Respected Sir/Madam,

The Hon'ble Prime Minister of India would be launching the 'Fit India Movement' on 29th August, 2019 from Indira Gandhi Indoor Stadium, New Delhi. 'Fit India' is a movement to take the nation forward on the path of fitness and wellness and it provides a unique and exciting opportunity to work towards a healthier India.

As a part of the movement, Higher Educational Institutions (HEIs), Universities and Affiliated colleges can make well-meaning efforts for the health and well-being of their students, teachers, staff and officials to achieve physical fitness, mental strength and emotional equanimity.

In this regard, you are requested to carry out the following activities to promote the 'Fit India Movement':

(i) Make necessary arrangements for live viewing of the programme and encourage students, teachers, staff and officials to assemble on 29th August, 2019 to view the live telecast on Doordarshan of the Launch of the Fit India Movement by Hon'ble Prime Minister and take the Fitness Pledge, which would be administered by the Hon'ble 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.

The Vice Chancellors of Universities and Principals of their affiliated colleges are requested to prepare and publicise their fitness action plan on their Websites and Notice Boards within a month and upload the same on UGC's Fit India Movement Portal, which is being developed and its details will be shared soon. Concrete steps may be taken to spread the necessity and culture of physical fitness in the campuses.

The information with regard to the number of students, teachers, staff and officials who have viewed the programme on 29th August, 2019 along with photographs and videos may please be uploaded by universities and colleges on the University Activity Monitoring Portal of UGC (https://uqc.ac.in/umap/) latest by 5:00 pm on 29th August, 2019.

Your cooperation is solicited in making this movement successful.

With kind regards,

Yours sincerely,

(Rajnish Jain)

To,
The Vice Chancellors of all the Universities.