
Regarding AICTE FIT INDIA CHALLENGE

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

Mon, Oct 4, 2021 at 4:48 PM

Dear Director/Principal of AICTE Approved Institutions,

In continuation to the mail dated 22th September, 2021

To foster and inculcate the habit of physical fitness, AICTE has announced **AICTE FIT India Challenge** on the occasion of **Independence Day i.e. 15th August,2021**. Hon'ble Chairman and Vice Chairman, AICTE have decided to recognize and honour such faculty and students of AICTE approved institutions as well as AICTE officials.

In this regard, AICTE has developed a web portal for registration of participants with detailed guideline link. This registration is not possible till the Head of the institute does not motivate/inspire their students, faculties & non-teaching staff.

For this purpose, spreading the awareness regarding the fitness, you require to publicize the scheme:

We are providing some short videos of different yoga, asana, exercises, flyers, posters, link of AICTE FIT India web portal and request you to put on your institute website and also share in all the social media of your institute, circulate among the students/faculties and non-teaching staff.

You may also encourage your students/ faculties to prepare short video on the similar lines and send them to AICTE so that we could include them in the AICTE FIT India web portal and also share the videos on the institute website.

We have forwarded a google form along with a mail dated 22nd September,2021 to be filled up by the appropriate person preferably physical instructor in your institute to act as the coordinator of this initiative. If details have not been furnished till date, kindly fill at the earliest, the link of Google form is as follows:

<https://tinyurl.com/PhysicalInstructorDetails>

Only Head of Institution/authorized person should register on the AICTE portal and nominate the Faculty/Students.

For Registration and detailed Guidelines, refer below link:

Link: - <https://drive.aicte-india.org/yoga>

The last date for Registration is **5th December,2021** .For any query/assistance, you can mail at it2approval@aicte-india.org Or call at **011-2958-1011/1013**

"HUM FIT TO INDIA FIT"

PFA: <https://drive.google.com/file/d/1abeNVWERHzhQfVmkYyODO4Wg5jHhF2-Z/view?usp=sharing>

PFA: <https://drive.google.com/file/d/1vI9Ba7C9Mk20Kp7rBz4FHx-UQGPw8RIs/view?usp=sharing>

PFA: <https://drive.google.com/file/d/1ICDuMtOoxadDytFs3zDoot3DsUeee3nO/view?usp=sharing>

PFA: https://drive.google.com/file/d/10iquJta4uWpX4oOFBc8ITcbT_qwDjF7g/view?usp=sharing

PFA: <https://drive.google.com/file/d/1HZI108wxXogkNzpfiaSeBPcFOQI6UY3K/view?usp=sharing>

PFA: <https://drive.google.com/file/d/1ASNEdeJ085XJ3ZqGH-xl6-sICsT53rF1/view?usp=sharing>

PFA: https://drive.google.com/file/d/1fSKdWsMSadIJ_jNuubYIKcPNf02mzB-b/view?usp=sharing

PFA: <https://drive.google.com/file/d/1SDPc4INocgAGdhkDaosRxG1HQQ7sTndL/view?usp=sharing>

PFA: <https://drive.google.com/file/d/17Db7HKRQFiyToJpwsSYox7nxvCgywNsz/view?usp=sharing>

PFA: <https://drive.google.com/file/d/1hA2gxfDw1sTeotluA74SYVxNg61DrLQm/view?usp=sharing>

PFA: <https://drive.google.com/file/d/1qM7ik5SDZgEtpTbmx97232hGIDMrp1Nc/view?usp=sharing>

With Thanks and Regards

(Induction Program Cell)

All India Council For Technical Education - Head Office

Nelson Mandela Marg, Vasant Kunj, New Delhi-110070

Ph.No. : 011-29581013

Email : ipc.pap@aicte-india.org

#LimitlessWithYoga



Develop Stronger Physical & Mental well being with

AICTE 
FIT INDIA
Movement

Sign up at
<https://drive.aicte-india.org/yoga/>

Closing date
5th December, 2021



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#LimitlessWithYoga

Challenge Yourself

Category-1

By : Prof. Anil D. Sahasrabudhe
Chairman, AICTE

Shishosana
(compulsory of 60 seconds)

