

Jaypee University of Information Technology, Solan, Himachal Pradesh**Schematic Plan - Fit India Campaign**

Month /Theme	Activities	Action Plan	Responsibility
June, 2021	Preparatory Activities	<ol style="list-style-type: none"> 1. Formation of Fitness Club. 2. Formation of Action Plan. 3. Uploading on institute Website. 4. Prepare Academic Calendar considering allocating 45 Minutes for Fitness Hour. 5. Banning of sale of Junk Food within premises of the institute 6. Development of Fitness Portal 7. Preparation of Scheme for Conducting National and State Level Sports meet 	Registrar Dr. Amit Kumar Jakhar Dr. Hermant Sood Dean Academics Registrar MHRD AIU
July, 2021 Theme: Life Style Diseases	<ol style="list-style-type: none"> 1. Fitness Campaign activity 2. Fitness Regular activity 3. Fitness Sporting activity 4. Meeting of Fitness club 5. Any other activity 	<ol style="list-style-type: none"> 1. Regular Fitness activities 2. Yoga and Aerobic Activities 3. Uploading on institute's Website. 4. Meeting of Fitness club 5. Talk by an expert on this topic (Webinar) 6. General Health check up camp by the University Health Center (Hostel-wise) 	Individual level Individual level Dr. Hemant Sood Dr. Amit Kumar Jakhar Dr. NS Jaswal JUIT Medical Centre
August, 2021 Theme: Healthy Diet for Healthy Life	<ol style="list-style-type: none"> 1. Fitness Campaign activity 2. Fitness Regular activity 3. Fitness Sporting activity 4. Meeting of Fitness club 5. Health Check up 6. Any other activity 	<ol style="list-style-type: none"> 1. Regular Fitness like volleyball, basketball, badminton, and table tennis. 2. Setting up good benchmark for right nutritional diet for students. (Eat Right Campus Certification by FSSAI) 3. Talk on nutrition and diet 4. Intra-Department tournament for students (Badminton and Table Tennis) 5. General Health check up camp by the University Health Center (Hostel-wise) 6. Meeting of Fitness club 	Mr Raghav and Ms Nisha Registrar Mr Raghav and Ms Nisha JUIT Medical Centre Dr. Amit Kumar Jakhar

<p>September, 2021</p> <p>Theme: The Perils of Smoking, Drugs and Alcohol</p>	<ol style="list-style-type: none"> 1. Fitness Campaign activity 2. Fitness Regular activity 3. Fitness Sporting activity 4. Meeting of Fitness club 5. Health Check up 6. Any other activity 	<ol style="list-style-type: none"> 1. Regular Fitness activities like volleyball, basketball, badminton, and table tennis. 2. Talks by doctors / health specialists – Medical Officer/ Psychologist 3. Awareness programme for fitness - Sports Coach 4. Fitness / Sports quiz. 5. Teaching and Non-Teaching Staff Tournament (Badminton) 6. Students and Staff for using non- motorized vehicle at least in the campus of the Institution. 7. Environment club, JYC would organize a nukkad on the theme. 8. General Health check up camp by the University Health Center (Hostel-wise) 	<p>Mr Raghav and Ms Nisha</p> <p>Dr. NS Jaswal</p> <p>Mr Raghav and Ms Nisha</p> <p>-----do-----</p> <p>Mr. Raghav & Ms. Nisha</p> <p>Environment Club, JYC</p> <p>Environment club, JYC</p> <p>JUIT Medical Centre</p>
<p>October, 2021</p> <p>Theme: Fitness for All</p>	<ol style="list-style-type: none"> 1. Fitness Campaign activity 2. Fitness Regular activity 3. Fitness Sporting activity 4. Meeting of Fitness club 5. Health Check up 6. Any other activity 	<ol style="list-style-type: none"> 1. Regular Fitness activities like volleyball, basketball, badminton, and table tennis 2. Sports meet – Prakaram (Inter-University and Inter-College competition: Badminton, Volleyball, Basketball and Table Tennis) 3. General Health check up camp by the University Health Center (Hostel-wise) 	<p>Mr Raghav and Ms Nisha</p> <p>-----do-----</p> <p>JUIT Medical Centre</p>
<p>November, 2021</p> <p>Theme: Sleep Well to Stay Fit</p>	<ol style="list-style-type: none"> 1. Fitness Campaign activity 2. Fitness Regular activity 3. Fitness Sporting activity 4. Meeting of Fitness club 5. Health Check up 6. Any other activity 	<ol style="list-style-type: none"> 1. Regular Fitness activities like volleyball, basketball, badminton, and table tennis. 2. Talk by Sports Coach – Physical fitness and wellness 3. Talk by a specialist on Sleep Disorders 4. 10000 steps Walkathon for faculty, staff & students 5. Meeting of Fitness club. 6. General Health check up camp by the University Health Center (Hostel-wise) 	<p>Mr Raghav and Ms Nisha</p> <p>Mr Raghav</p> <p>Dr. NS Jaswal</p> <p>Mr Raghav and Ms Nisha</p> <p>Dr Amit Kumar Jakhar</p> <p>JUIT Medical Centre</p>

