

Activity Report	
Academic Year	2023-2024
Name of Activity	FIT INDIA SPORTS WEEK by FITNESS CLUB
Date of Activity	05-Dec-2023 to 12-Dec-2023
Organized by	MIET
Resource Person	Activity Coordinator
Objective	The Fit India Sports Week Program was introduced at our college with the aim of promoting holistic development and well-being among students. Agility, comprising speed, coordination, balance, and quick reactions, is a vital component of physical fitness. By incorporating physical training into their fitness routine, students can improve their athletic performance, prevent injuries, and enhance their overall physical prowess.
Brief Report	<p>The Fit India Sports Week Program was organised by Fitness club and Sports club cumulatively between 5th December 2023 and 9th December 2023 showcasing the talents of our students in different sports activities. On that day, the atmosphere of the college took a festive look. The programme begins with the welcome ceremony of the chief guest Mr. Ayush Mangal Vice Chairman, Mangalmay Group of Institutions, our college Director Dr. Yuvraj Singh and HoD. Our Guest welcomed the esteemed gathering emphasizing on the importance of sports in student's life. The day started off with the lovely rendition to the lord with lamp lighting and inauguration of the SPORTS WEEK.</p> <p>The students entered into the spirit of the occasion in a grand way with the oath being administered by Dr. Sanjay Pachauri (MIMT).</p> <p>Then the much awaited sports and field events started.</p> <p>On 1st day Treasure hunt, Badminton, Volleyball and Tug of War events were organized by Dr. Amit Bhati, Mr, Anuj Kumar, Mr. Prabhat Kumar and Mr. Amit Maurya.</p> <p>On 2nd day Carrom, 100 Meter race were organised,</p> <p>On 3rd day Finals of Tug of War, Volleyball and Badminton along with LUDO, Lemon Race and Musical Chair were organized.</p> <p>On 4th day Pledge and Yoga sessions were organised by Dr. Ishwar Singh and Dr. Pradeep Sharma.</p> <p>5th Day was devoted to medical camp for all students.</p> <p>The medals to winners were given away by the chief guest Mr. Ayush Mangal Vice Chairman, Mangalmay Group of Institutions, Greater Noida. The merit and</p>



Fun time with staff Musical Chair added to the enjoyment.

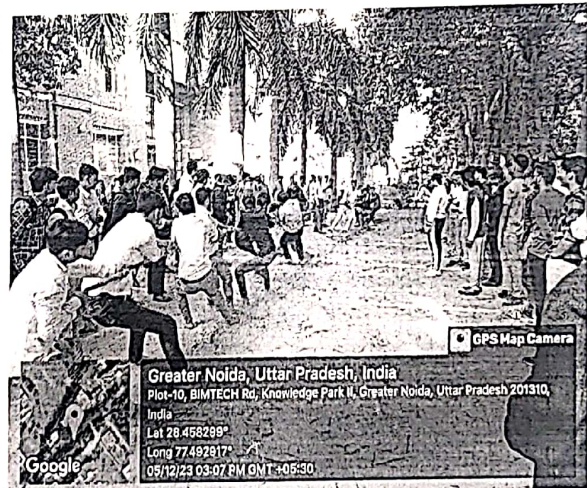
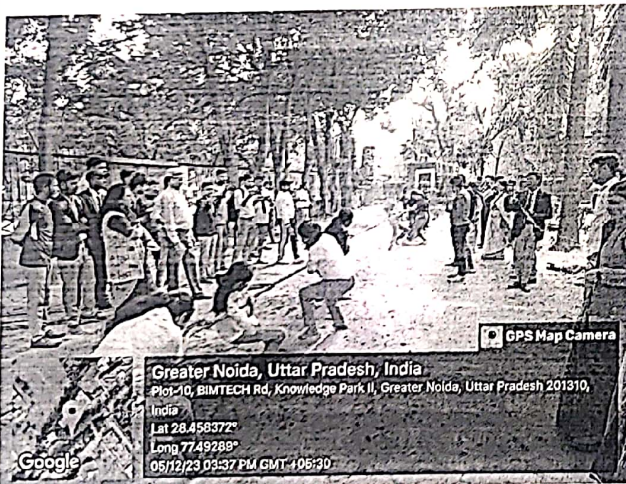
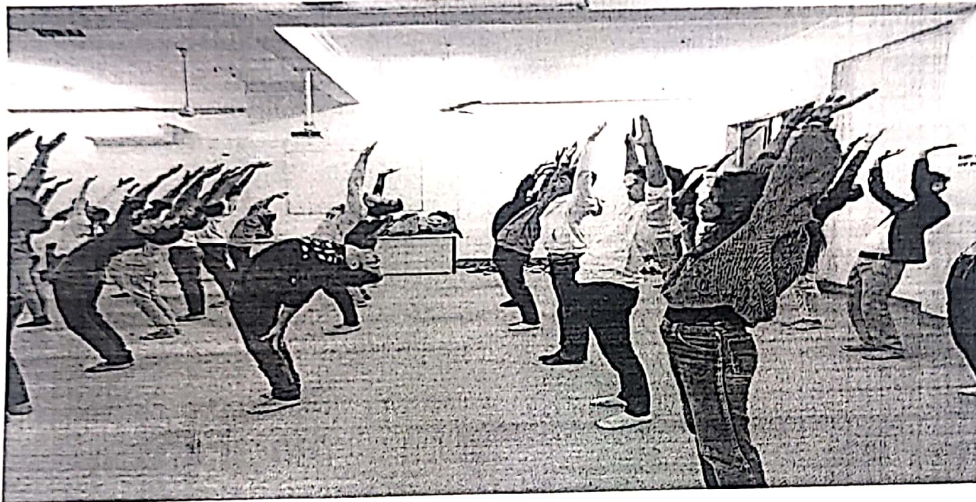
At the end of the week, students departed with a clear smile on their faces. It was a week filled with sportsmanship, enthusiasm, and memories to cherish. Our HoD thanked all the teachers for their Co-operation and support and advised students to keep up their Sportsmanship.

