



# ASHTAVAKRA INSTITUTE OF REHABILITATION SCIENCES AND RESEARCH

Approved by Rehabilitation Council of India



## UNIVERSITY GRANTS COMMISSION

### Guidelines for Implementation of 'Fit India Campaign' in Higher Educational Institutions

In order to give a fillip to the 'Fit India Campaign' and ensure that the youth of India grow up into mentally and physically fit individuals, the University Grants Commission has updated the guidelines shared earlier to promote the campaign in the Higher Educational Institutions (HEIs).

Accordingly, all HEIs are directed to implement the following:

#### 1. FITNESS HOUR

- Starting from January 2020, every HEI in the country will provide 45-60 minutes of "FITNESS HOUR" in its daily routine.
- The academic routine of the institution may be reworked in such a way that the "Fitness Hour" is allocated for each class, so that each has adequate space for its activity.
- The institutions can decide about the activities they want to undertake during the "FITNESS HOUR". It can range from athletics, any outdoor/indoor sport, yoga, cycling, swimming or any other kind of physical activity that contributes towards fitness.

#### 2. FITNESS CLUBS

- Each institution will have a FITNESS CLUB.
- Fitness/ sports enthusiasts can become members of the FITNESS CLUB, which will be headed by a faculty member.
- The members of the FITNESS CLUB will lead the activities during the "FITNESS HOUR" on a voluntary basis by involving student volunteers, faculty members, instructors and ex-servicemen. They will be required to encourage/ motivate and guide other students to undertake physical activities during the "FITNESS HOUR".

3. MONTHLY THEME BASED FITNESS CAMPAIGNS

- A fitness related theme will be identified for each month. Every HEI in the country will carry out a month-long campaign on the selected theme. This will give a country wide focus to the health/ fitness issue. The month wise themes will be intimated shortly.

4. SPORTS COMPETITIONS

- Every HEI is required to organize annual sports competitions. These will lead to State level and finally National University Games.
- Monthly schedule / action plan for the sports activities at the institution level should be submitted by first week of January 2020.

5. STAR RATING OF INSTITUTIONS

- Every institution must go for a star rating on the basis of the following five parameters: i. Incorporation of "FITNESS HOUR" in the daily routine. ii. Formation of FITNESS CLUBS. iii. Preparing and using play fields / other spaces for at least two outdoor games. iv. Participation in monthly fitness campaigns. v. Annual Sports Competitions.
- Every institution will be required to upload following details on Fit India Campaign link on University Activity Monitoring Portal of UGC (<https://ugc.ac.in/uamp>): a. Monthly Action Plan of all their activities b. Reports on all the above activities along with photographs, videos etc. This information will form the basis for judging the Star Rating of the institution.

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