



ज्ञान-विज्ञान विमुक्तये

प्रा. मनिष र. जोशी  
सचिव

Prof. Manish R. Joshi  
Secretary



सत्यमेव जयते



विश्वविद्यालय अनुदान आयोग  
**University Grants Commission**  
(शिक्षा मंत्रालय, भारत सरकार)  
(Ministry of Education, Govt. of India)

D.O.No.2-64/2023(CPP-II)

02<sup>nd</sup> November, 2023/11 कार्तिक, 1945

**Subject: Celebration of "Fit India Week from 15th November to 15th December, 2023- regarding.**

Respected Madam/Sir,

As you are aware, FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. In this regard, it is informed that to further extend the success of the program and to diversify its reach to a wider range of participants, the program has been rechristened as **"FIT India Week"** and is scheduled to be celebrated between 15th November and 15th December 2023. During that time period, educational institutions can choose a week at their convenience and organize various sports and fitness activities for 4 to 6 days. The activities that could be organized during the FIT India week include **the celebration of the Annual Sports Day**. The list of activities suggested for the celebration is enclosed herewith.

The Higher Education Institutions are requested to encourage students and staff participate in the Fit India Week and make this programme a grand success.

Further, details will be available in the Fit India Portal from the 1st week of November, 2023 and the HEIs are also advised to upload their programmes and activities on Ministry's Portal: [www.fitindiahe-education.gov.in](http://www.fitindiahe-education.gov.in).

With kind regards,

Yours sincerely,

(Manish Joshi)

**Encl: As above**

**To**

**The Vice-Chancellors of all Universities  
The Principals of all Colleges/Institutes**



**ANNEXURE**

The indicative list of activities for Fit India Week 2023 for schools is as below:

<b>Day</b>	<b>Indicative List of activities for Fit India Week 2023 for Schools</b>
1.	Annual Sports Day
2.	Importance of fitness- Debate, Quiz, Essay Writing, poster making competition
3.	Indigenous Games
4.	Fitness Assessment through Mobile App
5.	Yoga & Meditation
6.	Fitness Pledge- by teachers, students and their parents & Fit India Parents Teachers Meet

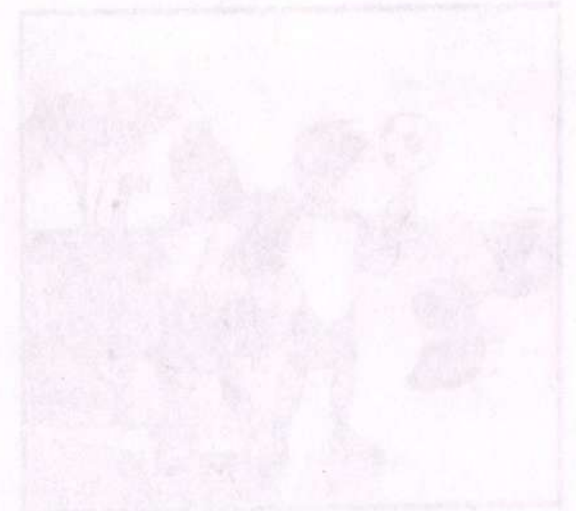


# FIT INDIA

## WEEK

for Schools & Universities

**FITNESS KI DOSE**  
**AADHA GHANTA R  Z**





**FIT INDIA SCHOOL WEEK Starts: 15th Nov 2023**

In this campaign, schools are encouraged to celebrate 4-6 days in a week to promote healthy and active lifestyle among students, staff, and parents

### **SUGGESTIVE ACTIVITIES**

**Annual Sports Day**

**Indigenous Games**

**Debate, Quiz, Essay Writing**

**Yoga & Meditation**

**Fitness Assessment through  
Mobile App**

**FiT India Parents  
Teachers Meet**

**Talent Identification**

**Fitness Pledge**



**FIT INDIA UNIVERSITY WEEK Starts: 15th Nov 2023**

In this campaign, Higher Education Institutions/ Universities/Colleges will be encouraged to celebrate 5 days in a week to promote physical and mental health in the youth

