required for making stadia disabled friendly/barrier-free will also be accessed from Scheme for Implementation of Persons with Disabilities Act (SIPDA) of the Department of Empowerment of Persons with Disabilities.

6.4.4 Budget

An appropriate budget will be earmarked under this component which may be utilized for classification of athletes, training of Indian classifiers, and setting up/supporting Specialised Sports Training Centres for people with disabilities, coaching development, scholarships for coaching diplomas both by differently-abled persons and able-bodied persons seeking coaching for training para-athletes, and competitions

6.5 PROMOTION OF SPORTS AMONG WOMEN

6.5.1 Vision

- i) The component of “Sports for Women” aims for a holistic approach towards awareness about health and fitness and thereby promoting sports among women.
- ii) To infuse sports culture and achieve sporting excellence through mass Participation of women in sports.
- iii) While all the components of the Khelo India Scheme are gender neutral and afford opportunities to women too for participating in sporting activities and development of sports, competitions, leagues and tournaments for women, as well as other disadvantaged groups, may be organised in different disciplines at various levels.
- iv) Emphasis will be laid on such sports disciplines where there is less participation of women and other disadvantaged groups and others so that more number of women will participate in such sports disciplines.
- v) The events/competitions under this component may also be organised in convergence with the welfare schemes of other Ministries which are aimed at the empowerment of women and other disadvantaged groups. While conducting events under this component, the tag of “Khelo India” should be used by the organisers.
- vi) Promotional initiatives can be undertaken to create preconditions for women not only to increase their participation as athletes but also to take up leadership roles in sports like coaching and sports administration. To increase women's human resources, scholarships can be given to the women who take up sports coaching courses in various institutions.
- vii) To conduct International/National level Competitions for Women so as to encourage women's participation in sports with less participation. While the emphasis will be laid on such sports disciplines where there is less participation of women, so that more number of women will participate in such sports disciplines, funding for the holding of competitions including International competitions may also be considered for funding irrespective of the intervals at which such competitions are held and single/multi-disciplinary events will be funded through this vertical.

6.5.2 Implementation Mechanism

- i) This component will be implemented in collaboration with the Indian Olympic Association (IOA) and the participating NSFs or other stakeholders as per the need. Steering Committee/Organizing Committee comprising representatives from the Government of India, State Governments, IOA, NSFs, and other stakeholders will be constituted for the smooth conduct and delivery of the Games.
- ii) A separate Games Technical Conduct Committee (GTCC) will be duly constituted with members of MYAS, subject experts of the concerned sports discipline, and representatives of the NSF; which will have the mandate for the technical conduct of the games.
- iii) Financial Assistance shall be provided to IOA, NSFs, Government Agencies, stakeholders etc. and overall monitoring of all aspects relating to the conduct of competitions will be the responsibility of this Ministry.
- iv) Proposals for organising events in sports among persons with disabilities may be sent by the organisers through the Sports Department of the State/State UTs for the purpose of receiving grants-in-aid to facilitate such events.
- v) The sports disciplines can change from time to time depending upon the potential/advantage they offer in terms of social inclusion, awareness, and better performance in the International sports arena, especially in the Olympics. While the emphasis will be laid on such sports disciplines where there is less participation of women, demonstration and exhibition events may be held to create awareness about health and fitness.
- vi) Campaigns can be organized frequently for gender sensitization of athletes, coaches, and support staff about the physical, psychological, and mental well-being of women athletes. Further workshops should be conducted regularly amongst athletes, coaches, and support staff regarding The Sexual Harassment of women at workplace (Prevention, Prohibition and Redressal) Act, 2013, Protection of Children from Sexual Offences Act, 2012, etc.
- vii) The rules of the International/National sports Federation of respective sports disciplines as applicable to the respective Championship/ event or as may be decided by GTCC will be applicable.

6.5.3 Budget

An appropriate budget will be earmarked for organising the activities under this component. Hosting of women's leagues will be encouraged for various team sports disciplines through their recognised NSFs. Suitable funding and support will be provided through this component.

7. PLANNING AND MONITORING MECHANISM

7.1 INTRODUCTION

7.1.1 Monitoring of the ongoing projects will be done through normal channels like calling for monthly physical and financial progress reports supported by documentary evidence, random visits by representatives of MYAS/SAI and furnishing of UC, audited statement of expenditure and reports of Monitoring Committee by the grantee whenever asked.

7.1.2 It will be mandatory to convene at least two meetings of the Monitoring Committee. First meeting after utilization of the first installment of sanctioned grant and second meeting after completion of the project. The Monitoring Committee in its reports shall clearly give its comments on the quality of work and compliance of the approved drawings, designs, specifications, etc.

7.2 STATE LEVEL PLANNING & MONITORING COMMITTEE (SLPMC)

7.2.1 A State Level Planning & Monitoring Committee will be constituted to monitor the progress of the project. The constitution of the committee shall be as follows: -

S. No.	Designation of the officer	Capacity
1.	ACS/Principal Secretary/Secretary (Sports)	Chairperson
2.	Representative from the Ministry of Youth Affairs & Sports	Member
3.	Representative from Sports Authority of India	Member
4.	Representative of Autonomous Organisation executing the project	Member
5.	An Engineer not below the rank of Superintending Engineer nominated by the Chairperson having special knowledge for sports-related infrastructure	Member
6.	Any sportsperson awarded Arjuna Award, Khel Ratna by GoI	Member
7.	Any coach awarded Dronacharya award by GoI	Member
8.	Director (Sports)	Member Secretary
9.	Any other person as appointed by Chairperson	Member

7.2.2 The component-wise functions of the committee are as under: -

- i) Creation and Upgradation of Sports Infrastructure – The committee will make plan in respect of the execution completion and also will monitor the physical progress of the infrastructure projects sanctioned under the Scheme, prepare detailed reports at different stages of the projects and submit the monthly report to this Ministry.

- ii) Sports Competitions and Talent Development – The committee will make a plan in respect of the organisation of the events in coordination with the concerned authorities. DPAC will be apprised on a pre-decided frequency with respect to all the activities being undertaken for the conduct of the competitions. On completion of these competitions, a detailed report will be submitted to the MYAS regarding the competitions held.
- iii) Khelo India Centres and Sports Academies – The committee will make a plan in respect of the number of trainees engaged in regular training through biometric tracking / geo-location-based tracking of attendance data, and performance data of each trainee is uploaded on NSRS. To ensure that Performance monitoring data of KISCES, KICs and Academies be made available through a specific Performance Monitoring Portal/ NSRS for enhanced accountability. To ensure a mechanism for the inspection of all financially supported Centres / Academies not less than twice in a year by the SAI Regional Centre or through nominated subordinates, Sports Federations, District Sports Officers, credible NGOs working in the area of sports, retired well-known athletes, or persons passionate about sports and available locally on honorarium basis or any other suitable mechanism.
- iv) Fit India Movement – The committee will obtain proposals regarding the number of events that can be carried out and the report of the activities undertaken under this component from the district-level committee
- v) The Committee will submit a monthly report of verification status, through the Administrative Head of the concerned District or his nominee, which will be reviewed by FIM/ MYAS.
- vi) Promotion of Inclusiveness through Sports – The committee will submit a quarterly report of activities undertaken under this component and the proposals received from the district level committee to this Ministry.

7.3 DISTRICT LEVEL PLANNING & MONITORING COMMITTEE (DLPMC)

7.3.1 A District Level Monitoring and Planning Committee will be constituted by the State Level Planning & Monitoring Committee to monitor the progress of the project at the district level. The constitution of the committee shall be as follows: -

S.No.	Designation of the officer	Capacity
1.	District Collector/District Magistrate/ Deputy Commissioner	Chairperson
2.	Representative from the State Sports Department	Member
3.	Representative from Sports Authority of India Regional Centre	Member
4.	Representative of Autonomous Organisation executing the project	Member
5.	An Engineer not below the rank of Executive Engineer nominated by the Chairperson State Level Monitoring and Planning Committee having special knowledge for sports-related infrastructure	Member

6.	Any awardee sportsperson to be nominated by the Chairperson	Member
7.	Any awardee coach to be nominated by the Chairperson	Member
8.	District Sports Officer	Member Secretary
9.	Any other person as appointed by Chairperson	Member

7.3.2 The component-wise functions of the committee are as under: -

- i) Creation and Upgradation of Sports Infrastructure – The committee will ensure smooth execution and completion of the infrastructure projects sanctioned under the Scheme, from law and order point of view, quality assurance, prepare detailed reports at different stages of the projects and submit the monthly report to this Ministry. The committee will do convergence, rural scouting and
- ii) Sports Competitions and Talent Development – The committee will ensure smooth conduct of the events in coordination with the concerned authorities.
- iii) Khelo India Centres and Sports Academies – The committee will ensure the number of trainees engaged in regular training through biometric tracking / geo-location-based tracking of attendance data and the performance data of each trainee is uploaded on NSRS. The committee will ensure to resolve the issues faced by the centres and academies, if any.
- iv) Fit India Movement - The committee will prepare proposals regarding the number of events that can be carried out and submit a report of the activities undertaken under this component to the State level committee.
- v) Promotion of Inclusiveness through Sports – The committee will identify tribal/rural/indigenous sports/sportsperson, women sportspersons, divyang sportspersons, and disturbed areas for conducting sports activities and submit the proposals to the State Level Committee.

7.4 External Monitoring

7.4.1 Monitoring of the progress of implementation of projects may also be done through external monitors viz. State Level Monitors (SLM) and a Nodal Officer of the rank of a minimum grade of Deputy Secretary to the State Government, to be designated as such at the State level. The designated committee will examine the quality and progress of the particular project in detail along with the reason of hindrances in progress and inputs for removal of the same. It will also ensure the accountability of the Grantee to maintain the best possible quality output. A model inspection format will be prepared for the purpose and the Nodal Officer will submit a quarterly/ half-yearly report to the Ministry (through the State Government) on the progress of implementation ([Annexure III-A](#)). If needed the grantee may engage Third Party Quality Assurance Agency (TPQA), from reputed Engineering Organization/Government Engineering Institutions and suitable funds @1% of the project cost may be considered for the same.

7.4.2 In order to ensure the proper use, maintenance, and participation, an annual inspection may be carried out jointly by a team of State Government officials, Administrative Head of the concerned District/MYAS/SAI officials, University/School officials to ensure that the asset is being used for sporting purposes, being maintained and kept in good condition and accessible to the general public and not restricted to limited people, etc. For this purpose, an App may be created in which apart from these details, actual photographs may also be uploaded by the Inspection team on the spot itself. The database of such asset/infrastructure (for which a unique asset id may be generated for each of such assets) may be maintained in the Khelo India Portal, State-wise, Grantee-wise, Sports-wise, etc.

8. PROJECT APPRAISAL & APPROVAL MECHANISM

8.1 Appraisal of Proposals

8.1.1 The proposals, which are complete in all respect, shall be placed before the Project Appraisal Committee (PAC) constituted as of below: -

(a) PAC for Creation and Upgradation of Sports Infrastructure Project Proposals

S. No.	Designation of Officer	Capacity in Committee
i.	Joint Secretary in charge, MYAS	Chairperson
ii.	Director (Infra), SAI	Member
iii.	Deputy Secretary /Director (Finance), MYAS	Member
iv.	Deputy Secretary/Director-in-charge (Khelo India Scheme), MYAS	Member Secretary

(b) PAC for Sports Competitions and Talent Development, Khelo India Centres and Sports Academies, Fit India Movement, Promotion of Inclusiveness through Sports Components

S. No.	Designation of Officer	Capacity in Committee
i.	DG- SAI	Chairperson
ii.	ED/Directors SAI Khelo India Component	Member
iii.	CEO FIT India	Member
iv.	Deputy Secretary /Director (Finance), MYAS	Member
v.	Deputy Secretary/Director-in-charge (Khelo India Scheme), MYAS	Member
vi.	Secretary SAI/Officer in Charge of Khelo India	Member Secretary

NOTE: The Chairperson of PAC may nominate any other officer/person to the Committee, if so required.

8.1.2 The view/comments, if any, on the Proposals/DPR/Drawings shall be considered in the PAC/DPAC meetings for the accordance of the proposals.

8.1.3 The Project Appraisal Committee will be authorized to formulate criteria for recommending the proposals to the Departmental Project Approval Committee (DPAC), as they may deem fit on the basis of justification recorded in their proceedings.

Keeping in view the above, the list below specifies what shall not be funded:

- i) Proposals where the total project cost exceeds project-wise cost ceilings under the Scheme and where the source(s) of funds to meet the excess cost is not confirmed in writing by the source(s) concerned.
- ii) Proposals that do not strongly meet the assessment criteria.
- iii) Proposals that do not meet the eligibility criteria.
- iv) Proposals that do not align with the objectives of the program.
- v) Where the applicant(s) have previously availed of grants from the Government of India, Department of Sports, but have not submitted requisite Utilization Certificate

- with details of physical and financial progress supported by documentary and photographic evidence.
- vi) Proposals that do not meet relevant standards.
 - vii) Requests for retrospective funding, where projects have commenced construction or are completed prior to the execution of a funding agreement (construction includes, but is not limited to, site clearing, earthworks, building works and any form of early works).
 - viii) The purchase of the land (in general, the land on which the facility development is proposed will be the property of the eligible Grantee, land owned by a public authority, or land held for public purposes).
 - ix) Facilities where little or no public access is available.
 - x) Routine or cyclical maintenance works.
 - xi) Repair/ up-gradation of facilities damaged due to any cause where the damage can be covered by insurance.
 - xii) Requests for ongoing operational costs such as, but not limited to, salaries, electricity, water, asset maintenance and other utilities.
 - xiii) Costs associated with the purchase of transport or any other type of vehicle.
 - xiv) Upgrading or redeveloping stand-alone facilities like pantry or public toilet facilities, except as part of a larger project that meets the objectives of the funding program.
 - xv) Purchasing or maintaining recreation, entertainment, sporting, life-saving, or any other equipment (except as part of facility fit-out).
 - xvi) Projects previously funded by Government of India, Department of Sports unless applicants can demonstrate additional or new uses resulting in increased participation/ programme outcomes.
 - xvii) The replacement of like-for-like surfaces (e.g., tennis hard-court surface replaced by a similar hard-court surface) will not be considered a priority to receive funding unless it can be demonstrated that additional uses are proposed and/or a multi-purpose element is being introduced. Additional use should be confirmed through a letter of support and schedule of use. Exceptional circumstances may be considered where a safety standard or compliance issue is evident.
 - xviii) Projects that do not demonstrate how the principles of Universal Design and Environmentally Sustainable Design have been incorporated.
 - xix) Costs for the design of sports and recreation facilities only.
 - xx) If Grantees do not adhere to the guidelines laid down by the Ministry of Finance, for the disbursement of the funds, viz. registration on PFMS Portal /EAT module, etc.

8.2 Approval Process

8.2.1 The recommendations of the Project Appraisal Committee (PAC) shall be placed before the Department Project Approval Committee (DPAC) under the Chairmanship of the Secretary (Sports) for the final decision on the proposals. The DPAC will comprise of the following: -

S. No.	Designation of Officer	Capacity in Committee
i.	Secretary, MYAS, Department of Sports	Chairperson
ii.	Financial Advisor, Ministry of Youth Affairs & Sports	Member
iii.	Director General, Sports Authority of India (DG, SAI)	Member
iv.	Joint Secretary in-charge	Member

v.	Representative of NITI Aayog	Member
vi.	Deputy Secretary/Director (Youth Affairs & Sports) in charge of Mission Directorate – Sports Development.	Member Secretary

8.2.2 The DPAC will have an authorized mandate to formulate exceptions of criterion for sanctioning in terms of Budget Component, financial limits of the particular infrastructure, specifications, etc., with recorded reasons on a merit basis.

