

POSTGRADUATE GOVERNMENT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH

Acton Plan - Fit India Movement for the Month of January 2020

The following activities were undertaken the Fit India Movement as per the guidelines of the UGC Letter No. D.O. No. 1-54/2019 (**Website /Fit -India**) dated 15th January, 2020. The details of the activities conducted in the month of January are given below:

Month	Activities	Action Plan
January 2020 Theme of the month :” Fitness and Wellness	Preparatory Activities	• Formation of Fitness Club
		• Formation of Action Plan
		• Uploading on Institutes Website
		• Preparation of Academic Calendar considering allocating 60 minutes for fitness hours (morning :8:30 am to 9:30 am & Evening :3:00 pm to 4:00 pm)
		• Banning of sale of Junk food within the institution
	Fitness Campaign Activity	Cycthlon
	Fitness Regular Activity	Participated in Fit India Cychothlon organized by Physical Education Department
	Fitness Sporting Activity	Cricket match for the student and faculty members
	Meeting of Fitness Club	Meeting of the fitness club was held on 27/01/2020 in the department of physical education under the Nodal Officer, Fit India Dr. Ram Niwas Yadav

Dr. Ram Niwas Yadav
Nodal Officer, Fit India Movement
Associate Professor
Physical Education

Prof. (Dr.) Binu Dogra
Principal

FITNESS HOURS

(Morning: 8:30 am to 9:30 am & Evening: 3:00 pm to 4:00 pm)



Cricket Intramural





Self Defense Class





Sepaktakraw Extramural Activity



Walkathon



College Athletic Meet



Visit at Sports Museum at Great offshore



Trekking at Kasuli



Well equipped cardio zone







**SHREE RUBINDERJIT SINGH BRAR, PCS, DIRECTOR OF HIGHER EDUCATION
CHANDIGARH ADMINISTRATION HONORING THE WINNERS**

