

FIT INDIA CAMPAIGN

In the line of UGC letter number 1-54/2019 (website/ Fit-India) dated 13th 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 15th January, 2020, a details action plan for the month of January for the Postgraduate Government College, Sector-11, Chandigarh is as follows:

1. FITNESS CLUBS

The following member 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".

Fitness Club			
Sr. No.	Name of the members	Designation	Office Bearers
1.	Dr. Rama Arora	Principal	Patron
2.	Dr. Mahender Singh	Associate Professor	Nodal Officer
3.	Dr. Baljeet Singh	Associate Professor	Member
4.	Dr. Suresh Chahal	Assistant Professor	Member
5.	Ms. Parminderpal Singh	Swimming Coach	Member
6.	Dr. Sanjeev	Assistant Professor	Member
7.	Dr. Sushil Kalta	Assistant Professor	Member
8.	Dr. Anshul Singh Thapa	Assistant Professor	Convener
9.	Dr. Rasan Billing	Assistant Professor	Member
10.	Dr. Bhagwat Singh	Assistant Professor	Member
11.	Dr. Gaurav Dureja	Assistant Professor	Member
12.	Dr. Ashok Kumar	Assistant Professor	Member
13.	Dr. Suman Bala	Assistant Professor	Member
14.	Dr. Ramesh Singh	Assistant Professor	Member
15.	Dr. Rajeshwari	Assistant Professor	Member
16.	Dr. Raj Kumar Herojit	Assistant Professor	Member
17.	Mr. Vishal Kumar	Student	Member
18.	Ms. Kamini	Student	Member
19.	Mr. Bhaskar Arya	Student	Member
20.	Ms. Damini	Student	Member
21.	Mr. Deepak	Student	Member
22.	Ms. Anajali	Student	Member
23.	Mr. Harshit	Student	Member
24.	Ms. Deepanshu	Student	Member
25.	Mr. Piyush	Student	Member
26.	Ms. Jass Pandori	Student	Member
27.	Mr. Pratham Jaimwal	Student	Member

28.	Ms. Geetika	Student	Member
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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	Recreational Game like Football, Basketball, Handball, Volleyball etc.	45 - 60 mins	Moderate
Thursday	Traditional Games like Pakdam Pakdai, Chain, Pithu off, etc.	45 - 60 mins	Moderate
Friday	Yogic Exercises	45 - 60 mins	Low
Saturday	Walking, Running, Jumping and Stretching	45 - 60 mins	High
Sunday	Rest		

3. FITNESS ACTIVITIES

- Fitness Campaign activities: Hygiene and Cleanliness
- Fitness Regular Activity: Cross Country for the College Students
- Fitness Sporting Activity: Intramural Competitions

4. SPORTS MEET

- Intramural Competitions: Volleyball
- Interclass Competitions: Football
- Extramural Competitions:

5. FOOD HABBITS

- Awareness about use of prevention of Junk Food in daily life.

(Dr. Mahender Singh)
HoD, Physical Education

(Professor Rama Arora)
Principal