



## DIRECTORATE OF PHYSICAL EDUCATION

### Central University of Jammu

राया-सूचानी (बागला), जिला सांबा -181143, जम्मू (जम्मू एवं कश्मीर)  
Rahya-Suchani (Bagla), District Samba-181143, Jammu (J &K)

No: CUJ/DPE/2022/119(1)

Dated: 10-02-2022

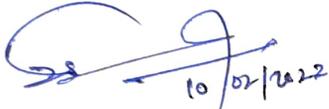
### Plan of Action for Fit India Movement at Central University of Jammu

A good and healthy life is essential for every individual. It is true that people nowadays lead unhealthy lives, and it is critical to educate children and adults about the benefits of living a healthy lifestyle, particularly in these crucial times of Covid-19 pandemic. The Central University of Jammu supports the Government of India's "Fit India Movement." The Directorate of Physical Education has scheduled the following activities for the campus fraternity.

- (i) The Directorate of Physical Education will host a **webinar on the "importance of maintaining mental fitness"** for students and faculty.
- (ii) Improved social and emotional skills can aid in the treatment of depression. Students will learn to interact with others in meaningful and positive ways. Furthermore, their academic performance will also improve which will help them to achieve greater heights. For this the Directorate of Physical Education will organize a **one day event on "social, emotional and intellectual well being of campus fraternity"**.
- (iii) Every year, approximately 5.8 million Indians die as a result of diabetes, cancer, stroke, heart, and lung diseases. In other words, one out of every four Indians is at risk of dying from an NCD before the age of 70. According to the World Health Organization, heart diseases claim the lives of approximately 1.7 million Indians each year. Given India's health statistics, it is critical to educate and encourage students and faculty to follow a good, healthy, and nutritious diet. For this, the Directorate intends to host a **webinar on the benefits of following a "healthy and nutritious diet"**.
- (iv) Long-distance running is beneficial to the human body. Exercise not only strengthens the heart, lungs, and brain, but it also lowers the risk of cardiovascular disease. The Directorate will **organise a "Half Marathon"** in light of the pandemic situation, if possible.
- (v) A few minutes of Yoga during the day can be a terrific method to relieve stress that builds up in the body and mind on a daily basis. Yoga

postures, Pranayama, and meditation are all helpful stress-relieving practices. Meditation is a form of relaxation that rejuvenates both the body and the mind. Thus, the Directorate will **organize a one day workshop on “Yoga as a way of life”**.

- (vi) These days, young people are more concerned about their careers than ever before, owing to the country's high unemployment rate. As a result, it is critical to educate them about stress management. The Directorate of Physical Education will **organize a webinar on “stress management”**.
- (vii) In collaboration with the Health Centre at CUJ, the Directorate intends to schedule **Health Checkups** on regular basis for the Departments.



10/02/2022

Dr. Yashwant Singh

Director  
Directorate of Physical Education  
Central University of Jammu  
Directorate of Physical Education