

UNIVERSITY OF MUMBAI  
NATIONAL SERVICE SCHEME



Web site- [www.nssmu.in](http://www.nssmu.in)  
Vidyapeeth Vidyarthi Bhavan,  
2<sup>nd</sup> Floor, 'B' Road, Churchgate,  
Mumbai – 400 020.  
No. NSS/ECD/2024-2025/1038  
Date: 26.11.2024  
सौर : मंगलवार 5 अग्रहायण 1946

To,

The Principal of all Colleges having NSS Unit/s affiliated to University of Mumbai

**Ref: - UGC D.O. letter No. 1-1.2024(Sports)/FIW dated 20<sup>th</sup> November 2024.**

**Sub: - 6<sup>th</sup> Edition of Fit India Week Scheduled to be Celebrated from 15<sup>th</sup> November to 31<sup>st</sup> December 2024 reg..**

Dear Sir / Madam,

As per the University Grants Commission Letter, celebration of the 6<sup>th</sup> edition of Fit India Week scheduled to take place from 15<sup>th</sup> November 2024 to 31<sup>st</sup> December 2024. This initiative aims to promote fitness awareness among various stakeholders through a series of fitness activities conducted over 4 to 6 days during this period in Higher Educational Institutions (HEI).

Please find copy of DO letter received UGC along with the Standard Operating Procedures (SOP) for the Fit India Week. We request that, your esteemed institution to celebrate the Fit India Week. Further details regarding the Fitness Week are available on the Fit India portal at <http://fitindia.gov.in>.

**This is for your kind information and necessary action.**

**With regards,**

**Yours faithfully,**

**Mr. Sushil Shinde  
OSD, NSS**

**Encl- above reference letter – SOP for Fit India Week activities**