8.2.3 The Minutes of the DPAC meeting sanctioning the project(s) shall be submitted to the Hon'ble Minister of Youth Affairs & Sports for perusal before conveying the Administrative Approval to the Grantee.

8.2.4 Once approved, the Administrative Approval shall be issued to the Grantee within a week of the final approval.

8.2.5 For sending proposals for sports infrastructure, there should be only one Nodal Agency for each State/UT in respect of proposals pertaining to the bodies/organization/institutions under the State/UT Government. All the proposals should be routed through the Department of Sports of the respective State/UT's or the Vice-Chancellor of Central University. The fund will be disbursed to the Department of Sports of the respective State/UT's who will subsequently provide the grant to the executing organization/agency.

8.2.6 For sports infrastructure projects, the Administrative Approval shall be conveyed to the Grantee concerned with the directions that all requisite permission/clearances for land may be obtained, Executive Agency may be appointed and tendering process within sanctioned cost may be completed within a period of 3 months (5 months in respect of North Eastern and other Hilly States/UTs).

8.2.7 The Grantee must send the acceptance of Administrative Approval within 10 days of issuance of the order. In case of failure to do so, the Administrative Approval may be considered for cancellation.

8.3 Exception Clause:

Exceptions/relaxation/amendment in respect of any of the clauses above may be made with the approval of the Competent Authority i.e., Minister in Charge or Authority delegated by the Minister in Charge to accord the sanction.

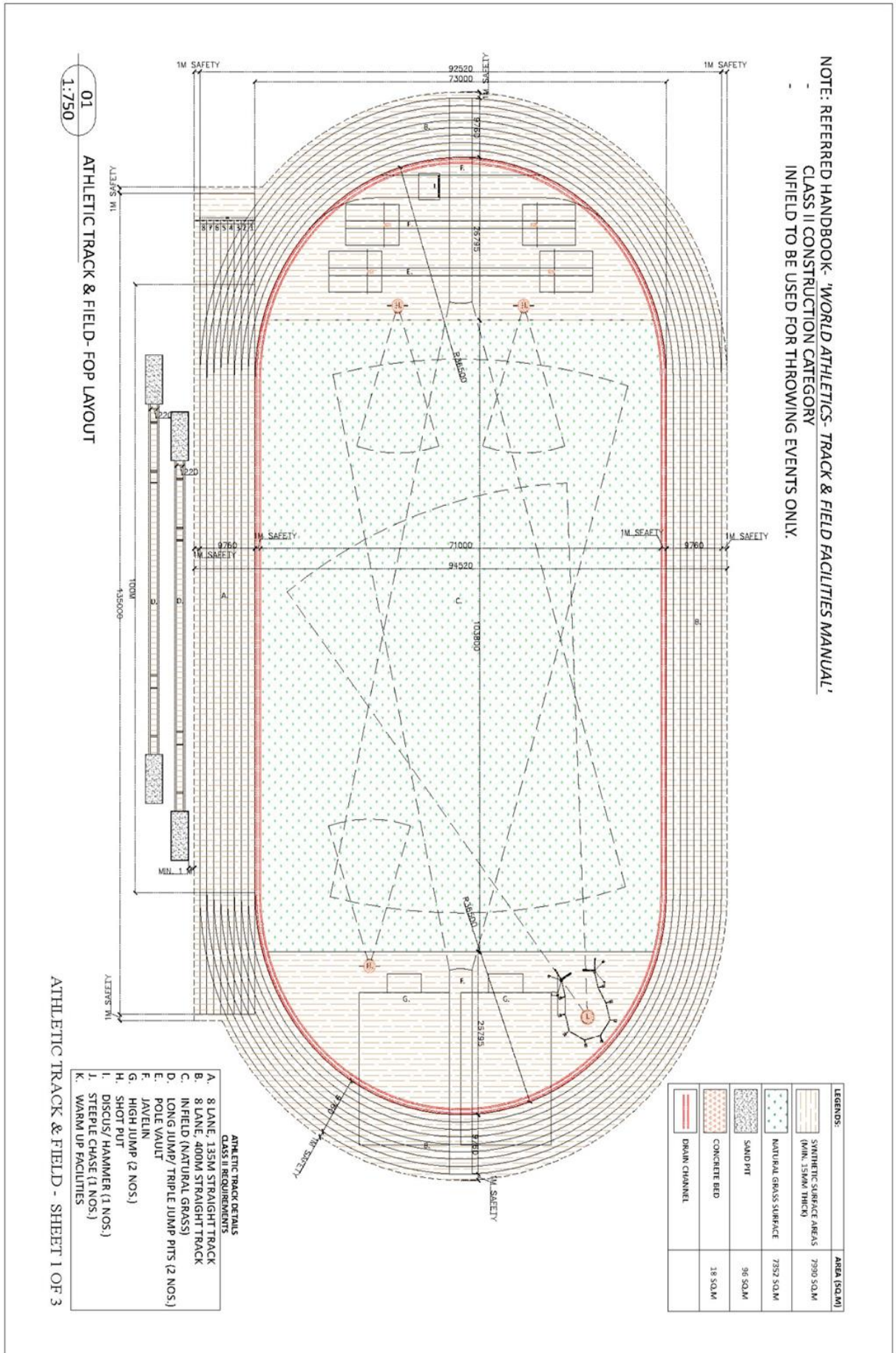
ANNEXURE-I

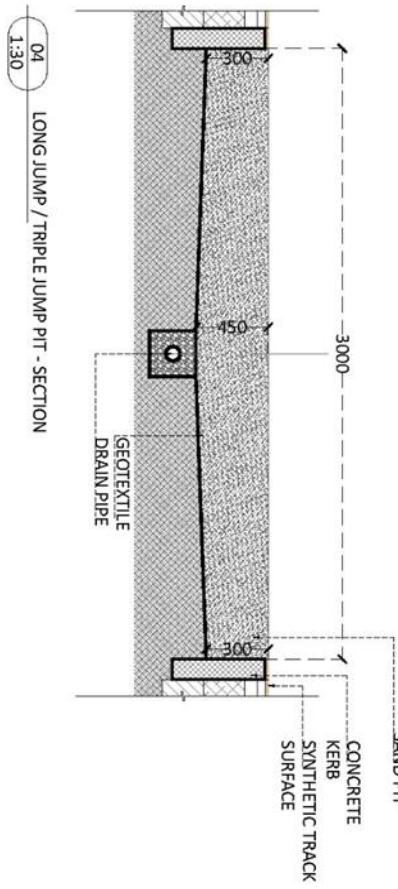
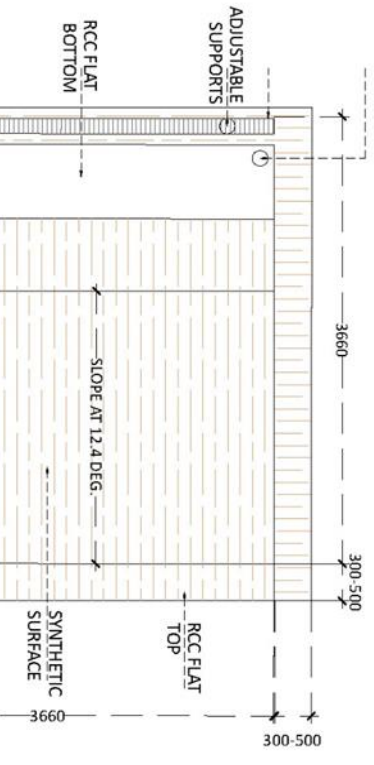
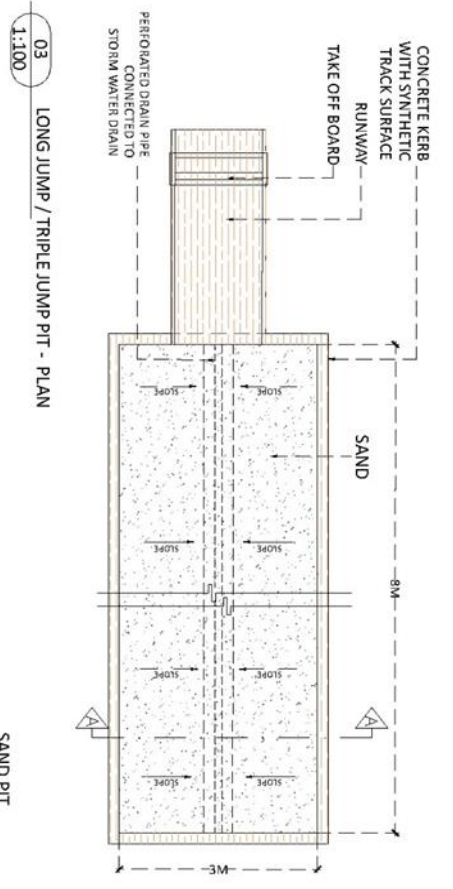
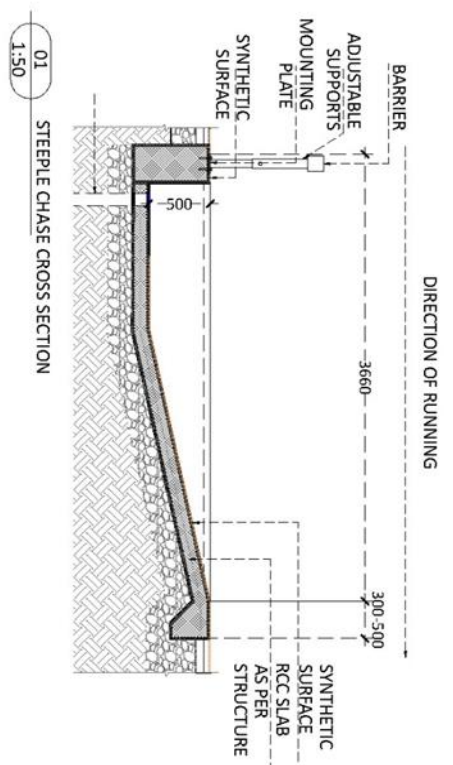
Brief Specification in respect of Sports facilities provided under Khelo India Scheme

1. Synthetic Athletic Track (8 Lane)

Brief Specification:

1. International Standard 400m, 8 Lane Athletic Track 8000 sqm (approx.) (including 'D', safety areas and high jump/long jump area) as per World Athletics (formerly IAAF) standards and World Athletics Class-II certification including the Sandwich Type surface with valid product approval certificate and laboratory test certificates from World Athletics (formerly IAAF), sub base as per the technical requirement to achieve the Certification.
2. 400m track as described in World Athletic Manual with min. 8 oval lanes and 8 straight lanes for 100m and 110m Hurdles.
3. Water jump for the Steeplechase.
4. Long and Triple Jump facility with landing area at each end (02 Nos).
5. High Jump facility (02 Nos).
6. Pole Vault facility with provision for landing area at each end (02 Nos).
7. Discus and Hammer Throw combined facility (01 Nos).
8. Javelin Throw facility (02 Nos) and minimum runway length 33.5m.
9. Shot Put facility (02 Nos).
10. Ancillary rooms including Change Rooms for Male & Female, Storage Areas and Admin Area with a minimum area of 200 sqm.
11. RCC drains all around as required with Precast Drain Cover (Perforated).
12. Infield with irrigation and required slope for drainage / sub-soil drainage toward RCC Drain, leveling and grassing for throw event only.
13. Protective fencing as required
14. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The Soft copy of the Handbook is available on the MYAS website) and the latest "Track and Field Facility Manual" issued by World Athletics.
15. The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
16. Projected timeline after issuance of Administrative Approval and Expenditure Sanction-12 Months.





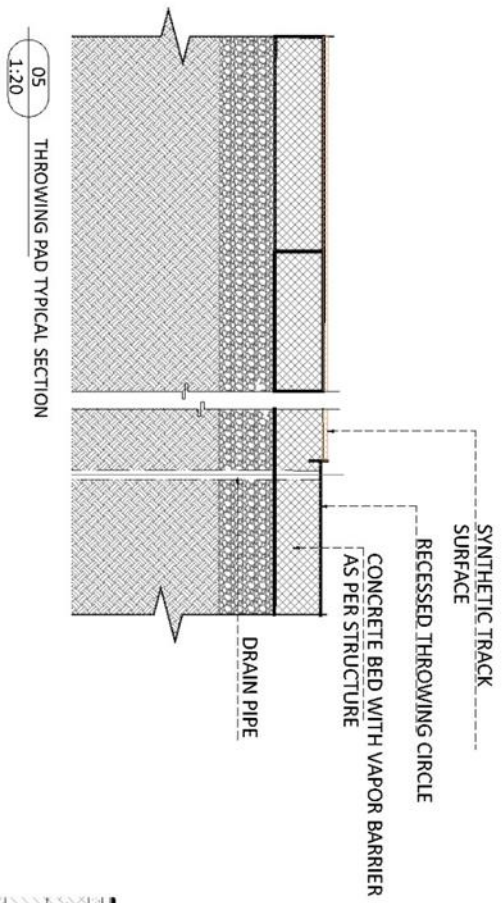
NOTE:
 ALL CONCRETE RECEIVING TRACK & FIELD SYNTHETIC SURFACING MUST HAVE A VAPOR BARRIER BETWEEN THE CONCRETE & AGGREGATE SUBBASE

02 STEEPLE CHASE- PLAN
1:50

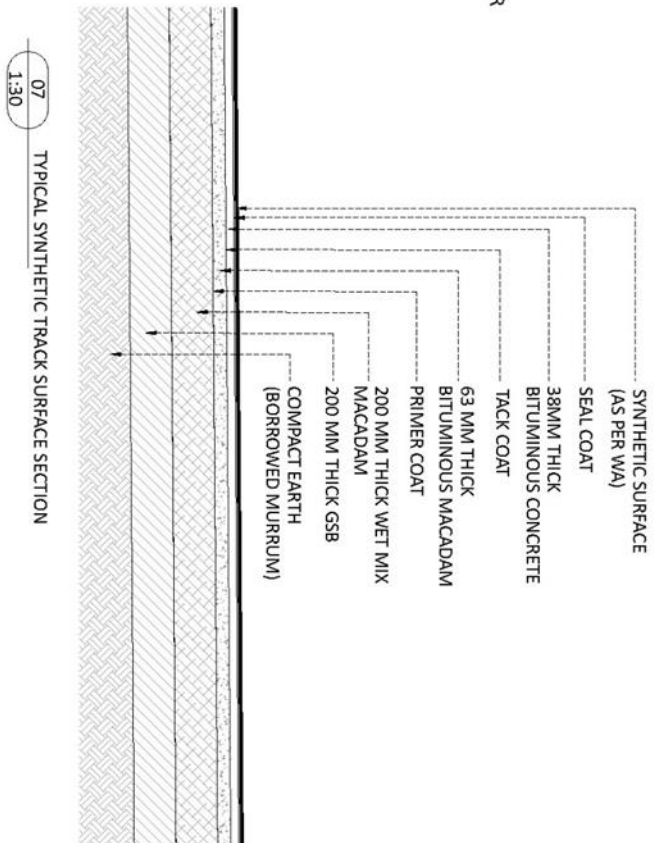
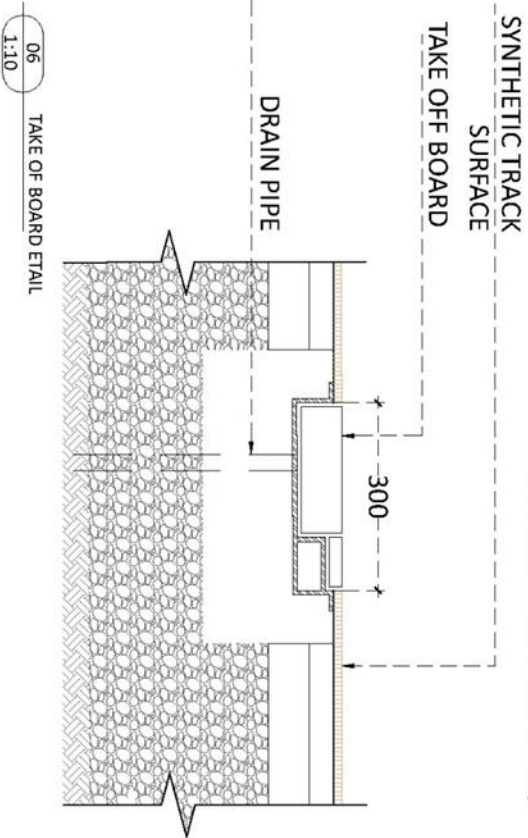
03 LONG JUMP / TRIPLE JUMP PIT - PLAN
1:100

