



ज्ञान-विज्ञान विमुक्तये

आचार्य मनिष र. जोशी
सचिव

Prof. Manish R. Joshi
Secretary



सत्यमेव जयते



विश्वविद्यालय अनुदान आयोग
University Grants Commission
(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

D.O. No. 8-1/2024 (Sports OM)

24 माघ, 1947 / 13th February, 2026

Subject: Participation of Universities and Colleges in FIT INDIA – Sundays on Cycle Campaign on 15th February 2026

आदरणीय महोदया/महोदय,

The University Grants Commission has received a communication from the Sports Authority of India (Ministry of Youth Affairs & Sports) regarding the organization of a special edition of the “Sundays on Cycle” campaign under the FIT INDIA Movement.

This campaign, launched under the Khelo India Scheme in 2019, has now evolved into a nationwide fitness initiative, engaging lakhs of citizens in cycling and allied activities. The upcoming edition is scheduled for 15th February 2026 (Sunday), with flagship events at Major Dhyan Chand National Stadium, New Delhi and Parade Ground, Race Course, Dehradun, from 7:00 AM onwards.

Directions to HEIs

- All Universities and Colleges are requested to actively participate in the campaign by organizing cycling and allied fitness activities (Yoga, Zumba, Skipping Rope, cultural activities, etc.) at their campuses and nearby Sports Authority of India (SAI) Centres.
- Institutions located in and around Delhi and Dehradun are especially advised to attend the flagship events.
- The campaign message “Fitness ki Dose, Aadha Ghanta Roz” may be widely disseminated among students and staff.
- Each institution may nominate a Nodal Officer to coordinate with the designated SAI Centres and to upload post-event details at the following link:
<https://forms.gle/FhtRfVMDHsXnX6bT7>

Points of Contact

- Dehradun: Mr. Anil Dwivedi, Assistant Director, SAI | Venue: Parade Ground, Race Course | Contact: +91 9868227934
- Delhi: Mr. Aman Yadav, FIT INDIA | Venue: Major Dhyan Chand National Stadium | Contact: 9466886533

A detailed list of Regional Centres, National Centres of Excellence (NCOEs), and SAI Training Centres with contact persons is enclosed for reference and coordination.

All HEIs are requested to extend full cooperation and ensure enthusiastic participation of students, faculty, and staff in this national fitness initiative.

सादर,

भवदीय,



(मनिष जोशी)

सेवा में,

1. सभी विश्वविद्यालयों के कुलपति
2. सभी राष्ट्रीय महत्व के संस्थानों (आईआईटी, आईआईएम आनंद) के निदेशक

मयंक श्रीवास्तव, भा.पु.से.
उप महानिदेशक
Mayank Srivastava, IPS
Deputy Director General



भारतीय खेल प्राधिकरण
SPORTS AUTHORITY OF INDIA

D.O. NO.: 01-10007(01)/67/2024-HO-Khelo India

Date – 9th February 2026

Dear Vineet Sir,

The **Fit India Movement**, launched by the Hon'ble Prime Minister in 2019, aims to make fitness an integral part of daily life for all citizens. Building on this vision, the Fit India Cycling Drive was launched under the Khelo India Scheme's FIT INDIA initiative on 17th December 2024 in New Delhi. It has since grown into a nationwide movement—**Sundays On Cycle**—held in over **2.2 lakh locations** and engaging more than **25 lakh** cycling enthusiasts. The initiative was also recognized by the Hon'ble Prime Minister in the 117th & 124th episode of **Mann Ki Baat**, reaffirming its importance in promoting health and wellness through regular physical activity.

2. Over the 60 editions, the "Sundays on Cycle" campaign has evolved to include activities like Yoga, Zumba, Skipping Rope, cultural activities etc along with cycling. This has engaged the public who have joined the campaign enthusiastically. With this spirit, the FIT INDIA Mission proposes to organize a special edition of the "Sundays On Cycle" campaign on **15th February 2026**, in collaboration with the "**Universities & Colleges**" as special partner across the country.

3. With this background, I humbly request your kind support in advising the **Universities and Colleges under your esteemed jurisdiction** to organise the *Sunday on Cycle* event across India and to encourage participation in cycling and allied fitness activities at **SAI Centres** on the designated day. The Sports Authority of India Centres (RCs/NCOEs/STCs/KICs, etc.) will organise and facilitate the activities, and have already been informed for necessary coordination (A list of Regional Centres of the Sports Authority of India is enclosed for easy coordination). I also seek your support in spreading the campaign message: "Fitness ki Dose, Aadha Ghanta Roz".

