



ज्ञान-विज्ञान विमुक्तये

प्रा. मनिष र. जोशी
सचिव

Prof. Manish R. Joshi
Secretary



सत्यमेव जयते



भारत 2023 INDIA

विश्वविद्यालय अनुदान आयोग
University Grants Commission
(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

D.O.No.2-64/2023(CPP-II)

02nd November, 2023/11 कार्तिक, 1945

Subject: Celebration of "Fit India Week from 15th November to 15th December, 2023- regarding.

Respected Madam/Sir,

As you are aware, FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. In this regard, it is informed that to further extend the success of the program and to diversify its reach to a wider range of participants, the program has been rechristened as **"FIT India Week"** and is scheduled to be celebrated between 15th November and 15th December 2023. During that time period, educational institutions can choose a week at their convenience and organize various sports and fitness activities for 4 to 6 days. The activities that could be organized during the FIT India week include **the celebration of the Annual Sports Day**. The list of activities suggested for the celebration is enclosed herewith.

The Higher Education Institutions are requested to encourage students and staff participate in the Fit India Week and make this programme a grand success.

Further, details will be available in the Fit India Portal from the 1st week of November, 2023 and the HEIs are also advised to upload their programmes and activities on Ministry's Portal: www.fitindiahe-education.gov.in.

With kind regards,

Yours sincerely,

(Manish Joshi)

Encl: As above

To

**The Vice-Chancellors of all Universities
The Principals of all Colleges/Institutes**

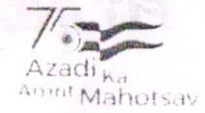
वशुधैव कुटुम्बकम्

ONE EARTH • ONE FAMILY • ONE FUTURE

ANNEXURE

The indicative list of activities for Fit India Week 2023 for schools is as below:

Day	Indicative List of activities for Fit India Week 2023 for Schools
1.	Annual Sports Day
2.	Importance of fitness- Debate, Quiz, Essay Writing, poster making competition
3.	Indigenous Games
4.	Fitness Assessment through Mobile App
5.	Yoga & Meditation
6.	Fitness Pledge- by teachers, students and their parents & Fit India Parents Teachers Meet

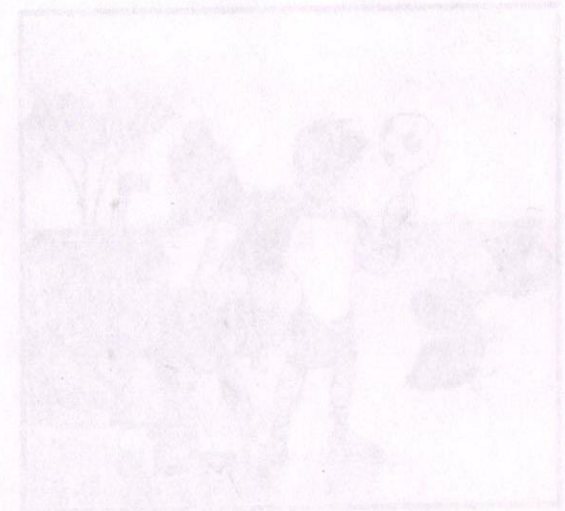


FIT INDIA

WEEK

for Schools & Universities

FITNESS KI DOSE
AADHA GHANTA R  Z





FIT INDIA SCHOOL WEEK Starts: 15th Nov 2023

In this campaign, schools are encouraged to celebrate 4-6 days in a week to promote healthy and active lifestyle among students, staff, and parents

SUGGESTIVE ACTIVITIES

Annual Sports Day

Indigenous Games

Debate, Quiz, Essay Writing

Yoga & Meditation

Fitness Assessment through Mobile App

FiT India Parents Teachers Meet

Talent Identification

Fitness Pledge



FIT INDIA UNIVERSITY WEEK Starts: 15th Nov 2023

In this campaign, Higher Education Institutions/ Universities/Colleges will be encouraged to celebrate 5 days in a week to promote physical and mental health in the youth

