

**OFFICE OF THE DEAN OF UNIVERSITY INSTRUCTION
PANJAB UNIVERSITY, CHANDIGARH**

No. 3024-3123 /DUI/DS

Dated: 28.8.2019

MOST URGENT/IMPORTANT

Subject: Participation in 'Fit India Movement'.

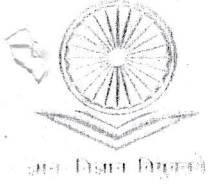
With reference to communication vide D.O. No. F.1-54/2019 (Website/FitIndia) dated 23rd August, 2019, received from the Secretary, University Grants Commission, New Delhi, informing that the Hon'ble Prime Minister of India would be launching the '**Fit India Movement**' on **29th August, 2019** from Indira Gandhi Indoor Stadium, New Delhi on Doordarshan and administering fitness pledge (copy enclosed). The schedule of the detailed programme at the Panjab University is as under:

#	Time	Event	Venue
1	6.30 a.m.	Walkathon	From Administrative Block-> Vice Chancellor's office->Boys Hostel No. 4-5->Directorate of Sports office->Ankur School-> P.U. Gate No. 3->Dental College-> Sector 25->Gate No. 3->SBI-> Administrative Office
2.	10.00 am	Live telecast on Fit India Movement' by Hon'ble Prime Minister and administering of pledge.	Law Auditorium
3.	11.00 am	Punjabi Play "KHOONI VAISAKHI" by Punjab Sangeet Natak Academy	Law Auditorium
4.	04.00 pm	Hockey Match	Hockey Ground

The Chairpersons/ Directors/ Coordinators of all teaching Departments/ Centres/ Institutes and Heads of Administrative Offices/Branches, P.U. are hereby advised to ensure that the Students, Research Scholars, Faculty members and staff reach Law Auditorium on **August 29, 2019 at 9.45 a.m. for viewing live telecast of the programme and taking pledge, apart from taking part in other activities as mentioned in the above programme.**


28.8.2019
Dean of University Instruction

Issued to: All Chairpersons/ Directors/ Coordinators of all teaching Departments/ Centres/ Institutes and Heads of Administrative Offices/Branches, P.U.



अनं विद्याय नमः

प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

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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.

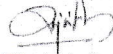
The Vice Chancellors of Universities and Principals of their affiliated colleges are requested to prepare and publicise their fitness action plan on their Websites and Notice Boards within a month and upload the same on UGC's Fit India Movement Portal, which is being developed and its details will be 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.

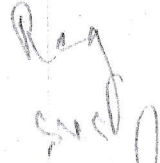
Your cooperation is solicited in making this movement successful.

With kind regards,

Yours sincerely,


(Rajnish Jain)

To, 
The Vice Chancellors of all the Universities.


R-26/8/19