

## 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:

| <b>Fitness hour -8:00 to 9:00 am and 3:30 to 4:30 pm</b> |   |                 |                  |
|--|---|-----------------|------------------|
| <b>Days</b>  | <b>Activity</b>   | <b>Duration</b> | <b>Intensity</b> |
| 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**