

1

R. Subrahmanyam, IAS
Secretary



Ministry of Human Resource Development
Department of Higher Education
Government of India

D.O. No. M.11018/08/2019-EBSB
21st August, 2019

Dear Secretary,

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. This is an effort to inculcate physical activity/sports into the daily life of citizens and the student community in particular, would benefit immensely from an academic environment that includes physical fitness in daily life. Such a fitness orientation would be vital for the faculty and non-teaching staff of Higher Education Institutions also, to build a vibrant nation.

2. Secretary, Department of Sports, Government of India had written to all Chief Secretaries of States and UTs on 20th August, 2019 in regard to this campaign and in pursuance of the same, the following is advised in respect of Fit India Movement:

- All State Universities and Colleges may make arrangements for viewing the live telecast of the Fit India Movement Launch on 29th August, 2019, on Doordarshan.
- Take the Fitness Pledge which would be administered by the Prime Minister. Arrangements may be made for student/ public representatives and other common citizens at Schools, Colleges, Gram Panchayats and similar public places for taking the Fitness Pledge.
- An Institutional Fitness Plan may be prepared by each Educational Institution under the regulatory control of State Higher Education consisting of incorporating fitness plan in the academic curriculum, and for providing fixed hours each working day for fitness activities in the campus.
- Short video clips of the activities in the Campus on 29th August, 2019 may be prepared.

3. In addition to the above, a Video Conference on Fit India would be taken by Minister of State (I/C), Youth Affairs, at 11.00 a.m. on 23rd August, 2019, in which your presence along with Chief Secretary of your State is requested.

With regards,

Yours sincerely,

(R. Subrahmanyam)

All Principal Secretaries/Secretaries Higher Education
Of States & UTs