### **SUGGESTIVE ACTIVITIES**

Indigenous Games

Fitness Pledge

Debate, Quiz, Clubs

Running/Races/Cycling Races

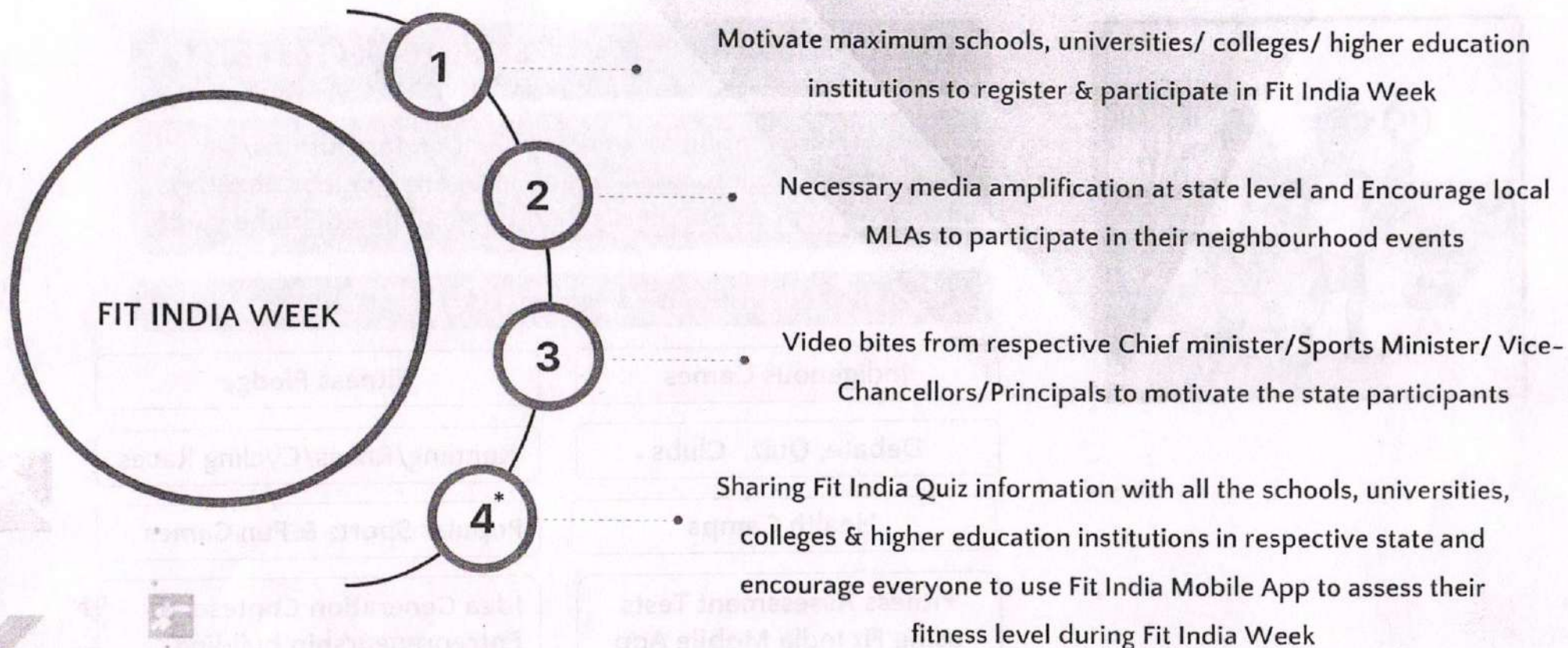
Health Camps

Popular Sports & Fun Games

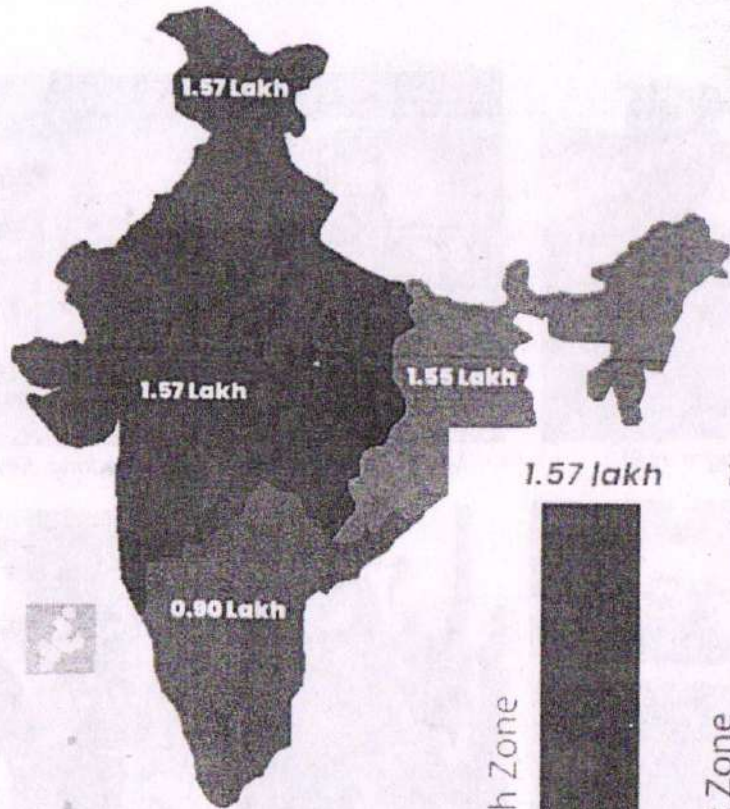
Fitness Assessment Tests  
using Fit India Mobile App

Idea Generation Contests &  
Entrepreneurship building

## **SUPPORT REQUIRED FROM STATES**

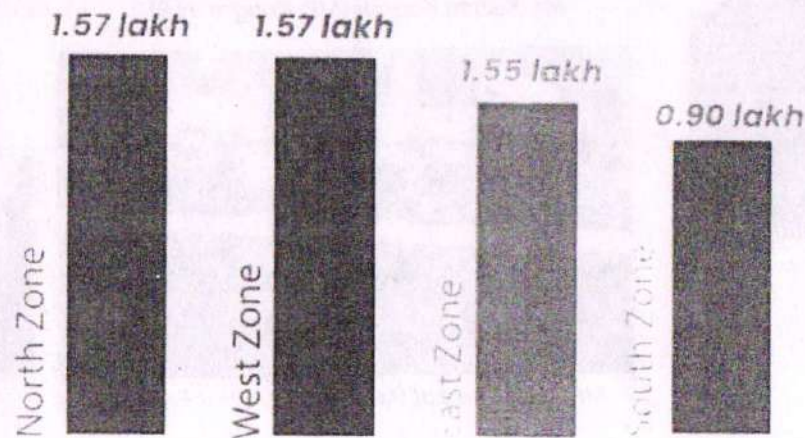


# **FIT INDIA SCHOOL WEEK (PAST PARTICIPATION 2022-23)**



**5.8 L Schools** Participated across India

**39 MPs & MLAs** visited School Week  
in 42 different schools



# **FIT INDIA SCHOOL WEEK (PAST SNAPSHOT)**



*Mr. Tejaswi Surya (MP, Bangalore South, Karnataka)*



*Mr. Kishan Kapoor (MP, Kangra, H.P)*



*Mr. GT Dhungel (MLA, Upper Tadong, Sikkim)*



*Mr. Ashok Rawat (MP, Sitapur, Uttar Pradesh)*



*Mr. Anurag Sharma (MP, Jhansi, Uttar Pradesh)*



# References from the past campaign

