



केन्द्रीय संस्कृत विश्वविद्यालय
संसद के अधिनियम द्वारा स्थापित
(पूर्व में राष्ट्रीय संस्कृत संस्थान, मानव विश्वविद्यालय, शिक्षा मन्त्रालय, भारत सरकार के अधीन)



छात्र कल्याण विभाग

सूचना/ NOTICE - 19

दिनांक: 21.11.2024

फिट इंडिया कार्यक्रम

समस्त केंद्रीय संस्कृत विश्वविद्यालय/आदर्श संस्कृत महाविद्यालय/सम्बद्ध महाविद्यालयों को सूचित किया जाता है कि प्रत्येक वर्ष की भाँति इस वर्ष भी फिट इंडिया (छ: संस्करण) का कार्यक्रम दिनांक 15.11.2024 से 31.12.2024 के मध्य परिसर में आयोजित करना है।

कार्यक्रम का आयोजन परिसरीय शारीरिक शिक्षा प्राध्यापक के माध्यम से 04-06 दिवसों तक आयोजित करना है जिसमें युवा कार्यक्रम और खेल मंत्रालय (Department of Sports, Ministry of Youth & Sports) द्वारा निर्धारित कार्यक्रम आयोजित करने है (पत्र संलग्न है)। इस कार्यक्रम का उद्देश्य प्रत्येक व्यक्ति को स्वास्थ्य के प्रति जागरूक करना है। कार्यक्रम आयोजन के पश्चात कार्यक्रम की आख्या व छायाचित्र मुख्यालय की ई-मेल deansw@csu.co.in पर प्रेषित करना अनिवार्य है।

फिट इंडिया कार्यक्रम सूची <https://fitindia.gov.in> वेबसाइट पर उपलब्ध है।

(प्रो. मदन मोहन झा)

अधिष्ठाता

छात्र कल्याण/शैक्षणिक मा.

सूचनार्थ प्रतिलिपि-

1. निज सचिव, कुलपति कार्यालय
2. निज सहायक, कुलसचिव कार्यालय
3. डॉ. संजय कुमार, संयोजक खेल, के.सं.वि, नई दिल्ली को आवश्यक कार्यवाही हेतु।
4. निदेशक, के.सं.वि समस्त परिसर
5. प्राचार्य, आदर्श संस्कृत महाविद्यालय/सम्बद्ध महाविद्यालय
6. परियोजना अधिकारी, के.सं.वि नई दिल्ली वेबसाइट पर अपलोड हेतु।

(प्रो. मदन मोहन झा)

अधिष्ठाता

छात्र कल्याण/शैक्षणिक मा.



ज्ञान-विद्यया विमुक्तये

सचिव

Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)

(Ministry of Education, Govt. of India)

बहादुरशाह जफ़र 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.1-1/2024(SPORTS)/FIW

November 20, 2024/ कार्तिक 29, 1946

Subject: 6th Edition of Fit India Week Scheduled to be Celebrated from 15th November to 31st December 2024 – reg.

आदरणीय महोदया/महोदय,

I am writing to bring to your kind attention the celebration of the 6th edition of Fit India Week, scheduled to take place from 15th November 2024 to 31st December 2024. This initiative aims to promote fitness awareness among various stakeholders through a series of fitness activities conducted over 4 to 6 days during this period in Higher Educational Institutions (HEI).

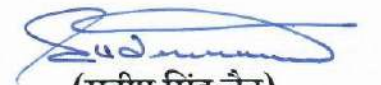
Please find enclosed a copy of D.O. letter No. 17-08001/6/2024-17 dated 5th November 2024, along with the Standard Operating Procedures (SOP) for the Fit India Week, as received from the Secretary, Department of Sports, Ministry of Youth Affairs & Sports.

We kindly urge your esteemed institution to celebrate the FIT India Week and also requesting to circulate the enclosed documents to the Educational Institutions under your administrative control for appropriate action. Further details regarding Fitness Week are available on the Fit India portal at <https://fitindia.gov.in>. You are requested to take action as mentioned in the advisory sent by Ministry of Youth Affairs & Sports, please.

We really appreciate your continuous participation in FIT INDIA PROGRAM making it a huge success.

With kind regards,

Yours sincerely,


(सुदीप सिंह जैन)

संलग्नक: उपरोक्तानुसार

To,

- सभी विश्वविद्यालयों के कुलपति।
- सभी महाविद्यालयों के प्राचार्य।

सुजाता चतुर्वेदी, भा.प्र.से
सचिव
Sujata Chaturvedi, IAS
Secretary

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भारत सरकार
खेल विभाग
युवा कार्यक्रम और खेल मंत्रालय
Government of India
Department of Sports
Ministry of Youth Affairs & Sports
Date: 05.11.2024

D.O.No.17-08001/6/2024-17

Dear Sanjay,

At the outset, let me express the gratitude of Fit India Mission to the Department of School Education and Literacy, for its support in making the previous five editions of the Fit India School Week a success. The past editions have witnessed a cumulative participation of 18 Lakh schools.

2. As we embark on the 6th edition of the Fit India Week, our goal is to make this year's event bigger and more inclusive than ever. Building on the enthusiasm of schools, colleges, and universities, it shall be our endeavour to make fitness a part of daily life style and spread the message of fitness among various segments of the population. This year, the Fit India Week is scheduled to be celebrated from **15th November to 31st December 2024**. During this period, schools, colleges and universities are encouraged to conduct a range of fitness activities over 4 to 6 days of the chosen week.

