



## सावित्रीबाई फुले पुणे विद्यापीठ (पुर्वीचे पुणे विद्यापीठ)

### क्रीडा व शारीरिक शिक्षण मंडळ

आयुकाजवळ, गणेशखिंड, पुणे - ४११००७

दुरध्वनी क्र.: ०२०-२५६२२६६४, ०२०-२५६२२६६६ ई-मेल :- [directorsports@unipune.ac.in](mailto:directorsports@unipune.ac.in)

संदर्भ क्र.: विक्रीमं/३/५८४४

दिनांक : ३० नोव्हेंबर, २०२२

प्रति,  
मा. प्राचार्य / मा. संचालक,  
सावित्रीबाई फुले पुणे विद्यापीठ संलग्न असलेली सर्व  
महाविद्यालये व मान्यताप्राप्त संस्था,  
सावित्रीबाई फुले पुणे विद्यापीठातील सर्व पदव्युत्तर विभाग

विषय : 'फिट इंडिया अभियाना' बाबत...

संदर्भ : १) क्रीडा व शारीरिक शिक्षण मंडळाचे पत्र संदर्भ क्र. विक्रीमं/३/३२२१, दि. २६ डिसेंबर, २०१९...  
२) विद्यापीठ अनुदान आयोग, नवी दिल्ली यांचे पत्र क्र. D.O.No. F.1-54/2019 (Website/Fit-India), दि. १३ डिसेंबर, २०१९...  
३) विद्यापीठ अनुदान आयोग, नवी दिल्ली यांचे पत्र क्र. D.O.No. 2-100/2022 (CPP-II), दि. २८/११/२०२२

महोदय / महोदया,

वरील संदर्भीय पत्रानुसार आपणास विनंतीपुर्वक कळविण्यात येते की, विद्यापीठ अनुदान आयोग, नवी दिल्ली यांचे सोबत जोडलेल्या पत्र क्र. १ व २ नुसार 'फिट इंडिया मोहिम' संदर्भात मार्गदर्शक तत्वे यापूर्वीच प्रसिध्द केलेली आहेत.

सोबत सदर अभियान विद्यापीठ कार्यक्षेत्रातील सर्व संलग्न महाविद्यालये तसेच मान्यताप्राप्त संस्थांमध्ये यशस्वी राबविण्याकरीता विद्यापीठ अनुदान आयोगाचे दि. २८ नोव्हेंबर, २०२२ रोजीचे उपरोक्त संदर्भीय पत्र क्र. ३ नुसार फिट इंडिया अभियानासाठी <https://fitindiahe.education.gov.in> या संकेतस्थळावर नोंदणी करावी व आपल्या स्तरावर विविध उपक्रम राबवावेत, ही विनंती. (सोबत पत्र क्र. १, २ व ३ ची प्रत अवलोकनार्थ)

कळावे,

आपला विश्वासू,

प्रा. (डॉ.) दिपक माने

संचालक

क्रीडा व शारीरिक शिक्षण मंडळ

# सावित्रीबाई फुले पुणे विद्यापीठ

(पुर्वीचे पुणे विद्यापीठ)



## क्रीडा व शारीरिक शिक्षण मंडळ

आयुका जवळ, गणेशखिंड, पुणे- ४११००७

दूरध्वनी क्र. २५६०११४३-०२० : २५६०११४२८८, फॅक्स ०२०- २५६९७५११

संदर्भ क्र.: विक्रीमं/३/3229

दिनांक : 26 डिसेंबर, २०१९

प्रति,

मा. प्राचार्य / मा. संचालक,

सावित्रीबाई फुले पुणे विद्यापीठ संलग्न असलेली सर्व

महाविद्यालये व मान्यताप्राप्त संस्था,

सावित्रीबाई फुले पुणे विद्यापीठातील सर्व पदव्युत्तर विभाग

विषय : 'फिट इंडिया अभियाना' बाबत...

संदर्भ : विद्यापीठ अनुदान आयोग, नवी दिल्ली यांचे पत्र क्र. D.O.No. F.1-54/2019 (Website/Fit-India),  
दि. १३ डिसेंबर, २०१९...

महोदय / महोदया,

सुदृढ व स्वस्थ भारतासाठी मा. पंतप्रधान श्री. नरेंद्र मोदी यांच्या हस्ते दि. २९ ऑगस्ट, २०१९ रोजी 'फिट इंडिया अभियानाची' सुरुवात करण्यात आली. सदर अभियानांतर्गत सर्वांचे शारीरिक, मानसिक व भावनात्मक स्वास्थ्य यांचा विकास करणे हे उद्दिष्ट आहे. विद्यापीठ अनुदान आयोग, नवी दिल्ली यांचे सोबत जोडलेल्या पत्रानुसार 'फिट इंडिया मोहिम' संदर्भात मार्गदर्शक तत्वे प्रसिध्द केलेली आहेत.

सदर अभियान विद्यापीठ कार्यक्षेत्रातील सर्व संलग्न महाविद्यालये तसेच मान्यताप्राप्त संस्थांमध्ये यशस्वी राबविण्याकरीता सोबतच्या पत्रातील मार्गदर्शक तत्वेनुसार जानेवारी, २०२० पासून आपल्या पातळीवर विविध उपक्रम राबवावेत व केलेल्या उपक्रमाचा अहवाल फोटो/व्हिडीओसह विद्यापीठ अनुदान आयोगाच्या <https://ugc.ac.in/uamp> या संकेतस्थळावर वेळोवेळी सादर करावा, ही विनंती.

सोबत :- विद्यापीठ अनुदान आयोगाच्या दि. १३/१२/२०१९ रोजीच्या पत्राची प्रत आपल्या माहितीस्तव जोडली आहे.

