

**GOVERNMENT OF INDIA  
MINISTRY OF YOUTH AFFAIRS & SPORTS  
DEPARTMENT OF SPORTS**

**LOK SABHA**

**UNSTARRED QUESTION NO.844  
TO BE ANSWERED ON 21.11.2019**

**Promotion of Sports through Fit India Movement**

- 844. SHRIMATI SANDHYA RAY:  
SHRI ANNASAHEB SHANKAR JOLLE:  
SHRI RAJESH VERMA:  
SHRI RAVIKUMAR D.:  
SHRI DHANUSH M.KUMAR:  
SHRI SELVAM G.:  
SHRI MOHANBHAI KALYANJI KUNDARIYA:  
SHRI VIJAY KUMAR DUBEY:  
SHRI REBATI TRIPURA:**

**Will the Minister of YOUTH AFFAIRS AND SPORTS be pleased to state:**

- (a) whether the Government proposes to promote Sports through Fit India Movement and if so, the details thereof and the steps taken in this regard;**
- (b) whether the Government also proposes to develop traditional rural and indigenous/tribal games in the country and if so, the details thereof**
- (c) the number of annual competitions organized by the Government for the promotion of rural and indigenous/tribal games during each of the last three years and the current year;**
- (d) the difficulties faced by the Government in the promotion of traditional rural and indigenous games in the country;**

**(e) whether the Government has initiated any awareness drive for the promotion of traditional rural and indigenous/tribal games and if so, the details thereof;**

**(f) the other steps taken by the Government to encourage the youth to take interest in various kinds of sports; and**

**(g) whether higher educational institutes under UGC have devised any fitness plans and if so, the details thereof?**

### **ANSWER**

#### **THE MINISTER OF STATE (INDEPENDENT CHARGE) FOR YOUTH AFFAIRS AND SPORTS [SHRI KIREN RIJJU]**

**(a) Yes Sir. The main objective of Fit India Movement is to create awareness amongst all the citizens of India about fitness and its importance in daily life through sports, yogasan, walking, cycling, dancing or any other physical activity.**

**(b) To preserve and promote Indigenous Sports in the country under Indigenous Games & Martial Arts (IGMA) Scheme [sub scheme of National Sports Talent Contest (NSTC)], Sports Authority of India (SAI) has adopted 10 schools to provide regular training to the talented sportspersons in the discipline of Kalaripayattu, Silambam, Kabaddi, Archery, Mallakhamb, Mukna, Thang-Ta, Khomlainai & Gatka. Presently, 128 trainees (73 Boys & 55 Girls) are being trained under these centres. Similarly, to promote wrestling the Indian traditional sports, SAI have also adopted 48 Akharas under NSTC Scheme across the country. Presently, 766 talented wrestlers (677 Boys & 89 Girls) are being trained in these Akharas.**

**Further, a vertical 'Promotion of Rural and Indigenous/ Tribal Games' under Khelo India Scheme has been implemented by Govt. of India for promoting rural and indigenous/ tribal sports through identification of talent, provision of grant to meet expenditure on equipment, apparel, coaches training programme, infrastructure**

development, salary for National Sports Federation (NSF) appointed coaches and scholarships for meritorious trainees recommended by NSF. Presently, under the scheme Mallakhamb, Kalaripayattu, Gatka and Thang-Tasports disciplines have been identified for support as per the decision taken by Government.

(c) For the promotion of rural and indigenous/tribal games, in the year 2018-19, 23 events were exclusively conducted in Rural and Indigenous Games at 23 different locations across the country as a part of 'Ek Bharat Shreshtha Bharat' programme. In these events about 1500 players participated. These disciplines included Sqay, Kho-Kho, Kalaripayattu, Mallakhamb and Roll Ball as under:

<b>Mallakhamb</b>	<b>- Four Demonstration Events</b>
<b>Sqay</b>	<b>- Three Demonstration Events</b>
<b>Kalaripayattu</b>	<b>- Nine Demonstration Events</b>
<b>Kho Kho</b>	<b>- Six Competition events</b>
<b>Roll Ball (Indigenous Sport)</b>	<b>- One Competition Event</b>

(d) Traditional rural and indigenous games generally exist in informal setup and do not have adequate leaders. Government's emphasis on promotion of rural and indigenous games has encouraged leadership and formalization of the same.

(e) The following initiatives have been taken by the Government to promote the traditional rural and indigenous games in the country:

- i. Mallakhamb, Kalaripayattu, Gatka and Thang-Ta are being supported under the vertical of 'Promotion of Rural and Indigenous/Tribal Games' under the Khelo India Scheme.**
- ii. Total amount of Rs.10.85 crore have been sanctioned for the year 2019-20 for infrastructure development, equipment support, appointment of coaches, training of coaches and scholarships.**
- iii. 335 Medal Winners of Mallakhamb, Kalaripayattu, Gatka and Thang-Ta are being given scholarship of Rs.10,000/- per month, per athlete for a period of one year. At present, 185 athletes are receiving the Scholarships from 1<sup>st</sup> Oct 2019 as recommended by NSF.**

**iv. Kho-Kho and Kabaddi disciplines have also been included in Khelo India Youth Games 2020 to be held at Guwahati from 10<sup>th</sup> -20<sup>th</sup> January, 2020.**