4. It will be an honor to host you at the flagship event scheduled to be held in **Delhi and Dehradun on 15th February 2026 from 7:00 AM onwards**, and I also request that your office may kindly advise the concerned *Universities & Colleges*, particularly those in and around **Delhi and Dehradun**, to attend and participate in the event and, to further encourage and motivate.

For smooth coordination, concerned officials may please contact the following points of contact:

1. **Dehradun**: Mr. Anil Dwivedi, Assistant Director, SAI | **Venue**: Parade Ground, Race Course, Dehradun | **Contact**: +91 9868227934.
2. **Delhi**: Mr. Aman Yadav, FIT INDIA | **Venue**: Major Dhyani Chand National Stadium, Delhi | **Contact**: 9466886533.

5. I kindly request that the nominated Nodal Officer may also be instructed to share the **post-event** details through the link provided - <https://forms.gle/FhtRfVMDHsXnX6bT7>.

Warm Regards,
May
(Mayank Srivastava)

To,
Mr. Vineet Joshi, IAS,
Chairman, University Grants Commission (UGC),
Secretary, Department of Higher Education, Ministry of Education

Name of NCOEs	Incharge Name	Contact No.
Lucknow	Sh. Manish kumar, AD	9560044780
Imphal	Sh. Laishram Samritya Singh, AD	8585991397
Aurangabad	Dr.Monika Ghuge ,DD	8010846111 9021600000
Mumbai	Sh. Ankit Patil, AD	8275235762
Bhopal	Ms. Anshika Jain, AD	9131248220
NCOE Jagatpur	Sh.Triloknath Sahu,DD	7008318431
NCOE Kolkata	Sh. Karan, AD	7897937909
Alleppey	Mr. Rajat Sharma, AD	6261624407
Trivandrum	Ms. Varsha Sabale, DD	8999158168
Sonepat	Ms. Meeta, AD	9990887770
Rohtak	Sh.Sachin k,DD	9449423279
Gandhinagar	Sh. Omkar Kaore, DD	8376867435
Guwahati	Sh. Shambhoo Yadav, DD	9956367662
Itanagar	Sh. Satrajit Kachari, AD	8638577345
Hamirpur	Ms. Divya, Judo Coach	9780271029
Dharamshala	Sh. JP SHANI, AD	7982479234
NSNIS Patiala	Sh. Sudheer kumar Reddy, DD	9590301946
Bangalore	Sh. Harish, DD	9912437932
Chandigarh	Ms Manju Sood, Coach	9463426914

Name of STCs	Incharge Name	Contact No.
SAI Training Center -Vishakhapatnam	Ms Manjula S	9483600974
SAI Training Center -Eluru	Sh. D.N.Vinayaka Prasad	9885312356
SAI Training Center -Kurnool	Sh.Chandra Shekhar	9885772007
SAI Training Center -Madikeri	Ms. Mini Unniraj	9562452451
SAI Training Center -Dharwad	Sh. Ram Budaki	9481559940
SAI Training Center -Bangalore	Sh.Rajesh	9886112346
SAI Training Center -Hyderabad	Dr. P Ravinder Kumar	9704643442
SAI Training Center -Raipur	Sh. K C Tripathi	9440587614
SAI Training Center -Rajnandgaon	Sh. K C Tripathi	9440587614
SAI Training Center -Dhar	Sh.Naresh Kumar Bhavsar	9827066168
SAI Training Center -Tikamgarh	Sh. Devesh Chandel	9926243452
SAI Training Center -Jabalpur	Ms Durgesh Nandini	9406527828
SAI Training Center -Bilaspur	Sh. Vijay Parkash Negi	9418630666
SAI Training Center -Jammu	Shri Aman Sharma	9796490588
SAI Training Center -Kargil	Shri Gulam Mustafa	9419805142

