

Fwd: UGC Letter reg. Guidelines for an Institutional Fitness Plan in the Higher Educational Institutions.

IQAC DDU COLLEGE <iqac@ddu.ac.in>

Sun, Jul 11, 2021 at 12:11 AM

To: Ddu College <principaldducollege@gmail.com>

Bcc: abha wadhwa <abha67@gmail.com>, Anand Saxena <anand040564@yahoo.com>, Anek Goel <dranekgoel@gmail.com>, Anil Kumar <du.ddu.anil@gmail.com>, Deepa Kamra <deepakamra.dse@gmail.com>, Dr Ravinder Kaur <ravdduc@gmail.com>, "Dr. Anita Gulati" <a22.gulati@gmail.com>, "Dr. Anju Aggarwal" <anju56ind@yahoo.com>, "Dr. Anubha Mukherji" <anubhamukherji@yahoo.com>, "Dr. Anurag Mishra" <anurag_cse2003@yahoo.com>, "Dr. Arpita Mishra" <asharma@ddu.ac.in>, "Dr. Avindra Singh" <avni.physics@gmail.com>, "Dr. Charu Kalra" <c.kalra@rediffmail.com>, "Dr. Chayannika Singh" <chayannika@gmail.com>, "Dr. Chetna Angrish" <chetna_du@rediffmail.com>, "Dr. Deepak Jain" <djain@ddu.ac.in>, "Dr. Deepak Sehgal" <rxfinanzlab@gmail.com>, "Dr. Hem Chand Jain" <hemchandjain@yahoo.co.in>, "Dr. Himanshu Prasad Roy" <himanshuroy1@yahoo.co.in>, "Dr. Jayini Adhyapak" <jayiniadhyapak@yahoo.com>, "Dr. Jyoti Singh" <jyotichemdduc@gmail.com>, "Dr. Kapil" <kapchembohra@gmail.com>, "Dr. Krishan Kr. Jha" <kkjha27@yahoo.com>, "Dr. Kulvinder Singh" <kulvinder.physics@gmail.com>, "Dr. Lathika Nair" <lathika110@yahoo.co.in>, "Dr. Mahaveer" <mahaveergenwa@gmail.com>, "Dr. Mamta Nigam" <nigam.mamta@gmail.com>, "Dr. Manoj Saxena" <saxenamanoj77@gmail.com>, "Dr. Monika Bansal" <monikabansal30@gmail.com>, "Dr. Mukesh Kumar" <vermamukeshk@yahoo.com>, "Dr. Neeraj Tyagi" <neerajtyagidu@gmail.com>, "Dr. Nisha Rana" <nisharana99@rediffmail.com>, "Dr. Nityananda Agasti" <nnagasti@gmail.com>, "Dr. Nupur Verma" <verma_nupur123@rediffmail.com>, "Dr. P L Meena" <plmeena@gmail.com>, "Dr. Paramjeet Kaur Bedi" <pkbedi@yahoo.co.in>, "Dr. Poonam Garg" <poonamgarg_68@yahoo.co.in>, "Dr. Poonam Kasturi" <kasturipoonam71@gmail.com>, "Dr. Poonam Suri" <poonamverma.suri@gmail.com>, "Dr. Pradeep Kr. Jha" <pkjha.physics@gmail.com>, "Dr. Pramesh Ratnaker" <prameshratnakar@gmail.com>, "Dr. Priya Goel" <pwprिया@gmail.com>, "Dr. Radha Madhav Bharadwaj" <rm_bharadwaj@yahoo.co.in>, "Dr. Rajkumari S Devi" <sana.raj@gmail.com>, "Dr. Rajni Bala" <r_dagar@yahoo.com>, "Dr. Rakesh Kumar" <saini_rakeshindia@yahoo.co.in>, "Dr. Rampal Singh" <rprana@gmail.com>, "Dr. Ratna" <ratnadevyani@yahoo.co.in>, "Dr. Ratnesh Saxena" <ratnesh65@gmail.com>, "Dr. Ravinder Kaur" <ravsuk2002@yahoo.com>, "Dr. Reema Chhabra" <dreemachhabra@gmail.com>, "Dr. Reeta Kumari" <gautam.rita@gmail.com>, "Dr. Renu Aggarwal" <renu_aggarwal@ymail.com>, "Dr. Renu Solanki" <renu_slk@yahoo.co.in>, "Dr. Rohith P" <p.rohith@gmail.com>, "Dr. Sachchidanand Tripathi" <snt191@gmail.com>, "Dr. Sachin Mittal" <mittal_sachindr@rediffmail.com>, "Dr. Sangeeta Mohan" <doctorsangeetamohan@gmail.com>, "Dr. Sangeeta Talwar" <docsangeeta.chem@gmail.com>, "Dr. Sanjay