

No. 16-9/2020 NS-1
Government of India
Ministry of Education
Department of Higher Education
Scholarship Division

2nd Floor, Wing-6, West Block-1, R.K. Puram,
New Delhi-110 066

Dated the 3rd October, 2020

To

1. The Secretary, University Grants Commission,
No. 2, Bahadur Shah Zafar Marg, New Delhi-110 002
2. The Chairman, All India Council for Technical Education,
Nelson Mandela Marg, Vasant Kunj, New Delhi-110070

Sub:- Regarding wide publicity of fitness Protocols named as G.O.A.L.S. - reg.

The Dept. of Higher Education has received the OM no. 15017/3/2020-MDSD dated 01.10.2020 (copy attached) from the M/o Youth Affairs & Sports (MoYAS) stating that their Ministry under the aegis of the Fit India Movement has developed Age Appropriate Fitness Protocols named as G.O.A.L.S. (Goals for Active Life Style) for different age groups categorized as 05-18 years, 18-65 years and 65+ years and was launched by Hon'ble Prime Minister in the 'Fit India Dialogue' programme held on 24th September 2020 while celebrating the first anniversary of 'Fit India Movement'.

2. These protocols consist of fitness tests based on various fitness components and suggested activities to improve the same. The MoYAS has requested for disseminating these Fitness Protocols among the general public by making available on the website and other means.

3. In view of the above, it is hereby requested to make available the link of fitness protocol on UGC's website where it can be easily accessible to people.

Encl:- As above.



(Ghanshyam)
Under Secretary (Scholarship)
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