



UNIVERSITY GRANTS COMMISSION

Guidelines for Institutional Fitness Plan in the Higher Educational Institutions

Whereas fitness has always been an integral part of our life;

Whereas modern technologies have led to a sedentary lifestyle and the modern conveniences have diminished the demand for physical activities;

Whereas junk food/fast food have contributed to an unhealthy lifestyle;

Whereas lifestyle diseases are on the rise due to lifestyle disorder;

Whereas the government has given fitness a national priority to motivate every person to come up to sound physical standards; and

Whereas the educational institutions are uniquely placed to promote fitness and well-being among students, teachers and staff in the Higher Educational Institutions (HEIs),

The University Grants Commission hereby issues the following guidelines to promote a campaign for fitness in the Higher Educational Institutions (HEIs):

Guidelines

Scope of Guidelines:

- (a) These guidelines are applicable to all Higher Educational Institutions (HEIs) in the Country
- (b) They encourage HEIs (universities and colleges) to adopt policies and practices towards fitness and well being of students and staff.

Implementation of Fitness plan:

All HEIs need to accord high priority to physical and mental fitness of students, faculty and staff in the campus. They should evolve a mechanism for implementation and monitoring of such activities. The following indicative guidelines/steps may be taken in this regard:

1. Incorporating provisions of healthcare and wellness initiatives in the objectives of the institution.
2. Physical fitness period or time slots may be incorporated into the academic calendar of the institutions. The physical fitness time slots may be staggered throughout the day to enable all students to participate.
3. All the students, staff and teachers should be encouraged to devote minimum one hour per day on fitness activities such as exercise, yoga, meditation, walking, cycling, aerobics, dance, traditional regional martial arts etc.

4. Institutions should prepare Fitness Leaders to mentor students for physical fitness. Services of student volunteers from the institutions, faculty members, instructors, ex-servicemen, and other volunteers may be obtained on voluntary basis. Health icons and motivational speakers on health and fitness to address students in campus should be invited.
5. Top leadership of the institution and professors may actively participate with students and staff in fitness activities such as cycling, running, aerobics, walkathon, marathon, yoga, meditation activities etc. on a periodic basis to lead by example.
6. Proper utilization of existing infrastructure, encouraging students to climb stairs, walk at least 10000 steps a day, use cycles within campus by creating cycling zones, availing gymnasium facilities etc.
7. Addressing the emotional concerns of students to promote mental health. Awareness or sensitisation workshops on depression, anxiety and stress management may be organized for faculty and students.
8. Providing guidance regarding balanced nutritional diet, distribution of pamphlets and information material on the subject.
9. Frequent organization of sports activities (at least once in a quarter) and encourage students to participate in such activities.
10. Annual health check-ups by volunteer health doctors or voluntary organisations to monitor health & fitness of students, faculty and staff.
11. Data pertaining to health and fitness activities of institutions should be placed on the website. Exemplary performers may be selected subsequently for National level awards.