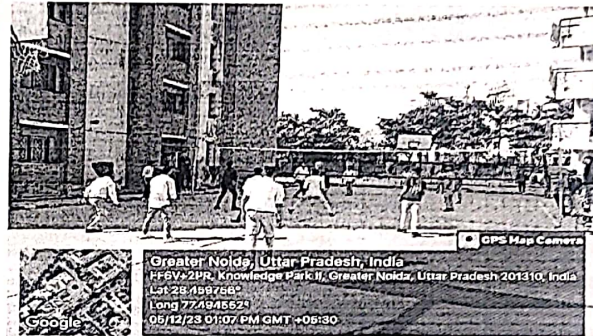
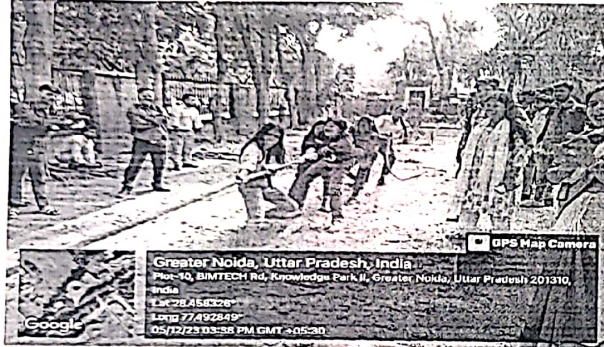
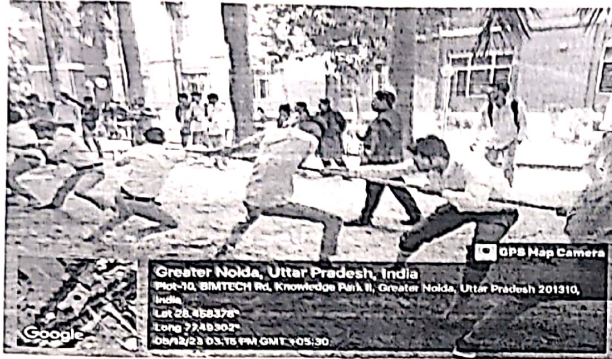
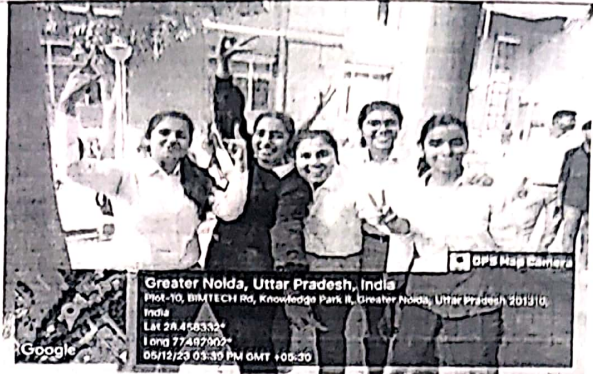
Outcome

