



G20

माँ शाकुम्भरी विश्वविद्यालय, सहारनपुर

(पुर्वोरका, सहारनपुर, उ0प्र0, पिन-247120)



Website-msuniversity.ac.in

Email ID - nss@msuniversity.ac.in

पत्रांक : 80/एन0एस0एस0/एम.एस.यू./2023-24

दिनांक 30.11.2023

सेवा में,

प्राचार्य/प्राचार्या
समस्त सम्बद्ध महाविद्यालय/संस्थान
माँ शाकुम्भरी विश्वविद्यालय, सहारनपुर।

विषय:- फिट इंडिया मिशन के अन्तर्गत दिनांक 15.11.2023 एवं दिनांक 15.12.2023 के मध्य स्कूलों एवं उच्च शिक्षा संस्थान में फिट इंडिया वीक 2023 के आयोजन के सम्बन्ध में।

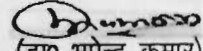
महोदय,

कृपया उपर्युक्त विषयक अवगत कराना है कि विशेष सचिव उत्तर प्रदेश शासन उच्च शिक्षा अनुभाग-3 के पत्रांक सं-3229/सत्तर-3-2023 दिनांक 29.11.2023 के संलग्न पत्र का सन्दर्भ ग्रहण करने का कष्ट करे जिसके माध्यम से फिट इंडिया मिशन के अन्तर्गत दिनांक 15.11.2023 एवं दिनांक 15.12.2023 के मध्य आयोजित होने वाले फिट इंडिया वीक 2023 में स्कूलों एवं उच्च शिक्षा संस्थान को प्रतिभाग कराने हेतु प्रोत्साहित एवं सहभागिता किये जाने की अपेक्षा की गयी है।

अतः उक्त के सम्बन्ध में आपको निर्देशित किया जाता है कि समस्त सम्बद्ध महाविद्यालय/संस्थान संलग्न पत्र के अनुसार कार्यवाही करते हुए सम्बन्धित कार्यक्रम/गतिविधियों की रिपोर्ट/आख्या (फोटोग्राफस सहित) कार्यालय ई-मेल nss@msuniversity.ac.in पर उपलब्ध कराना सुनिश्चित करें।


संलग्नक:-यथोपरि।

भवदीय,


(डा० भूपेन्द्र कुमार)
कार्यक्रम समन्वयक
राष्ट्रीय सेवा योजना

प्रतिलिपि:-निम्नलिखित को सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित:-

1. कुलपति कार्यालय को मा० कुलपति जी के संज्ञानार्थ।
2. कुलसचिव कार्यालय को कुलसचिव जी के सूचनार्थ।
3. गार्ड फाईल।


कार्यक्रम समन्वयक
राष्ट्रीय सेवा योजना

प्रेषक,

डॉ० अखिलेश कुमार मिश्रा,
विशेष सचिव,
उ०प्र० शासन।

सेवा में,

1. निदेशक,
उच्च शिक्षा उ०प्र०,
प्रयागराज।

2. कुलसचिव,
संमस्त राज्य /निजी विश्वविद्यालय,
उ०प्र०

3. समस्त क्षेत्रीय उच्च शिक्षा
अधिकारी
उत्तर प्रदेश।

उच्च शिक्षा अनुभाग-3

लखनऊ : दिनांक 29 नवम्बर, 2023

विषय फिट इंडिया मिशन के अन्तर्गत दिनांक 15.11.2023 एवं दिनांक 15.12.2023 के मध्य स्कूलों एवं उच्च शिक्षा संस्थान में फिट इंडिया वीक 2023 के आयोजन के सम्बन्ध में।

नहोदय

उपर्युक्त विषयक मा० मंत्री सूचना एव प्रसारण और युवा कार्यक्रम व खेल भारत सरकार के पत्र संख्या -FIW 2023/2023/3291, दिनांक 10.11.2023 (छायाप्रति संलग्न) जें मा० मुख्यमंत्री, उ०प्र० को संबोधित है का कृपया सदरम ग्रहण करने का कष्ट कर जिसके माध्यम से फिट इंडिया मिशन के अन्तर्गत दिनांक 15.11.2023 एव दिनांक 15.12.2023 के मध्य आयोजित होने वाले फिट इंडिया वीक 2023 में उच्च शिक्षा संस्थान को प्रतिभाग कराने का प्रोत्साहित एव निर्देशित करने का अनुरोध किया गया है।

2- इस सबंध में मा० मंत्री सूचना एव प्रसारण और युवा कार्यक्रम व खेल भारत सरकार के पत्र संख्या -FIW 2023/2023/3291, दिनांक 10.11.2023 की छायाप्रति संलग्नक सहित प्रेषित करत हुए मुझे यह कहने का निदेश हुआ है कि प्रश्नगत प्रकरण में की गयी अपेक्षानुसार आवश्यक कार्यवाही करते हुये कृप्त कार्यवाही से शासन को एक पक्ष में अवगत कराने का कष्ट करे।

संलग्नक-यथोक्त

भवदीय
29/11/23
(डॉ० अखिलेश कुमार मिश्रा)
विशेष सचिव।

अनुराग सिंह ठाकुर
ANURAG SINGH THAKUR



कर्मणो यत्ने
आजादी का
अमृत महोत्सव

3229 मंत्री

सूचना एवं प्रसारण और
युवा कार्यक्रम व खेल
भारत सरकार

MINISTER

INFORMATION & BROADCASTING AND
YOUTH AFFAIRS & SPORTS
GOVERNMENT OF INDIA

NON-I.G.R.S.

