



## गोंडवाना विद्यापीठ गडचिरोली

महाराष्ट्र शासन अधिसूचना क्रमांक २००७/(३२२/०७)विशी -४ महाराष्ट्र विद्यापीठ अधिनियम, १९९४(१९९४चा महा. ३५) च्या कलम ३ च्या पोटकलम (२) अन्वये दिनांक २७ सप्टेंबर, २०११ रोजी स्थापीत व महाराष्ट्र सार्वजनिक विद्यापीठ अधिनियम, १९९६ (सन २०१७ चा महाराष्ट्र विद्यापीठ अधिनियम क्रमांक ६) द्वारा संचालित राज्य विद्यापीठ)

### क्रीडा व शारिरीक शिक्षण विभाग

डॉ. अनिता लोखंडे  
(संचालक)  
मो.नं.९४२०५११५६०

एम. आय. डि. सी. रोड कॉम्प्लेक्स गडचिरोली-४४२६०५  
दुरध्वनी क्र.०७१३२-२२३१०९  
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जा.क्र./गोंवीग/क्रीशाशिवि/ ९३ /२०२०

दिनांक:- १४ / ०९ / २०२०

प्रति,

मा. प्राचार्य,  
सर्व संलग्नीत महाविद्यालय,  
गोंडवाना विद्यापीठ, गडचिरोली.

विषय:- सुगम्य भारत अभियान **Fit India Movement** माहिती पाठविण्याबाबत.

संदर्भ:- मा.सचिव, विद्यापीठ अनुदान आयोग, नवी दिल्ली यांचे पत्र क्र. G. ६- १२/२०१५ (SCT), दिनांक २७/०७/२०२०.

महोदय,

उपरोक्त विषयाच्या अनुषंगाने संदर्भीय पत्रान्वये Fit India Movement कार्यक्रमा अंतर्गत आपल्या महाविद्यालयात राबविण्यात आलेल्या उपक्रमांची माहिती छायाचित्रांसह दिनांक २०/०९/२०२० पर्यंत मा. संचालक क्रीडा व शारिरीक शिक्षण विभाग, गोंडवाना विद्यापीठ, गडचिरोली. येथे संलग्नीत प्रपत्रात माहिती भरून E-Mail व्दारे पाठविण्यात यावी.

करीता आपल्या माहितीस्तव सादर.

सहपत्र

1) **Fit India Movement For Universities Letter.**



(डॉ. अनिता लोखंडे)

संचालक

क्रीडा व शारिरीक शिक्षण मंडळ  
गोंडवाना विद्यापीठ, गडचिरोली.



मानव-सिखाया अनुसन्धान आयोग

प्रो. राजनीश जैन  
सचिव

Prof. Rajnish Jain  
Secretary



सर्वोच्च न्यायालय

विश्वविद्यालय अनुदान आयोग  
University Grants Commission  
(मानव संसाधन विकास विभाग, भारत सरकार)  
(Ministry of Human Resource Development, Govt. of India)

सहायक सचिव, नई दिल्ली-110002  
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No. F.6-11/2015(SCT)

13<sup>th</sup> December, 2019

Subject: Accessible India Campaign (Sugamya Bharat Abhiyaan) regarding

Respected Sir/Madam,

This is in reference to MHRD communication from Department of Higher Education F. No. 18-15/2019-UI(A) dated 29<sup>th</sup> October, 2019 regarding monitoring of Accessible India Campaign (AIC). In this regard, Universities/Colleges are requested to provide progress report of construction of adequate unisex accessible toilets for Divyangjan under Swaccha Bharat Mission and retrofitting of buildings through HEIs own budget on monthly basis for the months of July, August and September, 2019.

Kindly provide the above information on the University Activity Monitoring Portal of UGC at following link <https://uc.ac.in/uama/> by 16<sup>th</sup> December, 2019 (No User ID or Password is required for colleges). This information may also be updated regularly before 25<sup>th</sup> of every month, so that it can be further transferred to SC/ST Cell of the Ministry of Human Resource and Development to update various points on e-samiksha portal.