+

any 3 asana of
90 seconds (Marichyasana,

Ushtrasana,

Poschimottasana,

Hanumanasana,

Bhujangasana)

First 100 winners
will be awarded



AICTE *ANIL D. SAHASRABUDHE*
FIT INDIA
Movement

Sign up at

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Closing date

5th December, 2021

Hum Fit Toh India Fit

Eligibility

Chairman/President/Senior
Office bearer of the Trust/
Society of the Institution,
Director/Principal of the
Institution, Professor of the
Institution and spouse as well
For AICTE- Adviser I/Adviser II,
CIO, CCOS & Director &
Equivalent Posts in AICTE
(Including spouse)

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Challenge Yourself

Category-2

By : Prof. M. P. Poonia
Vice Chairman, AICTE

Burpees 1 set of 20 reps +
Push ups 1 set of 20 reps +
Free Squats 1 set of 40 reps +
Crunches/Leg raises 1 set of
40 reps + Plank 1 set (120
seconds) + any 2 asana out
of Halasana, Dhanurasana,
Hastapadasana/Uttanasana
(total duration- 4.5 minutes)

First 100 winners
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AICTE 
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Movement

Sign up at
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Closing date
5th December, 2021

Hum Fit Toh India Fit

Eligibility

All students of the
institutions, teachers and
staff who are less than 35
years of age (including
spouse)
For AICTE - All employees
below AO level
(including spouse)



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Challenge Yourself

Category-3

By : Prof. Rajive Kumar
Member Secretary, AICTE

Continuous 1 min Kapalbhathi + Bhastrika + Bhramari + 1 min Anulom Vilom+ 1 min Agnisar + Ujjai in 4.5 min video (mandatorily 1 min breath stop). Proof of gathering (not less than 1000 in number) performing pranayam.

First 100 winners
will be awarded



AICTE 
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Movement

Sign up at
<https://drive.aicte-india.org/yoga/>

Closing date
5th December, 2021

Hum Fit Toh India Fit

Eligibility

Management/All teaching and non teaching staff/ students of the institution/anyone from out of institution.

For AICTE - Dy. Director/Assistant. Director, Sr. AO, AO & equivalent posts in AICTE. (including spouse) (individually)



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Challenge Yourself

First 100 winners will be awarded



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STAY FIT

with

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GET FIT IN 60 DAYS. BUILD A BETTER YOU.

with

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LIVE HEALTHIER

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Closing date
5th December, 2021

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THE EASIEST WAY TO GET FIT

with

AICTE 
FIT INDIA
Movement



#LimitlessWithYoga

Sign up at
<https://drive.aicte-india.org/yoga/>

Closing date
5th December, 2021

First 100 winners
will be awarded



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AICTE FIT INDIA CHALLENGE

“Hum Fit to India Fit”

The **AICTE FIT INDIA CHALLENGE** is being organized by All India Council for Technical Education (AICTE) In order to foster and inculcate the habit of physical fitness, Hon'ble Chairman & Vice Chairman, AICTE on the occasion of 7th International Yoga day have decided to recognise and honour such faculty and students of AICTE approved institutions as well as AICTE officials through AICTE FIT INDIA CHALLENGE.

Introduction: The International Day of Yoga (IDY) is held on 21st June of every year since 2014. It has been tried and tested that practicing Yoga helps in the development of stronger physical and mental well-being. Due to the current pandemic situation, the essence of good health has been felt more by the masses.

The Prime Minister Shri Narendra Modi launched the "Fit India Movement" at a ceremony in New Delhi on 29th August 2019 on the occasion of National Sports Day. The Prime Minister urged the people of the country to make fitness their life style. Launching the people's movement on the birth anniversary of Major Dhyanchand, Prime Minister Narendra Modi paid tributes to Major Dhyanchand, India's sports icon who enthralled the world with his game and techniques. He also congratulated the young sportspersons of the country who are keeping the tricolor afloat on the world stage through their efforts.

AICTE's FIT India Challenge is one of the initiative supporting Government FIT India Movement.

