



सत्यमेव जयते

Government of Jammu and Kashmir
Directorate of Colleges
Higher Education Department

Sub: Implementation of Fit India Initiative in Colleges.

Circular

As part of the Fit India Movement, all colleges in the UT of J&K are directed to actively participate in and promote the Fit India Initiative by organizing various fitness-related activities. The objective is to encourage a healthy lifestyle, enhance physical well-being, and raise awareness about the importance of regular exercise among students, faculty, and staff.

Instructions for Implementation:

1. Colleges must conduct a range of activities under the Fit India Initiative, such as the Fit India Run, Yoga sessions, Cycling events, Aerobic Exercises, and Fitness challenges to engage students and staff.
2. Activities should be planned within the campus or at safe outdoor locations while ensuring necessary safety protocols and medical assistance if required.
3. Institutions are encouraged to conduct fitness awareness sessions, motivational talks and expert-led workshops to educate participants on the benefits of an active lifestyle.
4. Colleges must document participation and upload event details, including photos and videos, along with a detailed report on the Directorate portal (<http://directorategovtsjk.in>) under the **M13 Module**.
5. Institutions should actively promote their fitness initiatives on social media platforms using official hashtags to spread awareness and encourage wider participation.

All colleges are requested to ensure the effective implementation of the Fit India Initiative and contribute towards fostering a culture of fitness and well-being among students and faculty.

Yours sincerely

Dr. Sheikh Ajaz Bashir

Director Colleges, J&K
Higher Education Department

No.: DC-HE/K /2025/537.

Dated: 18 -03-2025

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1. Principals Govt. Degree Colleges for information and necessary action.
2. P.S to Financial Commissioner to Government (Additional Chief Secretary), HED, Civil Secretariat, for kind information to the Financial Commissioner.
3. Master file/office record.