कळावे,

आपला विश्वासू,

5 h h m a n

प्रा. (डॉ.) दिपक माने

संचालक

क्रीडा व शारीरिक शिक्षण मंडळ



ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन  
सचिव

Prof. Rajnish Jain  
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग  
**University Grants Commission**

(मानव संसाधन विकास मंत्रालय, भारत सरकार)  
(Ministry of Human Resource Development, Govt. of India)

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D.O.No.F.1-54/2019 (Website/Fit-India)

13<sup>th</sup> December, 2019

**Subject: Implementation of 'Fit India Campaign' in Higher Educational Institutions**

Respected Sir/Madam

This is in reference to UGC's letter dated 27<sup>th</sup> September 2019 wherein UGC had shared Guidelines for Institutional Fitness Plan and requested HEIs to evolve a mechanism for implementation and monitoring of these guidelines in their respective institutions. It has now been decided to run this movement as a campaign. Hence, the same will be run as '**Fit India Campaign**' where institutions will rework their academic routine and calendar to incorporate the physical activities, sports and other awareness programmes to improve the physical as well as mental fitness of individuals.

In above context, the earlier guidelines have been evolved and streamlined in order to suit the same for effective implementation and monitoring. The updated guidelines are action-oriented and have equally focussed on incorporating fitness into daily, monthly as well as annual schedule of an institution. To monitor these guidelines, the Fit India Campaign link is created on University Activity Monitoring Portal of UGC (<https://ugc.ac.in/uamp>). **Further, HEIs are requested to upload information on the same regularly as this will form the basis for judging the Star Rating of the Institution (Refer to attached guidelines for details)**

The Vice Chancellors of Universities and Principals of their affiliated colleges are requested to find enclosed **Guidelines for Implementation of 'Fit India Campaign' in Higher Educational Institutions** and may kindly ensure timely and speedy implementation of activities/actions mentioned in the document as some of them have a stipulated deadline starting from January 2020 onwards.

Your cooperation is solicited in making this campaign successful.

With kind regards,

Yours sincerely,

(Rajnish Jain)

Enclosed: As above.

To:

**The Vice Chancellors of all the Universities**



## UNIVERSITY GRANTS COMMISSION

### Guidelines for Implementation of 'Fit India Campaign' in Higher Educational Institutions

In order to give a fillip to the 'Fit India Campaign' and ensure that the youth of India grow up into mentally and physically fit individuals, the University Grants Commission has updated the guidelines shared earlier to promote the campaign in the Higher Educational Institutions (HEIs).

Accordingly, all HEIs are directed to implement the following:

#### 1. FITNESS HOUR

- Starting from January 2020, every HEI in the country will provide 45-60 minutes of "**FITNESS HOUR**" in its daily routine.
- The academic routine of the institution may be reworked in such a way that the "**Fitness Hour**" is allocated for each class, so that each has adequate space for its activity.
- The institutions can decide about the activities they want to undertake during the "**FITNESS HOUR**". It can range from athletics, any outdoor/indoor sport, yoga, cycling, swimming or any other kind of physical activity that contributes towards fitness.

#### 2. FITNESS CLUBS

- Each institution will have a **FITNESS CLUB**.
- Fitness/ sports enthusiasts can become members of the **FITNESS CLUB**, which will be headed by a faculty member.
- The members of the **FITNESS CLUB** will lead the activities during the "**FITNESS HOUR**" on a voluntary basis by involving student volunteers, faculty members, instructors and ex-servicemen. They will be required to encourage/ motivate and guide other students to undertake physical activities during the "**FITNESS HOUR**".

#### 3. MONTHLY THEME BASED FITNESS CAMPAIGNS

- A fitness related theme will be identified for each month. Every HEI in the country will carry out a month-long campaign on the selected theme. This will give a country wide focus to the health / fitness issue. The month wise themes will be intimated shortly.

#### 4. SPORTS COMPETITIONS

- Every HEI is required to organize annual sports competitions. These will lead to State level and finally National University Games.
- Monthly schedule / action plan for the sports activities at the institution level should be submitted by first week of January 2020.

## 5. STAR RATING OF INSTITUTIONS

- Every institution must go for a star rating on the basis of the following five parameters:
  - i. Incorporation of **“FITNESS HOUR”** in the daily routine.
  - ii. Formation of **FITNESS CLUBS**.
  - iii. Preparing and using play fields / other spaces for at least two outdoor games.
  - iv. Participation in monthly fitness campaigns.
  - v. Annual Sports Competitions.
- Every institution will be required to upload following details on Fit India Campaign link on University Activity Monitoring Portal of UGC (<https://ugc.ac.in/uamp>):
  - a. Monthly Action Plan of all their activities
  - b. Reports on all the above activities along with photographs, videos etc.

This information will form the basis for judging the Star Rating of the institution.

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ज्ञान-विज्ञान विमुक्तये

सचिव

Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग  
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)  
(Ministry of Education, Govt. of India)

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D.O.No.2-100/2022 (CPP-II)

November, 2022

**Subject:** Registration of HEIs on FIT INDIA Portal **2 8 NOV 2022**

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. The various initiatives proposed under this mission are aimed at achieving the following objectives

- To promote fitness as easy, fun and free
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
- To encourage indigenous sports
- To make fitness reach every college/university.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories

The Ministry of Education has developed a FIT INDIA Portal for all students and staff of Higher Educational Institutions to have physical fitness, mental fitness, along with social, emotional & intellectual well-being. All the higher educational institutions and their affiliated colleges/ institutions are requested to encourage students and staff register themselves on FIT INDIA website at <https://fitindiahe.education.gov.in> and update data relating to fitness activities conducted at different time points.

With kind regards,

Yours sincerely,

  
(P. K. Thakur)

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