Goal

By 2022, at least 50% of higher educational institutions implementing core principles/ set standards of Health Promoting Universities

Objective

1. Promoting healthy and sustainable policies and planning throughout the Higher Educational Institutions
2. Providing healthy working environments
3. Offering healthy and supportive social environments
4. Establishing and improving primary health care
5. Facilitating personal and social development
6. Ensuring a healthy and sustainable physical environment
7. Encouraging wider academic interest and developments in health promotion
8. Developing links with the community

Mission

Our Students enjoy a very high level of health; for them healthy lifestyle, practices & wellness is a way of life.

Vision

An sustainable environment that is enabling for physical, mental, social, emotional and intellectual well-being of students and staff (adapted from The Okanagan Charter)

Eligibility for the Awards

All institutions/ Faculty/Students as approved by AICTE are covered under this initiative.

Category and their Eligibility for AICTE Fit India Challenge

Challenges are in following categories: -

a) Category-I (Individual Award, No. of Awards-100)

Challenge-Shirshasana (compulsory of 60 seconds) + any 3 asana of 90 seconds (Marichyasana, Ushtrasana, Paschimottanasana, Hanumanasana, Bhunamanasana)

Eligibility- Chairman/President/Senior Office bearer of the Trust/ Society of the Institution, Director/Principal of the Institution, Professor of the Institution and spouse as well

For AICTE- Adviser I/Adviser II, CIO, CCOs & Director & Equivalent Posts in AICTE (including spouse)

b) Category-II- (Individual Award, No. of Awards-100)

Challenge-Burpees 1 set of 20 reps + Push ups 1 set of 20 reps + Free Squats 1 set of 40 reps + Crunches/Leg raises 1 set of 40 reps + Plank 1 set (120 seconds) + any 2 asana out of Halasana, Dhanurasana, Hastapadasana/Uttanasana (total duration- 4.5 minutes)

Eligibility- All students of the institutions, teachers and staff who are less than 35 years of age (including spouse)

For AICTE - All employees below AO level (including spouse)

c) Category-III-(Institution Award, No. of Awards-100)

Challenge- Continuous 1 min Kapalbhathi+Bhastrika+Bhramari+ 1 min Anulom Vilom+ 1 min Agnisar+Ujjai in 4.5 min video (mandatorily 1 min breath stop). Proof of gathering (not less than 1000 in number) performing pranayama. Individual Award for AICTE Employees.

Eligibility - Management/All teaching and non teaching staff/ students of the institution/Anyone from out of the institution.

For AICTE - Dy. Director/Assistant. Director, Sr. AO, AO & equivalent posts in AICTE. (individually and including spouse)

How to Apply

1. Go to the Portal Link:- <https://drive.aicte-india.org/yoga/>
2. Register your entry by clicking on the Register button available on the top right corner of the home page as shown in below screenshot:



3. Fill all the details asked in the registration form as shown in below screenshot:

AICTE FIT India Challenge

HUM FIT TOH INDIA FIT
Motive: To spread awareness among all age group for physical exercise,yoga and pranayam to balance our mind and soul.

The name, username and photo associated with your Google account will be recorded when you upload files and submit this form.

Not sdca@aicte-india.org? [Switch account](#)

* Required

Name of the Institute *

Your answer _____

Institute Permanent ID issued by AICTE *

Your answer _____

Institute City *

Your answer _____

Institute State *

4. Click on submit button to submit the data.

Important Instructions for submitting the nominations:

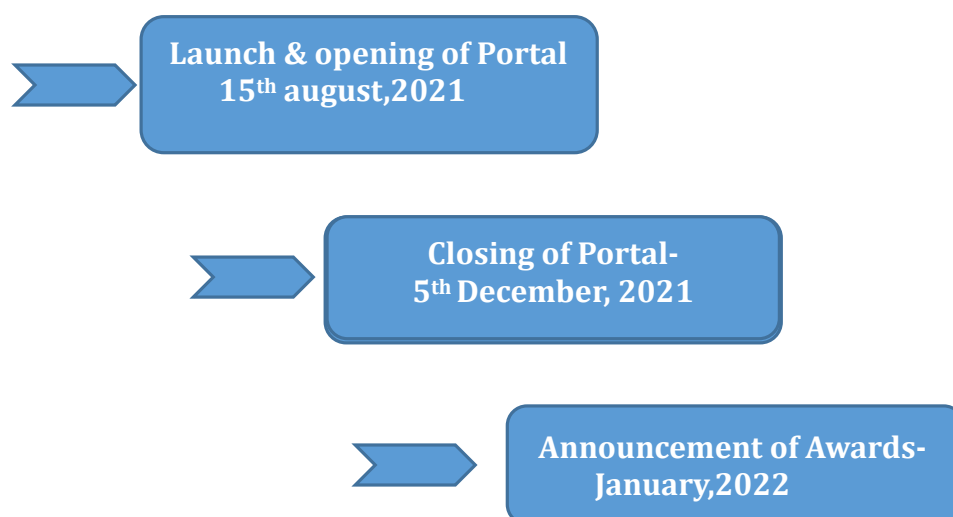
1. Only Head of Institution/authorized person should register on the AICTE portal and nominate the Faculty/Student at <https://drive.aicte-india.org/yoga/> latest by **5th December,2021**.(For Category I and II)
2. A maximum of **two nominations** per college/ institute can participate.(For Category I and II)
3. **For Category I & II**, Video upload should be non-edited i.e. continuous video.
4. **For Category III**, it is a institution award, so a group would comprise maximum of **1000 people**, where institute take picture/Video clip of a group to perform the challenge. Only one nomination per college/ institute can participate.
5. In case, a Faculty/student wants to submit his application as a single applicant, he/she is not permitted to do so.

For any query/assistance, you can mail at ipc.pap@aicte-india.org or it2approval@aicte-india.org Or call at **011-2958-1011/1208**

All nominations must be submitted at below given link:

< <https://drive.aicte-india.org/yoga/> >

Time Schedule:





Fitter, Healthier, Happier - Together

AICTE CHALLENGE

HUM FIT TOH INDIA FIT



“Fit India Movement दरअसल Hit India Movement भी है।”

“Investment on fitness is zero but the returns are infinite. You will soon be able to yield its fruits once you are fit.”



Category-1

(Individual Award, No. of awards-100)

Prof. Anil D. Sahasrabudhe
Chairman, AICTE



CHALLENGE

Shirshasana (compulsory of 60 seconds)+ any 3 asana of 90 seconds (Marichyasana, Ushtrasana, Paschimottanasana, Hanumanasana, Bhunamanasana)

ELIGIBILITY

Chairman/President/Senior Office bearer of the Trust/ Society of the Institution, Director/Principal of the Institution, Professor of the Institution and spouse as well For AICTE- Adviser I/Adviser II, CIO, CCOs & Director & Equivalent Posts in AICTE (including spouse)

Category-2

(Individual Award, No. of awards-100)

Prof. M. P. Poonia
Vice Chairman, AICTE



CHALLENGE

Burpees 1 set of 20 reps + Push ups 1 set of 20 reps + Free Squats 1 set of 40 reps + Crunches/Leg raises 1 set of 40 reps + Plank 1 set (120 seconds) + any 2 asana out of Halasana, Dhanurasana, Hastapadasana/ Uttanasana (total duration- 4.5 minutes)

ELIGIBILITY

All students of the institutions, teachers and staff who are less than 35 years of age (including spouse) For AICTE - All employees below AO level (including spouse)

Category-3

(Institution Award, No. of awards-100)

Prof. Rajive Kumar
Member Secretary, AICTE



CHALLENGE

Continuous 1 min Kapalbhathi+Bhastrika+Bhramari+ 1 min Anulom Vilom+ 1 min Agnisar+Ujjai in 4.5 min video (mandatorily 1 min breath stop). Proof of gathering (not less than 1000 in number) performing pranayam.

ELIGIBILITY

Management/All teaching and non teaching staff/ students of the institution / Anyone from out of the institution. For AICTE - Dy. Director/Assistant. Director, Sr. AO, AO & equivalent posts in AICTE. (including spouse)

Motive: To spread awareness among all age group for physical exercise, yoga and pranayam to balance our mind and soul.

Date of opening the portal:
15th August, 2021

Closing date of the portal:
5th December, 2021

For further details, check the website:
<https://drive.aicte-india.org/yoga/>