



ISLAMIC UNIVERSITY OF SCIENCE & TECHNOLOGY,
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OFFICE OF

DIRECTORATE OF PHYSICAL EDUCATION & SPORTS

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NOTICE

Sub: Fit India Challenge

The AICTE FIT INDIA CHALLENGE is being organized by All India Council for Technical Education (AICTE) in order to foster and inculcate the habit of Physical fitness. It has been tried and tested that physical exercise helps in the development of stronger physical and mental well-being. Due to the current pandemic situation, the essence of good health has been felt more by the masses. In this regard, registration is sought in the following categories-

Category and their Eligibility for Fit India Challenge are in following categories:-

a) Category -1 (Individual Award No. of Awards-100)

Challenge-Shirshana (compulsory of 60seconds) + any 3 asana of 90seconds (Marichyasana, Ushtrasana, Paschimottanasana, Hanumanasana, Bhunamanasana)

Eligibility- Chairman/President/Senior Office bearer of the Trust/Society of the Institution, Director/Principal of the Institution, Professor of the Institution and spouse as well.

b) Category -II- (Individual Award, No. of Awards-100)

Challenge-Burpees 1 set of 20 reps+ push ups 1 set of 20 reps+Free Squats 1 set of 40 reps+ Crunches/Leg raises 1 set of 40 reps+Plank 1 set(120 seconds) + any 2 asana out of Halasana, Dhaurasana, Hastapadasana/Uttanasana (total duration- 7 minutes)

Eligibility- All students of the institution, teachers and staff who are less than 35 years of age (including spouse).

Sd/-
(Dr. Hilal Ahmad Rather)
Assistant Director
Physical Education & Sports