



राष्ट्रीय परीक्षा एजेंसी
National Testing Agency

Excellence In Assessment

Fit India Quiz 2023

**Webinar Date: 12 & 13 December
2023
Preliminary Round**

is on

**Exam Date: 21st and 22nd December
2023**

About Fit India Mission

- Fit India Mission is under the Ministry of Youth Affairs and Sports, Govt. of India.

The objective of the Mission:

- Create awareness about **fitness**.
- Encourage citizens to include **physical activities** in their daily life to make them fit.

About Fit India Quiz 2023



- Fit India Quiz 2023 is organised by the Fit India Mission for school children across the country.

The purposes of the Quiz:

- Create a **platform** for school students to showcase their knowledge about fitness and sports and
- Create an **awareness** among them about the rich Indian sporting history.

About Fit India Quiz 2023



- Fit India Quiz 2023 is conducted across the **country**.
- It is being held at School level, State Level and National level in **online and broadcast rounds**.
- It is **open** to all school children of all ages.
- They have to be **nominated** by their respective School.

About National Testing Agency



- National Testing Agency(NTA) is set up by the Ministry of Education, Government of India.
- It is set up as an independent, autonomous and self sustaining organisation.
- It is a Premier Testing Agency
- It conducts **efficient, transparent and international standards tests** in order to assess the competency of candidates for admission to premier higher educational institutions.

About Fit India Quiz 2023



- **National Testing Agency will conduct the Preliminary Round of the Fit India Quiz 2023 on 21st and 22nd December 2023 in internet based (Online) mode.**
- **The purpose of the webinar is to give an **overview** about the online exam to the candidates.**

Fit India Quiz 2023- Delivery of the Exam Mode of



- Candidates are required to appear in the Quiz only with **Android mobile phone**.
- They are not required to **visit** any exam centre for taking the exam.
- They will not be able to **appear** in the exam with **Desktop, Laptops or Tablets**.
- They will have to make their **own arrangements** for the Android mobile phone.
- They should ensure that the **mobile phone is fully charged** and has **stable internet connectivity** during the examination.
- Candidates are required to download a mobile app from <https://ntaseb-fit.azurewebsites.net/> for taking this exam.

Fit India Quiz 2023-Exam Format



- Duration of the exam is **30 minutes**.
- The paper comprises **60 Multiple Choice Questions** on fitness and sports related matters.
- The test is delivered in **13 different languages**: English, Hindi, Tamil, Malayalam, Telugu, Kannada, Marathi, Gujarati, Odiya, Bengali, Assamese, Punjabi and Urdu.
- The question paper will be displayed to the candidate in the **language opted** by his/her in his/her application which is indicated on their respective Admit Cards.
- Each Question **carries 4 marks**.
- One mark will be **deducted** for a wrong answer.

Date & Time of Fit India Quiz 2023



- The test will be held on 21st -22nd December 2023 in **3 (Three) sessions per day.**

Session Timings are:

11.00 am to 11.30 am

02.00 pm to 02.30 pm

05.00 pm to 05.30 pm

Date and time of the exam for each candidate is indicated on his/her Admit Card.

Date & Time of Fit India Quiz 2023



- **No change** of date & time of exam is permitted.
- Date & time of the exam for candidates of the same School **can vary** depending on the language opted by the candidate/s and the number of candidates who had opted for a particular language.

Date & Time of Fit India Quiz 2023



- A candidate is required to **login** at least 30 minutes before his/her exam starts.
- He/she **cannot** log in after the commencement of the exam.
- He/she can **submit and leave** the exam only after the close of the exam.
- **SUBMIT** button will be **activated** only at the **close** of the exam.



Admit Cards

- Admit Cards are **hosted** on NTA website.
- **Schools/ Candidates** can download and print their admit cards at <https://fitindia.nta.ac.in/> using their respective mobile number provided by them in their application form and date of birth.



Admit Cards

Admit Card contains the following details, amongst others:

- **Date and time of exam.**
- **Log in Time.**
- **Log in ID.**
- **Password.**
- **Specifications of the mobile phone.**
- **Site from where the mobile app can be downloaded in their mobile phone.**
- **Specific Do's and Don'ts.**

Mock Test

- **Mock Test** will be held from **15th December to 17th December 2023** in the online mode.
- Candidates must take the mock test on the days specified, on mobile phones.
- Mock test window will be **open** from **09.00 am to 06.00 pm**.
- Candidates will be required to **download** the mobile app from the site mentioned in the Admit Card.
- Candidates can log in using the **Log in ID and Password** indicated on the Admit Card.
- **Roll Number** will be the Log in ID and date of birth will be the **password**.
- Log in ID and password for the **actual exam** and **mock test** are the **same**.

Webinar

- Please find below Webinar link for FIT INDIA – 2023 for 12th & 13th as requested.
- Date 12th Dec 2023 3:00 PM to 4:15 PM :-
<https://events.teams.microsoft.com/event/e9b1e57d-77d1-49ac-906c-9cc961daa297@3edc6466-c09c-4624-9d29-d93b6b8bedbc>
- Date 13th Dec 2023 3:00 PM to 4:15 PM :-
<https://events.teams.microsoft.com/event/9cb4aa2f-3fee-4226-bc54-85b3e2319f32@3edc6466-c09c-4624-9d29-d93b6b8bedbc>

Mock Test

- Candidates can appear in the **Mock Test**, from 15th December to 17th December 2023 for entire day(Full day).
- Mock Test will be in **English** only for all candidates.
- **Duration** of Mock Test is **30 minutes**.
- A candidate can **submit** the Mock Test, at the close of the Test. He/she **cannot** submit the mock test before that time.

General Instructions

- Candidates/Schools are requested to be in touch with the NTA website, i.e. <https://fitindia.nta.ac.in/> for updates regarding the Exam.
- Candidates can write to fitindia@nta.ac.in or call NTA Help Desk on 011 4075 9000 or 011-6922 7700 for any clarification regarding the exam from Monday to Saturday from 10.00 am to 05.00 pm.
- Candidates/Schools are requested to go through the “Frequently Asked Questions on Admit Cards and conduct of Exam related matters” hosted on <https://fitindia.nta.ac.in/> .
- Candidates should follow the Instructions on the Admit Card.

Contact Details



- **Technical Help Desk:**
- **For queries on technical matters, candidates can call any of the following telephone numbers, on the days of the Mock Test or on the day of the Exam:**

Help desk No 1	English	9513850008
Help desk No 2	All other regional Language	7406711092
Help desk No 3	Hindi	9071123445

- **Timings of the Technical Help Desk:**
- **Mock Test days: 09.00 AM to 06.00 PM**
- **Exam Day: 08.00 AM to 07.00 PM**

Thanks & Regards

Team NTA