SAI Training Center -Mastunasahib	Shri Puskar Singh	8847664589
SAI Training Center -Badal	Shri Joginder Kumar	9465912368
SAI Training Center -Ludhiana	Shri Puskar Singh	8847664589
SAI Training Center -Jaipur	Mr. Deodutt Sharma	8272848329
SAI Training Center -Jodhpur	Sh. Hanwant Singh	9460249227
SAI Training Center -Alwar	Sh. Madhu, AD	7995961996
SAI Training Center -Naharlagun	Sh. Inkamlak Newmai	9560294077
SAI Training Center -Solalgaon	Ms. Kulvir Kaur	9491154676
SAI Training Center -Tinsukia	Sh.Sikander	9425757142
SAI Training Center -Kokrajhar	Sh. Babul Basumatary	9435102211
SAI Training Center -Golaghat	Sh. Vekuto Puro	8371970035
SAI Training Center -Shillong	Sh.T.S.Chavan	8287818296
SAI Training Center -Namchi	Sh. Rupen Pradhan	8258919752
SAI Training Center -Imphal	Ms. M. Ramani Chanu	9612584723
SAI Training Center -Utlou	Sh. L Rinky Singh	8794515564
SAI Training Center -Aizawl	Ms. Elizabeth Lalnunmawii	9612433043
SAI Training Center -Dimapur	Sh Greenstone Tangkhul	8413942326
SAI Training Center -Port Blair		
SAI Training Center -Nicobar	Sh. Vishwajit Balkrishna Sutar	7507382846
SAI Training Center -Kishanganj	Sh. Wasim Ahmed	9434426611
SAI Training Center -Patna	Sh. Someshwar Rao	9949916563
SAI Training Center -Gidhaur	Sh. Someshwar Rao	9949916563
SAI Training Center -Hazaribagh	Sh. Udham Singh	9780476339
SAI Training Center -Ranchi	Shri Karan Sadhwani	7897937909
SAI Training Center -Cuttack	T N Sahoo	7008318431
SAI Training Center -Sundargarh	Sh. Pradeep. K. Sarangi	9437142599
SAI Training Center -Dhenkanal	T N Sahoo	7008318431
SAI Training Center -Agartala	Sh.Arindam Gogoi	9706496023
SAI Training Center -Bolpur	Sh. Lalhunhlua	6009108781
SAI Training Center -Lebong	Sh. Sanjay Rai	7584923345
SAI Training Center -Burdwan	Sh. Lalhunhlua	6009108781
SAI Training Center -Jalpaiguri	Sh. Wasim Ahmed	9434426611
SAI Training Center -Yanam	Sh.Uday Kumar Navuru	8885176888
SAI Training Center -Thalaserry	Sh. T. C. Manoj	9495649071
SAI Training Center -Kollam	Sh. Rajeev Thomas	9446334829
SAI Training Center -Calicut	Ramkumar G, DD	9962923162
SAI Training Center -Thrissur	Sh.Sivanand R	9496082198
SAI Training Center -Androth	Sh. Mohammed Shafeeque M	9446573786

SAI Training Center -Puducherry	Ms Shweta Vishwanathan	72990 23232
SAI Training Center -Salem	Mr. VITAL KUMAR	9731007517
SAI Training Center -Chennai	Ms Rhoda Franklin, Chief Coach	7708444861
SAI Training Center -Mayiladuthurai	Mr. Manivasagam	9445360645
SAI Training Center -Varanasi	GS Diwedi	9412606122
SAI Training Center -Saifai	Smt. Kanta Parasher	9418053692
SAI Training Center -Bareilly	Sh. Sandeep Chaudhary	7037048201
SAI Training Center -Raibareilly	Sh. Abhay Kumar	8812981160
SAI Training Center -Kashipur	Sh. Neeraj Kumar	9811956705
SAI Training Center -Peddem	Mr. Malla Durga Rao	8247443921
SAI Training Center -Ponda	Mr. Malla Durga Rao	8247443921
SAI Training Center -Bawana	Ms. Shobha Arora	9811547188
SAI Training Center -Bhiwani	Sh. Deepak Pant, DD	9614247747
SAI Training Center -Hisar	Sh V K Manchanda	9891764526
SAI Training Center -Kurukshetra	Sh. Babu Ram Rawal	9812148099

Other Major Locations		
Name of Location	Name of Person	Contact
Bikaner	Sh. Surender	9079241930
GOA	Mr. Malla Durga Rao, DD	8247443921
Vadodra	Mr Madhu, AD	7995961996