

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. Proposal for Open GYM in AWP&B 2019-20

f. Installation of Open GYM in Delhi Govt. Schools (100 Schools on Pilot Basis)

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 is that:-

- It can make 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 on pilot basis

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

Financial Norms:

No. of Schools	Unit Cost (In Lacs)	Amount (In Lacs)
100	3.0	300.0

2. Recommendation of Technical Support Group (TSG) -2019-20

Project - Innovative Activities (Secondary & Sr. Secondary)							
Activity	Proposal			Recommendation			Remarks
	Phy	Unit Cost	Fin	Phy	Unit Cost	Fin	
Open Gym	100	3	300	100	2	200	Considered @ Rs. 2.00 lakh/school on as proposed

3. Approval of Plan Approval Board 2019-20

- c) **Project Innovation (Secondary):** An amount of Rs.5711.365 lakh has been estimated under Project Innovation (Secondary) for various activities such as Celebration of Language festival, Open Gym, Sports Day, Coonected classroom and smart classroom/Digital Boards. In the connected classroom it is recommended one lab per school with 20 systems in each lab for 1019 schools with total estimated value of Rs. 5186.424 lac and smart board is recommended only for 75 schools, previously not covered with total estimated value of Rs. 82.50 lac. Details list of Schools approved for connected classroom is attached in **Annexure- IV**. List of Schools approved for Smart Classroom/Digital Boards is attached in **Annexure-V**.

(Rs. in lakh)

Activity Master	Physical	Unit Cost	Financial
Project Innovation(Secondary)			
Celebration of Language festival	2564	0.01	25.64
Open Gym	100	2	200
Sports Day	1019	0.2	203.8
Connected classroom (20 systems per school)	1019	5.08972	5186.425
Smart Classroom/Digital Boards	75	1.1	82.5
Ek Bharat Shresth Bharat	13	1	13.00
Total of Project Innovation(Secondary)			5711.365

4. Costing of Project Approval Board (PAB)

Particulars				Proposal			Final Approved Outlay		
Major Component	Sub Component		Activity Master	Physical	Unit Cost	Financial	Physical	Unit Cost	Financial
			Schools						
			Total of Quality Components (Secondary & Sr. Secondary)			20.78			20.78
		66	Project - Innovative Activities (Secondary & Sr. Secondary)						
		66.	Celebration of Language Festival	2564	0.04500	115.38	2564	0.01000	25.64
			Open Gym	100	3.00000	300	100	2.00000	200
			Sports Day	1010	0.20000	202.0	1010	0.20000	202.0