



ज्ञान-विक्रान विमुक्तये

सचिव

Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग  
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)  
(Ministry of Education, Govt. of India)

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D.O.No.2-100/2022 (CPP-II)

November, 2022

Subject: Registration of HEIs on FIT INDIA Portal 28 NOV 2022

Respected Madam/Sir,

As you are aware, FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. The various initiatives proposed under this mission are aimed at achieving the following objectives

- To promote fitness as easy, fun and free
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
- To encourage indigenous sports
- To make fitness reach every college/university.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories

The Ministry of Education has developed a FIT INDIA Portal for all students and staff of Higher Educational Institutions to have physical fitness, mental fitness, along with social, emotional & intellectual well-being. All the higher educational institutions and their affiliated colleges/ institutions are requested to encourage students and staff register themselves on FIT INDIA website at <https://fitindiahe.education.gov.in> and update data relating to fitness activities conducted at different time points.

With kind regards,

Yours sincerely,

  
(P. K. Thakur)

To  
The Vice-Chancellors of all Universities  
The Principals of all Colleges/Institutes