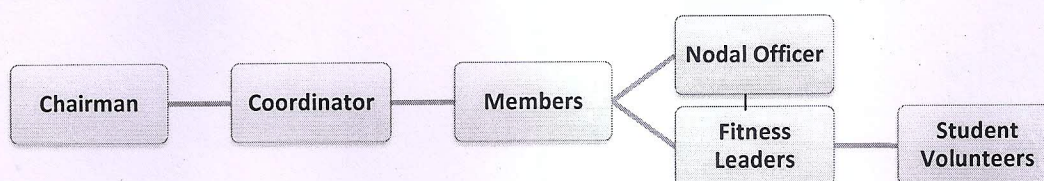


**OFFICE ORDER: 30/2019**  
**Constitution of Institutional Fitness Committee (IFC)**

1. **Reference:** AICTE notification dated 2<sup>nd</sup> Sep'19 w.r.t. **Institutional Fitness Plan in the Higher Educational Institutions.** (Copy attached)
2. In line with AICTE notification, **Institutional Fitness Committee (IFC)** comprising of following members is hereby constituted with an objective to accord *special & significant priority to physical & mental fitness of students and faculty* in the campus.

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



**Institutional Fitness Committee (IFC)**

Appointment	Name
<b>Chairman</b>	▪ Dr. Ashish Karnwal, Dean-SW
<b>Coordinator</b>	▪ Dr. Pramod Kumar Yadav, Associate Dean-SW
<b>Members</b>	▪ Dr. Mani Tyagi, Associate Dean-SW (Cultural)
	▪ Ms. Swati, Assistant Dean-SW (Literary)
	▪ Mr. Umesh Sharma, AO
<b>Nodal Officer</b>	▪ Dr. Brajesh K Tiwari , Assistant Dean-SW (Sports)
<b>Fitness Leaders</b>	<ul style="list-style-type: none"> <li>▪ Dr. Pushendra Patel (KSOP)</li> <li>▪ Mr. Manoj Bist (ME)</li> <li>▪ Mr. Manu Chauhan (ECE)</li> <li>▪ Mr. Mrinal Verma (MBA)</li> <li>▪ Mr. Shiv Kumar Sikrawar (EN)</li> <li>▪ Mr. Ankit Verma (MCA)</li> <li>▪ Ms. Vineeta Pal (CE)</li> <li>▪ Ms. Krati Gupta (CSI)</li> <li>▪ Ms. Shikha Jain (CS)</li> <li>▪ Mr. Tushar Shukla (Sports Officer)</li> </ul>
<b>Student Volunteers (Two students/dept.)</b>	Nominated by HoDs List attached (Annexure-A)

## KIET Group of Institutions

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3. 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.
4. He 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 freezed in consultation with Director before the beginning of every semester.
5. Coordinator - IFC will be responsible to Chairman-IFC for *Fitness Implementation & Monitoring at Institute level*.
6. Institutional Fitness Committee (IFC) will be responsible to Director for their duties.

  
Dr. (Col) A Garg  
Director

15...Oct'19

**Distribution:**

- Joint Director/ Deans/ Principal-KSOP/ HoDs (CS/IT/EC/EN/EI/CE/ME/AS/MCA/MBA/HS), Addl. HoDs (CO/CSI), GM-TBI & Dean IEC, Head-CRPC, Head-CAM, Head-AEC, Head-IRCDC, Head-IC, Addl. Head-IIPC, Chairperson-ICC, Manager-ITSS, Manager-IA, Manager-HR, Registrar, Admin Officer, Accts Officer, Librarian, Purchase Officer, KIETians

**Copy to:**

- Chairman, Members, Nodal Officer , Fitness Leaders of Institutional Fitness Committee (IFC)
- Student Volunteers (For Information) through Office of Dean-SW

**Student Volunteer:**

S.No.	Name of Student	Deptt	Year	Mobile No.	E-mail ID
1	Ankit Dwivedi	ME	III	8574007525	ankit.1721me1048@kiet.edu
2	Arya	ME	II	7355031589	rai.arya2000@gmail.com
3	Sayed Raza Haider	CE	III	7007128885	sayed.1721ce1083@kiet.edu
4	Vandana Yadav	CE	III	8960479598	vandana.1721ce1096@kiet.edu
5	Ujjawal Kucchhal	MCA	II	9456033445	ujjawalkuchhal1@gmail.com
6	Harshika Shrivastava	MCA	I	9839812828	harshika062@gmail.com
7	Shubham Gautam	KSOP	III	8899224445	gautamshubham1811@gmail.com
8	Shanjhi Sharma	KSOP	III	9555908890	sanjhisharma97@gmail.com
9	Ria Gupta	CSE	IV	7895219991	Ria.1610124@kiet.edu
10	Anubhav Pandey	CSE	IV	7071144701	Anubhav.1610021@kiet.edu
11	Abhishek Kumar	EN	III	9784072503	abhishek.1721en1009@kiet.edu
12	Aman Srivastava	EN	III	9149105996	aman.srivastava1983@gmail.com
13	Aman Verma	ECE	III	9450228966	aman1721ec1028@gmail.com
14	Kanchan	ECE	III	8218751028	kanchangu02@gmail.com
15	Namrata Singh	MBA	II	7617823021	namrata.1820mba1032@kiet.edu
16	Rachin Pandey	MBA	II	9971423277	rachin.1820mba1099@kiet.edu
17	Aditi Kansal	EIE	III	8859626589	aditi.1721ei1047@kiet.edu
18	Sunny Chaudhary	EIE	III	7906898599	sunny.1721ei1043@kiet.edu
19	Yogesh Bhatia	IT	III	8577078317	yogesh.1721IT1100@kiet.edu
20	Isha Bansal	IT	III	9690688265	bansalisha056@gmail.com

Dr. (Col) A Garg  
Director

15.06.19



DIRECTOR OFFICE &lt;directoroffice@kiet.edu&gt;

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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