

**RAJIV GANDHI UNIVERSITY
RONO HILLS, DOIMUKH**

F. No. ADPE/Celebration/Imp/Occa-16/2007 (Part-1)

Dated: 10.12.2024

CIRCULAR

Rajiv Gandhi University is joining the nation in the celebration of FIT Indian Week from 15th November to 31st December as per the directives of the University Grants Commission (UGC) and the Department of Sports, Ministry of youth Affairs & Sports, Government of India.

As part of the FIT Indian Week Celebration, all employees (teaching and Non-teaching), and students are requested to take FIT India Pledges and Fitness Assessment test through FIT India Mobil App. A template of FIT India and FIT India Mobil App QR Code are being attached.

A Photograph taking the pledge shall be forwarded to the Nodal Officer, Dr. A.Yuvaraj, Assistant Director of Physical Education (ADPE) at his WhatsApp No (9444497050) on or before 19th December 2024, for onward submission to the FIT India Portal.

Sd/-
Registrar

F. No. ADPE/Celebration/Imp/Occa-16/2007 (Part-1)

Dated: 10.12.2024

Copy to:

1. PS to Vice-Chancellor for information.
2. All Deans of Faculties for information.
3. PS to Registrar/Finance Officer/CoE/ Librarian for information.
4. All HoDs/Directors for information and wide circulation.
5. President/Secretary, RGUTA for information and wide circular.
6. Chief Warden/Wardens/Deputy Wardens for information and wide circulation.
7. All Branch Heads for information and wide circulation.
8. Joint Director (CC) for information with a request to upload the circular in University website.
9. Dr.A.Yuvaraj, ADPE/Nodal Officer, FIT India RGU for information and necessary action.
10. President/General Secretary, RGUEA for information and wide circulation.
11. President/General Secretary, RGUSU for information and wide circulation.
12. All Notice Board
13. Office copy.

(Dr. N.T. Rikam)
Registrar

FIT INDIA PLEDGE

I take the pledge:

- TO LEAD AN ACTIVE AND A HEALTHY LIFESTYLE
- TO TAKEOUT 30 MINUTES EVERYDAY FOR MY FITNESS AND HEALTH
- TO ENCOURAGE MY FAMILY MEMEBERS AND NEIGHBOURS TO STAY FIT AND HEALTHY
- TO TAKE THE FITNESS ASSESSMENT TEST ON THE FIT INDIA MOBILE APPLICATION QUARTERLY

मैं प्रतिज्ञा करता/ करती हूँ:

- एक सक्रिय और स्वस्थ जीवन शैली जीऊँगा/जीऊँगी
- अपने फिटनेस और स्वास्थ्य के लिए हर दिन 30 मिनट का समय निकालूँगा/निकालूँगी
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करूँगा/ करूँगी
- फिट इंडिया मोबाइल एप्लिकेशन पर त्रैमासिक फिटनेस मूल्यांकन करूँगा/करूँगी

Singature

Name.....

Designation.....

Department.....

Date.....



Download
Fit India Mobile App

