

INDIAN COUNCIL OF HISTORICAL RESEARCH

35, Ferozeshah Road, New Delhi-110001

F.No.10-685/2019-Admin.I

01.10.2019

Fit India Movement

Fitness Action Plan

In pursuance of the Ministry of Human Resource Development's Circular No.F. 5-3/2019-U.3 dated 22.08.2019, in order to impart the much needed impetus to physical fitness and health and in view of the launch of Fit India Movement on 29th August 2019 by the Hon'ble Prime Minister of India the following Fitness Action Plan is prepared by ICHR for its employees:

1. The Council has a dedicated ground where some sports/physical activities like Yoga, badminton, cricket, kho-kho, kabaddi can be played during before and after the office hours so that all the staff and officers may feel energetic and fit, which enable them to perform their daily routine work smoothly.
2. All the employees are requested to participate in physical activities like running, using of stairs, light weight lifting, brisk walking etc. to make their body fit and fine. The individual employees are also requested to submit their physical activities report and proof of participation & photographs etc. to the office. Such activity reports would be uploaded in Council website.
3. The employees are also requested to provide their family photographs etc. pertaining to their family members' active participation in physical activities to encourage others.
4. A proposal is also being initiated to have a room with treadmill and physical weight lifting exercise tools so that indoor physical activities can also be performed during before and after the office hours.

(Dharmender Singh)
Assistant Director (Admn.)

Copy to:

1. All the Officers and Staff Members
2. All Regional Centers
3. All Notice Boards
4. IT Incharge- for uploading to ICHR website
5. P.S. to Chairman
6. P.A. to M.S.
7. Office Copy