SUGGESTIVE ACTIVITIES

Indigenous Games

Fitness Pledge

Debate, Quiz, Clubs

Running/Races/Cycling Races

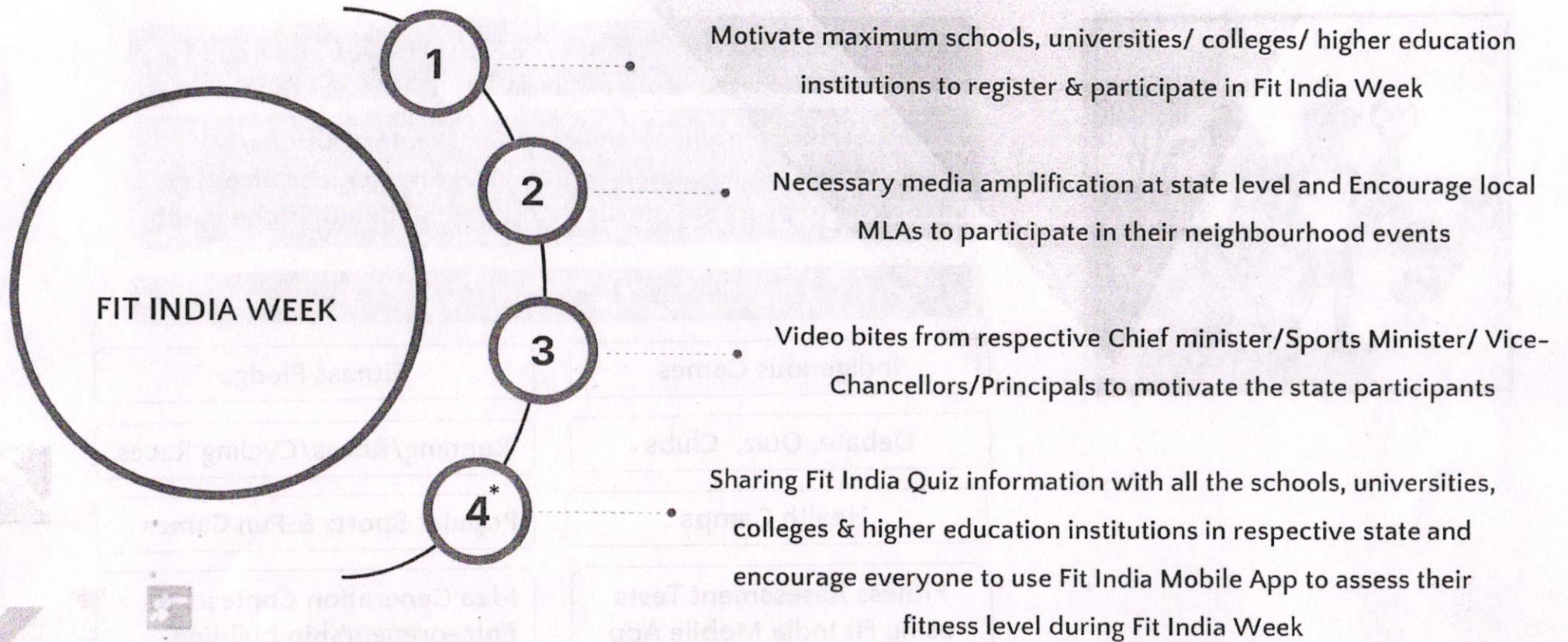
Health Camps

Popular Sports & Fun Games

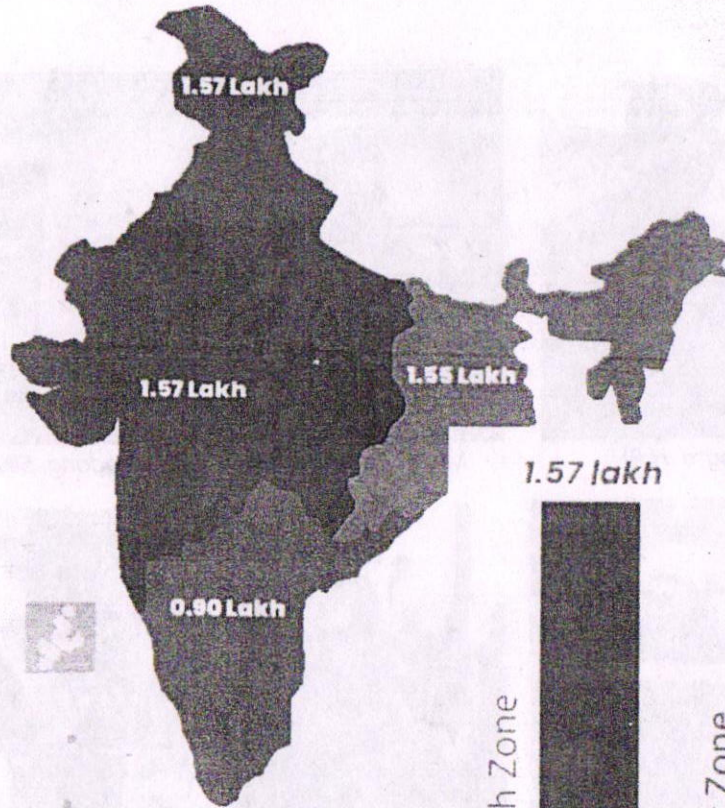
Fitness Assessment Tests using Fit India Mobile App

Idea Generation Contests & Entrepreneurship building

SUPPORT REQUIRED FROM STATES

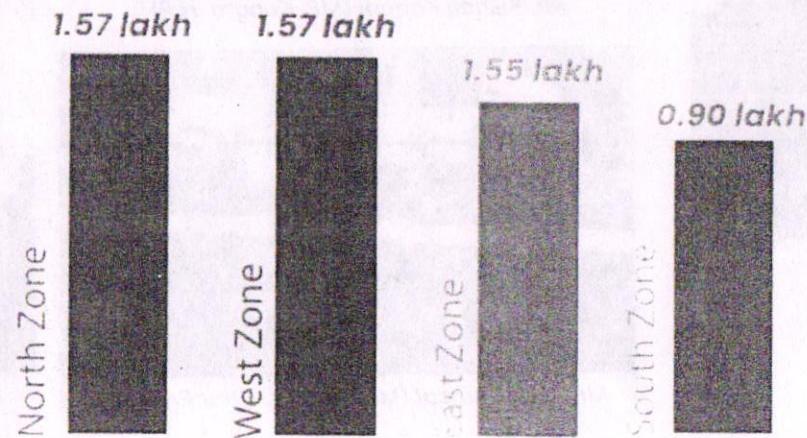


FIT INDIA SCHOOL WEEK (PAST PARTICIPATION 2022-23)

