

## **FIT INDIA CAMPAIGN**

In the line of UGC letter number 1-54/2019 (Website /Fit-India) dated 13<sup>th</sup> December, 2019 regarding the implementation of Fit India Campaign in Higher Educational Institutions and **D.O. No. F.1-54/2019 (Website /Fit -India)** dated 15<sup>th</sup> January, 2020; a details action plan for the month of January for the Post Graduate Government College for Girls, Sector -42, Chandigarh is as follows:

### **1. FITNESS CLUBS**

The following members of the faculty and the students are selected for the fitness club of the college. The fitness club will lead the activities during the “Fitness Hour” on a voluntary basis by involving student volunteers, faculty members. They are required to encourage / motivate and guide other students to undertake physical activities during the “**Fitness Hour**”.

<b>Sr.No.</b>	<b>Name of the members</b>	<b>Fitness club</b>	<b>Officers Bearers</b>
<b>1.</b>	Prof. Dr. Binu Dogra	<b>Principal</b>	<b>Patron</b>
<b>2.</b>	Dr. Ram Niwas Yadav	Associate Professor	Nodal Officer
<b>3.</b>	Mrs. Anju Chopra	Associate Professor	Members
<b>4.</b>	Dr. Preeti Sharda	Librarian	Members
<b>5.</b>	Dr. Pooja Sharma	Associate Professor	Members
<b>6.</b>	Dr. Parveen Gahlawat	Assistant Professor	Members
<b>7.</b>	Dr. Shafali Malhotra	Assistant Professor	Members
<b>8.</b>	Dr. Sanjay Jha	Assistant Professor	Members
<b>9.</b>	Dr. Shalinder Kumar	Assistant Professor	Members
<b>10.</b>	Dr. Harpreet Kaur	Assistant Professor	Members
<b>11.</b>	Mr. Mohit Verma	Assistant Professor	Members
<b>12.</b>	Ms. Shagun	Assistant Professor	Members
<b>13.</b>	Mr. Sudhir Sharma	Assistant Professor	Members
<b>14.</b>	Ms. Ranjana Sharma	Assistant Professor	Members
<b>15.</b>	Mr. Sangam Verma	Assistant Professor	Members
<b>16.</b>	Dr. Nemi Chand	Assistant Professor	Members
<b>17.</b>	Dr, Prabal Jyoti	Assistant Professor	Members
<b>18.</b>	Ms. Kalyani	Assistant Professor	Members
<b>19.</b>	Ms. Gundeep	Assistant Professor	Members
<b>20.</b>	Mr. Rajwinder Singh	Assistant Professor	Members

21.	Mr. Sumit Dabhi	Assistant Professor	Members
22.	Ms. Anu Chawla	Assistant Professor	Members
23.	Ms. Rani	Gym. Instructor	Members
24.	PawanPreet B.A.I	Student	Members
25.	Neelam B.P.ED I	Student	Members
26.	Kumari Preeti B.P.ED I	Student	Members
27.	Shakshi B.COM I	Student	Members
28.	Shivani B.P.ED I	Student	Members
29.	Sudha B.P.ED I	Student	Members
30.	Sujata B.A. III/ 170424	Student / NCC	Members
31.	Ashi B.Sc.III/172033	Student / NCC	Members
32.	Srishti B.P.ED II/	Hostel Head Girl	Members
24.	Sapna B.P.ED II	Student	Members
25.	Anjali Verma B.P.ED II	Student	Members
26.	Mr. Nitin Pant	L.A.	Members
27.	Neelam B.A.I	Student /NSS	Members
28.	Dharmendar	Ground Man	Members

## 2. FITNESS HOUR

The students of the college are required to take part in fitness hour for staying fit. The two different periods of time the fitness hour is organized every day. The timing and content for the fitness hour is given below:

Fitness hour -8:00 to 9:00 am and 3:30 to 4:30 pm			
Days	Activity	Duration	Intensity
Monday	Walking , Running , Jumping and Stretching	45-60 mins	Moderate
Tuesday	Yogic Exercises	45-60 mins	Low
Wednesday	Games like Basketball, Handball , Volleyball , football	45-60 mins	Moderate
Thursday	Skipping , Aerobics , Dance	45-60 mins	Moderate
Friday	Yogic Exercises	45-60 mins	Low
Saturday	Walking , Running , Jumping and Stretching	45-60 mins	High
Sunday	Rest	45-60 mins	Rest

### **3. FITNESS ACTIVITIES**

- I. Fitness Campaign activities : Hygiene and cleanliness
- II. Fitness Regular Activity : Aerobics , for the college students
- III. Fitness sporting Activity : Zumba , Props, Callisthenic

### **4. SPORTS MEET**

- I. Intramural Competitions : Cricket
- II. Interclass Competitions: Sepaktakra, Gymnastics, Wushu, Teakwondo, Pencksilat, Judo ,Cricket
- III. Extramural Competitions:

### **5. FOOD HABBITS**

- I. Awareness about use of prevention of Junk food in daily life.

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

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