

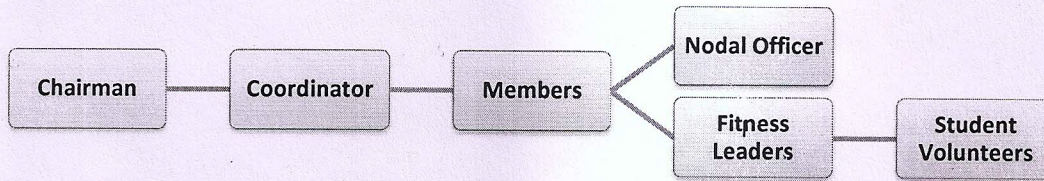
**OFFICE ORDER: 16/2021**  
**Re-Organization of Institutional Fitness Committee (IFC)**

**References:**

- (a) AICTE notification dated 2<sup>nd</sup> Sep'19 w.r.t. Institutional Fitness Plan in the Higher Educational Institutions.
- (b) Office Order 30/2019 dated 15<sup>th</sup> Oct'19 titled Constitution of Institutional Fitness Committee (IFC).

1. It is notified that Institutional Fitness Committee (IFC) has been **re-organised** as follows:-

**Structure of Institutional Fitness Committee (IFC)**



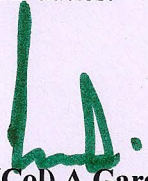
**Institutional Fitness Committee (IFC)**

Appointment	Name	
<b>Chairman</b>	▪ Dr. Satish Kumar, Prof. & Dean-SW	
<b>Coordinator</b>	▪ Dr. Mani Tyagi (MBA), Associate Dean-SW	
<b>Members</b>	▪ Dr. Brajesh K Tiwari (EN), Asst. Dean-SW (Sports)	
	▪ Prof. Swati (EN), Asst. Dean-SW (Literary)	
	▪ Prof. Pooja Tyagi (EC), Asst. Dean-SW (Cultural)	
	▪ Prof. Himanshu Saxena (HS), Asst. Dean -SW (External Affairs)	
	▪ Honorary Captain K P Singh, Administrative Officer	
<b>Nodal Officer</b>	▪ Dr. Mrinal Verma (MBA)	
<b>Fitness Leaders</b>	Volley Ball	Prof. Abhas Kanungo (EI)
	Table-Tennis & Billiards	Prof. Sakshi (IT)
	Football	Prof. Nitin Kumar (IT)
	Cricket	Prof. Rohit Kaliyar (CSIT)
	Basket Ball	Prof. Deepak Panwar (ME)
	Badminton	Prof. Vineeta Pal (CE)
	Chess	Prof. MohitTyagi (ECE)
	Athletics	Prof. Sachin Rathore (ME)
	Carrom	Prof. Aman Jolly (CSE)
	Yoga	Dr. Pramod Sharma (AS)
	Lawn Tennis	Dr. Ramesh Singh (EN)
	Martial Art	Prof. Praveen Dixit (KSOP)
<b>Student Volunteers (Two student Leader/dept.)</b>	Nominated by Fitness Leaders/HoDs	

## KIET Group of Institutions

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2. Coordinator - IFC will be the **SPOC** between AICTE and this Institute to take this initiative forward in coordination with Chairman/Members of Institutional Fitness Committee.
3. She will be responsible to ensure that **semester wise action plan be formulated in advance and implemented** in the full spirit within guidelines of AICTE. **Semester-wise Action Plan** with dates be freezeed in consultation with Director before the beginning of every semester.
4. Coordinator - IFC will be responsible to Chairman-IFC for Fitness Implementation & Monitoring at Institute level.
5. Institutional Fitness Committee (IFC) will be responsible to Director for their duties.

  
Dr. (Col) A Garg  
Director

**Distribution:**

- Joint Director/ Deans/ Principal-KSOP/ HoDs(CSE/IT/CS/CSIT/EC/EN/EI/CE/ME/AS/MCA/MBA/HS), Head-CRPC, Head-CAM, Head-AEC, Head-IRCDC, Head-EEM Cell, Deputy GM-TBI, Head-EC (IEC), Addl. Head-IIPC, Chairperson-ICC, Head-IT Operations, Head-HR, Head- PR&IR, Registrar, Admin Officer, Accts Officer, Librarian, Purchase Officer, KIETians

**Copy to:**

- Chairman, Coordinator, Members, Nodal Officer , Fitness Leaders- IFC

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**FIT INDIA MOVEMENT**

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no-reply <admin@aicte-india.org>  
To: directoroffice@kiet.edu

Mon, Sep 2, 2019 at 1:47 PM

Dear Sir/Madam,

Greetings from All India Council For Technical Education..!!

**GUIDELINES FOR AN INSTITUTIONAL FITNESS PLAN IN THE HIGHER EDUCATIONAL INSTITUTIONS**

All Higher Educational Institutions need to accord special & significant priority to physical & mental fitness of students and faculty in the campus and nominate a Nodal Officer for Fitness Implementation & Monitoring, whose activities would be monitored by an Institutional Committee. The following indicative guidelines/steps may be taken in this regard:

1. Physical fitness period or session may be incorporated into the academic calendar of the An institution, covering the aspects of sports, yoga, meditation, right diet etc. The physical fitness sessions may be staggered throughout the day to enable all students to participate.
2. Fitness Leaders in each institution to be created. For guiding students into physical fitness, services of students volunteer from the institutions, ex-servicemen and other volunteers may be obtained on a daily & voluntary basis.10 committed persons well versed in physical activity may be involved in the exercise.
3. Proper the utilisation of existing infrastructure, encouraging students to climb stairs, walk at least 10,000 steps a day, use cycles within the campus by creating cycling zones etc.
4. The top leadership of the Institution and professors actively participate with staff and students in fitness activities on a periodic basis to lead by example, eg: cycling, running, aerobics, marathon, meditation activities etc.
5. Incorporating provisions of healthcare and wellness initiatives in the objectives of the institution.
6. Annual health check-ups by volunteer health doctors or voluntary organisations to monitor student health & fitness and also maintain a record.
7. Providing guidance regarding a balanced nutritional diet, distribution of pamphlets and information material on the subject.
8. Redressing the emotional concerns of students in mental health. Awareness camps or sensitisation workshops on depression, anxiety and stress management may be organized for faculty and students.
9. Inviting health icons and motivational speakers on health & fitness to address students in campus and regular conduct of outdoor sports events in campus
10. Data pertaining to health & fitness activities of an institution should be placed on the website. Exemplary performers shall be selected subsequently for National level awards.

Regards,  
AICTE