



# AICTE FIT INDIA CHALLENGE

## *“Hum Fit to India Fit”*

The **AICTE FIT INDIA CHALLENGE** is being organized by All India Council for Technical Education (AICTE) In order to foster and inculcate the habit of physical fitness, Hon'ble Chairman & Vice Chairman, AICTE on the occasion of 7th International Yoga day have decided to recognise and honour such faculty and students of AICTE approved institutions as well as AICTE officials through AICTE FIT INDIA CHALLENGE.

**Introduction:** The International Day of Yoga (IDY) is held on 21<sup>st</sup> June of every year since 2014. It has been tried and tested that practicing Yoga helps in the development of stronger physical and mental well-being. Due to the current pandemic situation, the essence of good health has been felt more by the masses.

The Prime Minister Shri Narendra Modi launched the "Fit India Movement" at a ceremony in New Delhi on 29th August 2019 on the occasion of National Sports Day. The Prime Minister urged the people of the country to make fitness their life style. Launching the people's movement on the birth anniversary of Major Dhyanchand, Prime Minister Narendra Modi paid tributes to Major Dhyanchand, India's sports icon who enthralled the world with his game and techniques. He also congratulated the young sportspersons of the country who are keeping the tricolor afloat on the world stage through their efforts.

AICTE's FIT India Challenge is one of the initiative supporting Government FIT India Movement.

### **Goal**

By 2022, at least 50% of higher educational institutions implementing core principles/ set standards of Health Promoting Universities

### **Objective**

1. Promoting healthy and sustainable policies and planning throughout the Higher Educational Institutions
2. Providing healthy working environments
3. Offering healthy and supportive social environments
4. Establishing and improving primary health care
5. Facilitating personal and social development
6. Ensuring a healthy and sustainable physical environment
7. Encouraging wider academic interest and developments in health promotion
8. Developing links with the community

### **Mission**

Our Students enjoy a very high level of health; for them healthy lifestyle, practices & wellness is a way of life.

## Vision

An sustainable environment that is enabling for physical, mental, social, emotional and intellectual well-being of students and staff (adapted from The Okanagan Charter)

## Eligibility for the Awards

All institutions/ Faculty/Students as approved by AICTE are covered under this initiative.

## Category and their Eligibility for AICTE Fit India Challenge

Challenges are in following categories: -

### **a) Category-I (Individual Award, No. of Awards-100)**

**Challenge**-Shirshasana (compulsory of 60 seconds) + any 3 asana of 90 seconds (Marichyasana, Ushtrasana, Paschimottanasana, Hanumanasana, Bhunamanasana)

**Eligibility**- Chairman/President/Senior Office bearer of the Trust/ Society of the Institution, Director/Principal of the Institution, Professor of the Institution and spouse as well

For AICTE- Adviser I/Adviser II, CIO, CCOs & Director & Equivalent Posts in AICTE (including spouse)

### **b) Category-II- (Individual Award, No. of Awards-100)**

**Challenge**-Burpees 1 set of 20 reps + Push ups 1 set of 20 reps + Free Squats 1 set of 40 reps + Crunches/Leg raises 1 set of 40 reps + Plank 1 set (120 seconds) + any 2 asana out of Halasana, Dhanurasana, Hastapadasana/Uttanasana (total duration- 4.5 minutes)

**Eligibility**- All students of the institutions, teachers and staff who are less than 35 years of age (including spouse)

For AICTE - All employees below AO level (including spouse)

### **c) Category-III-(Institution Award, No. of Awards-100)**

**Challenge**- Continuous 1 min Kapalbhathi+Bhastrika+Bhramari+ 1 min Anulom Vilom+ 1 min Agnisar+Ujjai in 4.5 min video (mandatorily 1 min breath stop). Proof of gathering ( not less than 1000 in number) performing pranayama. Individual Award for AICTE Employees.

**Eligibility** - Management/All teaching and non teaching staff/ students of the institution/Anyone from out of the institution.

For AICTE - Dy. Director/Assistant. Director, Sr. AO, AO & equivalent posts in AICTE. (individually and including spouse)

## How to Apply

1. Go to the Portal Link:- <https://drive.aicte-india.org/yoga/>
2. Register your entry by clicking on the Register button available on the top right corner of the home page as shown in below screenshot:



3. Fill all the details asked in the registration form as shown in below screenshot:

### AICTE FIT India Challenge

HUM FIT TOH INDIA FIT  
Motive: To spread awareness among all age group for physical exercise,yoga and pranayam to balance our mind and soul.

The name, username and photo associated with your Google account will be recorded when you upload files and submit this form.

Not [sdca@aicte-india.org](mailto:sdca@aicte-india.org)? [Switch account](#)

\* Required

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Name of the Institute \*

Your answer \_\_\_\_\_

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Institute Permanent ID issued by AICTE \*

Your answer \_\_\_\_\_

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Institute City \*

Your answer \_\_\_\_\_

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Institute State \*

4. Click on submit button to submit the data.

### Important Instructions for submitting the nominations:

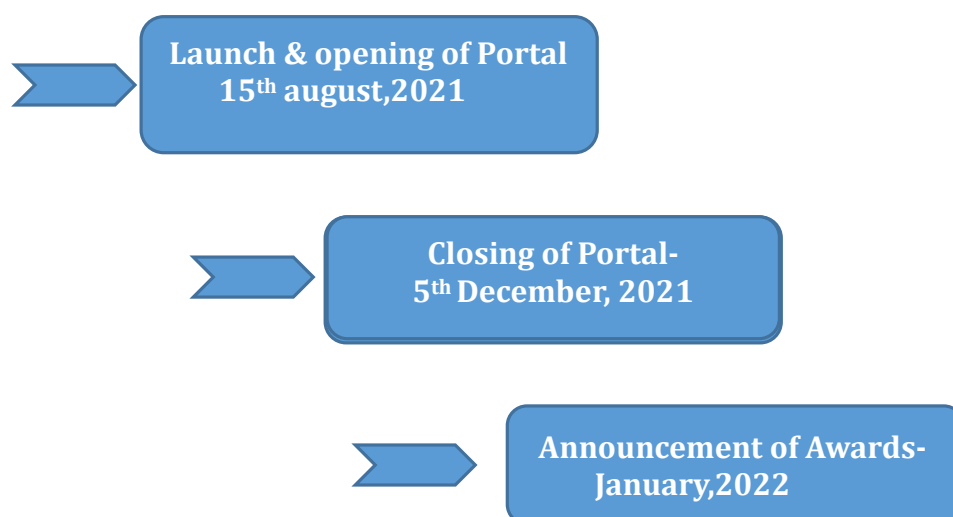
1. Only Head of Institution/authorized person should register on the AICTE portal and nominate the Faculty/Student at <https://drive.aicte-india.org/yoga/> latest by **5<sup>th</sup> December,2021**.(For Category I and II)
2. A maximum of **two nominations** per college/ institute can participate.(For Category I and II)
3. **For Category I & II**, Video upload should be non-edited i.e. continuous video.
4. **For Category III**, it is a institution award, so a group would comprise maximum of **1000 people**, where institute take picture/Video clip of a group to perform the challenge. Only one nomination per college/ institute can participate.
5. In case, a Faculty/student wants to submit his application as a single applicant, he/she is not permitted to do so.

For any query/assistance, you can mail at [ipc.pap@aicte-india.org](mailto:ipc.pap@aicte-india.org) or [it2approval@aicte-india.org](mailto:it2approval@aicte-india.org) Or call at **011-2958-1011/1208**

All nominations must be submitted at below given link:

< <https://drive.aicte-india.org/yoga/> >

### Time Schedule:



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