04 LONG JUMP / TRIPLE JUMP PIT - SECTION
1:30

ATHLETIC TRACK & FIELD - SHEET 2 OF 3



DIRECTION OF RUNNING



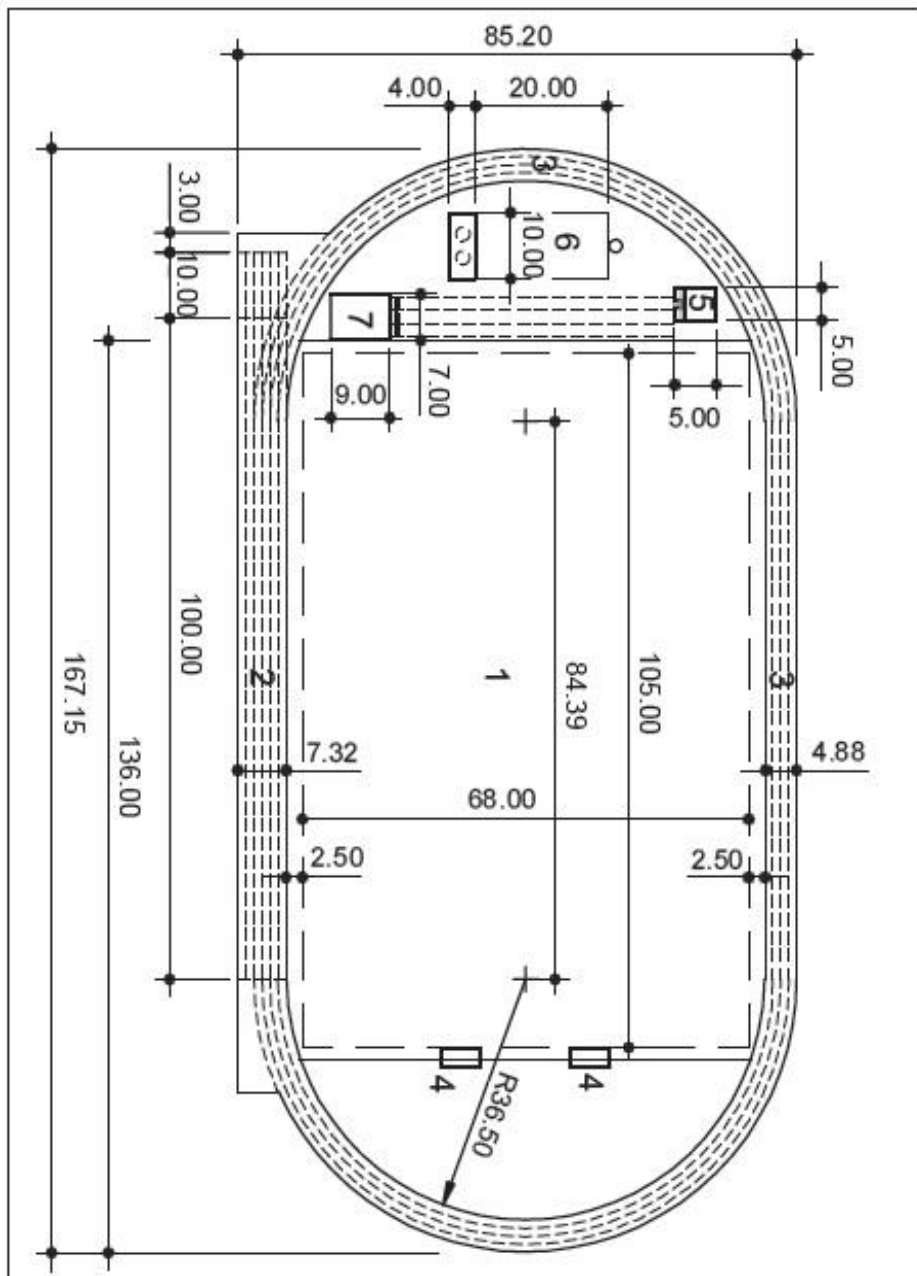
NOTE:
 ALL CONCRETE RECEIVING TRACK & FIELD SYNTHETIC SURFACING MUST HAVE A VAPOR BARRIER BETWEEN THE CONCRETE & AGGREGATE SUBBASE

ATHLETIC TRACK & FIELD - SHEET 3 OF 3

2. Synthetic Athletic Track (4 Lane)

Brief Specification:

1. International Standard 400m, 4 Lane Athletic Track, safety areas and high jump/long jump area) as per World Athletics (formerly IAAF) standards including the Sandwich Type surface with valid product approval certificate and laboratory test certificates from World Athletics (formerly IAAF), sub base as per the technical requirement to achieve the Certification.
2. 400m track as described in World Athletic Manual with min. 4 oval lanes and 6 straight lanes for 100m and 110m Hurdles.
3. Long and Triple Jump facility.
4. High Jump facility (02 Nos).
5. Pole Vault facility.
6. Shot Put facility (02 Nos).
7. Ancillary rooms including Change Rooms for Male & Female, Storage Areas and Admin Area with a minimum area of 200 sqm.
8. RCC drains all around as required with Precast Drain Cover (Perforated).
9. Infield with irrigation and required slope for drainage / sub-soil drainage toward RCC Drain, leveling and grassing for throw event only.
10. Protective fencing as required
11. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The Soft copy of the Handbook is available on the MYAS website) and the latest “Track and Field Facility Manual” issued by World Athletics.
12. The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
13. Projected timeline after issuance of Administrative Approval and Expenditure Sanction - 12 Months.

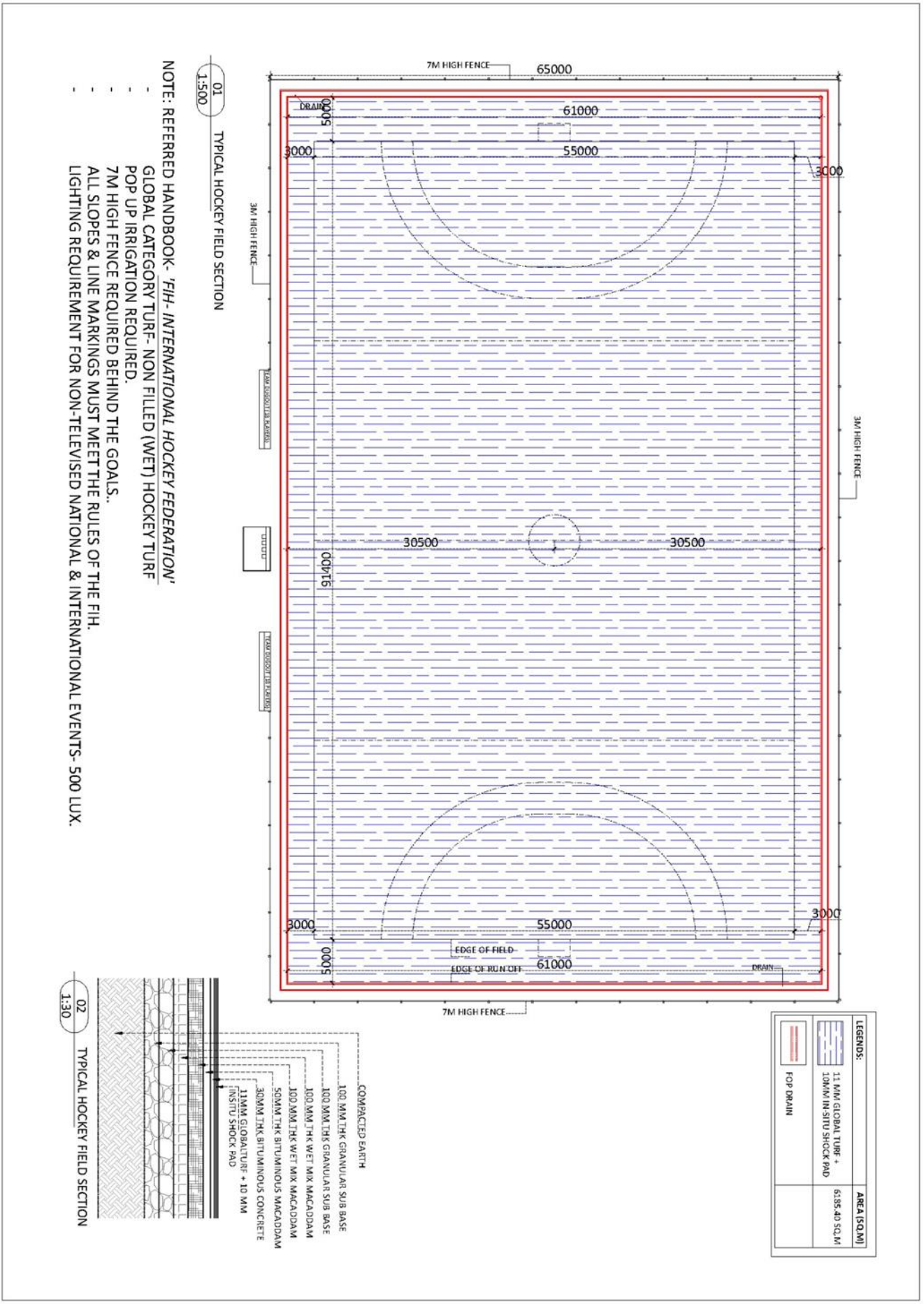


- | | | |
|-----------------------------|--|------------------------|
| 1 Playing field, 68m x 105m | 5 Pole Vault | 7 Long and Triple Jump |
| 2 Six-lane straight | 6 Shot Put area with two painted circles on a concrete slab and one competition circle | |
| 3 Four-lane oval track | | |
| 4 High Jump | | |

3. Synthetic Hockey Field/ Natural Hockey Field

Brief Specification:

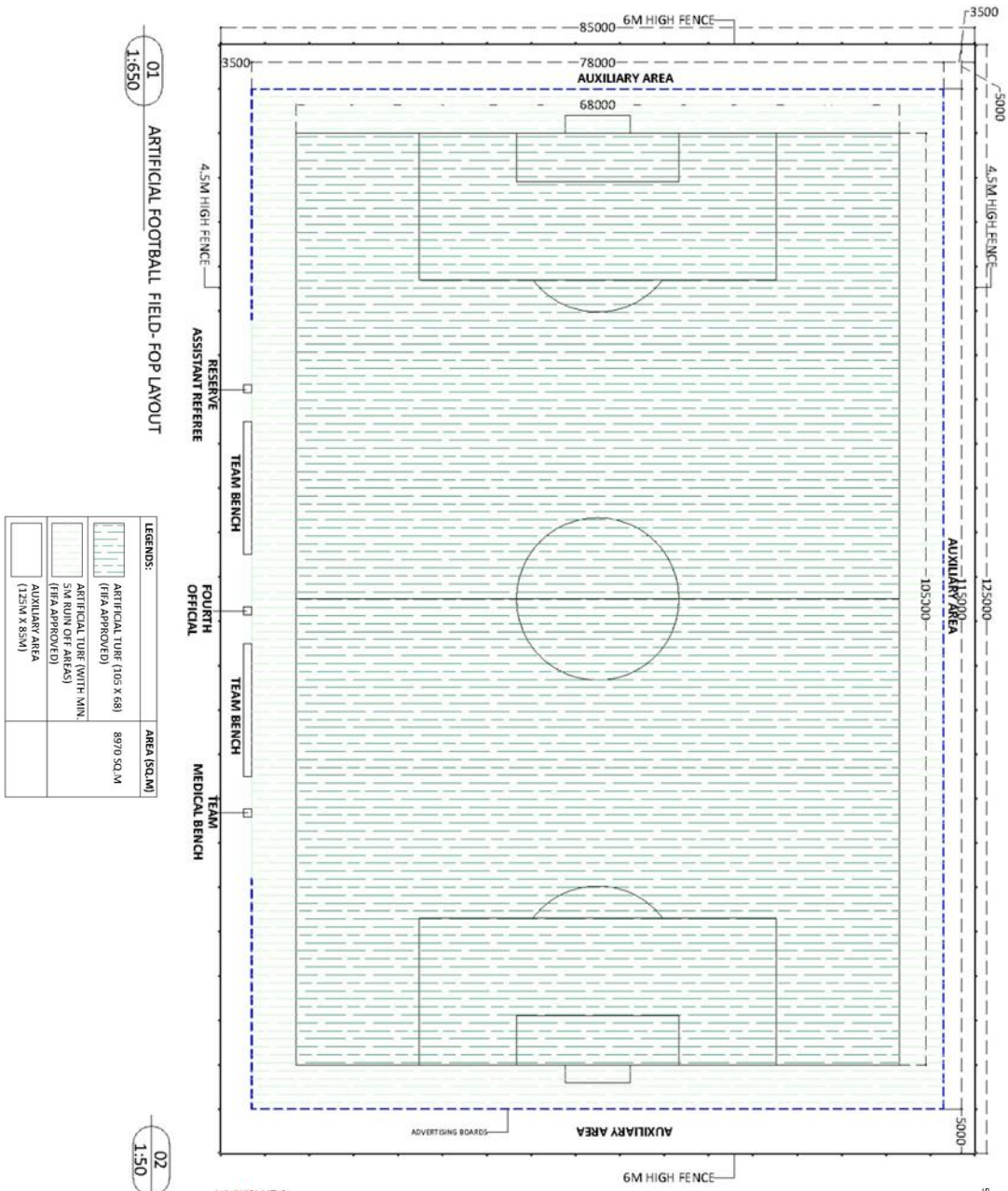
1. International standard Hockey field as per FIH standards and FIH Global Category including sub base, protective fencing, and Irrigation System as per the technical requirement to achieve the FIH Global Category Certification.
2. Players bench as per FIH guidelines (02 Nos)
3. Safety fencing – 4.50 m / 7.0 m height on the side behind the goal post and 3.0 m height along the length of the field and as per FIH Guidelines
4. Tube well / Bore well with all necessary Plumbing and Electrical items – 1 No.
5. RCC UG Tank of 60,000 ltr. Water capacity including Submersible Pumps, Pump Room, Electrical Panel, Piping works, etc.
6. Irrigation system as per FIH guidelines
7. Interlocking CC Paver blocks of M-35 grade outside FOP area and as per minimum requirement established in FIH guidelines.
8. RCC drains all around as required with Precast Drain Cover (Perforated).
9. Ancillary rooms including Change Rooms for Male & Female, Storage Areas, and Admin Area with a minimum area of 200 sqm.
10. The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
11. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The Soft copy of the Handbook is available on the MYAS website link) and the latest “Hockey Field and Turf Standards Manual” issued by FIH.
12. Sports Lighting, if provided, should be for Practice Level with Average Lux Level of around 500 to 700 Lux (as per FIH Guidelines)
13. Projected timeline after issuance of Administrative Approval and Expenditure Sanction
-12 Months.



