

REPORT

on

Celebration

of

FIT INDIA WEEK 2023

(22.11.2023 to 25.11.2023)

Organized by

P. D. Women's College, Jalpaiguri

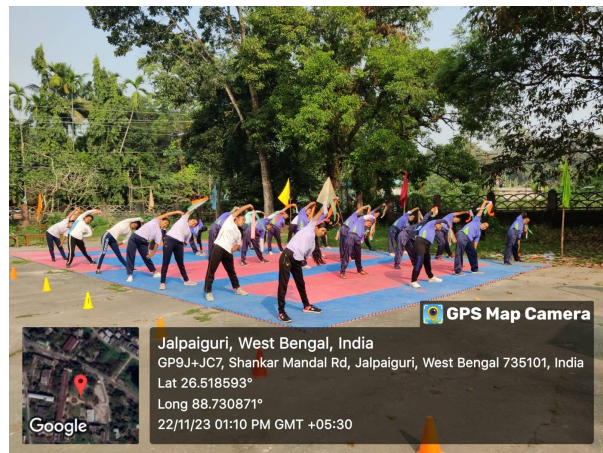
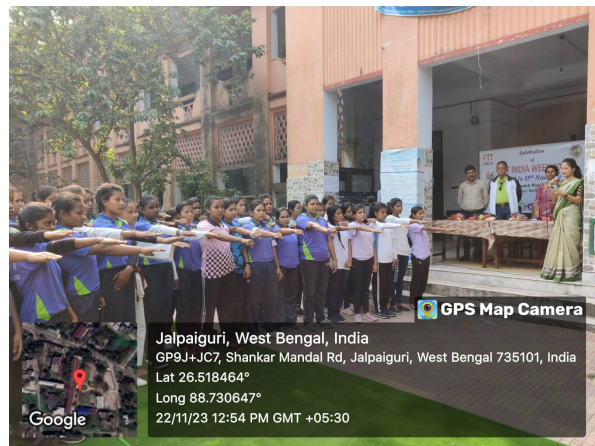
Programme Schedule

Date	Programmes
Day 1 (22.11.2023)	<ol style="list-style-type: none"> 1. Welcome speech and introductions 2. Guest Hospitality 3. Opening Song 4. Lighting of the Lamp 5. Tree Plantation 6. Guest Speech 7. Pledge taking 8. Demonstration of self defence 9. Gymnastics demonstration 10. Physical Activities <ol style="list-style-type: none"> (a) Circuit Training (b) Calisthenics Exercise (c) Shuttle Run (d) Cycling work out (e) Zig Zag Run (f) Standing broad jump (g) Sixty-yard dash (h) Bend knee sit ups (i) Harvard Stape test
Day 2 (23.11.2023)	<p>Recreational Activities</p> <ol style="list-style-type: none"> 1. Good Morning Game 2. Jump Over Run/Race 3. Chain Game 4. Catch the Ball 5. Lock the chain, Break the Chain 6. Drop the ball 7. Partner in Numbers 8. Touch the cone 9. Ball tunnel 10. Khan Sahab, khan Bahadur
Day 3 (24.11.2023)	<p>Yoga for Health and Harmony</p> <ol style="list-style-type: none"> 1. Welcome speech and introductions 2. Guest Hospitality 3. Guest Speech 4. Prayer of Yogasana 5. Surya Namaskar 6. Asana 7. Pranayama 8. Pyramid Position
Day 4 (25.11.2023)	<ol style="list-style-type: none"> 1. Handball match 2. Ganesh Bandana 3. Tribal Folk Dance 4. Demonstration of Kung Fu 5. Breaking the tiles 6. Mime act 7. Patriotic Dance 8. Vote of thanks

Day 1 (22.11.2023)

Fit India Week 2023 was celebrated by of P. D. Women's College, Jalpaiguri from 22.11.2023 to 25.11.2023. The main objective of this programme was to celebrate 4 to 6 days in a week to promote a healthy and active lifestyle by indulging in various activities such as, yoga and meditation, pledge of fitness, indigenous sports, etc.

The programme of the First Day was started with an inaugural speech delivered by Dr. Samapti Saha, Principal, P. D. Women's College, Jalpaiguri, emphasising the objectives of celebrating the programme. Mr. Santu Chatterjee, Senior Vice President Town Club, Veterans Sports Club Secretary, Jalpaiguri was present as the Chief Guest and delivered his motivational speech. After the opening song and tree plantation the Fit India pledge was taken by all the students, teachers and the non teaching staffs of the college. On the First day 120 students participated in different fitness activities like Demonstration of self defence and gymnastics, Circuit Training, Calisthenics Exercise, Shuttle Run, Cycling work out, Zig Zag Run, Standing broad jump, Sixty yard dash, Bend knee sit ups, etc.



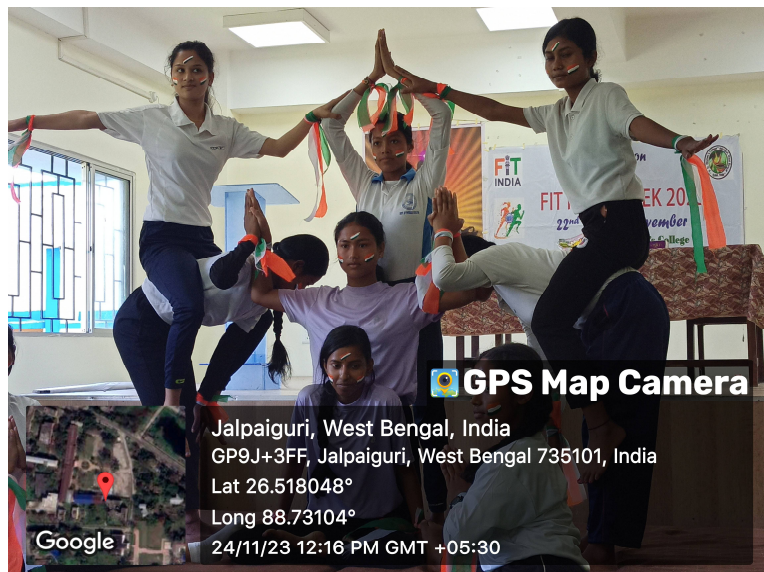
Day 2 (23.11.2023)

On the Second Day the students performed various Recreational Activities like Good Morning Game, Jump Over Run, Chain Game, Catch the Ball, Lock the chain, Break the Chain, Drop the ball, Partner in Numbers, Touch the cone, Ball tunnel, Khan Sahab, Khan Bahadur Game etc.



Day 3 (24.11.2023)

The session of third day began with motivational speech of the Chief Guest Ms. Swaswati Guha Roy, The Executive Assistant (BPMU), Sadar Block Health Family and Welfare Samiti, Belakoba RH, Jalpaiguri. 3rd Day Yoga for Health and Harmony. The theme of the third day was Yoga for Health and Harmony. The students performed Prayer of Yogasana, Surya Namaskar, Pranayama (Anuloma Viloma, Kapalbhathi and Bhamori) and various Pyramid Positions.



Day 4 (25.11.2023)

On the Fourth Day various fitness activities like demonstration of Handball Match, Kung Fu, Karate, Mime act, Tribal Folk Dance, Patriotic Dance were performed by the students. Vote of Thanks was given by Dr, Saswati Das, Convener of Sports subcommittee.