Kumar" <sanjpant@gmail.com>, "Dr. Sanjay Tandon" <tandonsanjay66@gmail.com>, "Dr. Savita Gahlaut" <savita_gahlaut@yahoo.com>, "Dr. Savita Gautam" <savitagautam15@gmail.com>, "Dr. Shailly Anand" <shailly.anand@gmail.com>, "Dr. Shalini Bhatia" <shalini_bhatia@yahoo.com>, "Dr. Shashi" <shashi.chemistry@gmail.com>, "Dr. Sudha Arora" <arorasudha@rediffmail.com>, "Dr. Sudhir Verma" <sv_du@yahoo.co.in>, "Dr. Sujata Khatri" <khatri.sujata@gmail.com>, "Dr. Sujata Sinha" <sujatasinha1009@gmail.com>, "Dr. Suman Bala Manchanda" <manchandasuman@yahoo.com>, "Dr. Sunil Kumar" <amritsarsk@gmail.com>, "Dr. Sunny Manohar" <sunnymanohar85@gmail.com>, "Dr. Vandana Gupta" <vandana_66dduc@yahoo.co.in>, "Dr. Varnika Bhatia" <varnikabhatia@yahoo.com>, "Dr. Veena Jain" <veenaace@yahoo.com>, "Dr. Vinod Kumar" <binnae_vinod@yahoo.com>, "Dr. Virender Thukral" <virenderthukral@yahoo.co.in>, "Dr. Virendra Kumar Gautam" <vkgautam2001@gmail.com>, "Dr. Yogieta s Mehra" <yogieta@gmail.com>, jyotishman kalita <jyotishman.kalita@gmail.com>, Lalit Kumar <manavlit85@gmail.com>, "Mr. Pawan Kr. Jain" <pawanjainpkn1@gmail.com>, "Mr. Vipin Kr. Meena" <v.meena1987@gmail.com>, "Mrs. Anuja Soni" <30.anuja@gmail.com>, "Ms. Pratima" <pratima_ajit@yahoo.com>, Nitin Luthra <nitinluthra29@gmail.com>, Paramjeet Kaur <aman06singh@gmail.com>, Sandeep Jaggi <sandeep@ddu.ac.in>, Sangita <sangitamkumar@gmail.com>, Shweta Wadhwa <shweta.wadhwa@ddu.ac.in>, Sunita Nadir <sunitanadir@yahoo.co.in>, Amlendu Kumar <amlendu.j2@gmail.com>, Amol Deepak Nerkar <amolnerkar@gmail.com>, Anina James <anina_elina@yahoo.co.in>, Anubhuti Yadav <anubhutyadav05@gmail.com>, "ASHISH TRIPATHI" <ashish.tripathi1793@gmail.com>, Deepti Sehgal <deeptisehgal90@gmail.com>, Devina Shukla <devshuk@gmail.com>, "Dr. Kamlesh Kumari" <biotechnano@gmail.com>, "Dr. Nitumoni Kakati" <nitumonik@gmail.com>, "Dr. Rashmi Gupta" <smsrashmigupta@gmail.com>, Inakshi <inakshi.nh@gmail.com>, MANISHA CHOUDHARY <mchoudhari402@gmail.com>, Meghna Aggarwal <drmeghna.aggarwal@gmail.com>, "Mr. Ajit Singh" <ajitsingh107@gmail.com>, "Mr. Dinesh Kumar" <dinukumar680@gmail.com>, "Mr. Naveen Kumar" <naveennisdelhi@gmail.com>, "Mr. Pramod Kumar" <pramod_ipu@yahoo.co.in>, "Mr. Ravi Kumar Meena" <ravikaladera1994@gmail.com>, "Mr. Sanjeet Kumar" <sanjuonline1@gmail.com>, "Mr. Vinny Arora" <vinnyaro@gmail.com>, "Ms. Neha" <malik.neha1988@gmail.com>, "Ms. Vandana Sharma" <vandana.env@gmail.com>, "Nitish Kr. Mahto" <nitishyayati.du@gmail.com>, Ranbeer Kumar <kumar.ranbeer@gmail.com>, Reena Yadav <yreena200@yahoo.com>, "Sandeep Kumar (B)" <sandeep20684@gmail.com>, Tarachand Prajapati < tara4chand@gmail.com>, "Dr. Abhijeet Sinha" <sinhaabhijeet@yahoo.com>, Ddu College <principaldducollege@gmail.com>, Sikander Aggarwal <saggarwal.ddu@gmail.com>, DDU COLLEGE <dducollegeaccts@gmail.com>, "Dducollege ." <dducollegeoffice@gmail.com>