4. Synthetic Football Ground/ Natural Football Ground

Brief Specification:

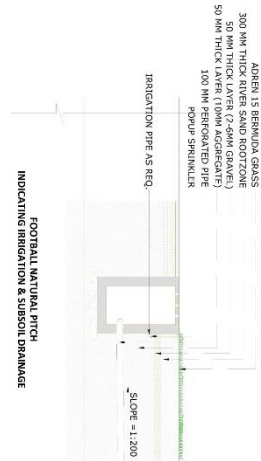
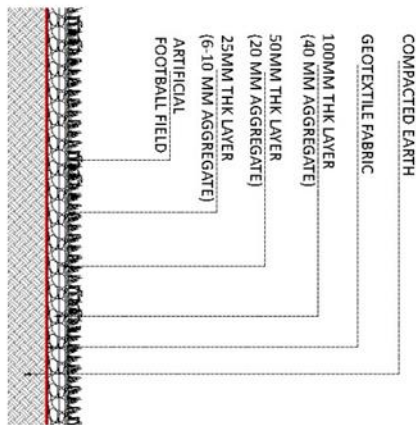
1. International Standard Football field as per FIFA standards and FIFA Quality Certification Synthetic Football Ground / Natural Grass Field meeting FIFA standards including sub base, Sub soil drainage system, Irrigation System and protective fencing as per the technical requirement to achieve the FIFA Certification.
2. Safety fencing – 6.0 m height on the side behind the goal post and 4.0 m height along the length of the field.
3. Tube well / Bore well with all necessary Plumbing and Electrical items – 1 No.
4. RCC UG Tank of 60,000 ltr. Water capacity including Submersible Pumps, Pump Room, Electrical Panel, Piping works, etc.
5. Irrigation system as per FIFA guidelines for Natural / Synthetic Football Ground
6. Interlocking CC Paver blocks of M-35 grade outside FOP area and as per minimum requirement established in FIFA guidelines.
7. RCC drains all around as required with Precast Drain Cover (Perforated).
8. Ancillary rooms including Change Rooms for Male & Female, Storage Areas and Admin Area with a minimum area of 200 sqm.
9. The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
10. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The Soft copy of the Handbook is available on the MYAS website) and the latest “Technical Recommendation and Requirements” issued by FIFA.
11. Projected timeline after issuance of Administrative Approval and Expenditure Sanction-**12 Months**



LEGENDS:

	ARTIFICIAL TURF (105 X 68) (FIFA APPROVED)	8970 SQ.M
	ARTIFICIAL TURF (WITH MIN. 5M RUN OFF AREAS) (FIFA APPROVED)	
	AUXILIARY AREA (125M X 85M)	

02 TYPICAL SECTION OF ARTIFICIAL FOOTBALL FIELD

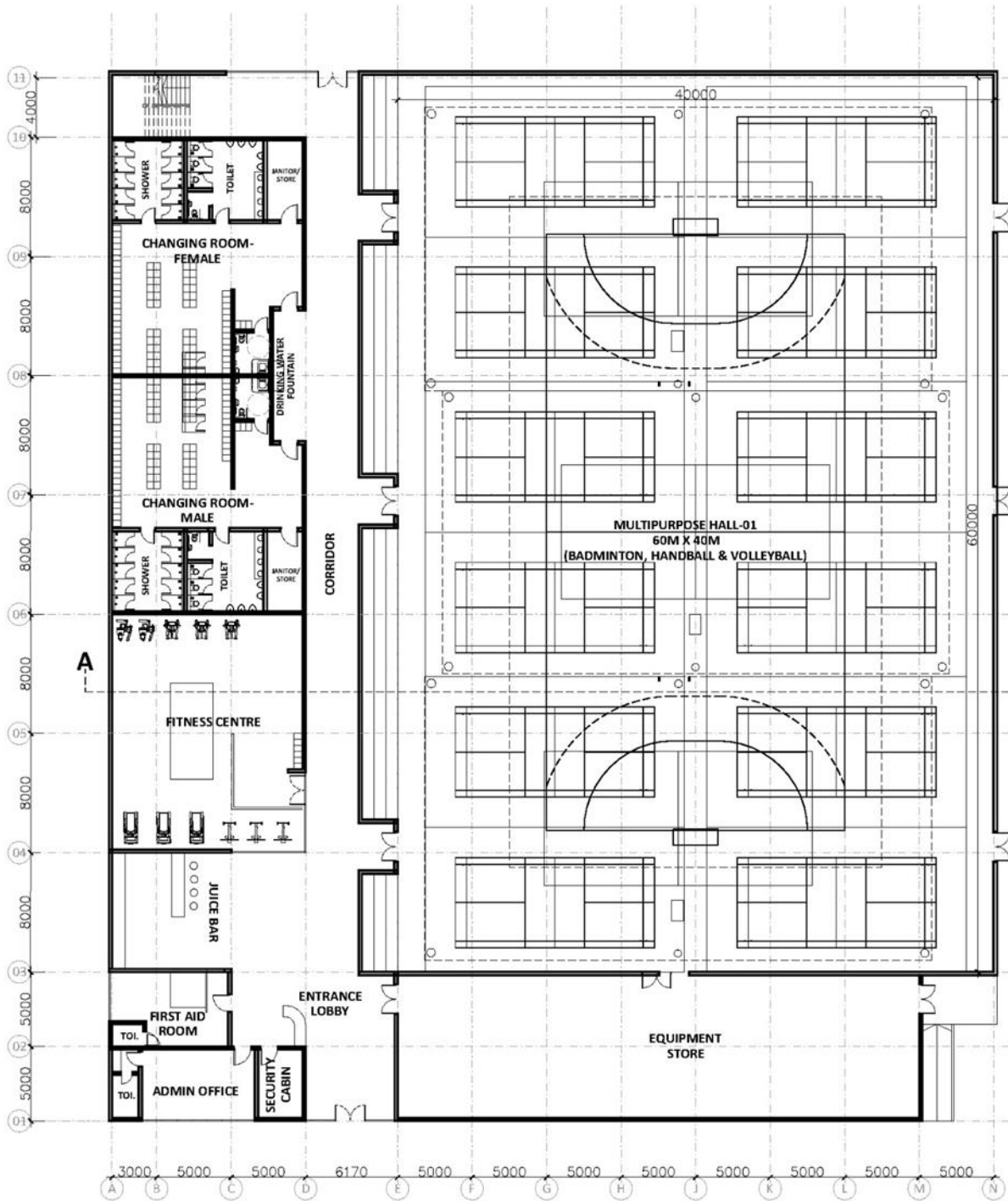


5. Multipurpose Hall of size 60M x 40M x 12.5M

Brief Specification:

1. RCC / Prefabricated Steel Building having a built-up area of 4000 sqm (approx.) including the following facilities:
 - (a) Main Indoor Hall – 60m x 40m x 12.5m including Wooden / Synthetic Flooring compliant with the guidelines established for hosting National Level Badminton, Volleyball, Basketball (as per respective federation guidelines) including sub base, Practice Level Sports Lighting of 500 lux.
 - (b) Ancillary rooms including Change Rooms for Male & Female, Gymnasium, Equipment Store and Admin Area with a minimum area of 1600 sqm (approx.).
 - (c) Spectator Seating area for approximately 200 spectators.
 - (d) The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
2. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The Soft copy of the Handbook is available on the MYAS website) and the latest “Technical Recommendation and Requirements” issued by BWF, FIVB & FIBA, etc.
3. Projected timeline after issuance of Administrative Approval and Expenditure Sanction -**18 Months.**

INDOOR HALL HEIGHT (approx.)		
S.NO	NAME OF SPORTS	TENTATIVE HEIGHT (M)
1	Badminton	12.0
2	Table Tennis	5.0
3	Squash	5.6
4	Basketball	9.0
5	Volleyball	12.5
6	Shooting Range (10 m)	3.0
7	Fencing	5.0
8	Boxing	5.0
9	Gymnastics	
9.1	Rhythmic	12.0
9.2	Trampoline	14.0
10	Acrobatic	12.0
11	Handball	7.0
12	Judo/Karate	5.0
13	Kabaddi	5.0
14	Netball	7.5
15	Taekwondo	5.0
16	Weightlifting	7.0
17	Wrestling	5.0



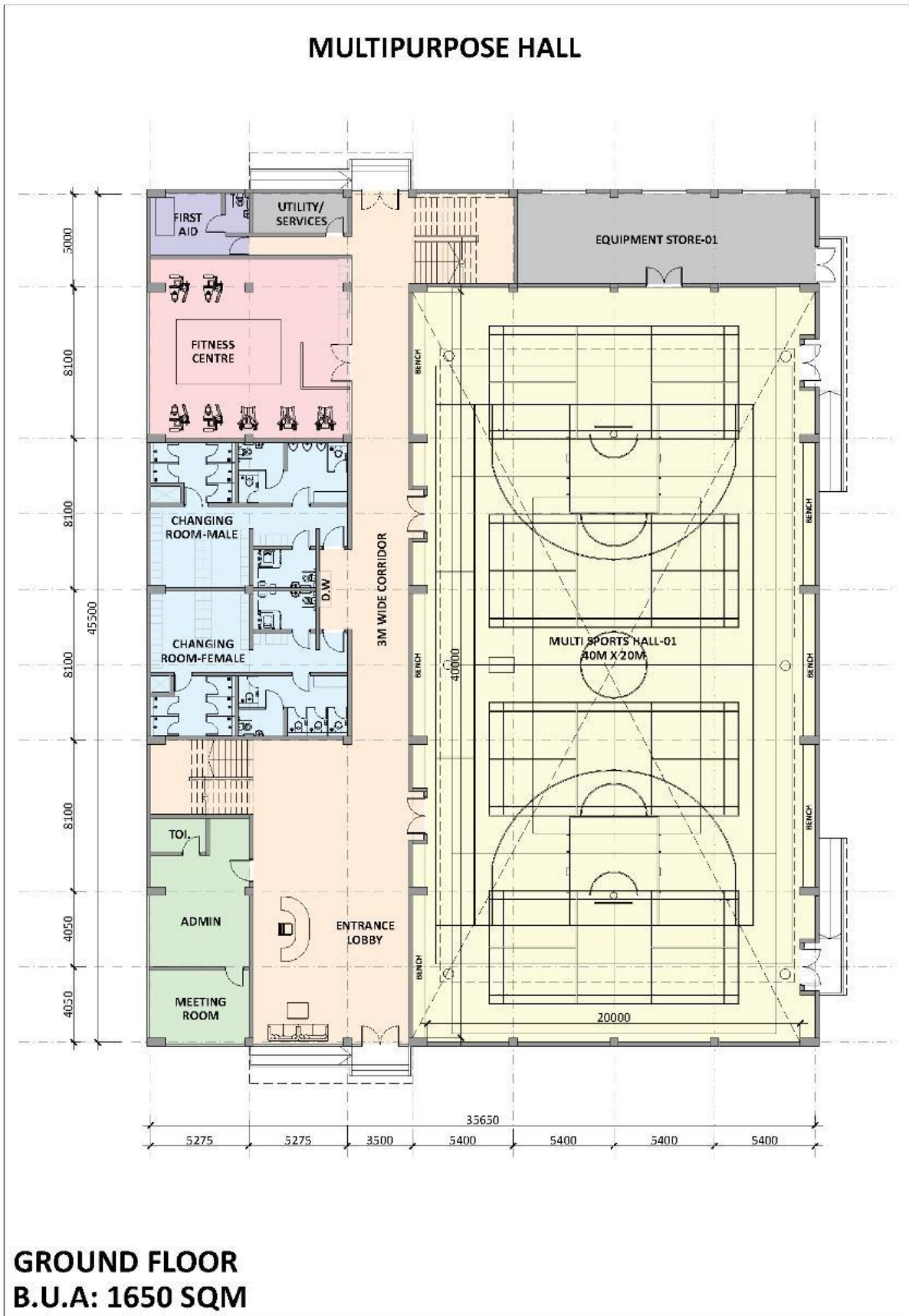
01 MULTIPURPOSE HALL- GROUND FLOOR PLAN
1:350

6. Multipurpose Hall of size 40M x 20M x 9.0M

Brief Specification:

1. RCC / Prefabricated Steel Building having a built-up area of 2350 sqm (approx.) including following facilities:
 - (a) Main Indoor Hall – 40m x 20m x 9.0m including Wooden / Synthetic Flooring compliant with the guidelines established for hosting National Level Badminton, Volleyball, Basketball (as per respective federation guidelines) including sub base. Practice Level Sports Lighting of 500 lux.
 - (b) Ancillary rooms including Change Rooms for Male & Female, Gymnasium, Equipment Store and Admin Area with a minimum area of 1600 sqm (approx.).
 - (c) Spectator Seating area for approximately 200 spectators.
 - (d) The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
2. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The Soft copy of the Handbook is available on the MYAS website) and the latest “Technical Recommendation and Requirements” issued by BWF, FIVB & FIBA, etc.
3. Projected timeline after issuance of Administrative Approval and Expenditure Sanction -**18 Months.**

INDOOR HALL HEIGHT (approx.)		
S.NO	NAME OF SPORTS	TENTATIVE HEIGHT (M)
1	Badminton	12.0
2	Table Tennis	5.0
3	Squash	5.6
4	Basketball	9.0
5	Volleyball	12.5
6	Shooting Range (10 m)	3.0
7	Fencing	5.0
8	Boxing	5.0
9	Gymnastics	
9.1	Rhythmic	12.0
9.2	Trampoline	14.0
10	Acrobatic	12.0
11	Handball	7.0
12	Judo/Karate	5.0
13	Kabaddi	5.0
14	Netball	7.5
15	Taekwondo	5.0
16	Weightlifting	7.0
17	Wrestling	5.0

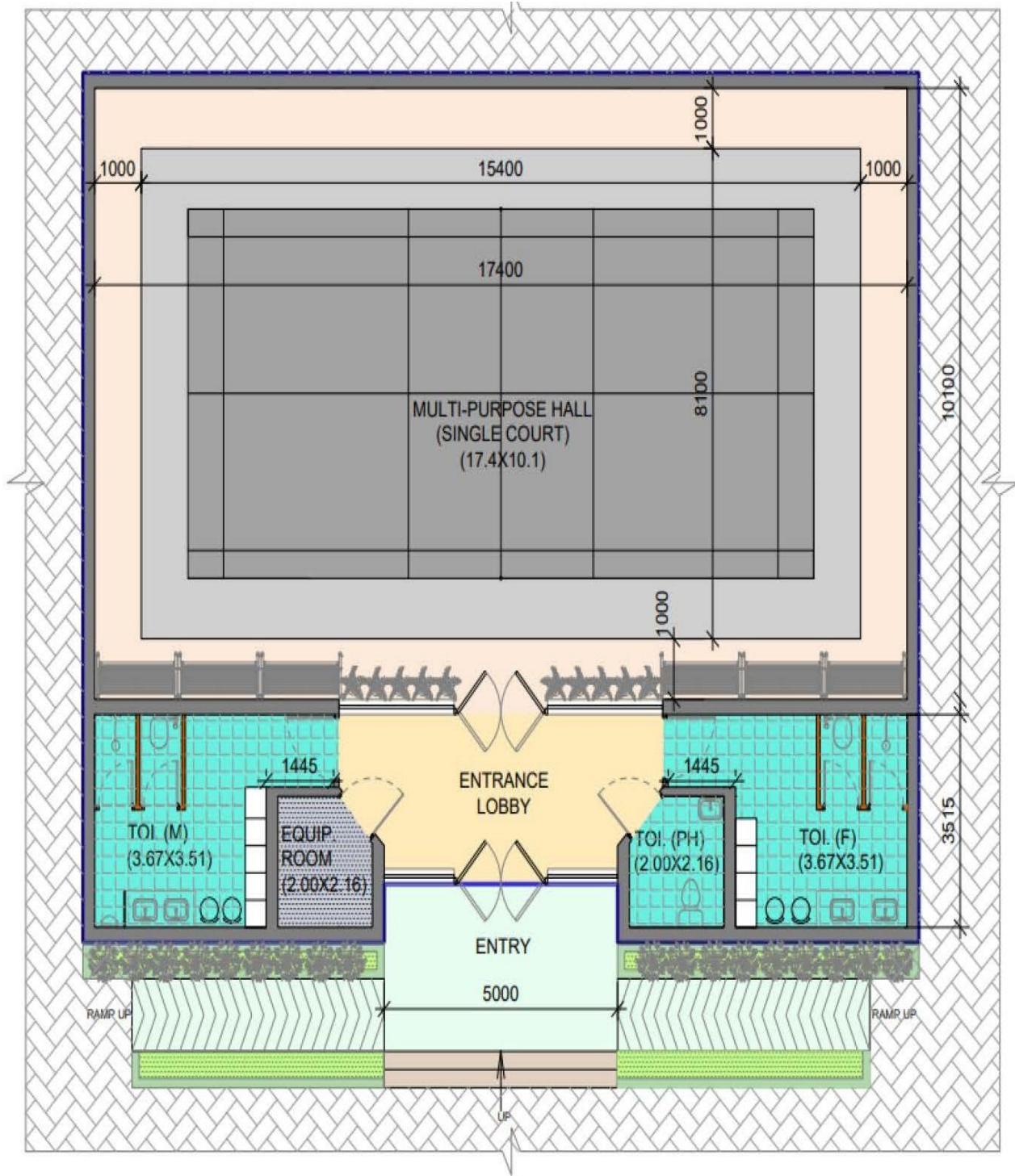




7. Multipurpose Hall (17.5 x 10 x 7.5 M)

Brief Specification:

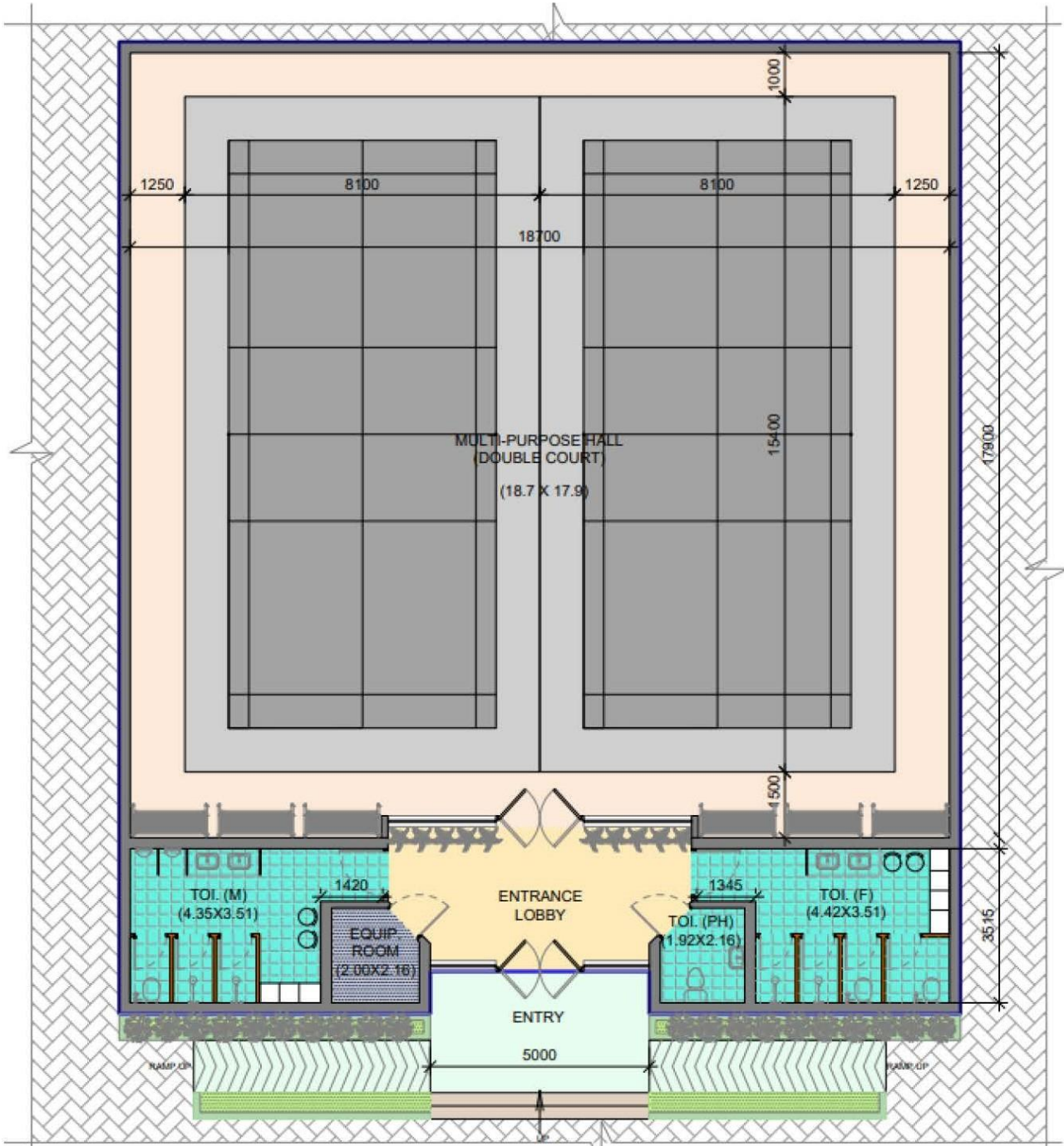
1. RCC / Prefabricated Steel Building having a built-up area of 275 sqm (approx.) including following facilities:
 - (a) Main Indoor Hall – 17.5m x 10m x 7.5m including PCC Flooring compliant with the guidelines established for hosting Village / District Level Badminton, Volleyball, Basketball (as per respective federation guidelines) including sub base.
 - (b) Ancillary rooms including Change Rooms for Male & Female, Equipment Store and Admin Area with a minimum area of 100 sqm (approx.).
 - (c) The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
2. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The Soft copy of the Handbook is available on the MYAS website) and the latest “Technical Recommendation and Requirements” issued by BWF, FIVB & FIBA, etc.
3. Projected timeline after issuance of Administrative Approval and Expenditure Sanction -**12 Months.**



8. Multipurpose Hall (18.5 x 17.5 x 7.5 M)

Brief Specification:

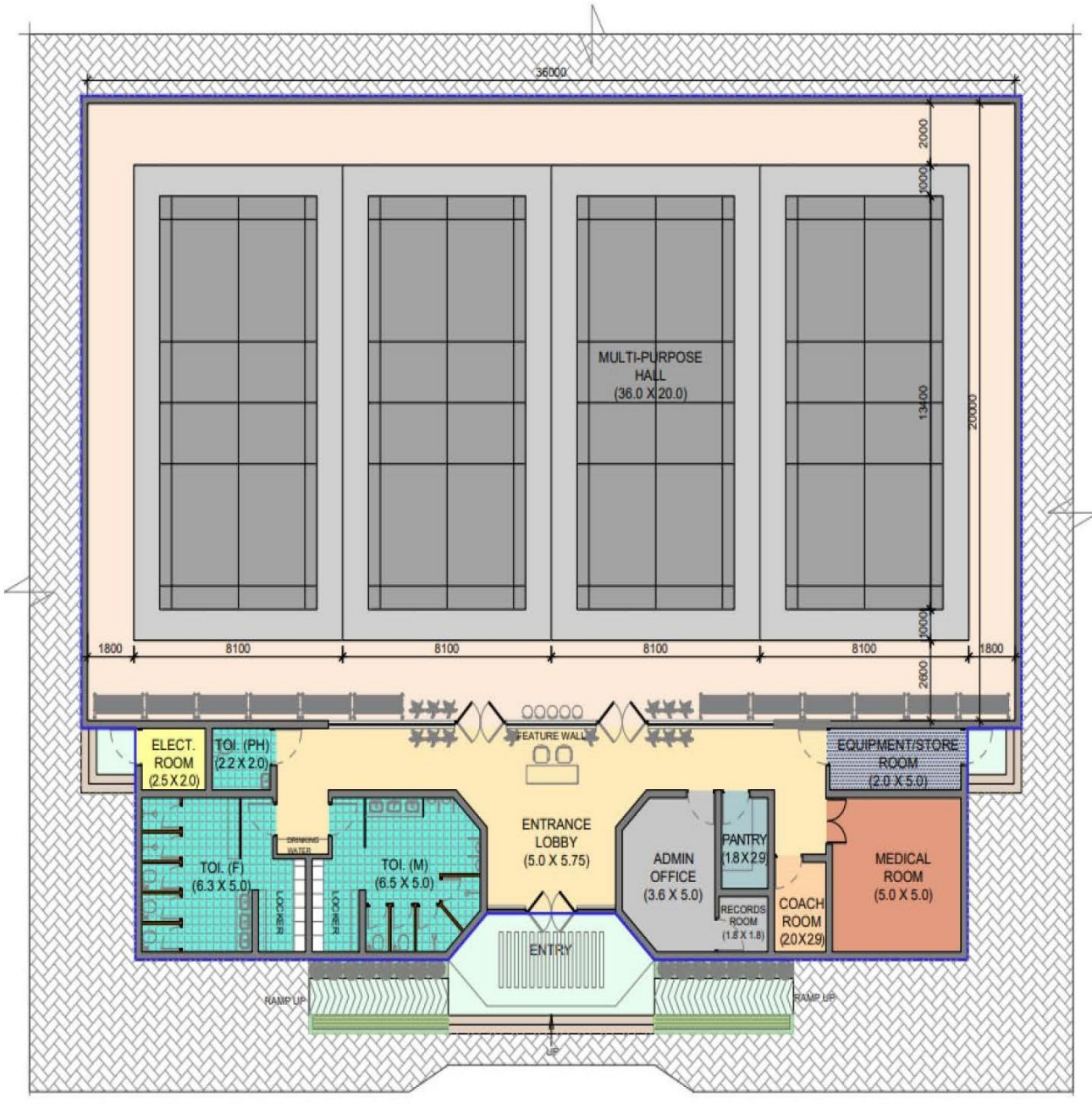
1. RCC / Prefabricated Steel Building having a built-up area of 450 sqm (approx.) including following facilities:
 - (a) Main Indoor Hall – 18.5m x 17.5m x 7.5m including PCC Flooring compliant with the guidelines established for hosting Village / District Level Badminton, Volleyball, Basketball (as per respective federation guidelines) including sub base.
 - (b) Ancillary rooms including Change Rooms for Male & Female, Equipment Store and Admin Area with a minimum area of 125 sqm (approx.).
 - (c) The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
2. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The Soft copy of the Handbook is available on the MYAS website) and the latest “Technical Recommendation and Requirements” issued by BWF, FIVB & FIBA, etc.
3. Projected timeline after issuance of Administrative Approval and Expenditure Sanction -**12 Months.**



9. Multipurpose Hall (36.0 x 20.0 x 9.0 M)

Brief Specification:

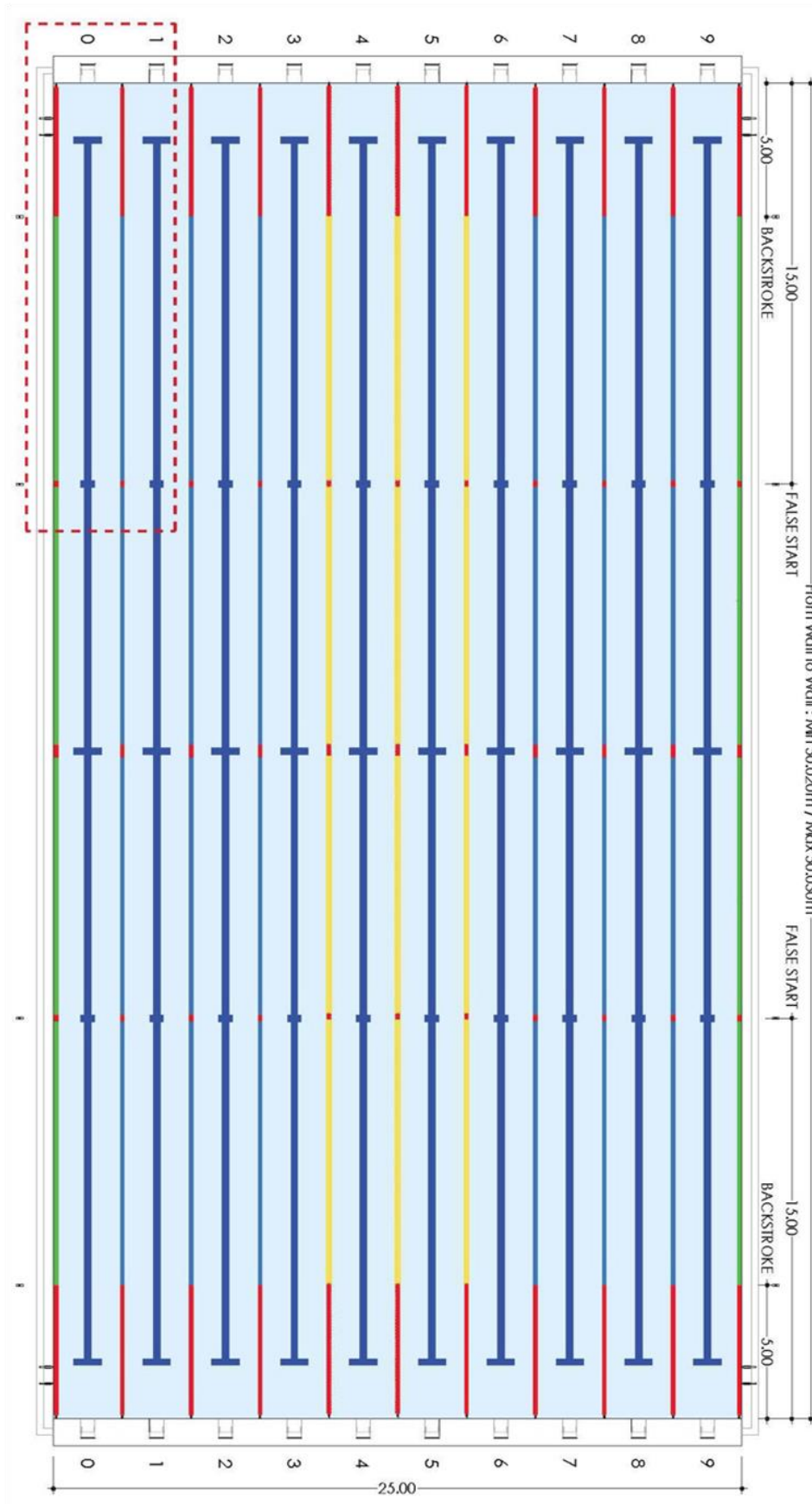
1. RCC / Prefabricated Steel Building having a built-up area of 1000 sqm (approx.) including following facilities:
 - (a) Main Indoor Hall – 36.0m x 20.0m x 9.0m including PCC Flooring compliant with the guidelines established for hosting Village / District Level Badminton, Volleyball, Basketball (as per respective federation guidelines) including sub base.
 - (b) Ancillary rooms including Change Rooms for Male & Female, Equipment Store and Admin Area with a minimum area of 280 sqm (approx.).
 - (d) The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
2. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The Soft copy of the Handbook is available on the MYAS website) and the latest “Technical Recommendation and Requirements” issued by BWF, FIVB & FIBA, etc.
3. Projected timeline after issuance of Administrative Approval and Expenditure Sanction -**12 Months.**



