

Fwd: Video Conference on FIT India Movement on 23rd August 11:00AM.**Prof. BVR Reddy** <nsscell@ipu.ac.in>

Fri, Aug 23, 2019 at 10:45 AM

To: "Prof. B. V. R. Reddy" <bvrreddy@ipu.ac.in>, "Dr. S Neeleshwar" <nss.uss@ipu.ac.in>, Dinesh Kumar <nss.sfu@ipu.ac.in>, "Neelu Mehra, USLLS" <neelumehra5@gmail.com>, "Dr. Anuradha Jha, USLLS" <aj@ipu.ac.in>, "Dr. Durgesh Dr. Durgesh Tripathi" <drdurgeshtripathi@ipu.ac.in>, Gaurav Talan <gauravtalan@ipu.ac.in>, Yogesh Tyagi <drytyagi@ipu.ac.in>, Dr Kavita Solanki <kavita@ipu.ac.in>, priyanka bhutani <priyankabhutani9@gmail.com>, amritkarir1010@gmail.com, AIE Army Institute of Education <aiedelhi@gmail.com>, Jims Chairman <chairman@jagannath.org>, Directortias <directortias@tecna.in>, gibs@gitarattan.edu.in, coedelhi@bharativedyapeeth.edu, director.kj@jagannath.org, gncedelhi@yahoo.com, registrar@dspsr.in, dr Krishan Kumar Garg <drkgargkrishan@gmail.com>, meribs@meri.edu.in, Delhi Institute of Advanced Studies DIAS <dias@dias.ac.in>, principal@aiactr.ac.in, Director HMRTM <hmritmdirector@gmail.com>, Director SCERT <dir12scert@gmail.com>, directorrehab@tecna.in

Good Morning,

Kindly see forwarded mail along with attached letter . You are requested to kindly see a video conference on **FIT INDIA** that would be taken up by the honorable Minister of Youth Affairs & Sports, at **11:00 AM on 23.08.2019**. The video conference is available on the following link:-

<https://webcast.gov.in/myas/>**Thanks&Regards,****Prof. B.V.R. Reddy**

NSS Program Coordinator,

Nodal Officer (SBSI-2018)

Professor in University School of Information, Communication & Technology

Chairperson, Centralized Career Guidance & Placement Cell

E-209, E-Block, GGSIP University Main Campus

Sector - 16C, Dwarka, New Delhi-110078

Contact Details:

011-25302703 (O)

9810909414 (M)

----- Forwarded message -----

From: **NSSRC_DELHI** <nssrcdelhi@gmail.com>

Date: Thu, Aug 22, 2019 at 6:18 PM

Subject: Fwd: Video Conference on FIT India Movement on 23rd August 11:00AM.

To: Romi Johri <ddenssdelhi@gmail.com>, <romi.johri@yahoo.in>, nssuniversityofdelhi2012

<Nssuniversityofdelhi2012@gmail.com>, Parminder Sehgal <Parmindersehgal3@gmail.com>, smali

<smali@jamiahamdard.ac.in>, Nkhan1 <Nkhan1@jmi.ac.in>, Abid Zaidi <abidjmi@yahoo.com>, Varthya Kishore

<varthyakishore@gmail.com>, <Vkishore@mail.jnu.ac.in>, anilgoswami55 <Anilgoswami55@hotmail.com>, Dr. Prem

Sikarwar <Premsikarwar23@gmail.com>, <premsingh@slbsrsv.ac.in>, <samrat@textile.iitd.ernet.in>,

<nsscell@ipu.ac.in>, Kapender Singh <snoharyana@gmail.com>, Kapender Singh <kapenderhsr@gmail.com>, Ku

Nss <kunss1969@gmail.com>, <rana.kuk@gmail.com>, nsscoordinatormdu10 <nsscoordinatormdu10@gmail.com>,

vimalsushma <vimalsushma@yahoo.co.in>, Sushma Nss <nsscoordinatorbpsmvkk@gmail.com>, sindhu.biotech

<Sindhu.biotech@gmail.com>, Karan Aggarwal <karan.170987@gmail.com>, <bcmanju10@rediffmail.com>,

<registrar.uhsr@gmail.com>, SUJATA SANGHI <sutkash@yahoo.com>, NSS CDLU <nsscdlu@gmail.com>, Dr. DP

Nandal <dnpandal2000@yahoo.com>, Dr. Dinesh Chahal <dineshchahal@cuh.ac.in>, <nsscoordinator@cblu.ac.in>,

<nss@crsu.ac.in>, <sandeepberwal@crsu.ac.in>, <vc@ymcaust.ac.in>, Pradeep Dimri <pkdimri@yahoo.com>,

<nssigu@gmail.com>, Dr. Raj Kumar, Department of Law <Rajkumar.yadav@jagannathuniversityncr.ac.in>, Chandra

Mohan <chandra.mohan@krmangalam.edu.in>, <gurgaonmohan@yahoo.co.in>, Sohan Lal Vasisht

<dr.slvasisht56@gmail.com>, <registrar@alfalahuniversity.edu.in>, dir.he.jk <Dir.he.jk@gmail.com>,

<directorhreu@gmail.com>, <jammusatinder51@gmail.com>, Coordinator NSS <nss@uok.edu.in>, Shamim Shah

<shamimcrocus@gmail.com>, SUBHASH KASHYAP <sck2412@gmail.com>, <dsw@skuastkashmir.ac.in>, Jegan

Naathan <chamujegan@gmail.com>

----- Forwarded message -----

From: **NATIONAL SERVICE SCHEME DIRECTORATE OF NSS** <pacnss@gmail.com>

Date: Thu, Aug 22, 2019 at 3:50 PM

Subject: Video Conference on FIT India Movement on 23rd August 11:00AM.

