

सूचना का
अधिकार

Most Immediate

भारत सरकार
मानव संसाधन विकास मंत्रालय
उच्चतर शिक्षा विभाग
शास्त्री भवन

नई दिल्ली - 110 115

GOVERNMENT OF INDIA

MINISTRY OF HUMAN RESOURCE DEVELOPMENT

DEPARTMENT OF HIGHER EDUCATION

SHASTRI BHAWAN

NEW DELHI-110 115

Girish C. Hosur,
Joint Secretary (CU),
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No. 14-44/2019-CU. CDN

Dated: 21st August, 2019.

Dear Sir/ Madam,

In order to impart the much needed impetus to physical fitness and health, the Hon'ble Prime Minister of India would launch the Fit India Movement on 29th August, 2019 from Indira Gandhi Indoor Stadium, New Delhi.

2. The Higher Educational Institutions embody the nation's demographic dividend in the form of more than 3 crore students who are the backbone of the country's development. It is essential that a culture of physical fitness is created within every Higher Educational Institutions for students, teaching & non-teaching faculty etc. so that our campuses vibrate with health & positivity alongwith learning. In this context, all students and staff of the Central Universities may carry out the following in respect of the Fit India Campaign:

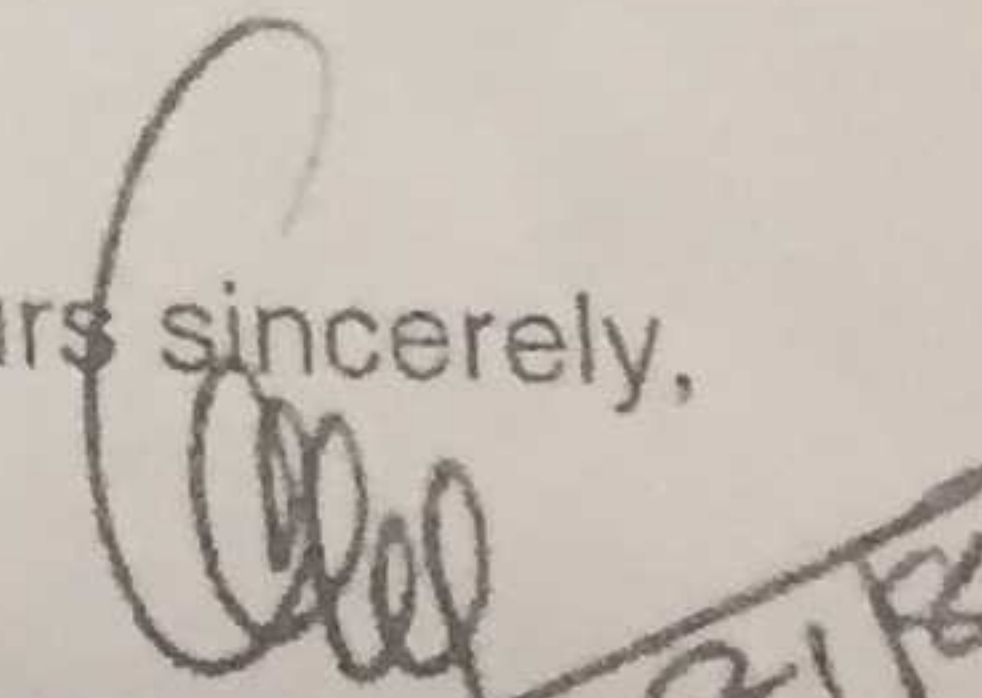
- (i) Assemble a congregation of students and staff on 29th August, 2019 to view the live telecast on Doordarshan of the Launch of Fit India Movement by Hon'ble Prime Minister and take the Fitness Pledge, which would be administered by the Prime Minister. Every person should attempt to walk 10,000 steps on 29th August and follow it up in his/her daily routine.
- (ii) Short video clips of the activities in campus on 29th August 2019 may be made.
- (iii) Prepare and implement an Institutional Fitness Plan, incorporating sport/exercise/physical activities for fitness into the daily routine for everybody to adopt and practice.

3. By way of institutional compliance, the Vice Chancellors of all the Central Universities may prepare and publicise their fitness action plan on their Websites and Notice Boards within a month, and take concrete steps to spread the necessity and culture of physical fitness in the campuses.

4. This may be given top priority and a compliance report may be sent to this Ministry at the earliest.

With regards,

Yours sincerely,


(G.C. Hosur)

To

The Vice Chancellors of all the Central Universities

