

TECNIA INSTITUTE OF ADVANCED STUDIES
NAAC Accredited Grade 'A' Institute

Ref. No. TIAS/ Dir. Off./2019-20/38(A)

Date: 03.09.2019

OFFICE ORDER

Subject: Nodal Officer-Fit India Movement w.e.f 03.09.2019.

In reference to email dated 02.09.2019 received from All India Council for Technical Education (AICTE) regarding Fit India Movement: "GUIDELINES FOR AN INSTITUTIONAL FITNESS PLAN IN THE HIGHER EDUCATIONAL INSTITUTIONS" and nominate a Nodal Officer for Fitness Implementation & Monitoring, whose activities would be monitored by an Institutional Committee. The following indicative guidelines/steps may be taken in this regard:

1. Physical fitness period or session may be incorporated into the academic calendar of the An institution, covering the aspects of sports, yoga, meditation, right diet etc. The physical fitness sessions may be staggered throughout the day to enable all students to participate.
2. Fitness Leaders in each institution to be created. For guiding students into physical fitness, services of students volunteer from the institutions, ex-servicemen and other volunteers may be obtained on a daily & voluntary basis. 10 committed persons well versed in physical activity may be involved in the exercise.
3. Proper the utilisation of existing infrastructure, encouraging students to climb stairs, walk at least 10,000 steps a day, use cycles within the campus by creating cycling zones etc.
4. The top leadership of the Institution and professors actively participate with staff and students in fitness activities on a periodic basis to lead by example, eg: cycling, running, aerobics, marathon, meditation activities etc.
5. Incorporating provisions of healthcare and wellness initiatives in the objectives of the institution.
6. Annual health check-ups by volunteer health doctors or voluntary organisations to monitor student health & fitness and also maintain a record.
7. Providing guidance regarding a balanced nutritional diet, distribution of pamphlets and information material on the subject.
8. Redressing the emotional concerns of students in mental health. Awareness camps or sensitisation workshops on depression, anxiety and stress management may be organized for faculty and students.
9. Inviting health icons and motivational speakers on health & fitness to address students in campus and regular conduct of outdoor sports events in campus
10. Data pertaining to health & fitness activities of an institution should be placed on the website. Exemplary performers shall be selected subsequently for National level awards.

The competent authority of Tecnia Institute of Advanced Studies is pleased to assign duties of NODAL OFFICER; FIT INDIA MOVEMENT with immediate effect in addition to him already assigned duties/charges. The details as follows:

S. No	Name of Faculty	Additional Assignment
01	Dr. Rohtash Kumar, Sports Incharge and Faculty, Department of Management Sciences	Faculty In-charge of Fit India Movement, Tecnia Institute of Advanced Studies as Nodal Officer

He is entrusted with the responsibility as mentioned above and required to make compliance of all the notifications issued from AICTE/ UGC/ Ministry of Youth Affairs & Sports- Dept. of Sports, Govt. of India, New Delhi and other statutory bodies in its letter & spirit and further, required to submit reports of all the activities put forwarded by the parent body with appropriate Geo-tag photographs with a copy to IQAC and upload the same on the appropriate webpage on Institute website for the advantage of all stakeholders.

This issue with the approval of the competent authority.


DIRECTOR Institute of Advanced Studies
 Rohtak, N. Delhi-141

Copy forwarded to the following for information and necessary action:

- All HoDs- Dept. of Mgt. Sciences/Journalism & Mass Comm. /Computer Applications, TIAS *Am* *Sandeep Kumar* *VIPUL* *Copy*
- All Class In-Charges/Mentors notified through respective HoDs, TIAS
- Academic Cell - to inform all concerned
- In-Charge Students' Welfare, TIAS *Manish* *3/9/19*
- In-Charge Librarian, TIAS *Shub*
- In-Charge Admin, TIAS
- Coordinator-IQAC, TIAS *BS (Rambh)*
- Admin Chairman Secretariat, TIAS *Am*
- In-Charge ITC- for uploading the same on the institute website *Am*
- Personal file of faculty concerned *Romy*
- Guard File