



डा0 ए0पी0जे0 अब्दुल कलाम प्राविधिक विश्वविद्यालय, उत्तर प्रदेश
DR. A.P.J. ABDUL KALAM TECHNICAL UNIVERSITY
सेक्टर-11, जानकीपुरम विस्तार योजना, लखनऊ-226031

पत्रांक: ए0के0टी0यू0/अधि0 छात्र क0/2023/ 75

दिनांक: 09-11-2023

सेवा में,

निदेशक/प्राचार्य,

डा0 ए0पी0जे0 अब्दुल कलाम प्राविधिक विश्वविद्यालय
से सम्बद्ध समस्त संस्थान।

विषय:- "फिट इंडिया वीक" दिनांक 15 नवम्बर, 2023 से दिनांक 15 दिसम्बर, 2023 तक मनाये जाने के संबंध में

महोदय,

कृपया उपर्युक्त विषयक सचिव, विश्वविद्यालय अनुदान आयोग (शिक्षा मंत्रालय, भारत सरकार) नई दिल्ली के पत्र संख्या: D.O.N0. 2-64/2023(CPP-II) दिनांक 02 नवम्बर, 2023 का संदर्भ ग्रहण करने का कष्ट करें। उक्त पत्र के माध्यम से शिक्षा मंत्रालय, भारत सरकार द्वारा "फिट इंडिया सप्ताह" दिनांक 15 नवम्बर, 2023 से दिनांक 15 दिसम्बर, 2023 तक मनाये जाने हेतु निर्देशित किया गया है, जिसके अन्तर्गत समस्त संस्थाओं में स्पोर्ट्स एवं फिटनेस से संबंधित गतिविधियाँ यथा, योग, खेल-कूद, वाद-विवाद, व्यायाम, पेंटिंग, संगोष्ठी, ब्याख्यान आदि कराये जाने की अपेक्षा की गयी है। विश्वविद्यालय को प्राप्त उक्त पत्र की प्रति एवं उससे संबंधित प्रपत्रों की प्रतियां संलग्न कर इस आशय से प्रेषित हैं कि पत्र में की गयी अपेक्षानुसार आवश्यक कार्यवाही कराये जाने का कष्ट करें। साथ ही यह भी अवगत कराना है कि उक्त के संबंध में कृत कार्यवाही की सूचना शिक्षा मंत्रालय, भारत सरकार के पोर्टल: www.fitindiahe-education.gov.in पर भी अपलोड कराये जाने की अपेक्षा की गयी है।

संलग्नक: यथोक्त।

भवदीय

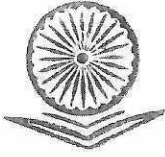
(प्रो0 ओ0 पी0 सिंह)
अधिष्ठाता छात्र कल्याण

पृष्ठांकन संख्या व दिनांक: उपरोक्त।

प्रतिलिपि :-निम्नलिखित को सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित।

1. वित्त अधिकारी, ए0के0टी0यू0, लखनऊ।
2. कुलसचिव, ए0के0टी0यू0, लखनऊ।
3. परीक्षा नियंत्रक, ए0के0टी0यू0, लखनऊ।
4. स्टाफ आफिसर, कुलपति कार्यालय, ए0के0टी0यू0, लखनऊ।

(प्रो0 ओ0 पी0 सिंह)
अधिष्ठाता छात्र कल्याण



प्र. मनिष र. जोशी
सचिव

Prof. Manish R. Joshi
Secretary



सत्यमेव जयते



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)

Dean (SW)

Encl: As above

To

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

Encl में प्रकाशित की इनमें से Circular के
साथ ही प्रेषित करें

7/11/23

कुलपति

Sri Vishal

08/11/2023

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

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Government of India
Ministry of Youth Affairs and Sports



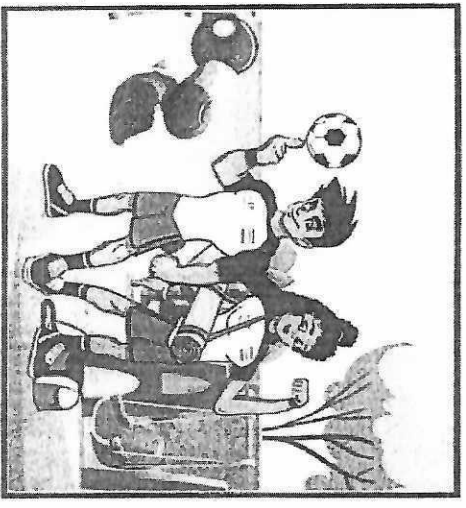
FIIT INDIA

WEEK

for Schools & Universities

FITNESS KIDOSE
AADHA GHANTAR 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 |



