

## Regarding AICTE FIT INDIA CHALLENGE

1 message

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To: directortias@tecnica.in

Mon, Nov 22, 2021 at 8:02 PM

**Dear Directors/Principals of AICTE Approved Institutions,**

All India Council for Technical Education(AICTE) has announced “**AICTE FIT INDIA CHALLENGE**” on the occasion of **Independence Day i.e. 15<sup>th</sup> August,2021** for the Faculty/Students of AICTE approved institutions.

AICTE has developed a web portal for registration of participants with detailed guide link i.e. <https://drive.aicte-india.org/yoga/> pertains to AICTE FIT India Challenge and it is live up to 5<sup>th</sup> December 2021. **We would like to inform you that in the revised guidelines the student, faculty and institution can register themselves directly at separate link provided and relaxation has also been given in eligibility of each categories as follows;**

### 1) **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**- All faculty members of the institutions  
For AICTE- Adviser I/Adviser II, CIO, CCOs & Director & Equivalent Posts in AICTE (including spouse)

### 2) **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- 7 minutes)

**Eligibility**- All students of the institutions

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

### 3) **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** – Institution as a whole

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

To fill the details, the link of Google form is <https://tinyurl.com/AICTEFitIndiaInstitutions>.

**It is requested to circulate the above information among your faculty and students. The registration link will be as follow:**

**For Faculty** - <https://tinyurl.com/AICTEFitIndiaFaculty>

**For Student** – <https://tinyurl.com/AICTEFitIndiaStudents>

The last date for Registration is **5<sup>th</sup> December,2021** .For any query/assistance, you can mail at [it2approval@aicte-india.org](mailto:it2approval@aicte-india.org)  
Or call at 011-2958-1015/1013

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**With warm regards**  
**Dr. Neetu Bhagat**  
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