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**NOTICE**

**Subject: Extension of "Fit India Week 2023" Celebration.**

This is in continuation to the UGC letter No.2-64/2023 (CPP-II) dated 2<sup>nd</sup> November, 2023 regarding the celebrations of "Fit India Week" observed from 15<sup>th</sup> November, 2023 to 15<sup>th</sup> December, 2023 which has now been extended upto 31<sup>st</sup> January, 2024. This extension aims to facilitate greater participation and engagement from school, college and universities across the country.

It has been observed that many colleges have not yet updated their participation details on the official portal (<https://fitindia.gov.in/register>). In this regard, you are kindly requested to update the participation details of your college of Fit India Week Celebration.

It may kindly be ensured that the participation details are filled in the official portal (<https://fitindia.gov.in/register>) and in the Google Form link <https://forms.gle/76MXDGwVCqGNvtQt8>). Institutions who are going to celebrate in the forthcoming weeks may kindly fill in the Google Form in the concerned week itself to enable the university to send the weekly report to UGC for further submission to the Ministry of Youth Affairs and Sports. The details of activities to be organised is attached.

*Nadeem A. Dar*  
12/01/24  
Coordinator

No.F(Fit India Week)DPES/KU/24

Dated:12-01-2024.

Copy to the: -

1. Dean College Development Council for information please.
2. All Principals of affiliated Colleges for information & necessary action please.
3. S.S to Vice-Chancellor for kind information of the Hon'ble Vice-Chancellor.
4. P.S. to Registrar for information of the Registrar.
5. File.



**FIT INDIA UNIVERSITY WEEK Starts: 15th Nov 2023**

In this campaign, Higher Education Institutions/ Universities/Colleges will be encouraged to celebrate 5 days in a week to promote physical and mental health in the youth

## **SUGGESTIVE ACTIVITIES**

Indigenous Games

Fitness Pledge

Debate, Quiz, Clubs

Running/Races/Cycling Races

Health Camps

Popular Sports & Fun Games

Fitness Assessment Tests  
using Fit India Mobile App

Idea Generation Contests &  
Entrepreneurship building