Your cooperation is solicited.

With kind regards,

Yours Sincerely,

(Rajnish Jain)

To

Vice-Chancellors of All Universities

Principals of All Colleges

# Fit India Movement for universities

All the Universities are requested to submit the Action Taken Report (ATR) of each month as well as the details of designated Nodal Officer who will be responsible for implementation of the Fit India Programme in your institution.

The name and photo associated with your Google account will be recorded when you upload files and submit this form. Not **gondwanaesst@gmail.com**? [Switch account](#)

\* Required

Email address \*

Your email

University Name \*

Your answer

University Type \*

UNIVERSITY

University Address \*

Your answer

City

Your answer

State \*

INDIA

Select Year \*

2020

2021

2022

Select Month \*

Choose

Has the Institution Constituted Fitness Club as per the suggestions made in the Action Plan ([https://www.ugc.ac.in/pdfnews/1616415\\_Fit-India-Campaign.pdf](https://www.ugc.ac.in/pdfnews/1616415_Fit-India-Campaign.pdf)) \*

YES

No

Name of Designated Nodal Officer \*

Your answer

Email ID of Designated Nodal Officer \*

Your answer

Mobile Number of Designated Nodal Officer \*

YES

No

## Designation of Designated Nodal Officer \*

Your answer

## Fitness Hour

Event related to Fitness Hour category

Has Fitness Hour been implemented in the Institution?

Yes

No

If Yes, provide the details of activities and daily slots being provided for Fitness Hours.

Your answer

## Monthly Fitness Activity Plan

Name of Theme of the Fitness Activity for this month.

Physical Activity: Key Ingredient of Fitness

Life Style Disease

Healthy Diet for Healthy Life

The Perils of Smoking, Drugs and Alcohol

Hygiene and Cleanliness

Yoga and Meditation: Looking Inwards for Mental Peace

Supporting Mental Health

Sleep Well to Stay Fit

Fitness Campaign Activity/Activities conducted for above selected theme.

- Talks by Doctors/health specialist/nutritionist/mental health specialists
- Fitness/Sports Quiz
- Student and Staff for using non-motorised vehicle at least in the campus of the institution
- Regular Health Check Up
- Other:

Fitness Regular Activity/Activities organised for above selected theme.

- Marathons/Walkathon and other such events on regular intervals
- Encourage people to get together to run/walk/Martial Arts
- Encourage people to get together to do Yoga/meditation
- Encourage people to get together to cycling
- Encourage people to get together to Aerobics/Dance
- Encourage people to get together to Rope Skipping
- Encourage people to get together to Gardening
- Other:

Fitness Sporting Activity:

Did the Institute conduct any game/sport tournament (Indoor/Outdoor) this month?

- Yes
- No

If yes, please provide the details for the same.

Your answer

Did the Institute promote at least two games by utilizing the sporting facility available in campus/neighborhood?

Yes

No

If yes, provide the details for the same.

Your answer

### Sports Meet

Please provide details, if any, for participation in either of the following: 1) Intra Institution Sports Meet 2) Inter Institutional level Meet at Regional Level (Organised by AIU) 3) State level University Sports Meet (Organised by AIU) 4) National University Sports Meet (Organised by AIU)

Your answer

Have any efforts been made by Institution to promote Healthy Food Habit?

Yes

No

If yes, provide the details for the same.

Your answer


Has institution taken any step to ban sale of junk foods in all the canteens within the premises?

- Yes
- No

If yes, provide the details for the same.

Your answer

Attach the daily/monthly/weekly calendar/Action plan for the details of activities and daily slots for Fitness Hours.

 Add file

A copy of your responses will be emailed to the address you provide.

Never submit passwords through Google Forms.

reCAPTCHA

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