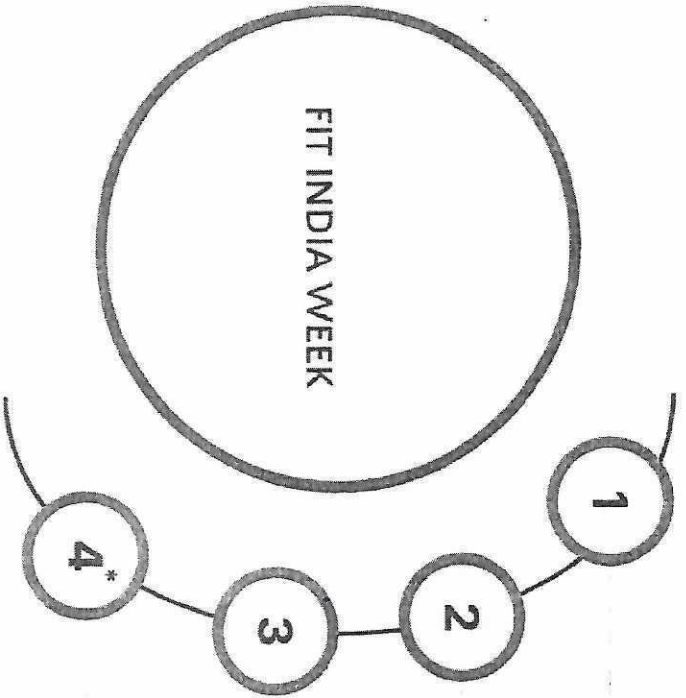
FIT INDIA UNIVERSITY WEEK Starts: 15th Nov 2023

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



- Motivate maximum schools, universities/ colleges/ higher education institutions to register & participate in Fit India Week

- Necessary media amplification at state level and Encourage local MLAs to participate in their neighbourhood events

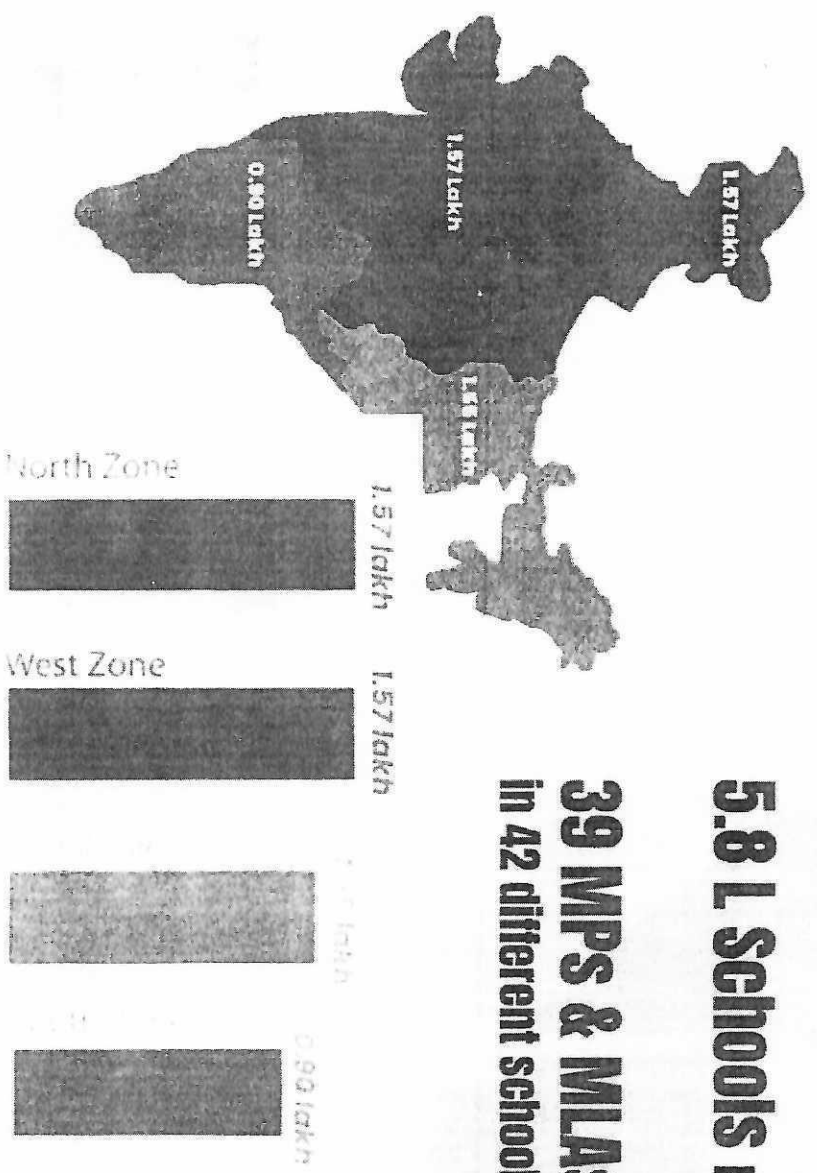
- Video bies from respective Chief minister/Sports Minister/ Vice-Chancellors/Principals to motivate the state participants