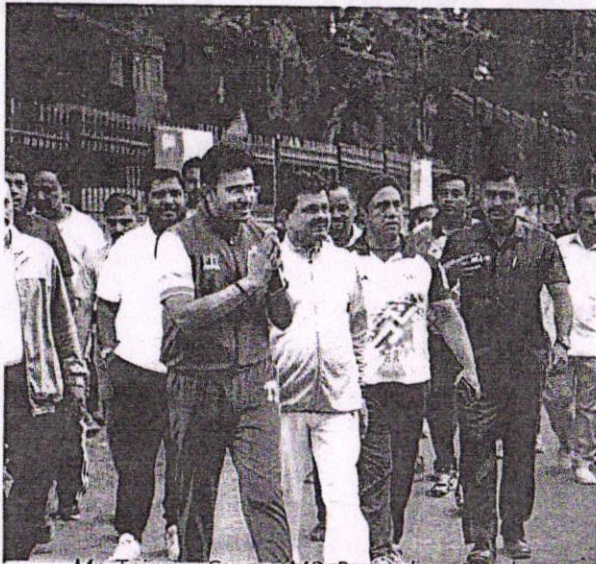


5.8 L Schools Participated across India

39 MPs & MLAs visited School Week
in 42 different schools



FIT INDIA SCHOOL WEEK (PAST SNAPSHOT)



Mr. Tejaswi Surya (MP, Bangalore South, Karnataka)



Mr. Kishan Kapoor (MP, Kangra, H.P)



Mr. GT Dhungel (MLA, Upper Tadong, Sikkim)



Mr. Ashok Rawat (MP, Sitapur, Uttar Pradesh)



Mr. Anurag Sharma (MP, Jhansi, Uttar Pradesh)

References from the past campaign