10. Swimming Pool

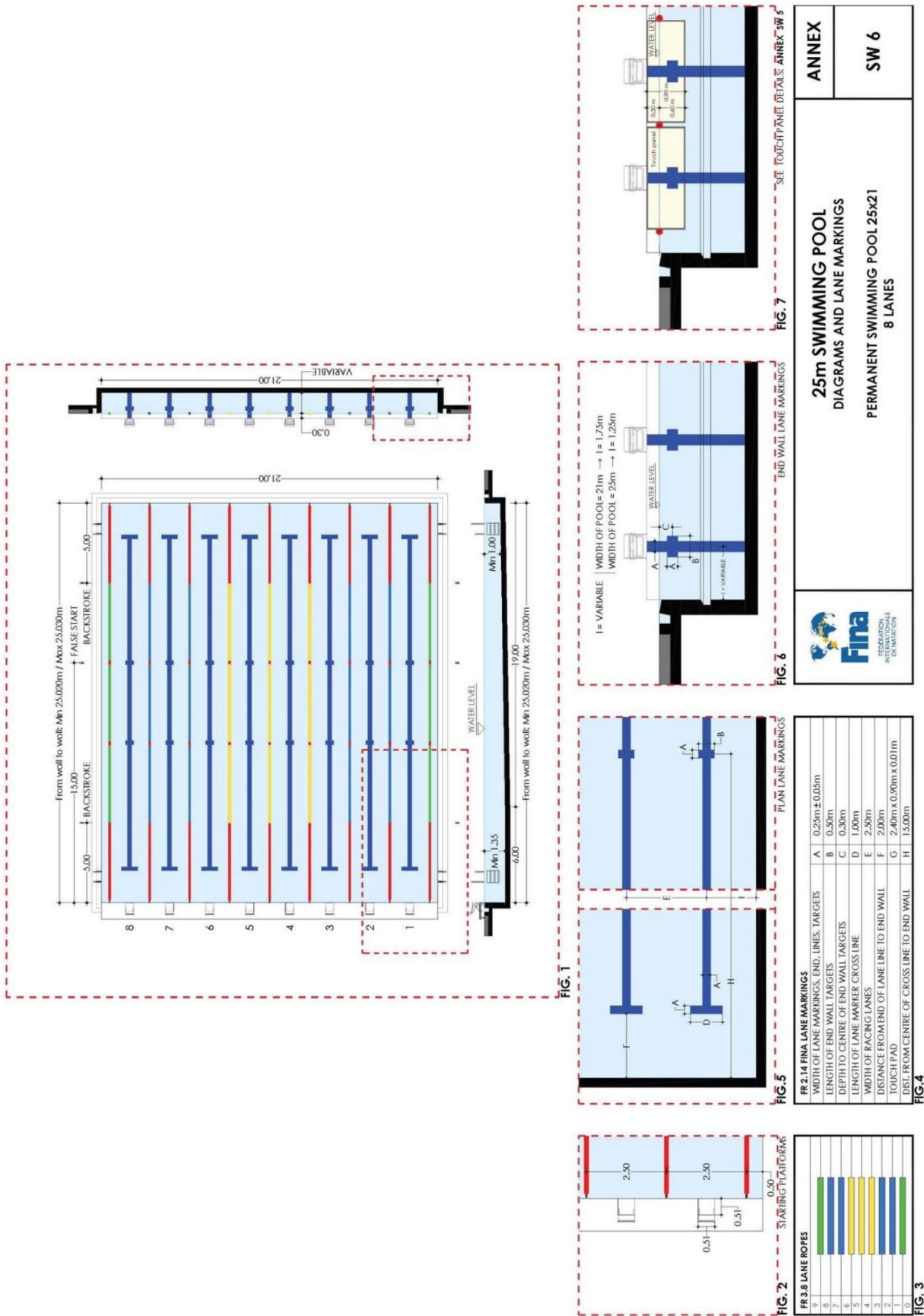
Brief Specification:

1. Standard Olympic Size Outdoor Swimming Pool 50M x 25M minimum depth of 1.35M on the shallow side and 2.0M at a deep end with 8 lanes as per FINA guidelines.
2. The deck area around the pool should be minimum as per FINA guidelines on all sides.
3. Lane ropes extending to the full length of the course. Colour as per FINA rules.
4. Starting Platform on either side of the pool meeting FINA guidelines.
5. The pool tiles should be compliant with FINA guidelines and should include the edge grip tiles, and corner tiles at other lane marking tiles.
6. Peripheral RCC Drainage/Gutters to be provided with FINA-compliant drain cover on the pool deck.
7. Filtration Plant room with Balancing Tank etc. designed to cater to the volume of water required in the pool along with necessary electrical & water supply services. The filtration system should meet the health and safety guidelines as per FINA.
8. Tube well / Bore well with all necessary Plumbing and Electrical items – 1 No.
9. Ancillary rooms including Change Rooms for Male & Female, Storage Areas, and Admin Area with a minimum area of 200 sqm.
10. Light-weight roof cover to be provided over the pool and deck areas
11. The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
12. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The Soft copy of the Handbook is available on the MYAS website) and the latest “FINA Facilities Rules” issued by FINA.
13. Projected timeline after issuances of administrative approval and Expenditure Sanction-**18 Months.**



Swimming Pool (50M X 25M)

Swimming Pool (25M X 25M)



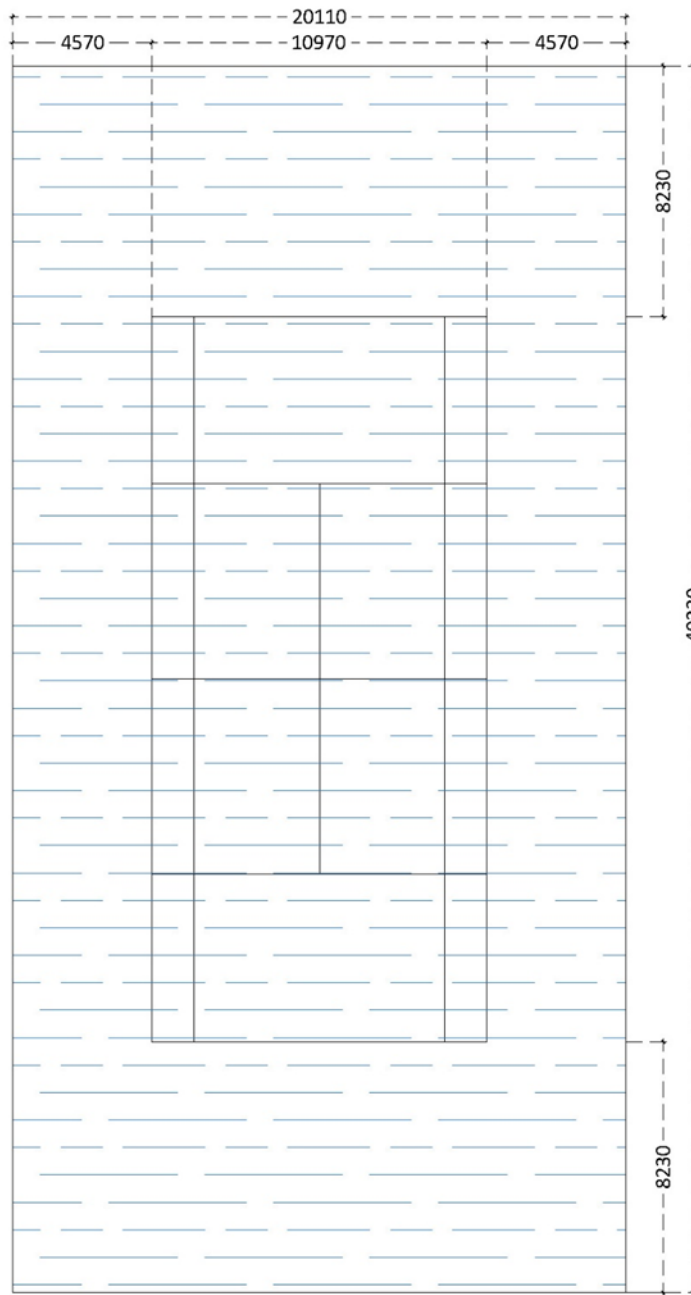
	25m SWIMMING POOL DIAGRAMS AND LANE MARKINGS PERMANENT SWIMMING POOL 25x21 8 LANES	ANNEX
		SW 6

FR 2.14 FINA LANE MARKINGS	A	0.25m ± 0.025m
WIDTH OF LANE MARKINGS	B	0.50m
END LINES, TARGETS	C	0.30m
LENGTH OF END WALL TARGETS	D	1.00m
DEPTH TO CENTRE OF END WALL TARGETS	E	2.50m
LENGTH OF LANE MARKER CROSS LINE	F	2.00m
WIDTH OF RACING LANES	G	2.40m x 0.90m x 0.01m
DISTANCE FROM END OF LANE LINE TO END WALL	H	1.50m
TOUCH PAD		
DIST. FROM CENTRE OF CROSS LINE TO END WALL		

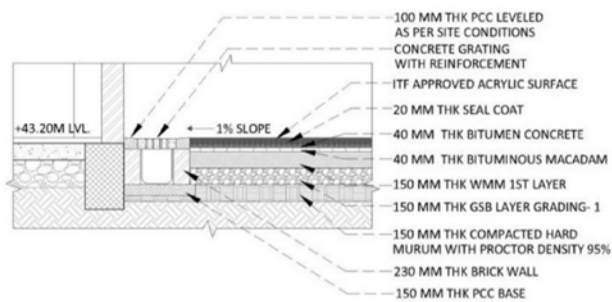
11. Lawn Tennis Court

Brief Specification:

1. International Standard Lawn Tennis Court as per ITF standards and ITF Quality Certification including sub base, Drainage System and Protective Fencing as per the technical requirement to achieve the ITF Certification.
2. The minimum dimension for the Lawn Tennis Court (01 No) including run-back shall be 40.23m x 20.11m as per ITF Guidelines. This dimension includes the play area for both singles and doubles.
3. The Playing Surface shall be Acrylic / Polyurethane as per with valid product approval certificate and laboratory test certificates from International Tennis Federation (ITF), sub base as per the technical requirement to achieve the Certification.
4. Safety fencing – 3.0 m height all around the court.
5. Ancillary rooms including Change Rooms for Male & Female, Storage Areas and Admin Area with a minimum area of 200 sqm.
6. The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
7. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The Soft copy of the Handbook is available on the MYAS website) and the latest “International Tennis Federation Facilities Guidelines” issued by ITF.
8. Projected timeline after issuance of administrative approval and Expenditure Sanction-**12 months.**



01 LAWN TENNIS COURT - FOP LAYOUT
1:175



NOTE:

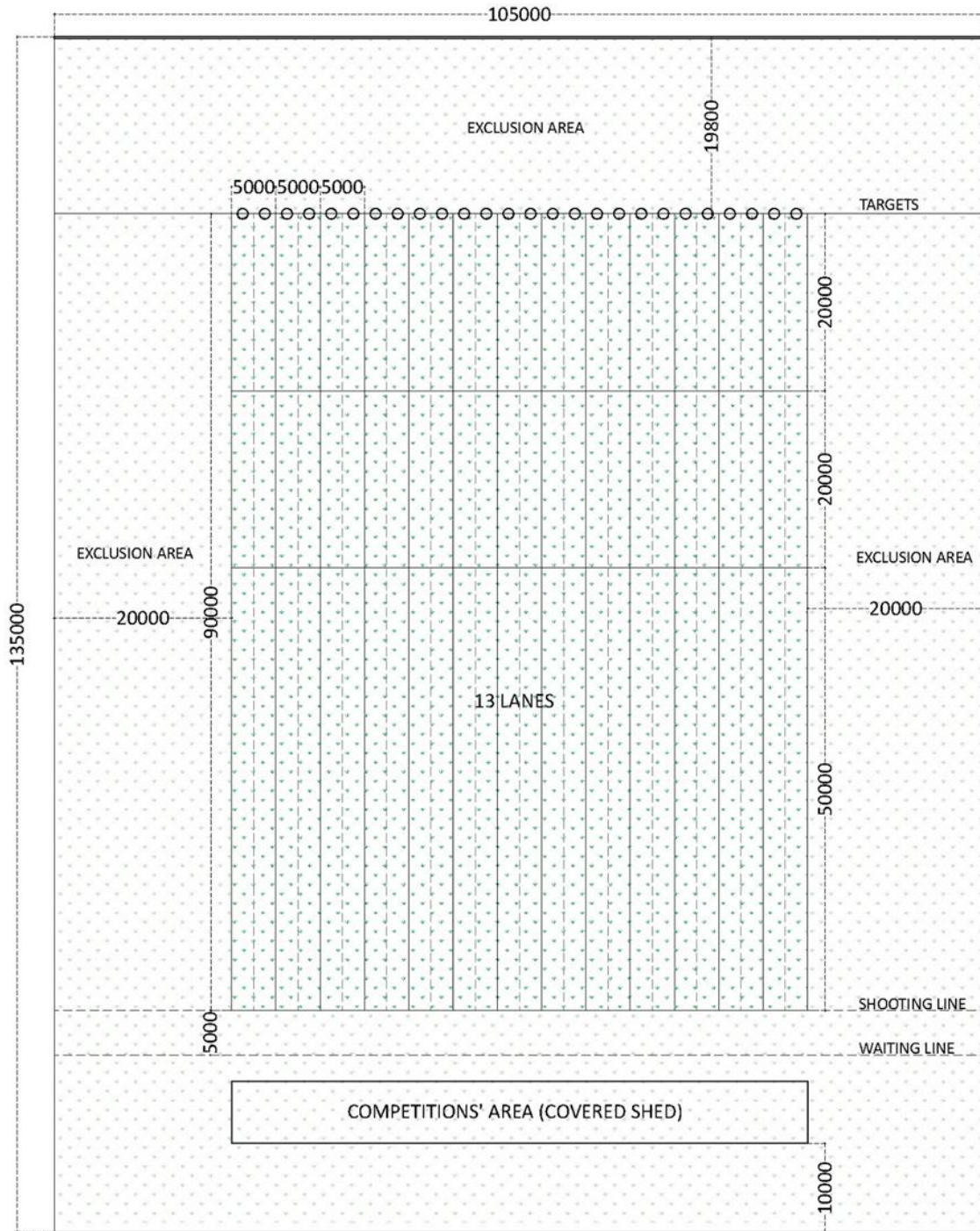
- ITF CLASSIFIED SYNTHETIC ACRYLIC TURF
- IRRIGATION NOT REQUIRED.
- 3M HIGH FENCE ON ALL 4 SIDES.
- IF COURTS ARE LAID SIDE BY SIDE, THEN THE DIVIDING FENCE CAN BE LOWERED TO 1.2M HIGH.
- ALL SLOPES & LINE MARKINGS MUST MEET THE RULES OF THE ITF.

