

F.No.5-3/2019-U.3
Government of India
Ministry of Human Resource Development
Department of Higher Education
U.3 Section

Shastri Bhawan, New Delhi
Dated 22nd August, 2019

CIRCULAR

Subject: Launch of Fit India Movement– formulation of Fitness Plan for every Higher Educational Institution – reg.

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 Indra Gandhi Indoor Stadium, New Delhi.

2. 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 Higher Educational Institutions 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, all Higher Educational Institutions 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.



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To

1. Member Secretary, Indian Council of Philosophical Research , Delhi
2. Member Secretary, Indian Council of Historical Research, New Delhi
3. Member Secretary, Indian Council of Social Science Research, New Delhi
4. Member Secretary, National Council of Rural Institutes, Hyderabad
5. Director, Indian Institute of Advanced Study, Shimla
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