

FIT INDIA MOVEMENT

GUIDELINES FOR AN INSTITUTIONAL FITNESS PLAN IN THE HIGHER EDUCATIONAL INSTITUTIONS

All Higher Educational Institutions need to accord special & significant priority to physical & mental fitness of students and faculty in the campus and nominate a Nodal Officer for Fitness Implementation & Monitoring, whose activities would be monitored by an Institutional Committee. The following indicative guidelines/steps may be taken in this regard:

1. Physical fitness period or session may be incorporated into the academic calendar of the Institution, covering the aspects of sports, yoga, meditation, right diet etc. The physical fitness sessions may be staggered throughout the day to enable all students to participate.
2. Fitness Leaders in each institution to be created. For guiding students into physical fitness, services of students volunteers from the institutions, ex-servicemen and other volunteers may be obtained on a daily & voluntary basis. 10 committed persons well versed in physical activity may be involved in the exercise.
3. Proper utilisation of existing infrastructure, encouraging students to climb stairs, walk at least 10,000 steps a day, use cycles within campus by creating cycling zones etc.
4. Top leadership of the Institution and professors actively participate with staff and students in fitness activities on a periodic basis to lead by example, eg: cycling, running, aerobics, marathon, meditation activities etc.
5. Incorporating provisions of healthcare and wellness initiatives in the objectives of the institution.
6. Annual health check ups by volunteer health doctors or voluntary organisations to monitor student health & fitness and also maintain record.
7. Providing guidance regarding balanced nutritional diet, distribution of pamphlets and information material on the subject.
8. Redressing the emotional concerns of students in mental health. Awareness camps or sensitisation workshops on depression, anxiety and stress management may be organized for faculty and students.
9. Inviting health icons and motivational speakers on health & fitness to address students in campus and regular conduct of outdoor sports events in campus
10. Data pertaining to health & fitness activities of institution should be placed on the website. Exemplary performers shall be selected subsequently for National level awards.