To: Regional Director of Jaipur G. Upadhyay <gupadhyay11@gmail.com>, Regional Directorate of NSS Ahmedabad <nssahmedabad@gmail.com>, Regional Directorate of NSS Bangalore <nssrcbangalore@gmail.com>, Regional Director of Bangalore Sh. Khadri Narasimhaiah <khadri1963@gmail.com>, Regional Directorate of NSS Bhopal <nssrcbhopal@gmail.com>, Regional Director NSS Lucknow <shroti1970@gmail.com>, Regional Directorate of NSS Bhubaneswar <nssbbsr@gmail.com>, Regional Director of Kolkata & Add. Bhubaneswar, Ms. Sarita Patel <saritapatel1966@gmail.com>, Regional Directorate of NSS Chandigarh 3 <nssrc.chandigarh@yahoo.com>, Ms. Regional Director of Chandigarh, <mbnss75@gmail.com>, Regional Directorate of NSS Chennai <nssrcchennai@yahoo.co.in>, Regional Dir. Chennai APA Sh. R. Gokulakrishnan <gokulr25@yahoo.in>, RC Delhi <nssrcdelhi@gmail.com>, Regional Director NSS Delhi <harinderk110@gmail.com>, <dipakrnc@gmail.com>, Regional Directorate of NSS Guwahati <nssghy@yahoo.co.in>, Regional Director of Hyderabad <km.rama@gmail.com>, RC Hyderabad <nssrchyd@yahoo.in>, RC Jaipur <nssrajasthan@gmail.com>, Regional Director of Chandigarh, Sh. Sindhu Prakash Bhatnagar <spbnss@gmail.com>, Regional Directorate of NSS Kolkata <rdnsskolkata@gmail.com>, Regional Directorate of NSS Lucknow <nssrclucknow@yahoo.com>, RC Lucknow <nssrclucknow@gmail.com>, Regional Directorate of NSS Patna <nssrcpatna@gmail.com>, Regional Director of Patna <vinaynssrc@gmail.com>, Regional Directorate of NSS Pune <nssrcpune@gmail.com>, Regional Director of Pune, carthigueane <dcarthigueane@gmail.com>, Regional Directorate of NSS Trivandrum <nssrctvm@yahoo.in>, Regional Director of Trivandrum, Sh. G.P. Sajith Babu <sajithyas@gmail.com>, SNO A. & N. Island <kandimuthuprathi@yahoo.co.in>, SNO Andhra Pradesh <apstatensscell@gmail.com>, SNO Arunachal Pradesh <nssarp2017@gmail.com>, SNO Assam <dsywassam2011@gmail.com>, SNO Bihar <sportsdirectoratihar@yahoo.in>, SNO Chandigarh <bkrmrana@yahoo.co.in>, SNO Chandigarh <statensscell-chd@nic.in>, SNO Chhattisgarh <s.samarendra@yahoo.com>, SNO Dadra & N. Haveli <dir.dadarnagar@gmail.com>, SNO Dadra & N. Haveli <nssdnh@gmail.com>, SNO Daman & Diu <secy-edu-dd@nic.in>, SNO Daman & Diu <nssdaman@rediff.com>, SNO Daman & Diu <rcagrawal.daman@gmail.com>, SNO Delhi <romi.johri@yahoo.in>, SNO Goa <dir-spor.goa@nic.in>, SNO Goa <goa.dsya@gmail.com>, SNO Gujarat <che.nssgujarat@gmail.com>, SNO Haryana <kapenderhsr@gmail.com>, SNO Haryana <snoharyana@gmail.com>, SNO Himachal Pradesh <harivatika12267@yahoo.com>, SNO Himachal Pradesh <nss.hp2013@gmail.com>, SNO Jammu & Kashmir <Dir.he.jk@gmail.com>, SNO Jammu & Kashmir <directorhredu@gmail.com>, SNO Jharkhand <kr.brajesh2015@gmail.com>, SNO Jharkhand <pkjha_nss@yahoo.com>, SNO Karnataka <gokastateliaisonofficer@yahoo.com>, SNO Karnataka <gokstateliaisonofficer@yahoo.com>, SNO Karnataka <gyekkar@gmail.com>, SNO Kerala & Lakshadweep <keralansscell@gmail.com>, SNO Kerala & Lakshadweep <sabukuttan100@gmail.com>, SNO Madhya Pradesh <mpnss.slocell@gmail.com>, SNO Maharashtra <atulsalunke2007@gmail.com>, SNO Maharashtra <nssmantralaya@gmail.co>, SNO Maharashtra <nssmantralaya@gmail.com>, SNO Manipur <sanahanbikabuini@gmail.com>, SNO Meghalaya <meghalayanss@gmail.com>, SNO Meghalaya <dydhte.technical@gmail.com>, SNO Meghalaya <nsssslo@gmail.com>, SNO Mizoram <zirata@rediffmail.com>, SNO Nagaland <ctheyonss@rediffmail.com>, SNO Odisha <upsahu.1958@gmail.com>, SNO Puducherry <pkolundu@yahoo.com>, SNO Puducherry <statensspuduvai@yahoo.co.in>, SNO Punjab <dir.ys@punjab.gov.in>, SNO Rajasthan <slonssrajasthan@gmail.com>, SNO Sikkim <nssssikkim@yahoo.com>, SNO Tamilnadu <nsstnslo@gmail.com>, SNO Tamilnadu <srsrnmcpphysics@gmail.com>, SNO Telangana <tsnsscell@gmail.com>, SNO Tripura <slonsstripura@gmail.com>, SNO Uttar Pradesh <anshumali.slo@gmail.com>, SNO Uttar Pradesh <sloup.nss@gmail.com>, SNO Uttarakhand <nsssl011@gmail.com>, SNO West Bengal <raprbh1968@yahoo.co.in>

