



**Pankaj Laddhad Institute of Technology & Mangament Studies,
Buldana.
Sports & Games Cell**

Notice

All the students of PLITMS are hereby informed that as per notice received from SGBAU Amravati, SGBAU/12/73/2020 The scheme initiated by Ministry of Youth Affairs & Sports under the aegis of the fit India movement has developed age appropriate fitness protocols named as **G.O.A.L.S.(Goals for Active Life Style)**for different age groups categories as 05-18 years,18-65years and 65+years.

These protocols have been launched by Hon'ble Prime Minister in the Fit India Dialogue Programme held on 24th September 2020 while celebrating the 1st anniversary of fit India movement. These protocols consist of fitness tests based on various fitness components and suggested activities to improve the same. In this regards it is requested to extend your support in disseminating these fitness protocols among the general public. So, it is available on our college website for easily accessible to people. These protocols are available to download on the following link:

<http://sites.google.com/view/fitindiaoff/home>

Sports Incharge
PLITMS,Buldana

Principal
PLITMS,Buldana