संख्या 2840

NIPPS/ED/2023

D.O. No. FTW 2023/2023/3291

10 NOV 2023

प्रमुख सचिव, Respected Shri Yogi Aditya Nath Ji,
उच्च शिक्षा

As you may be aware, the FIT India Mission, a flagship mission of the Government of India to promote fitness and healthy lifestyle, has been able to reach more than 25 crore citizens since it was launched by the Honble Prime Minister, Shri Narendra Modi Ji, in August 2019. The FIT India Mission through its campaigns such as FIT India Freedom Run, FIT India Cyclothon, FIT India School Week and FIT India School Quiz, has been able to generate awareness to promote and adopt physical fitness among citizens.

In its endeavour to further awareness of sports, fitness, and a healthy lifestyle, FIT India Mission will **launch the FIT India Week 2023 for Schools and Higher Education Institutions from 15th November to 15th December 2023.** In this campaign, education institutions across the country are encouraged to allocate 4 to 6 days in a particular week (during the campaign period) for celebrations to promote a healthy and active lifestyle. Activities such as FIT India Pledge, Poster-Making Competitions, Yoga - Meditation, Indigenous Sports, popular sports & fun games, etc. could be included in the celebrations. The previous four Editions have been a resounding success with a participation of over 14.5 Lakh Schools across the Nation (attached is a Concept Note on the FIT India Week).

In an effort to motivate the participants of your State, you are requested to be a part of the FIT India Week Celebrations at an Educational Institution of your choice. Further, a Video Message supporting the FIT India Week is requested.

For confirmation, queries and clarifications, kindly contact Shri Arun Kumar Gupta, Director FIT India, E-mail: contact@fitindia.gov.in, Phone 9591010065, 011-21420696.

With regards,

प्राप्त सी० एम०-1
अमृत
17 NOV 2023

Yours sincerely

(Anurag Singh Thakur)

Shri Yogi Aditya Nath

Honble Chief Minister of Uttar Pradesh
Chief Minister's Office, Lok Bhawan
Lucknow, Uttar Pradesh - 226010

Encls: As above



Subject- Fit India Week 2023

Fit India School Week was conceived in the year 2019 with the imperative need of creating awareness about fitness among children, parents, teachers and school staff. In this campaign, school fraternities across the country were encouraged to celebrate 4 to 6 days in a week to promote a healthy and active lifestyle by indulging in various activities such as debates, quiz, essay writing, poster-making competitions, yoga and meditation, pledge of fitness, indigenous sports, running/races, cycling races, popular sports & fun games, idea generation contests & entrepreneurship building etc. The 1st edition of Fit India School Week was celebrated in the 3rd week of November 2019 as Fitness Week in partnership with the Ministry of Education. The four editions of the Fit India School Week have witnessed a cumulative engagement of 14.5 lakh schools over the years.

2. Continuing with the enthusiasm of the schools and in pursuit of spreading the message of fitness among various segments of the population, this year, it has been decided to expand the outreach of the Fit India School Week to include colleges, universities and higher education institutions. Therefore, the 5th edition of Fit India School Week has been rechristened as 'Fit India Week' and will be observed from 15th November to 15th December 2023. Schools, Colleges, Universities, and Higher Education Institutions can select any one week within this duration to celebrate the Fit India Week program.

3. The indicative list of activities for Fit India Week 2023 for schools, colleges and universities is provided below:

Sl.No.	Indicative List of activities for Fit India Week 2023
1.	Annual Sports Day
2.	Importance of fitness- Debate, Quiz, Essay Writing, poster making competition
3.	Indigenous Games
4.	Fitness Assessment through Mobile App
5.	Yoga & Meditation
6.	Fitness Pledge- by teachers, students and their parents & Fit India Parents Teachers Meet
7.	Idea generation contest and entrepreneurship building

4 It is pertinent to mention that the previous edition of the school week in 2022 was observed by over 5.56 lakh schools with the active support of various public representatives who encouraged the school children to maintain a healthy and active lifestyle. Nearly 40 Hon'ble Members of Parliament (MPs) and Members of Legislative Assemblies (MLAs) graced the 4th Edition of Fit India School Week with their presence.

Further during the State Rounds of Fit India Quiz 2022, in response to the letter sent by Hon'ble Union Minister of Youth Affairs and Sports, video messages and support letters were received from Chief Ministers, Lt. Governors, Education and Sports Ministers of 18 states highlighting the broad support to Fit India.

5 In this regard, to further strengthen the Fit India Movement and promote the message of fitness among the youth it is proposed to engage the below mentioned dignitaries during Fit India Week –

- A Hon'ble Chief Minister
- B Hon'ble Sports Minister
- C Hon'ble Education Minister

They may be requested to be a part of Fit India Week Celebration by gracing their presence at schools/colleges. They may also be requested to record a video message to extend their support to propagate the message of Fit India Week to all educational institutions of their state.