



# 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, 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 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- 4.5 minutes)

#### 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+Bhramari+ 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 pranayam.

#### 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:  
15th August, 2021

Closing date of the portal:  
5th December, 2021

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



# #LimitlessWithYoga



## Develop Stronger Physical & Mental well being with

AICTE   
**FIT INDIA**  
Movement

Sign up at  
<https://drive.aicte-india.org/yoga/>

Closing date  
**5<sup>th</sup> December, 2021**



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## Challenge Yourself

Category-1

By : Prof. Anil D. Sahasrabudhe  
Chairman, AICTE

Shishosana  
(compulsory of 60 seconds)

+

any 3 asana of  
90 seconds (Marichyasana,

Ushtrasana,

Poschimottasana,

Hanumanasana,

Bhujangasana)

First 100 winners  
will be awarded



AICTE *ANIL D. SAHASRABUDHE*  
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**Hum Fit Toh India Fit**

**Eligibility**

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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)

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## Challenge Yourself

### Category-2

By : Prof. M. P. Poonia  
Vice Chairman, AICTE

Burpees 1 set of 20 reps +  
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Free Squats 1 set of 40 reps +  
Crunches/Leg raises 1 set of  
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### Eligibility

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For AICTE - All employees  
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(including spouse)



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## Challenge Yourself

### Category-3

By : Prof. Rajive Kumar  
Member Secretary, AICTE

Continuous 1 min Kapalbhathi + Bhastrika + Bhramari + 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 pranayam.

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For AICTE - Dy. Director/Assistant. Director, Sr. AO, AO & equivalent posts in AICTE.(including spouse)(individually)



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**Challenge Yourself**

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# STAY FIT

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# GET FIT IN 60 DAYS. BUILD A BETTER YOU.

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# LIVE HEALTHIER

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# THE EASIEST WAY TO GET FIT

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