**(f) Government has taken a number of steps to encourage participation of youth in sports. Upto 5% reservation is provided in direct requirement in Group C posts for meritorious sportspersons. Sports Authority of India recruits Olympians/ Para Olympians as Assistant Coach. Assistance is provided for training of athletes and their participation in exposures and completions including those held abroad. 14659 (8701 Residential and 5958 Non- residential) sports trainees are being imparted training across the country under the schemes of the Ministry and Sports Authority of India. Awards and recognition are also given to meritorious sportspersons. A decision has been taken to allow use of sports facilities of the Department of Sports free of cost to athletes and coaches.**

**(g) The University Grants Commission (UGC) vide its notification No.F.1-54/2019 (Website/Fit-India) dated 27<sup>th</sup> September, 2019 has notified Guidelines for an Institutional Fitness Plan in the Higher Educational Institutions for promoting fitness and well being in Universities and Colleges, as part of Fit India Movement the same is at Annexure.**

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**Annexure referred to in reply to Para (g) of Lok Sabha Unstarred Question No. 844 to be answered on 21.11.2019 regarding Promotion of Sports through Fit India Movement**



प्रो. रजनीश जैन  
सचिव  
Prof. Rajnish Jain  
Secretary



विश्वविद्यालय अनुदान आयोग  
**University Grants Commission**  
(मानव संसाधन विकास मंत्रालय, भारत सरकार)  
(Ministry of Human Resource Development, Govt. of India)

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D.O.No.F.1-54/2019 (Website/Fit-India)

27<sup>th</sup> September, 2019

**Subject: Fit India Movement.**

Respected Sir/ Madam

In continuation of the UGC's letter dated 23<sup>rd</sup> August, 2019 regarding participation in '**Fit India Movement**', please find enclosed "*Guidelines for an Institutional Fitness Plan in the Higher Educational Institutions*" for promoting fitness and well being in Universities and Colleges, as part of the Fit India Movement.

You are requested to evolve a mechanism for implementation of these guidelines in your institution and monitor the activities periodically.

With kind regards,

Yours sincerely,

(Rajnish Jain)

To  
The Vice-Chancellors of all the Universities.



## UNIVERSITY GRANTS COMMISSION

### **Guidelines for Institutional Fitness Plan in the Higher Educational Institutions**

*Whereas fitness has always been an integral part of our life;*

*Whereas modern technologies have led to a sedentary lifestyle and the modern conveniences have diminished the demand for physical activities;*

*Whereas junk food/fast food have contributed to an unhealthy lifestyle;*

*Whereas lifestyle diseases are on the rise due to lifestyle disorder;*

*Whereas the government has given fitness a national priority to motivate every person to come up to sound physical standards; and*

*Whereas the educational institutions are uniquely placed to promote fitness and well-being among students, teachers and staff in the Higher Educational Institutions (HEIs),*

The University Grants Commission hereby issues the following guidelines to promote a campaign for fitness in the Higher Educational Institutions (HEIs):

#### **Guidelines**

##### **Scope of Guidelines:**

- (a) These guidelines are applicable to all Higher Educational Institutions (HEIs) in the Country
- (b) They encourage HEIs (universities and colleges) to adopt policies and practices towards fitness and well being of students and staff.

##### **Implementation of Fitness plan:**

All HEIs need to accord high priority to physical and mental fitness of students, faculty and staff in the campus. They should evolve a mechanism for implementation and monitoring of such activities. The following indicative guidelines/steps may be taken in this regard:

1. Incorporating provisions of healthcare and wellness initiatives in the objectives of the institution.
2. Physical fitness period or time slots may be incorporated into the academic calendar of the institutions. The physical fitness time slots may be staggered throughout the day to enable all students to participate.
3. All the students, staff and teachers should be encouraged to devote minimum one hour per day on fitness activities such as exercise, yoga, meditation, walking, cycling, aerobics, dance, traditional regional martial arts etc.

4. Institutions should prepare Fitness Leaders to mentor students for physical fitness. Services of student volunteers from the institutions, faculty members, instructors, ex-servicemen, and other volunteers may be obtained on voluntary basis. Health icons and motivational speakers on health and fitness to address students in campus should be invited.
5. Top leadership of the institution and professors may actively participate with students and staff in fitness activities such as cycling, running, aerobics, walkathon, marathon, yoga, meditation activities etc. on a periodic basis to lead by example.
6. Proper utilization of existing infrastructure, encouraging students to climb stairs, walk at least 10000 steps a day, use cycles within campus by creating cycling zones, availing gymnasium facilities etc.
7. Addressing the emotional concerns of students to promote mental health. Awareness or sensitisation workshops on depression, anxiety and stress management may be organized for faculty and students.
8. Providing guidance regarding balanced nutritional diet, distribution of pamphlets and information material on the subject.
9. Frequent organization of sports activities (at least once in a quarter) and encourage students to participate in such activities.
10. Annual health check-ups by volunteer health doctors or voluntary organisations to monitor health & fitness of students, faculty and staff.
11. Data pertaining to health and fitness activities of institutions should be placed on the website. Exemplary performers may be selected subsequently for National level awards.

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