

**SHRI LAL BAHADUR SHASHTRI RASHTRIYA SANSKRIT VIDYAPEETHA  
B-4, QUTUB INSTITUTIONAL AREA, NEW DELHI-16**

No. F.1(112)/LBSV/GAD/2019-20/1446

Dated: 02.01.2020

**OFFICE ORDER**

In pursuance of the instructions issued by the University Grant Commission (UGC) vide Letter No. D.O.No.F.1-54/2019 (Website/Fit-India) dated 13/12/2019, the following activities shall be carried out by the Vidyapeetha starting from 01<sup>st</sup> Week of January 2020 to 02<sup>nd</sup> week of March 2020 during Fit India Programme under the supervision of Dean (Student Welfare), Dean (Education) & Sports In-charge of the Vidyapeetha:-

Timeline	Activities	To be coordinated and conducted by
<b>1<sup>st</sup> Week of January 2020</b>  06.01.2020 (11:00 A.M.)	<ul style="list-style-type: none"> <li>Pledging by Students, Faculty and Staff of the Vidyapeetha for making all efforts to maintain the physical and mental fitness and do some sports activities regularly</li> <li>Encouraging students and staff for using bi-cycle in the campus of the Vidyapeetha</li> <li>Sensitizing students, faculty and staff to keep the campus of the institution clean and green</li> <li>Encouraging students and staff to follow and support healthy eating pattern</li> </ul>	General Administration Section
<b>2<sup>nd</sup> Week of January 2020</b>	<b><u>FITNESS HOUR</u> *</b> <ul style="list-style-type: none"> <li>Encouraging students and staff to have 45-60 minutes of 'Fitness Hour' in their daily routine</li> <li>Encouraging and motivating students and staffs to spend at least one hour in physical activities viz. sports, game, running and walking etc</li> <li>Encouragement of indoor games viz. Chess, Caroms, Badminton etc. in every Hostel</li> <li>Implementation of annual walk/ run event to engage students in physical activities</li> </ul>	Sports Department, Dean(Student Welfare), Dean (Education)
<b>1<sup>st</sup> week of February 2020</b>	<b><u>FITNESS CLUB</u>*</b> <ul style="list-style-type: none"> <li>Setting up of fitness clubs in the Vidyapeetha headed by a Faculty Member of the Vidyapeetha</li> <li>Implementation of monthly walk/ run event to engage students in physical activities</li> <li>Encouraging students and staff to be a member of Fitness Club</li> <li>Implementation of yoga/ meditation events</li> <li>Observance of Fitness week for students and staffs.</li> </ul>	NCC/ NSS Unit of Vidyapeetha, Sports In-charge and Yoga Department

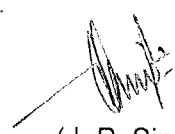
1 <sup>st</sup> / 2 <sup>nd</sup> Week of March 2020	<b><u>SPORTS COMPETITION*</u></b> <ul style="list-style-type: none"> <li>• Organization of annual sports competition</li> <li>• Weekly/ Monthly Indoor/ Outdoor sports events for the students of the Vidyapeetha.</li> <li>• The Schedule/ action plan for the sports activities</li> </ul>	Sports In-charge
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**\*All activities may be scheduled without hampering teaching & office working hours.**

All the Teaching/ Non-Teaching Staff and Students are requested to participate in above activities as per the above-mentioned schedules. The exact date and timing of the remaining events will be intimated in due course of time by the concerned coordinators.

The detailed reports of the activities may be forwarded to General Administration Section for further uploading on University Activity Monitoring Portal of UGC.

This issues with the approval of the Competent Authority.


 02/01/2020

(J. P. Singh)

Assistant Registrar (Admn.)

**Copy for information and necessary action to:-**

1. All Deans/ HoDs
2. Dean (Student Welfare)/ Dean (Education)/ Sports In-charge
3. P.S to V.C/Registrar/F.O./CoE
4. Executive Engineer
5. System Administrator is requested to place this notification on the website of the Vidyapeetha for information to all concerned. Necessary arrangements may be made for Photography/ Videography of the event as per schedule date and time.
6. All Staff of the Vidyapeetha.
7. All Notice Boards for Information
8. Concerned File
9. Office Order File

 02/01/2020

(J. P. Singh)

Assistant Registrar (Admn.)