

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, SECTOR-42 CHANDIGARH**

**Action Plan - Fit India Movement for the Month of February 2020**

The following activities were undertaken under the Fit India Movement as per the guidelines of UGC. The details of the activities conducted in the month of February are given below:

<b>Month</b>	<b>Activities</b>	<b>Action Plan</b>
Fitness & Sports	Fitness Campaign	Olympic Quiz competition
	Sports Meet	Athletic Meet was organized for the students
	Fitness Regular Activity	Participated in Fit India Run and Walk organized by Department of Physical Education
	Fitness Sporting Activity	Basketball match for the student and faculty members
	Meeting of Fitness Club	Meeting of the fitness club was held on 25/02/2020 in the department of physical education under the Dr. Ram Niwas Yadav , Nodal Officer Fit India

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**Dr. Ram Niwas Yadav,  
Nodal Officer Fit India Movement**

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**Prof. (Dr.) Binu Dogra  
Principal**