



ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

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D.O.No.F.1-54/2019 (Website/Fit-India)

27th September, 2019

Subject: Fit India Movement.

Respected Sir/ Madam

In continuation of the UGC's letter dated 23rd August, 2019 regarding participation in '**Fit India Movement**', please find enclosed "*Guidelines for an Institutional Fitness Plan in the Higher Educational Institutions*" for promoting fitness and well being in Universities and Colleges, as part of the Fit India Movement.

You are requested to evolve a mechanism for implementation of these guidelines in your institution and monitor the activities periodically.

With kind regards,

Yours sincerely,

(Rajnish Jain)

To

The Vice-Chancellors of all the Universities.