LEGENDS:	AREA (SQ.M)
ITF CLASSIFIED 9 LAYER SYNTHETIC ACRYLIC (TENNIS FLOORING)	809 SQ.M

12. Archery Range

Brief Specification:

1. International Standard Outdoor Archery Training / Competition Field as per International Field Archery Association (IFFA) standards and IFAA Quality Compliance including surface leveling, with minimal slope to provide proper drainage and Protective Fencing.
2. The minimum size for Outdoor Archery Field to include 26 Nos Practice Target shall be 105m in width and 135m in length.
3. The length of the Shooting Lane shall be 70m with a 20m safety space behind.
4. Safety fencing – 8.0 m height with green backdrop along the back of the field.
5. Irrigation and Drainage systems as required
6. Ancillary rooms including Change Rooms for Male & Female, Storage Areas and Admin Area with a minimum area of 200 sqm. along with a covered shed for the Archers at the Shooting line.
7. The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
8. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The soft copy of the Handbook is available on the MYAS website) and the latest “The Book of Rules” issued by IFFA.
9. Projected timeline after issuance of Administrative Approval and Expenditure Sanction-**12 months.**



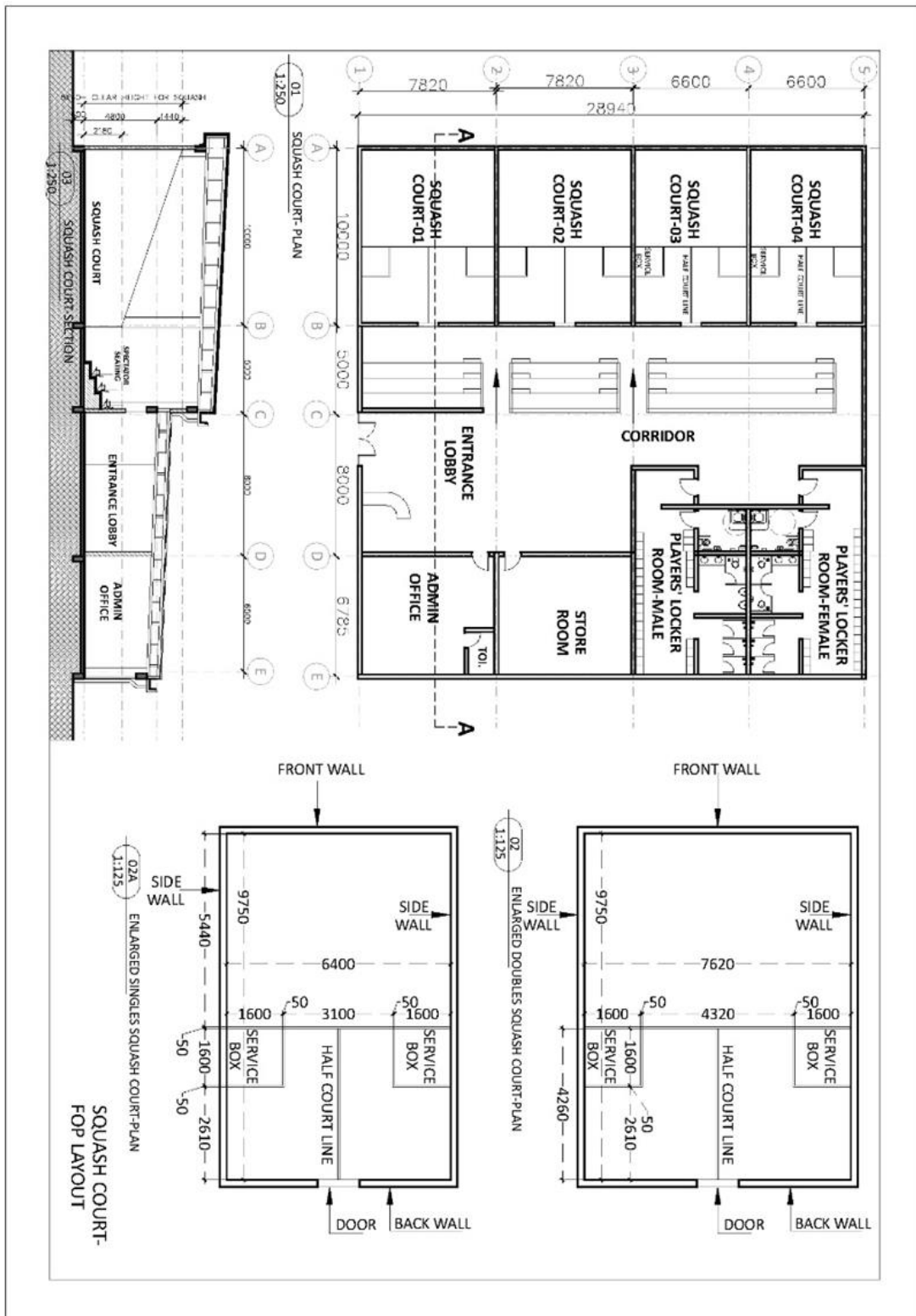
01 FIELD ARCHERY- FOP LAYOUT
1:600

LEGENDS:	AREA (SQ.M)
NATURAL GRASS SURFACE (FOR 26 LANES)	5850 SQ.M
NATURAL GRASS SURFACE (EXCLUSION AREA)	8325 SQ.M
POLISHED WOODEN FLOOR/ CONCRETE FLOOR	

13. Squash Court

Brief Specification:

1. International Standard Indoor Squash Courts as per World Squash Federation (WSF) standards and WSF Quality Certification including sub base as per the technical requirement to achieve the WSF Certification.
2. The Indoor facilities shall be RCC / Prefabricated Steel Building having a built-up area of 1000 sqm containing the following:
 - (a) 02 Nos International Standard Size of Doubles Squash Court
 - (b) 02 Nos International Standard Size of Singles Squash Court
 - (c) Ancillary rooms including Change Rooms for Male & Female, Equipment Store and Admin Area with a minimum area of 200 sqm (approx.).
 - (d) Spectator Seating area for approximately 200 spectators.
 - (e) The internal clear height of the court shall be a minimum of 5.64m and as per WSF guidelines.
 - (f) The construction methodology and finishing of the back and side walls shall be compliant with WSF guidelines.
 - (g) The courts shall be air-conditioned and accordingly the roof needs to be insulated.
 - (h) The Squash Courts shall have Flooring compliant with the guidelines established by WSF including sub-base, Practice Level Sports Lighting of 500 lux.
3. The Building Facilities should comply with the latest National Building Code and applicable local Building Regulations.
4. The relevant applicable Handbook of play and specification of Sports infrastructure shall be referred for guidance. (The soft copy of the Handbook is available on the MYAS website link) and the latest facility guidelines issued by WSF.
5. Projected timeline after issuance of Administrative Approval and Expenditure Sanction-**18-month** construction of the hall.



ANNEXURE-II
KHELO INDIA- SPORTS INFRASTRUCTURE
APPLICATION FORM

S. No.	Particulars	Details
	Details of Grantee	
1	Name of the applicant	
2	Postal Address with pin code	
3	Phone number, Fax No. and Email	
	Details of Project	
4	Name of the Project i.e. details of Sports Infrastructure to be created	
5	Location where the Project is proposed to be executed. Full address with pin code	
6	Geo tagging coordinates i.e. Latitude and Longitude	
7	Name and address of nearest Air/Seaport, Railway Station, Bus Stand, and distance thereof. Is the location accessible by any other mode of transport? If so, specify.	
8	Details of similar Sports Infrastructure facilities available in the town/city	
9	Details of Sports Infrastructure facilities available in the Sports Complex, where the proposed infrastructure is to be created.	
10	Details of Projects already sanctioned under erstwhile USIS and Khelo India Scheme and status of execution of those projects.	
11	Name of Executing Agency engaged for execution of the project	
12	Area of land, including the type of land based on land use. (Land for which title is not clear, such as forest land, swampy or low-lying land, etc., may not be selected).	
13	Land ownership (A land clearance certificate showing legal status shall be attached with this Application Form).	
14	Whether the land is readily available for executing the project	

15	Technical/Engineering aspects	
16	The proposal should contain a brief history of the project (The reason for conceptualization)	
17	BOQ/Schedule of Quantity based on the authenticated Schedule of Rates applicable in the particular State/UT. All the Non-Schedule items must be analyzed on the current market rate authenticated by the competent authority of the state/UT (to be interlinked digitally with details of measurement).	
18	Estimated cost of the project, including evidence of the project, costing, quotations, and site-specific schematic plans (developed with stakeholder inputs)	
19	Plan, Elevation, Section, Structural analysis of framed structure, roof, etc. on AUTOCAD system, strata distribution chart authenticated by competent authority (to be interlinked digitally with details of measurement).	
20	Details of measurements for all items taken in Schedule of Quantity (to be interlinked digitally with drawings, BOQ, etc.).	
21	Details of utilization certificate for all projects sanctioned by MYAS for the particular project	
22	Information regarding funds sanctioned, released, utilized	
23	Details of the specification, mandatory guidelines regarding the environment, green energy utilization	
24	PERT chart for all detailing all activities involved in completion of the project and detailing Time Schedule for Completion	
25	Key milestones with timelines for completion of the project.	
26	Details of Centres for the training of National level Players in the town, if any.	

27	No. of National and International level players from the State in disciplines included in the Asian Games/Commonwealth Games/Olympics	
28	Full justification for the project.	

Authorized Signatory
Name & Designation
(with official stamp)

/Countersigned/

Principal Secretary/Secretary
In charge Sports Department
(Name:.....)
(With official stamp)

Note: Separate sheets may be enclosed where space provided in the Application form is insufficient

ANNEXURE - II (Contd....)

CERTIFICATE

1. Certified that the land on which the project is proposed to be executed is readily available for the commencement of work and is free from all encumbrances.
2. We undertake that the cost of the project over and above the grant admissible under the Khelo India Scheme shall be borne by the State/University.
3. We undertake that the Memorandum of Understanding (MoU) prescribed in Annexure-V of the Khelo India Scheme shall be signed by the authorized signatory of the State/University and that of MYAS.
4. We undertake that the sports facilities, once created, shall be allowed to be used by the general public free of cost or on payment of a nominal fee.
5. We undertake that the maintenance of the assets created shall be looked after by the State/University at their expense.
6. We undertake that monthly physical/Technical progress of work of the project sanctioned by the Ministry of Youth Affairs and Sports will be submitted by the 10th of every month for the previous month, and will be updated in the Public Financial Management system (PFMS).

Authorized Signatory
Name & Designation
(with official stamp)
/Countersigned/

/Countersigned/

Principal Secretary/Secretary
In charge Sports Department
(Name :.....)
(With official stamp)

ANNEXURE II (Contd.)

Guidelines for completing the application form at Annexure-II

1. Due care may be taken while filling out the application form.
2. The weightage given in Annexure-I will be applied to the respective details provided in the application form.
3. The project proposal will be selected through a challenging method from amongst the group of states decided by the DPAC.
4. Mere indication in the application form without any details may not fetch a higher weightage. For example, in S. No. 7 relating to connectivity (Road/Rail/Air/Seaport), just indicating that “well connected” will not be accepted. The distance between the place where the sports infrastructure project is proposed to be created and Road/Rail/Airport shall be mentioned clearly.
5. If the proposal is forwarded by the Sports Council/Authority, the Application and Certificate shall be signed by the Secretary of the Council/Authority and countersigned by the Principal Secretary/Secretary of the Department of Sports.
6. If the proposal is forwarded by a School /College/ State University, the Application, and Certificate shall be signed by the Principal / Vice-Chancellor respectively and countersigned by the Principal Secretary/Secretary of the Department of Sports of the respective State Govt.
7. If the proposal is forwarded by a Sports Control Board, the Application and Certificate shall be signed by the Commissioner / Secretary in charge respectively and countersigned by the Principal Secretary/Secretary of the Department of Sports of the respective State Govt.
8. If the proposal is from an Organization under Central Govt., the Application and Certificate may be signed by the authorized officer of the organization and countersigned by the Head of the organization.

ANNEXURE- III

Monthly Progress Report in respect of Sports Infrastructure Projects sanctioned under erstwhile USIS and Khelo India Scheme for the Month ending on -----

Name of Grantee.....

Name of the project with location	Amount sanctioned (with date)	Amount released so far by MYAS GOI (with date)	Name of Executing Agency	Date of Award of work	Details of the release of funds to Executing Agency (with date)	Date of start of work	% of Physical Progress (photographs of ongoing projects may be attached)
(i)	(ii)	(iii)	(iv)	(v)	(vi)	(vii)	(viii)

Expenditure incurred up to the quarter ending on --- - (A copy of expenditure statement submitted by Executing Agency may be attached)	Date of completion of the project as per the contract/agreement executed with Executing Agency	Likely date of completion	Whether the Monitoring Committee has been constituted? (Yes/No)	Status of the signing of MOU with MYAS	Status of submission of UC	Remarks, if any
(ix)	(x)	(xi)	(xii)	(xiii)	(xiv)	(xv)

ANNEXURE III -A

Proforma for Submission of Reports by State Level Monitors (SLM)

Name of the Project with location	Name of the Executing Agency	Date of Start of Work	% of Physical Progress (Photographs of ongoing projects may be attached)	Expenditure incurred upto the quarter ending on (A copy of expenditure statement submitted by the Executing agency may be attached)	Date of completion of the project as per the contract/agreement executed with executing agency
(i)	(ii)	(iii)	(iv)	(v)	(vi)

Likely date of completion	Whether TPQA was engaged or quality control done by the department	Whether the QA team had submitted duly filled checklist to SLM	Whether SLM is satisfied with the quality of work, reports & progress	Any deficiencies/deviation noticed in terms of quality/progress if so, details thereof
(vii)	(viii)	(ix)	(x)	(xi)

Attachments Required:

- i. A copy of the expenditure statement submitted by the executing agency.
- ii. A copy of the Award/Agreement of work.
- iii. Photographs of the projects.
- iv. Composition of the Project Monitoring Group (PMG).
- v. Report of TPQA/Quality Assurance cell engaged by the Executing Agency.

ANNEXURE- IV



GOVERNMENT OF INDIA

THIS SPORTS INFRASTRUCTURE PROJECT HAS BEEN FINANCED BY THE
GOVERNMENT OF INDIA,
MINISTRY OF YOUTH AFFAIRS AND SPORTS

ANNEXURE- V

DRAFT OF MEMORANDUM OF UNDERSTANDING

1. THIS AGREEMENT is made and entered into on this day, the ----- between the Regional Office of MYAS having its office at ----- (hereinafter called the “FIRST PARTY”) and the Beneficiary State/UT/Organization (hereinafter called the “SECOND PARTY”).
2. WHEREAS MYAS is implementing a number of Sports Promotion Schemes in the country, viz., MYAS Training Centre Scheme, Special Area Games Scheme, National Sports Talent Contest Scheme, Army Boys Sports Company Scheme and Centre of Excellence Scheme.

AND WHEREAS the SECOND PARTY has availed central grant for the creation of Sports training facilities at _____ as detailed in Annexure-II.

And WHEREAS the SECOND PARTY has agreed to make available the above sports facilities to the FIRST PARTY on time sharing basis to train the latter’s trainees and for holding sports competitions/National Coaching Camps on a long-term basis for a minimum period of 10 years (which may be extended on mutual agreement).

AND WHEREAS the SECOND PARTY has agreed that the decision to make available such properties for the purpose of the agreement, shall not be revoked by the SECOND PARTY, without the consent of the FIRST PARTY.

AND WHEREAS the SECOND PARTY should specifically mention the targeted date of completion of the sports infrastructure project and comply with the Operational Guidelines in its execution.

AND WHEREAS further, the SECOND PARTY will take full responsibility, in meeting recurring expenses towards the maintenance and repair of the facilities created and handed over.

3. NOW BY THESE PRESENTS, it is hereby agreed by and among the parties as under:
 - (i) In pursuance of this agreement the “SECOND PARTY” does hereby place at the disposal of the “FIRST PARTY” ALL THE SAID FACILITIES including the use of hostel facilities, if available, for holding inter- MYAS and other competitions, national coaching camps and imparting training to its trainees free of charge.
 - (ii) After the said building/playgrounds are placed at the disposal of the “FIRST PARTY, it will be the responsibility of the SECOND PARTY to maintain the said premises/Play Field, etc. The Second Party will be fully responsible for the recurring expenditure of maintenance of synthetic playing surface e.g., watering, provision of electricity, manpower & operation of sprinklers & other allied maintenance works, which also includes payment of Property Taxes, Local Taxes etc.

- (iii) FIRST PARTY, i.e., MYAS will give at least one month's advance notice period to the SECOND PARTY if a National Camp is to be scheduled in this Centre. Both the parties, i.e., first and second parties shall use the sports facility on a mutually agreed time-sharing basis so that optimum utilization of the Sports facility is ensured. The use of this infrastructure may also be allowed to District/State level Sports Association for holding State/District level tournaments.
- (iv) Both parties will be entitled to hold all important sports events or related functions at the premises provided that it does not interfere with the training programme mutually agreed to. However, it is clarified that under no circumstances any non-sports event will be permitted within the premises.
- (v) Initially the agreement between two parties will be for a period of 10 years from the date of execution of this agreement which may be extended on mutual agreement.
- (vi) In event of any dispute or difference relating to the interpretation and application of the provisions of commercial contracts between Central Public Sector Enterprises (CPSES)/ Port Trusts inter se and also between CPSES and Government Departments/organizations (excluding disputes concerning Railways, Income Tax, Custom & Excise Departments). Such dispute or difference shall be taken up by either party for its resolution through the Administrative Mechanism for Resolution of CPSEs Disputes (AMRCD). In the event of disputes/differences between States UT/Proponent and the agency carrying out the project physically, MYAS will not have any responsibility for the contractual litigation and Award.