Sir/Madam,

Kindly see the attachment and take necessary action at your end.

Directorate of NSS
12/11 Jamnagar House,
New Delhi-110011

Madam/Sir,

kindly see forwarded mail along with attached letter on the subject as cited above which is self explanatory for your kind perusal and further necessary action. You are requested to kindly see a video conference on **FIT INDIA** that would be taken up by the honorable Minister of Youth Affairs & Sports, at **11:00 AM on 23.08.2019**. The video conference is available on the following link:-

<https://webcast.gov.in/myas/>

You are further requested to arrangements a TV set and ensure a gathering of NSS Volunteers in all universities/Colleges and institutions under your jurisdiction witness live telecast of the **Honorable Prime Minister of India who will be lunching a FIT INDIA movement on 29.08.2019 on Durdarshan.** It is for your kind perusal and further necessary action.

Regards

(Harinder Kaur)
Regional Director,
Regional Directorate of NSS
Ministry of Youth Affairs & Sports, Government of India
15/11, Jamnagar House
New Delhi- 110011
Phone No.011-23382991



Video Conference on FIT India Movement on 23rd Aug, 2019.jpg
368K



प्रो. रजनीश जैन
सचिव
Prof. Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission
(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)
बहादुरशाह जफर मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002
Ph.: 011-23236288/23239337
Fax: 011-2323 8858
E-mail: secy.ugc@nic.in

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

23rd August, 2019

Sub: Participation in 'Fit India Movement'.

Respected Sir/Madam,

The Hon'ble Prime Minister of India would be launching the '**Fit India Movement**' on 29th August, 2019 from Indira Gandhi Indoor Stadium, New Delhi. '**Fit India**' is a movement to take the nation forward on the path of fitness and wellness and it provides a unique and exciting opportunity to work towards a healthier India.

As a part of the movement, Higher Educational Institutions (HEIs), Universities and Affiliated colleges can make well-meaning efforts for the health and well-being of their students, teachers, staff and officials to achieve physical fitness, mental strength and emotional equanimity.

In this regard, you are requested to carry out the following activities to promote the '**Fit India Movement**':

- (i) Make necessary arrangements for live viewing of the programme and encourage students, teachers, staff and officials to assemble on 29th August, 2019 to view the live telecast on Doordarshan of the Launch of the Fit India Movement by Hon'ble Prime Minister and take the Fitness Pledge, which would be administered by the Hon'ble Prime Minister. Every person should attempt to walk 10,000 steps on 29th August and follow it up in his/her daily routine.
- (ii) Short video clips of the activities in campus on 29th August, 2019 may be made.
- (iii) Prepare and implement an Institutional Fitness Plan, incorporating sport/exercise/physical activities for fitness into the daily routine for everybody to adopt and practice.

The Vice Chancellors of Universities and Principals of their affiliated colleges are requested to prepare and publicise their fitness action plan on their Websites and Notice Boards within a month and upload the same on UGC's **Fit India Movement Portal**, which is being developed and its details will be shared soon. Concrete steps may be taken to spread the necessity and culture of physical fitness in the campuses.

The information with regard to the number of students, teachers, staff and officials who have viewed the programme on 29th August, 2019 along with photographs and videos may please be uploaded by universities and colleges on the **University Activity Monitoring Portal of UGC** (<https://ugc.ac.in/uamp/>) latest by **5:00 pm on 29th August, 2019**.

Your cooperation is solicited in making this movement successful.

With kind regards,

Yours sincerely,

(Rajnish Jain)

To,
The Vice Chancellors of all the Universities.