Dear Colleagues

This is w.r.t letter appended below - UGC Letter reg. Guidelines for an Institutional Fitness Plan in the Higher Educational Institutions and attached guidelines.



ज्ञान-विज्ञान विमुक्तये

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)

बहादुरशाह जफर मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236288/23239337

Fax: 011-2323 8858

E-mail: secy.ugc@nic.in

D.O.No.F.1-54/2019 (Website/Fit-India)

27th September, 2019

Subject: Fit India Movement.

Respected Sir/ Madam

In continuation of the UGC's letter dated 23rd August, 2019 regarding participation in 'Fit India Movement', please find enclosed "Guidelines for an Institutional Fitness Plan in the Higher Educational Institutions" for promoting fitness and well being in Universities and Colleges, as part of the Fit India Movement.

You are requested to evolve a mechanism for implementation of these guidelines in your institution and monitor the activities periodically.

With kind regards,

Yours sincerely,

(Rajnish Jain)

- Physical fitness period or time slots may be incorporated into the academic calendar of the institutions. The physical fitness time slots may be staggered throughout the day to enable all students to participate.
- All the students, staff and teachers should be encouraged to devote minimum one hour per day on fitness activities such as exercise, yoga, meditation, walking, cycling, aerobics, dance, traditional regional martial arts etc.
- Top leadership of the institution and professors may actively participate with students and staff in fitness activities such as cycling, running, aerobics, walkathon, marathon, yoga, meditation activities etc. on a periodic basis to lead by example.
- Proper utilization of existing infrastructure, encouraging students to climb stairs, walk at least 10000 steps a day, use cycles within campus by creating cycling zones, availing gymnasium facilities etc.
- Frequent organization of sports activities (at least once in a quarter) and encourage students to participate in such activities.
- Annual health check-ups by volunteer health doctors or voluntary organisations to monitor health & fitness of students, faculty and staff.
- Data pertaining to health and fitness activities of institutions should be placed on the website.

With regards

Dr. Manoj Saxena | डॉ मनोज सक्सेना

IQAC Coordinator

Associate Professor | सह - आचार्य


Department of Electronics | इलेक्ट्रॉनिक्स विभाग

Deen Dayal Upadhyaya College | दीन दयाल उपाध्याय कॉलेज

University of Delhi | दिल्ली विश्वविद्यालय

Dwarka Sector-3, New Delhi-110078 | द्वारका क्षेत्र -3, नई दिल्ली -110078

India | भारत

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