

POSTGRADUATE GOVERNMENT COLLEGE, SECTOR-11 CHANDIGARH

Action Plan - Fit India Movement for the Month of February 2020

The following activities were undertaken under the Fit India Movement as per the guidelines of UGC. The details of the activities conducted in the month of February are given below:

Month	Activities	Action Plan
Yoga and Meditation	Fitness Campaign Activity	Quiz competition
	Sports Meet	Inter- house Football Tournament was organized for the students
	Fitness Regular Activity	Participated in Fit India Run and Walk organized by Department of Physical Education
	Fitness Sporting Activity	Football match for the student and faculty members
	Meeting of Fitness Club	Meeting of the fitness club was held on 29/02/2020 in the department of physical education under the chairmanship of Dr. Mahender Singh, Nodal Officer, Fit India

-sd-
(Dr. Mahender Singh)
Nodal Officer, Fit India

-sd-
(Professor Rama Arora)
Principal

FITNESS HOURS

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



Girls Practicing Netball



Boys Playing Handball



Students Playing Football

-sd-
(Dr. Mahender Singh)
Nodal Officer, Fit India

-sd-
(Professor Rama Arora)
Principal

Interclass Quiz Competition

Theme: "FITNESS, WELLNESS & SPORTS"

Department OF Physical Education – Teacher Education Learning and Research organized a quiz competition based on the theme of Fitness, Wellness and Sports on February 29, 2020. Total 12 teams participated in the competition. The competition was held on interclass basis. Each team comprises of two members. The First position was bagged by students of B.P.Ed V Semester.



-sd-

(Dr. Mahender Singh)
Nodal Officer, Fit India

-sd-

(Professor Rama Arora)
Principal

REPORT OF A LECTURE ORGANIZED UNDER FIT INDIA MOVEMENT

ON

“Yoga and Meditation – Art of Living”

The Department of Physical Education Postgraduate Government College, Sector-11, Chandigarh has organized an Expert Lecture under Fit India Movement activity on “Yoga and Meditation – Art of Living”



-sd-
(Dr. Mahender Singh)
Nodal Officer, Fit India

-sd-
(Professor Rama Arora)
Principal

REPORT OF INTER- HOUSE FOOTBALL TOURNAMENT

The Department of Physical Education – Teacher, Education Learning and Research, Postgraduate Government College, Sector-11, Chandigarh organized a Interhouse Football Competition under Fit India movement for the students on 15/02/2020 and 22/02/2020. On 15/02/2020 the First match was won by Abhivav Bindra House. The second match was won by P V Shindu House. On 22/02/2020 the final match and the match for third place were played. The final was won by Abhinav Bindra House, second position was bagged by PV Sindhu House and K M Malleshwari House stood third. Chief Guest for the event was Professor Rachhpal Singh Brar, Former HoD, Physical Education, Government Commerce College, Sector-11, Chandigarh.



-sd-
(Dr. Mahender Singh)
Nodal Officer, Fit India

-sd-
(Professor Rama Arora)
Principal

REPORT - FIT INDIA RUN AND WALK

The Department of Physical Education – Teacher Education Learning and Research, Post Graduate Government College, Sector-11, Chandigarh organized ‘Fit India run and walk’ for the students and the faculty members of the college on first week of March. It started from college to Sukhna Lake.



REPORT OF FOOTBALL MATCH FOR THE STUDENT AND FACULTY MEMBERS

The department of Physical Education – Teacher, Education Learning and Research, Postgraduate Government College, Sector-11, Chandigarh organized a football match under Fit India movement for the students and faculty members of the department on 22/02/2020. The match was played between the faculty members of the department and the winning team of Football Intramural Competition. The faculty members lost the match by 2-0. Chief Guest for the event was Mr. Ranjjan Verma, Dean of the College.



-sd-

(Dr. Mahender Singh)
Nodal Officer, Fit India

-sd-

(Professor Rama Arora)
Principal