

# POSTGRADUATE GOVERNMENT COLLEGE, SECTOR-11 CHANDIGARH

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

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

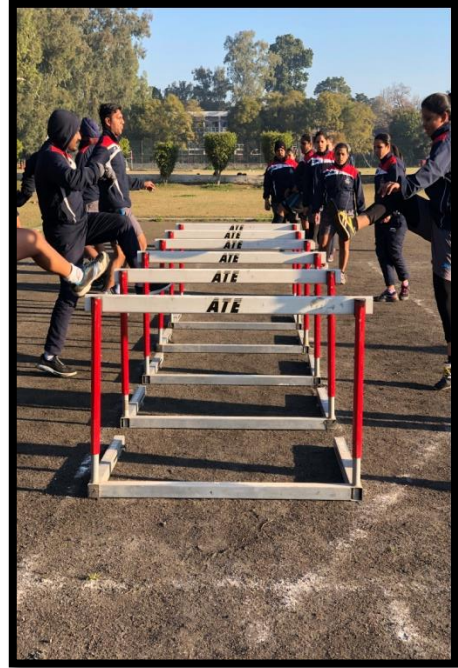
Month	Activities	Action Plan
January 2020 Theme of the month: <b>“Hygiene and Cleanliness”</b>	Preparatory Activities	• Formation of Fitness Club
		• Formation of Action Plan
		• Uploading on Institutes Website
		• Preparation of Academic Calendar considering allocating 60 minutes for fitness hours (Morning: 8:00 am to 9:00 am & Evening: 3:30 pm to 4:30 pm)
		• Banning of sale of Junk Food within the institution
	Fitness Campaign Activity	A lecture on “Mensurational Hygiene” by An NGO ELITE - 77
Sports Meet	Inter- house Basketball Tournament was organized for the students	
Fitness Regular Activity	Participated in Fit India Cychothlon organized by Education Department	
Fitness Sporting Activity	Volleyball match for the student and faculty members	
Meeting of Fitness Club	Meeting of the fitness club was held on 30/01/2020 in the department of physical education under the chairmanshipS of Dr. Mahender Singh, Nodal Officer, Fit India	

**(Dr. Mahender Singh)**  
HoD, Physical Education

**(Professor Rama Arora)**  
Principal

## FITNESS HOURS

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





**A LECTURE ON “MENSURATIONAL HYGIENE” BY NGO ELITE – 77**



**INTER- HOUSE BASKETBALL TOURNAMENT**



## FIT INDIA CYCHOTHLON



## VOLLEYBALL MATCH FOR THE STUDENT AND FACULTY MEMBERS

