

SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Deemed to be University)
Porur, Chennai – 600116

SRIHER FIT INDIA CLUB

Prof. ARUMUGAM S
CHAIRPERSON

Cir. No. 001/Fit India/2020

Dated 20th June 2020

CIRCULAR

Sub: SRIHER Fit India Club – First Meeting 15th June 2020 (Google Meet) – Minutes

In line with the University Grants Commission (UGC) advisory to implement the Govt. of India's "Fit India Programme" for the staff and students of our Institution, the SRIHER Fit India Club has been formed with members from faculty, staff and students of SRIHER. The first meeting of this club was held on 15th June 2020 (Google Meet). The minutes of the meeting is attached.



CHAIRPERSON
SRIHER Fitness Club

To

The Vice Chancellor
The Deans, Provost, Principals, Vice-Principals,
Course Chairpersons
The Dean (Research)
The Dean of Faculties
The Registrar
The Dean (Students)
The Academic Officer
The Associate Deans (P.G. students)
The Associate Dean (Medical College)
The Associate Dean (Education)
The Associate Dean (Students)
The Assistant Dean (Students)
All Members – SRIHER Fitness Club

The Chief Operating Officer
The Medical Director
The Medical Superintendent

Copy to

The Director (Finance & Accounts)
The General Manager (HR)
The General Manager (Infrastructure)

For Information:

The Chancellor
The Pro Chancellor

Fit India - SRIHER Fitness Club

Chairperson:

Prof. Arumugam S, Director – CSS

Ex-Officio Members:

Prof. P.V. Vijayaraghavan, Vice Chancellor

Dr. S. P. Thyagarajan, Professor of Eminence and Dean (Research)

Prof. Mahesh Vakamudi, Dean of Faculties

Dr. S. Anandan, Dean, Medical College

Chief Advisor:

Mr. Baskaran V, Olympian

Coordinator:

Dr. K.A. Thiagarajan, Secretary – University Sports Council

International expert:

Mr. Andrew Gray. Senior Biokineticist, South Africa, HPC consultant - CSS

Members:

Prof. Balaji Singh, Dean - Students

Prof. Padmavathy, Associate Dean – PG Studies, Basic Sciences

Prof. Ramachandran - Associate Dean – PG Studies (Clinical Sciences)

Prof. Leena Dennis Joseph - Associate Dean – Students

Ms. Jhansi Lakshmi, General Manager (HR)

Dr. Karthik Kailash - HOCS – Dept. of Spine Surgery

Prof. Jolly Roy, Principal - Sri Ramachandra Faculty of Sports & Exercise Sciences

Prof. S. Senthil Kumar, Principal & Professor, Dept. of Allied Health Sciences

Mr. Narasimman Swaminathan, Professor in Physiotherapy

Mrs. Vijayalakshmi, Assistant Professor in Psychology, Dept. of Allied Health Sciences

Dr. Prakash Ayyadurai, Asst. Professor, Dept. of Arthroscopy & Sports Medicine

Dr. Archana, Faculty, Dept. of Pathology

Dr. Nandagopal M, Director, Physical Education

Mr. Sanjay Mullaseri - Head of Operations, CSS International Cricket Academy

Mr. Bhaskar Reddy - Rowing Coach, Sri Ramachandra Water Sports Centre

Ms. Samyuktha S, Sports Secretary - Student Council (MBBS)

Mr. Thaman Thimmaiah, Sports Secretary -Student Council (Paramedical)

Ms. Puspharani, Asst. Physical Director, Dept. of Physical Education

Ms. Reshma, Ward Secretary

Ms. Malathy, Ward Secretary

Mr. Kannan, Blood Bank

Mr. Arun, Critical Care Unit Staff

Mr. Vasanth Kumar Subramanian, I/T Head

Fit India - SRIHER Fitness Club

Minutes of Meeting – 15th June 2020 (Google Meet)

Members Attended:

1. Prof. Arumugam S, Chairperson
2. Mr. Baskaran V, Former Olympian, Chief Advisor
3. Dr. K.A. Thiagarajan, Coordinator
4. Mr. Andrew Gray, South Africa, International expert
5. Prof. Leena Dennis Joseph - Associate Dean – Students
6. Dr. Karthik Kailash - HOCS – Dept. of Spine Surgery
7. Prof. Jolly Roy, Principal - Sri Ramachandra Faculty of Sports & Exercise Sciences
8. Mr. Narasimman Swaminathan, Professor in Physiotherapy
9. Mrs. Vijayalakshmi, Asst Professor in Psychology, Dept. of Allied Health Sciences
10. Dr. Prakash Ayyadurai, Asst. Professor, Dept. of Arthroscopy & Sports Medicine
11. Mr. Sanjay Mullaseri - Head of Operations, CSS International Cricket Academy
12. Mr. Bhaskar Reddy - Rowing Coach, Sri Ramachandra Water Sports Centre
13. Dr. Nandagopal M, Director, Physical Education
14. Ms. Puspharani, Asst. Physical Director, Dept. of Physical Education
15. Mr. Thaman Thimmaiah, Sports Secretary -Student Council (Paramedical)
16. Ms. Reshma, Ward Secretary
17. Ms. Malathy, Ward Secretary
18. Mr. Kannan, Blood Bank
19. Mr. Arun, Critical Care Unit Staff
20. Mr. Joe (representing Mr. Vasanth Kumar Subramanian, I/T Head)

Opening

The first meeting of the SRIHER Fitness club was called to order at 12 noon on 15-06-2020 over an online platform (Google Meet). The meeting was presided over by Prof. S. Arumugam, Chairperson of the SRIHER Fitness Club.

Agenda

To discuss planning and implementation of the advisory and guideline issued by UGC regarding the Fit India initiative of Govt of India at HEIs.

Minutes

Chairperson, Prof. Arumugam greeted all the participants and presented the Fit India UGC guidelines explaining in detail about the Vision, Mission and Objectives of the initiative from Govt. of India and gave a background of how CSS, SRIHER has been actively involved directly in the conceptualization and implementation of the Fit India program of the Govt. of India and highlighted that CSS, SRIHER was specially invited for the launching of the programme at New Delhi by the Hon'ble Prime Minister.

Prof. Arumugam then elaborated the actual monthly calendar plan suggested by the UGC for the implementation of the programme and followed it with a detailed action plan of our university for implementing the programme in a time-bound manner, in spite of the delay in starting the programme. The chairperson highlighted that within a week of being given the responsibility of taking this programme forward, the SRIHER Fitness Club has been formed as the first action point and mentioned that some of the Fit India initiatives which are already being practiced at our university including the banning of junk food inside the campus and

regular sports activities right from intra-university level to inter-university to All India national levels including the Rowing championships conducted by CSS.

As the second Action Point, the chairperson explained about the plan for implementing the Fitness hour. The same will be implemented by online methods utilizing the expertise of our international faculty in South Africa.

He further explained about how this programme is going to be monitored closely by the central government and how we could score maximum points given as incentives for the successful implementation of this Fit India programme in universities towards their NIRF rankings.

Chairperson requested the communication department of our university to make arrangements for incorporating the news and updates of this Fit India programme in our university website and also in all the social media handles by working with the Coordinator of Fitness Club, Dr. Thiagarajan.

Dr. Leena Dennis Joseph mentioned that the university students are very active in sports and co-curricular activities and suggested that a 1-minute fitness related video can be made by students themselves at home at present and submitted.

Shri. Baskaran appreciated this initiative of the university and suggested plans for students to participate in group sports activities utilizing available sports infrastructure in the university.

Mr. Andrew Gray participated in the Google meet and further stressed upon the importance and advantages of such fitness and physical activity related initiatives, citing the success of such programmes in South Africa.

Prof. Narasimman suggested that some nice posters can be made regarding physical activity like encouraging students and staff to take stairs instead of lift denoting how many calories it would burn, thus motivating them.

Dr. Karthik Kailash pointed out the possibilities of holding friendly Tennis games and tournaments amongst the staff.

Mr. Sanjay Mullaseri suggested to have some interesting Fitness Challenges like “20 squats in a minute” for promoting fitness awareness. Dr. Leena also suggested having some mental health related activities for the students and mentioned about some students already doing a few activities related to that.

Student representative Mr. Thaman Thimmaiah suggested that such short Fitness Challenges could be posted on the university social media handles, preferably Instagram, asking the students to perform the activities and tag other students thereby promoting fitness awareness.

Chairperson appreciated and acknowledged suggestions given by all the members.

Adjournment

The meeting concluded at 12.40 with a note of thanks by the Chairperson and the announcement of the next meeting in a month's time.

Minutes submitted by:

Dr. K.A. Thiagarajan, Coordinator

Approved by:

Prof Arumugam S, Chairperson