IN WITNESS WHEREOF, THE PARTIES HERETO HAVE CAUSED THIS AGREEMENT TO BE FULLY EXECUTED AS ON THE DAY AND YEAR FIRST ABOVE WRITTEN.

FIRST PARTY

SECOND PARTY

(Director/Under-Secretary)

Authorized Signatory

Ministry of Youth Affairs and Sports

Witnesses

- 1.
- 2.

ANNEXURE VI
GFR 12-C

[See Rule 239]

Form of Utilization Certificate

S. No.	Letter No. and Date	Amount (₹)	Certified that out of ₹..... of grants-in-aid sanctioned during the yearin favour of.....under the M/o YA&S Department Letter No. given in the margin and ₹..... on account of the unspent balance of the previous year, a sum of ₹..... has been utilized for the purpose of (Name of Project) for which it was sanctioned and that the balance of ₹ remaining unutilized at the end of the year has been surrendered to Government (Vide No....., dated.....) will be adjusted towards the grants-in-aid payable during the next year.....
	Total		

2. Certified that I have satisfied myself that the conditions on which the grants-in-aid was sanctioned have been duly fulfilled/are being fulfilled and that I have exercised the following checks to see that the money was actually utilized for the purpose for which it was sanctioned.

3. The UC has been prepared on the basis of the Statement of Expenditure submitted by the Executing Agency.

Kinds of checks exercised

1. Vouchers and Book of Accounts:
2. Measurement Book:
3. Grant in-at/Loan Register:
4. Expenditure Register:

Signature.....

Name.....

Designation.....

Date.....

Countersigned

Signature.....

Name.....

Designation.....

Date.....

ANNEXURE VI -A

Statement of Expenditure in respect of (Name of the project) sanctioned under Khelo India Scheme

Receipts			Expenditure		
Sl. No.	Details of Receipt	Amount (in ₹)	Sl. No.	Details of Expenditure on admissible/sanctioned items	Amount (in ₹)
i.	Grants-in-aid received from Government of India vide sanction letters No. ---- dated ---		i.		
ii.	Other receipts such as State contribution, Grantees contribution from any other Scheme, etc.		ii.		
iii.	Interest earned on Central grant		iii.		
				Total Expenditure	
				Unspent balance/amount due from MYAS	
Total Receipt				Grand Total	

Certified that the above information are correct and the expenditure details have been prepared on the basis of the Expenditure Statement received from the Executing Agency.

Signature

ANNEXURE-VII

Technical Feasibility Report for State/UT Level Khelo India Centres (For the opening of new KICs in State/UTs)

1. Information of the Centre:

Name of the Facility/ Sports Complex			
Address			
Name & Designation (Head of the institute)			
Mobile Number			
Landline Number			
Email ID			
Website 'if any'			
Total Area Available (in acres)			
Open Land Available (in acres)			
Trainees at the Academy Game/sport-wise	Male	u-14 age category:	
		b/w 14-17 yrs:	
		18+ age category:	
		Total:	
	Female	u-14 age category:	
		b/w 14-17 yrs:	
		18+ age category:	
		Total:	

2. Detailed information is required to be provided as per Annexure 'A' to 'F'.
3. Any additional information apart from the Annexure, if deemed necessary, may be sent on a separate sheet with appropriate heading as and where applicable.
4. All the Annexure/ TFR to be sent via email to sai.slkic@gmail.com with the subject line: **“Technical Feasibility Report (TFR) for the State/UT/ _ (State/UT/ Name)”**

Annexure 'A' Infrastructure Assessment Report (Please provide a list of all Sports facilities available)				
S.NO.	Indoor / Outdoor	Sport	FOP Area (in sq. ft.)	Surface Type (Wooden/ Synthetic/ cemented/ cinder)

Annexure 'B' Other Infrastructure		
S.NO.	FOP / Stadium	Whether available
1	Sports Science Equipment	
2	Audio/ Video and digital analysis	
3	Medical Centre / Infirmary	
4	Sports Equipment Storage Space	
5	Recreation Room	
6	Library cum Study Room	
7	Gymnasium	

Annexure 'C' Key Manpower & Sport Sciences Support				
S.NO.	Designation	No. of Personnel	Highest Qualification	Employability (Permanent/ Contractual/ Part-time/ Visiting/ On-call)
1	High-Performance Director			
2	Technical Director			
3	Head Coach			
4	Assistant Coaches			
5	Physiologist			
6	Nutritionist / Dietician			
7	Masseur			
8	Doctor/ sports injury management team			
9	Yoga Instructor			
10	Strength & Conditioning Trainer			
11	Physiotherapy			
12	Conditioning Expert			
13	Biomechanics Expert			

Annexure 'D' Hostel Facilities Review									
S.NO.	Hostel Name	For (Boys/ Girls/ Both)	Type of Rooms (Dorms/ Rooms)	Occupancy (Double/Triple)	Total capacity	Laundry Facilities	Dining Room	Kitchen	No. of washrooms
1									

2									
---	--	--	--	--	--	--	--	--	--

Annexure 'E'						
Part 'A': Education & Allied Facilities						
S.NO.	Type	Name	Address	Distance from Academy	Board	Special Tie-up for admission of talented players (Yes / No)
1	School (except CBSE/ICSE)					
2	Vernacular School					
3	CBSE/ ICSE Schools					
4	College (Multi-stream)					
Part 'B' : Resources						
Availability of round the clock water & electricity - Yes / No						
Part 'C': Connectivity						
SN	Description					
1	Distance of the Centre from nearest Airport in kms: Airport Name:					
2	Distance of the Centre from the nearest Railway station in kms: Railway Station Name:					
3	Distance of the centre from nearest Bus Station in Kms: Bus Station Name:					

Annexure 'F' Performance & Results of Academy				
A. Achievement at Junior Level				
Athlete Name	Name of the Competition	Year	Recognition by International / National Federations (Yes/ No)	Achievement/ Ranking/ Timing
B. Achievement at Senior Level				
Athlete Name	Name of the Competition	Year	Recognition by International / National Federations (Yes/ No)	Achievement/ Ranking

ANNEXURE– VIII

List of One State One Game (OSOG)

S.NO	State / UT	OSOG	Priority Sport 2	Priority Sport 3
1	Andaman & Nicobar	Rowing	Athletics	Cycling
2	Andhra Pradesh	Weightlifting	Archery	Athletics
3	Arunachal Pradesh	Weightlifting	Archery	Judo
4	Assam	Boxing	Shooting	Weightlifting
5	Bihar	Athletics	Weightlifting	Wrestling
6	Chandigarh	Hockey	Boxing	Rowing
7	Chhattisgarh	Archery	Athletics	Hockey
8	Dadra & Nagar Haveli	Table Tennis	Archery	Athletics
9	Delhi	Wrestling	Athletics	Boxing
10	Goa	Swimming	Badminton	Table Tennis
11	Gujarat	Athletics	Table Tennis	Archery
12	Haryana	Boxing	Badminton	Athletics
13	Himachal Pradesh	Boxing	Athletics	Judo
14	Jammu & Kashmir	Fencing	Rowing	Judo
15	Jharkhand	Archery	Hockey	Athletics
16	Karnataka	Swimming	Athletics	Shooting
17	Kerala	Athletics	Judo	Boxing
18	Ladakh	Archery	Boxing	Athletics
19	Lakshadweep	Athletics	Badminton	Swimming
20	Madhya Pradesh	Shooting	Hockey	Rowing
21	Maharashtra	Shooting	Athletics	Cycling
22	Manipur	Weightlifting	Archery	Hockey
23	Meghalaya	Boxing	Archery	Athletics
24	Mizoram	Boxing	Judo	Weightlifting
25	Nagaland	Wrestling	Archery	Boxing
26	Odisha	Hockey	Weightlifting	Athletics
27	Puducherry	Weightlifting	Badminton	Athletics
28	Punjab	Hockey	Shooting	Athletics
29	Rajasthan	Archery	Cycling	Shooting
30	Sikkim	Archery	Athletics	Boxing
31	Tamil Nadu	Table Tennis	Athletics	Fencing
32	Telangana	Rowing	Fencing	Weightlifting
33	Tripura	Judo	Swimming	Athletics
34	Uttar Pradesh	Hockey	Athletics	Badminton
35	Uttarakhand	Athletics	Badminton	Boxing

ANNEXURE VIII-A**List of Identified Sports Disciplines for Excellence in Olympics**

S.NO.	SPORTS DISCIPLINES
i.	Archery
ii.	Athletics
iii.	Badminton
iv.	Boxing
v.	Cycling
vi.	Fencing
vii.	Hockey
viii.	Judo
ix.	Rowing
x.	Shooting
xi.	Swimming
xii.	Table Tennis
xiii.	Weightlifting
xiv.	Wrestling

ANNEXURE-IX

Proforma Costing sheet for setting up of a SLKIC

Part 'A' Overall Budget Requirement				
SN	Particulars	Broad Requirements	Total Amount (INR in Cr.)	Detailed cost sheet enclosed: (Yes / No)
1	Sports Science Equipment			
2	Sports Science Staff			
3	Coaching Staff			
4	Sports Equipment			
TOTAL				

Part ' B' Sports Science Equipment					
SN	Equipment Name	Unit Cost	Nos.	Total Cost	Remarks

Part 'C' Key Manpower & Sport Sciences Support				
S N	Designation	Reqd .	Approx. Cost	Desired Qualifications
1	High-Performance Director			
2	Technical Director			
3	Head Coach			

4	Assistant Coaches			
5	Physiologist			
6	Nutritionist / Dietician			
7	Masseur			
8	Doctor/ sports injury management team			
9	Yoga Instructor			
10	Strength & Conditioning Trainer			
11	Physiotherapy			
12	Conditioning Expert			
13	Biomechanics Expert			

Part 'D' Sports Equipment						
SN	Equipment Name	Unit Cost	Nos.	Total Cost	Discipline	Consumable / Non-Consumable

ANNEXURE X-A

Application form for Engagement of Past Champion Athletes

Personal Information				NSRS ID		See note below	
First Name				Last Name			
Date of Birth				Gender		M	F
Category (Tick one)		SC	ST	OBC		Gen.	
Permanent Address							
State/UT				District			
City				PIN Code			
Mobile No.				Email			
ID Type (any one)		Passport	Voter	Aadhar	ID No. :		
Education Details							
Highest general education level							
Name of course		Institution				Year	
Highest coaching qualification/certification							
Name of course		Institution				Year	
Coaching experience							
Organisation		Designation		Year from		Year to	
Achievement as a Coach							
Name of the		Name of the		Year of Participation		Result	

Player	Competition		

Career Achievements			
Sports		Event (if applicable)	
Top 3 sporting achievements			
#	Name of competition & Venue	Year	Final Position
1			
2			
3			

Proposed Khelo India Centre				
Address				
State/UT		District		
City		PIN		
Ownership Type (Tick One)		Owned		Rented
Details of available Sports Infrastructure & Equipment				
S N	Name of the Infrastructure	Type of Surface (Synthetic / Natural / Cinder)	Year of Installation	List of related Equipment
1				
2				
3				
Bank Details				
Name as per Bank Account		Account No.		
Bank Name		IFSC		
Declaration				
I hereby certify that the information provided above is true to the best of my knowledge and any discrepancy found during inspection/validation will be valid grounds for rejection.				
<hr/> (Signature)				

Date - _____	Place - _____
--------------	---------------

Note –

1. NSRS ID to be filled by past champion athlete/organisation after mandatory registration on NSRS @ <https://nsrs.kheloindia.gov.in/Login>
2. Wherever required, additional information may be shared on a separate document
3. All details are to be filled in Block letters
4. Supporting documents mandatory for past champion athletes: sports achievements on the basis of which applying under the scheme, coaching experience, ID & address proofs and list of trainees.

ANNEXURE X-B
Application form for Government Organisations for setting up of KICs

General Information					
Name of the Centre (under Govt. organisation)					
Name & Designation of the Centre In-charge					
Address					
State/UT		District			
City		PIN Code			
Mobile No.		Email			
Sports-related details					
SN	Name of Sports	No. of trainees		Max. Strength	Event category (if applicable)
		Boys	Girls		
1					
Details of Existing Coaches if available					
SN	Coach name	Sports Disciplines		Highest sporting achievement	
1					

Details of available Sports Infrastructure & Equipment				
SN	Name of the Infrastructure	Type of Surface (Synthetic / Natural / Cinder)	Year of Installation	List of related Equipment
1				

Declaration
<p>I hereby certify that the information provided above is true to the best of my knowledge and any discrepancy found during inspection/validation will be valid grounds for rejection.</p> <p>It is also certified that the past champion athletes are/will be engaged as coaches for the training of young athletes.</p> <p>_____</p> <p>(Signature with official seal)</p> <p>Director (Sports) of concerned State/UT</p> <p>Date - _____ Place - _____</p>

Note –

1. Wherever required, additional information may be shared on a separate document
2. All details to be filled in Block letters

ANNEXURE X-C

Consent Form for existing Extension Centres

General Information					
Name of Centre					
Date of establishment as extension centre		Name of the Regional Centre under whose jurisdiction ext. centre falls			
Sports related information					
#	Sports Discipline	Strength			Name of the SAI coach if posted
		Boys	Girls	Total	
1					
2					
3					

I. Declaration – Non-conversion

We hereby declare that our centre would like to continue functioning under the current SAI Extension Centre Scheme and **not convert to a Small Khelo India Centre**.

Name –

Designation –

Signature -

Date -

Place –

II. Declaration – Conversion

We hereby declare that our centre would like **to convert to a Small Khelo India Centre** and avail the benefits provided under the concerned sub-scheme.

Name –

Designation –

Signature -

Date -

Place –

Note – The duly signed undertaking shall be furnished on the letterhead by the head of the centre along with an official stamp and seal of the organisation

✓

Counter-signature of the Concerned Regional Head:

ANNEXURE-XI

Consolidated Status of Proposals Submitted by State/UT Sports Department for Government Organisations for opening of New Khelo India Centres (KICs)

State/UT: _____

The State/UT of _____ hereby submits the details of below-mentioned applicants to be considered for opening new Khelo India Centres under the category of Government organisations:

S N	Name of the District	Name of the organisation	Sports Discipline	Address (of the training facility)
1	District 1			
2	District 2			

2. The application form of the above-mentioned government organisations in this regard are attached for your perusal and further necessary action.

3. Bank details may be furnished of the State/UT Sports Department:

Bank details of the State/UT Sports Dept.			
Name of the Account holder		Bank Name	
Account No.		IFSC Code	

**Director (Sports)
For State/UT Sports Department**

ANNEXURE-XII

Eligibility criteria for past champion Athletes

Order of preference	Individual sports	Team sports
1 st preference	Represented India at recognised international competition under recognised NSF/Association of respective sport	Represented India at recognised international competition under recognised NSF/Association of respective sport
2 nd preference	Medal winner at Senior National Past championship conducted by recognised NSF OR Medal winner at Khelo India Games	Part of medal winning team at Senior National past championship conducted by recognised NSF OR Part of medal winning team at Khelo India Games
3 rd preference	Medal winner at National AIU Past championship	Part of medal winning team at National AIU past championship
4 th preference	Represented State/UT in Senior National Past Championships conducted by recognised NSF OR Participation in Khelo India Games	Represented State/UT in Senior National Past Championships conducted by recognised NSF OR Participation in Khelo India Games

- Maximum age limit for applicants will be 40 years. However, relaxation may be accorded in deserving cases.

