

MAJOR COMPONENT- Quality Interventions

SUB-COMPONENT- Funds for Quality (LEP, Innovation, Guidance etc)

ACTIVITY MASTER- Project - Innovative Activities (Secondary & Sr. Secondary)

ACTIVITY- Open GYM

1.Progress Report in r/o Open GYM in AWP&B 2019-20

Project - Innovative Activities (Secondary & Sr. Secondary)					
66	Open Gym	100	200.00	100	200.00

2.Proposal for Open GYM in AWP&B 2020-21

Exercise is defined as any movement that makes your muscles work and requires your body to burn calories. There are many types of physical activities, including swimming, running, jogging, walking and dancing etc. In present scenario, **Open Gym** provides an opportunity to improve skills in a relaxed environment.

The Benefits of Regular Exercise through GYM are:

- It can make children feel happier.
- It can increase energy levels.
- It can reduce risk of chronic disease.
- It can help sharpen memory and mental health.
- It can provide **relaxation** and improve sleep quality.

Target Group

100 schools of DOE

Samagra Shiksha, Delhi proposes open gym in 100 Govt. schools as pilot project for improving physical fitness of the students.

Financial Implication:**(Fin. In lac)**

No. of Schools	Unit Cost	Amount
100	2.0	200.0

(Fin. In lac)

S.No.	District	No. of Schools	Unit Cost	Fin.
1	East	10	2.0	20.00
2	North East	10	2.0	20.00
3	North	5	2.0	10.00
4	North West A	10	2.0	20.00
5	North West B	10	2.0	20.00
6	West A	10	2.0	20.00
7	West B	10	2.0	20.00
8	South West A	6	2.0	12.00
9	South West B	9	2.0	18.00
10	South	10	2.0	20.00
11	South East	10	2.0	20.00
12	New Delhi	0	2.0	0.00
13	Central	0	2.0	0.00
Grand Total		100		200.00

3.Recommendation of Technical Support Group (TSG)

Open Gym	0	0	100	200	100	200	Considered as proposed by the state for 100 school @ Rs. 2 lakh per school
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4.Costing of Project Approval Board (PAB)

Sub Component	Activity Master	Level	Physical	Unit Cost	Financial (In lac)
	Gym in Delhi Govt. School on Pilot Basis - Secondary				
	Installation of Gym in Delhi Govt. School on Pilot Basis - Secondary		100	2	200