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PVPP Principal <principal@pvppcoe.ac.>

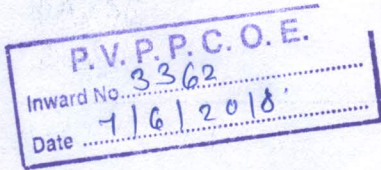
#HumFitTohIndiaFit - Fitness Challenge from All India Council For Technical Education - reg message

o-reply <aicte.admin@aicte-india.org>
o: principal@pvppcoe.ac.in

Thu, Jun 7, 2018 at 10:55

#HumFitTohIndiaFit

Dr. M.P. Poonia, Vice Chairman, AICTE challenge to
Directors, Principals, faculty and students, from
AICTE approved Institutions
to upload their fitness video



Dear ALL,

Each one of us are aware of the importance of fitness in our everyday lives. But with paucity of time and reluctance, the fitness routine is ignored with a sedentary life style. A misconception that hitting the gym is only way to exercise, but there is a need for an inner urge and enthusiasm in ourselves to be fit. Excuses of not having any time to exercise should be barred invoking our inner consciousness that a healthy body has a healthy mind. The benefits of remaining fit and doing exercise is well known fact to reduce the risk of many diseases and coherent strength of the body. Fitness helps to achieve a healthy body which clubbed with eating nutritional food leads to energetic results. Exercise can easily be performed at one's own home, be it in form of simple stretching exercises; walking, cycling, strength training, gym with various options suitable.

#HumFitTohIndiaFit is a vision of Shri Narendra Modi, Hon'ble Prime Minister initiated by Shri Rajyavardhan Singh Rathore, Hon'ble Minister of Sports to promote a healthy lifestyle.

I, Dr. M.P. Poonia accepted the challenge and my fitness video can be viewed at link

<https://youtu.be/iO3k0QYGU4g>

and also share amongst officials, faculty, students of your institution.

I, now on behalf of Prof. (Dr.) Anil D Sahasrabudhe, Hon'ble Chairman, AICTE challenge *Directors, Principals, faculty and students,*
from

AICTE approved Institutions to accept the fitness challenge.

Spare some time from your daily routine to stay fit and share your secret of fitness routine for a healthy India by uploading your fitness video and kindly tag official Facebook page on AICTE(www.facebook.com/officialaicte)

And Twitter (www.twitter.com/AICTE_INDIA).

Put a hashtag #AICTE while posting the video.

N.B / Intranet / Website
8/6/2018

M.A. F...
8/6/2018