

NATIONAL INSTITUTE OF TECHNOLOGY DURGAPUR
MAHATMA GANDHI AVENUE DURGAPUR-713 209(WEST BENGAL), INDIA

No. NITD/Estt./Fit India Movement/2019/2301

Date:- 27th August, 2019

CIRCULAR

This is to notify to all concerned i.e. students and employees of the Institutes that in order to impart the much needed impetus to physical fitness and health, the Hon'ble Prime Minister of India would launch the **Fit India Movement** on 29th August, 2019. As the students are the backbone of the country's development, hence, it is essential to create a culture of physical fitness within every Higher Educational Institutions for students, teaching & non-teaching employees so that the campuses vibrate with health and positivity along with learning. In context to the above, all students and employees of the Institute may carry out the following in respect of the Fit India Campaign:-

- (i) Assemble a congregation of students and employees on 29th August, 2019 to view the live telecast on Doordarshan of the Launch of Fit India Movement by Hon'ble Prime Minister and take the Fitness Pledge, which would be administered by the Prime Minister. The schedule /time will be intimated as and when received from concerned authority. Every person would attempt to walk 10,000 steps on 29th August, 2019 and follow it up in his/her daily routine
- (ii) Short Video Clips of the activities in campus on 29th August, 2019 be made in the Students Activity Centre (SAC) of the Institute.
- (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.
- (iv) The letter issued by MHRD, Govt. of India vide No. F.No.33-1/2019-TS.III dated 23rd August, 2019 is enclosed overleaf.

Aravind
28.08.19
f Registrar

Copy forwarded for information to:-

1. Director
2. All Deans
3. All Head of the Departments/Section/Centre/Central facilities :- with a request to circulate amongst the employees of the respective Departments/Sections.
4. Head, Computer Centre- With a request for necessary action on the above.
5. Security Officer & I/C, Estate Section- With a request to arrange as Sl. No. ii of the above.
6. Physical Training Instructor- With a request to arrange as Sl. No. iii of the above.
7. Students Notice Board.
8. Director & Registrar Secretariat
9. File Copy

Aravind
28/8/19
Dy. Registrar (Establishment)

Aravind
KR 27.8.19

33-1/2019-TS.III

FW
574/23/8/19

F.No.33-1/2019-TS.III
Government of India
Ministry of Human Resource Development
Department of Higher Education
Technical Section-III

Shastri Bhawan, New Delhi
Dated: 23rd August, 2019

To
The Director,
All NITs & IEST Shibpur.


Subject: Launch of Fit India Movement- formulation of Fitness Plan for every
Higher Educational Institution - reg.

In order to impart the much needed impetus to physical fitness and health, the Hon'ble Prime Minister of India would launch the Fit India Movement on 29th August, 2019 from Indira Gandhi Indoor Stadium, New Delhi.

2. Higher Educational Institutions embody the nation's demographic dividend in the form of more than 3 crore students who are the backbone of the country's development. It is essential that a culture of physical fitness is created within every Higher Educational Institutions for students, teaching & non-teaching faculty etc. so that our campuses vibrate with health & positivity alongwith learning. In this context, all students and staff of NITs & IEST Shibpur may carry out the following in respect of the Fit India Campaign:

- (i) Assemble a congregation of students and staff on 29th August, 2019 to view the live telecast on Doordarshan of the Launch of Fit India Movement by Hon'ble Prime Minister and take the Fitness Pledge, which would be administered by the 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.

3. You are requested to prepare and publicise fitness action plan on Institute websites and notice boards within a month and take concrete steps to spread the necessity and culture of physical fitness in the campuses.


(Madan Mohan)
Additional Director General (HE)
Tel: 011-23301484