

NATIONAL OF TECHNOLOGY DURGAPUR
MAHATMA GANDHI AVENUE, DURGAPUR-713209
WEST BENGAL INDIA, www.nitdgp.ac.in
(An Autonomous Institution under Ministry of Education, Govt. of India)

No: NITD/SAC/Fit-India/06/2024

Date: 29.11.2024

NOTIFICATION

This is to notify to all students, faculty and non-faculty members of the Institute that as per the directive of the Ministry of Education, Department of Higher Education, Government of India Vide OM F.No.21-06/2019-TS.V dated November 14,2024 on the occasion of 6th edition of Fit India Week scheduled to be celebrated during November 15 to December 31, 2024.

The goal of the 6th edition Fit India week is to "fitness is a part of daily life style."

To make this initiative successfully, NIT Durgapur solicits your kind support by participation in the Fit India Week 2024 during November 30-December 06, 2024 organizing by Students Activity Centre, NIT Durgapur to promote an active and healthy lifestyle, fitness assessment through mobile app and take the Fit India pledge.

To track your miles please download the Fit India App to track your miles on the following link:

<https://play.google.com/store/apps/details?id=com.sai.fitindia>

Fit India Pledge:

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



Dean (Student Welfare)

National Institute of Technology Durgapur

Web Master is requested to kindly upload the notification into the Institute website



Students Activity & Sports Officer