

My No: IAD/GA 03/ MIS II
Ministry of Public Administration and
Management
Independence Square
Colombo 07.
06.01.2016

Secretaries of Ministries
Provincial Chief Secretaries
Heads of Departments
Heads of Government Co operations and Statutory Boards

National Week for Sports and Physical Fitness Promotion and Special Day-25th - 30th January 2016

As per a proposal made by the Ministry of Sports in line with the Circular No SP/SB/09/15 issued by the Presidential Secretariat on the instructions of H.E.the President, the Government has declared 25th to 30th January as the “**National Week for Sports and Physical Fitness Promotions**” and 30th January as the Special day for Sports and Physical Fitness Promotion. One of the goals of this national programme is to provide an initiative to control the non-communicable diseases which are rapidly increasing in Sri Lanka.

2. Accordingly, 25th January 2016 has been declared as “**State and Public Service – Sports and Physical Fitness Day**”. Accordingly actions should be taken to implement physical fitness programmes in all public institutions in order to provide an efficient and productive public service through healthy public employees. As an initial step following programme should be implemented from 8.30 a.m. on 25th January 2016.
 - I. Hoisting the national flag by the Head of the Institution or Office before all the members of the staff.
 - II. Signing the national Anthem after hoisting the national flag.
 - III. Delivering a brief lecture on the importance of physical fitness exercises and nutrition to provide an efficient and productive public service through healthy public employees.
 - IV. Carrying out an exercise programme (15 Minutes) in which the employees can take part in office attire.
3. You are kindly informed to initiate proper programmes in the future in order to make the purpose of delivering efficient and productive public service through healthy public employees, a success.



J. Dadallage
Secretary
Ministry of Public Administration and Management

Copies: -

1. Hon. Governors of the Provinces
2. Secretary to H.E. the President
3. Secretary- Ministry of Sports – to direct suitable physical fitness instructors to all public institutions