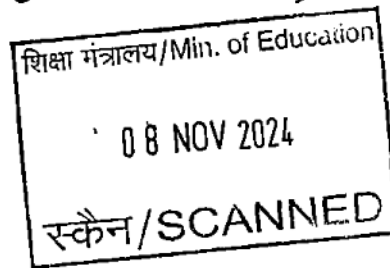
3. In this regard, it is requested to kindly issue necessary directions to all colleges and Universities, States/UTs higher education departments to encourage them to register for the Fit India Week and celebrate it in a grand manner. The details of the Fit India Week would be available from first week of November, 2024 on the Fit India portal [<https://fitindia.gov.in>].

4. It is also suggested that the Annual Sports Day of colleges and Universities be celebrated on any day falling in the Fit India Week, to promote a culture of sports. Efforts may also be made to encourage students and faculty members to commute by bicycle with a focus on road safety. A list of suggestive activities for the Fit India Week, 2024 incorporating the celebrations of the Annual Sports Day are enlisted in the SOP enclosed herewith.

5. I look forward to your continued support to make the Fit India Week a big success.

Best wishes,

7/11/2024
Shri K Sanjay Murthy
Secretary
Dept of Higher Education
Ministry of Education
127-C, Shastri Bhawan, New Delhi.



Yours sincerely,
Sujata Chaturvedi
5/11/24
(Sujata Chaturvedi)

SOP for Fit India Week 6.0

1. Fit India Week 2024 aims to propagate fitness awareness among students, parents, teachers, and educational institutions across India by engaging in various activities promoting an active and healthy lifestyle. This initiative, beginning in 2019, has evolved to reach millions and continues to focus on expanding the fitness movement to more schools, colleges, and higher education institutions. In the subsequent five editions, the Fit India Week has been observed by 18.5 Lakhs schools
2. In this edition of Fit India Week is to be observed from **15th November to 31st December 2024**, in schools, colleges, and universities in pursuit of spreading the message of fitness to various segments of the population. Schools, colleges, universities, and higher education institutions can select any one week within this duration to celebrate Fit India Week observing the activities enumerated below:

Day	Indicative List of activities for Fit India Week 2024 for Schools/ Colleges and Universities
1.	Annual Sports Day, Popular Sports & Fun Games
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
7.	Idea generation contests & Entrepreneurship Building in HEI & Colleges
Schools /Colleges/ HEI and Universities to encourage students to commute by bicycle during the week with adequate focus on road safety	

3. Schools / Colleges/ HEI and Universities to appoint a Nodal officer for coordination with Fit India Mission and forward the details (Name, designation, mobile number and email ID) at contact@fitindia.gov.in
4. Invite eminent Athletes/Public representatives/Celebrities/ Athletes/ Iconic Personalities/ Social Media Influencers, etc to join Fit-India Week celebration.
5. **Pre-event promotion:** Ensure pre-event promotion of the event to be organized by respective Schools / Colleges/ HEI and Universities from **15th November 2024** onwards followed by post event promotion and engagement.

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6. Schools / Colleges/ HEI and Universities to release a press note by **15th November 2024** informing about the event and schedule of activities.

7. Schools / Colleges/ HEI and Universities to conduct various activities in any one week during the Fit India Week 2024 celebration till to **31st December 2024**.

8. The organizers to use standardized backdrops and banners for their event. The creatives can be downloaded from the link: https://drive.google.com/drive/folders/178z4Gz-t2HaWOLuyRDbJZnCwQIHeHeE8?usp=drive_link

9. Schools / Colleges/ HEI and Universities to register their event on Fit India portal (<https://fitindia.gov.in/>) and upload details of participants and activities performed daily to have live dashboard on Fit India portal as shown below:

E.g., The organization conducted following Fit India Week 6.0 events:

1. Event/s on 15-11-2024 with 50 participants

2. Event/s on 04-12-2024 with 100 participants

The data for the event/s would be filled by the organization on Fit India Portal in the following manner for each day:

S.No.	Date (DDMMYYYY)	No. of Participants	Total No. of Events/ Activities	Add Participants
1	15-11-2024	50	250	
2	04-12-2024	100	300	
Grand Total		150	550	
For downloading certificates for Schools / Colleges/ HEI and Universities				

10. Promote Fit India Week 2024 on their social media channels with #FIW2024 and #FitCollegeFitIndia #FitSchool through creatives, videos, write-ups, pictures of the events. (Social media team member name and number) is point of contact for any coordination regarding social media from Fit India Mission.

11. Adequate publicity for the program through Social media, TV/Newspaper, etc throughout the Event.

12. Participants shall be encouraged to take the Fit India Pledge-

Fit India Pledge

I take the pledge:

- TO LEAD AN ACTIVE AND A HEALTHY LIFESTYLE
- TO TAKEOUT 30 MINUTES EVERYDAY FOR MY FITNESS AND HEALTH
- TO ENCOURAGE MY FAMILY MEMEBERS AND NEIGHBOURS TO STAY FIT AND HEALTHY
- TO TAKE THE FITNESS ASSESSMENT TEST ON THE FIT INDIA MOBILE APPLICATION QUARTERLY

मैं प्रतिज्ञा करि/करती हूँ:

- एक सतिय और स्वस्थ जीवन शैली जीऊँ गा/जीऊँगी
- अपने तिटनेस और स्वास्थ्यके तलए हरतिन 30 तमनटका समय तनकालूँगा/तनकालूँगी
- अपने पररवारके सिस्स औँ रपडयतसययकूँ यतित और स्वस्थ रहनेके तलए प्रयत्सातहिकरूँ गा /करूँगी
- तिटडूँतियामयबाइलएप्लिके शनपरत्रैमातसकतितनेसम् लूँकनपरीक्षणलूँगा/लूँगी

Download Fit India Mobile App to track your miles for the Fit India Week 2024 on the following link:

- Android: <https://play.google.com/store/apps/details?id=com.sai.fitIndia>
- IOS: <https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890>
- FIMA

