



Directortias <directortias@tecnia.in>

Fit India Movement 2020

no-reply <admin@aicte-india.org>
To: directortias@tecnia.in

Thu, Feb 27, 2020 at 12:18 PM

Dear Sir/Madam,

Greetings from All India Council for Technical Education..!!

In connection with Fit India Movement in Higher Educational Institutions , please find the attached letter undersigned by Hon'ble Member Secretary AICTE & Fitness Brochure of AICTE.

PFA:- <https://drive.google.com/file/d/1Tpd657qJvFrLWPEDNOfdCnx7NYJORxfz/view?usp=sharing>

https://drive.google.com/file/d/1anW2rD6-vrKCiMaNIIIOZC-ew_ncZO_kc/view?usp=sharing

With Regards,
AICTE



प्रो.राजीव कुमार

सदस्य सचिव

Prof. Rajive Kumar
Member Secretary



अखिल भारतीय तकनीकी शिक्षा परिषद्

(भारत सरकार का एक सांविधिक निकाय)

मानव संसाधन विकास मंत्रालय, भारत सरकार

नेल्सन मंडेला मार्ग, वसंत कुंज, नई दिल्ली - 110070

दूरभाष: 011-26131497

ई मेल : ms@aicte-india.org

ALL INDIA COUNCIL FOR TECHNICAL EDUCATION

(A Statutory Body of the Govt. of India)

Ministry of Human Resource Development, Govt. of India

Nelson Mandela Marg, Vasant Kunj, New Delhi-110067

Phone: 011-26131497

E-mail: ms@aicte-india.org

F. No. 1-104/AICTE/MHRD/FIT/2020

Date: 26.02.2020

Subject: Fit India Movement in Higher Educational Institutions (HEIs)-reg

Dear Sir/Madam,

The Prime Minister of India launched the Fit India Movement on August 29, 2019. He urged the people of the country to make fitness their life style. Today lifestyle disease are on a rise in India affecting even the youngsters. Cases of diabetes and hypertension are on the rise and even common among children in India. But small lifestyle changes can prevent these lifestyle diseases and help people to live a healthy and prosperous life. 'Fit India Movement' is an effort to bring these small lifestyle changes.

In order to ensure that all students and staff of Higher Education Institutions to have physical fitness, mental fitness, along with social, emotional & intellectual well-being and to inculcate the habit amongst students and staff of HEIs to lead a healthy life by adopting a healthy lifestyle, the Fit India Campaign Committee has prepared an Action Plan in consultation with Department of Sports for implementation by the Higher Educational Institutions (HEIs). The Action Plan has already been forwarded to all Institutions vide letter of even Number dated 13.02.2020.

In this connection it is informed that AICTE is also making all efforts for implementation of Fit India Movement and to ensure the fitness of its staff members. A Fitness Brochure for encouraging Institutions for fitness has also been published. A copy of the same is enclosed for your information.

Yours faithfully,

 26.2.20

(Prof. Rajive Kumar)

Member Secretary

The Principals/Directors,
AICTE approved Institutions.

Encl: As above.

RELEASING STRESS THROUGH YOGA & MEDITATION



ENCOURAGING INSTITUTIONS FOR FITNESS
AICTE a role model



Some of the institutions have already adopted the fitness movement



*All India Council For Technical Education, Nelson Mandela Marg, Vasant Kunj, New Delhi-110070
www.aicte-india.org*

FITNESS MEANS

- Flexibility
- Muscular strength
- Cardiovascular endurance
- Body composition



FITNESS TOOLS

- Balanced Diet
- Yoga
- Gymming
- Cardio
- Meditation



INCREASING FLEXIBILITY THROUGH YOGA

HUSTLING TO GAIN MORE MUSCLES

in AICTE - GAMA gym

BENEFITS OF YOGA

- 1 Increased flexibility
- 2 Increased Muscle strength and tone
- 3 Improved respiration energy and vitality
- 4 Maintaining a balanced metabolism
- 5 Weight reduction
- 6 Relaxation of mind body and soul



*“ It is health that is real wealth
and not pieces of gold and silver ”*

■ **MAHATMA GANDHI**

MUSCULAR STRENGTH TRAINING

- Makes muscles stronger and fitter
- Protects bone health and muscle mass
- Helps in maintaining healthy weight/BMI
- Develops better body mechanics
- Boosts energy level and improves mood