<p>December, 2021 Theme: Join the Nature to be Healthy</p>	<ol style="list-style-type: none"> 1. Fitness Campaign activity 2. Fitness Regular activity 3. Fitness Sporting activity 4. Meeting of Fitness club 5. Health Check up 6. Any other activity 	<ol style="list-style-type: none"> 1. Regular Fitness activities like volleyball, basketball, badminton, and table tennis. 2. Trekking event for faculty, staff and students (to Tara Devi, Pandav Gufa, Domehar or Chausa) 3. General Health check up camp by the University Health Center (Hostel-wise) 4. Presentation on local flora and fauna 5. Meeting of Fitness club 	<p>Mr Raghav and Ms Nisha Dr. Amit Kumar Jakhar JYC Faculty</p> <p>JUIT Medical Centre</p> <p>Dr Harish Changotra JUIT Medical Centre</p>
<p>January, 2022 Theme: Supporting Mental Health</p>	<ol style="list-style-type: none"> 1. Fitness Campaign activity 2. Fitness Regular activity 3. Fitness Sporting activity 4. Meeting of Fitness club 5. Health Check up 6. Any other activity 	<ol style="list-style-type: none"> 1. Regular Fitness activities like volleyball, basketball, badminton, and table tennis. 2. Meeting of Fitness club 3. Talk on Mental Health by an expert – Medical Officer/ Psychologist 4. General Health check up camp by the University Health Center (Hostel-wise) 	<p>Mr Raghav and Ms Nisha Dr. Amit Kumar Jakhar JUIT Medical Centre Dr. N.S. Jaswal</p> <p>JUIT Medical Officer</p>
<p>February, 2022 Theme: Stress management</p>	<ol style="list-style-type: none"> 1. Fitness Campaign activity 2. Fitness Regular activity 3. Fitness Sporting activity 4. Meeting of Fitness club 5. Health Check up 6. Any other activity 	<ol style="list-style-type: none"> 1. Regular Fitness activities like volleyball, basketball, badminton, and table tennis. 2. Talk on Stress management by an expert 3. Your DOST 24x7 psychology online counseling 4. General Health check up camp by the University Health Center (Hostel-wise) 6. Meeting of Fitness club 	<p>Mr Raghav and Ms Nisha</p> <p>Dr. N.S. Jaswal JUIT Medical Centre Dr. Amit Kumar Jakhar JUIT Medical Centre</p> <p>JUIT Medical Centre</p>
<p>The institute will be evaluated based on the data uploaded on the portal and on verification thereof</p>			

March, 2022 Theme: Hygiene & Cleanliness	1. Fitness Campaign activity 2. Fitness Regular activity 3. Fitness Sporting activity 4. Meeting of Fitness club 5. Health Check up 6. Any other activity	1. Regular Fitness activities like volleyball, basketball, badminton, and table tennis. 2. Swachhata abhiyan 3. General Health check up camp by the University Health Center (Hostel-wise) 4. Meeting of Fitness club	Mr Raghav and Ms Nisha All Departments JUIT Medical Center JUIT Medical Centre
	Declaration of star ranking of HEIs Communication of evaluation Marks to NIRF		MHRD MHRD
April, 2022 Theme: Yoga & Meditation: Looking Inwards for Mental Peace	1. Fitness Campaign activity 2. Fitness Regular activity 3. Fitness Sporting activity 4. Meeting of Fitness club 5. Health Check up 6. Any other activity	1. Regular Fitness activities like volleyball, basketball, badminton, and table tennis. 2. Yoga Demonstration and Meditation 3. General Health check up camp by the University Health Center (Hostel-wise)	Mr Raghav and Ms Nisha Mr. Raghav & Ms. Nisha JUIT Medical Centre
May, 2022 Theme: Physical Activity: Key Ingredient of Fitness	1. Fitness Campaign activity 2. Fitness Regular activity 3. Fitness Sporting activity 4. Meeting of Fitness club 5. Health Check up 6. Any other activity	1. Regular Fitness like volleyball, basketball, badminton, and table tennis. 2. Talk by Sports Coach 3. Inter-Department tournament for students (Badminton and Table Tennis) 4. General Health check up camp by the University Health Center (Hostel-wise) 6. Meeting of Fitness club	Mr Raghav and Ms Nisha Mr Raghav Mr Raghav and Ms Nisha Mr. Ragha & Ms. Nisha Dr. Amit Kumar Jakhar JUIT Medical Centre JUIT Medical Centre

As desired by the MHRD, one of the each activities would be done from the section 'Activities' with the emphasis on the highlighted one.