- Sharing Fit India Quiz information with all the schools, universities, colleges & higher education institutions in respective state and encourage everyone to use Fit India Mobile App to assess their fitness level during Fit India Week

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)



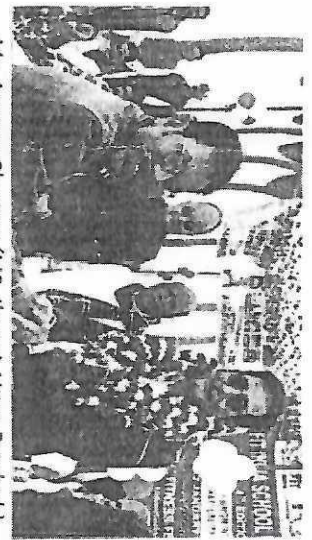
Mr. Kishan Kapoor (MP, Kangra, H.P)



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



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



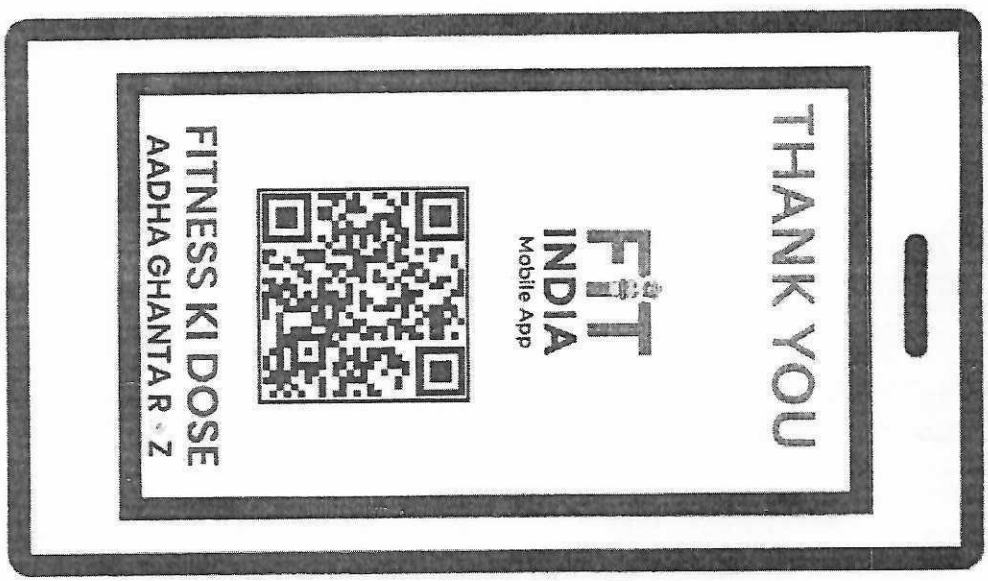
Mr. Anurag Sharma (MP, Jhansi, Uttar Pradesh)

References from the past campaign



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Fit
INDIA



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