



# Fitter, Healthier, Happier - Together

## AICTE CHALLENGE

# HUM FIT TOH INDIA FIT



“Fit India Movement दरअसल Hit India Movement भी है।”

“Investment on fitness is zero but the returns are infinite. You will soon be able to yield its fruits once you are fit.”



### Category-1

(Individual Award, No. of Awards-100)

**Prof. Anil D. Sahasrabudhe**  
Chairman, AICTE



#### CHALLENGE

Shirshasana (compulsory of 60 seconds) + any 3 asana of 90 seconds (Marichyasana, Ushtrasana, Paschimottanasana, Hanumanasana, Bhunamasana)

Link to Apply – <https://tinyurl.com/AICTEFitIndiaFaculty>

#### 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 For AICTE – Adviser-I/Adviser-II, CIO, CCOs & Director & Equivalent Posts in AICTE (including spouse)

### Category-2

(Individual Award, No. of Awards-100)

**Prof. M. P. Poonia**  
Vice Chairman, AICTE



#### 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, Dhanurasana, Hastapadasana/Uttanasana (total duration- 7 minutes)

Link to Apply – <https://tinyurl.com/AICTEFitIndiaStudents>

#### ELIGIBILITY

All students of the institutions, teachers, and staff who are less than 35 years of age (including spouse) For AICTE – All employees below AO level (including spouse)

### Category-3

(Institution Award, No. of Awards-100)

**Prof. Rajive Kumar**  
Member Secretary, AICTE



#### CHALLENGE

Continuous 1 min Kapalbhati + Bhastrika + Bhamari + 1 min Anulom Vilom + 1 min Agnisar + Ujjai in 4.5 min video (mandatorily 1 min breath stop). Proof of gathering (not less than 1000 in number) performing pranayama. Individual Award for AICTE Employees.

Link to Apply – <https://tinyurl.com/AICTEFitIndiaInstitutions>

#### ELIGIBILITY

Management/All teaching and non-teaching staff/ students of the institution / Anyone from out of the institution. For AICTE – Dy. Director/ Assistant Director/ Sr. AO, AO & equivalent posts in AICTE (including spouse)

**Motive: To spread awareness among all age group for physical exercise, yoga and pranayam to balance our mind and soul.**

Date of opening the portal:  
15<sup>th</sup> August, 2021

Closing date of the portal:  
20<sup>th</sup> December, 2021

For further details, check the website:  
<https://drive.aicte-india.org/yoga/>

Click/Scan to Apply in Category – I



Click/Scan to Apply in Category – II



Click/Scan to Apply in Category – III