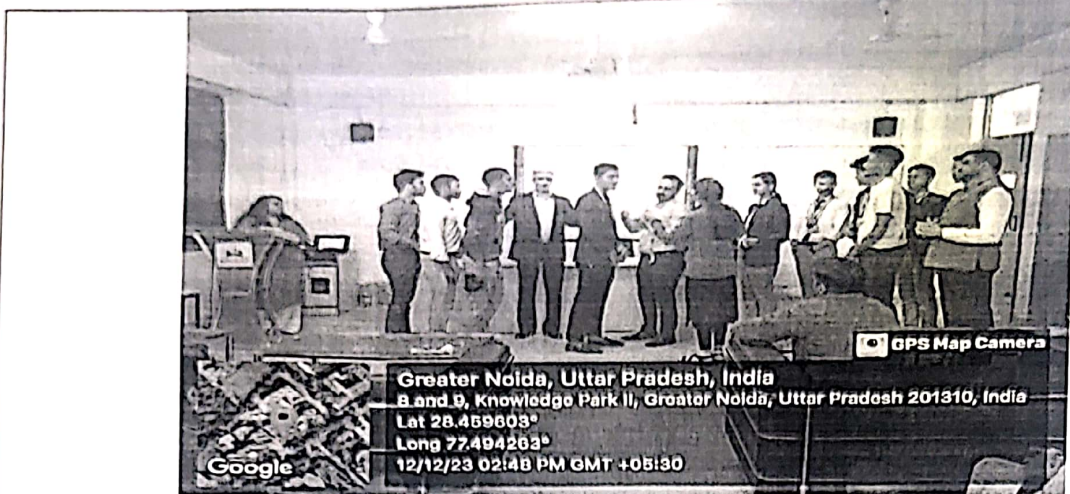
The introduction of The Fit India Sports Week Program provided students with an opportunity to focus on an essential aspect of physical fitness. The positive outcomes observed during the program highlight the importance of incorporating physical training into a comprehensive fitness routine.

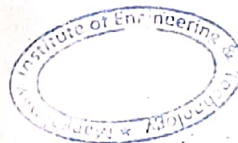
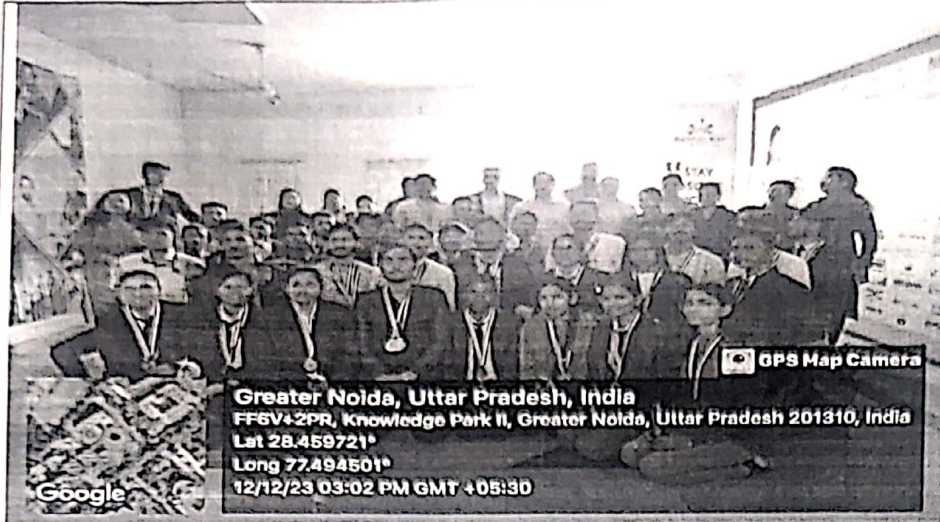
We hope that the skills and knowledge gained during this program will continue to benefit the students in their future endeavors.

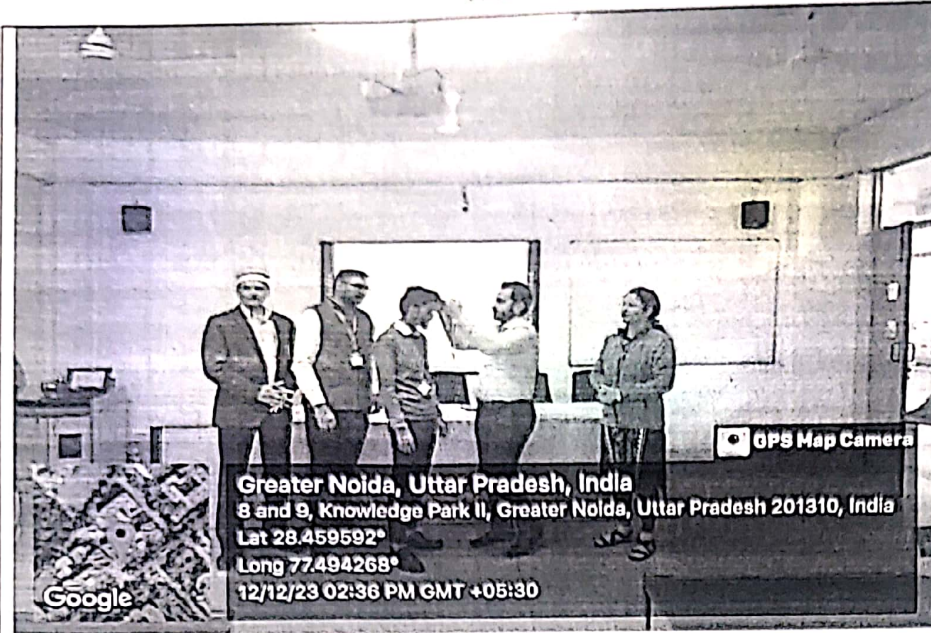
Photographs

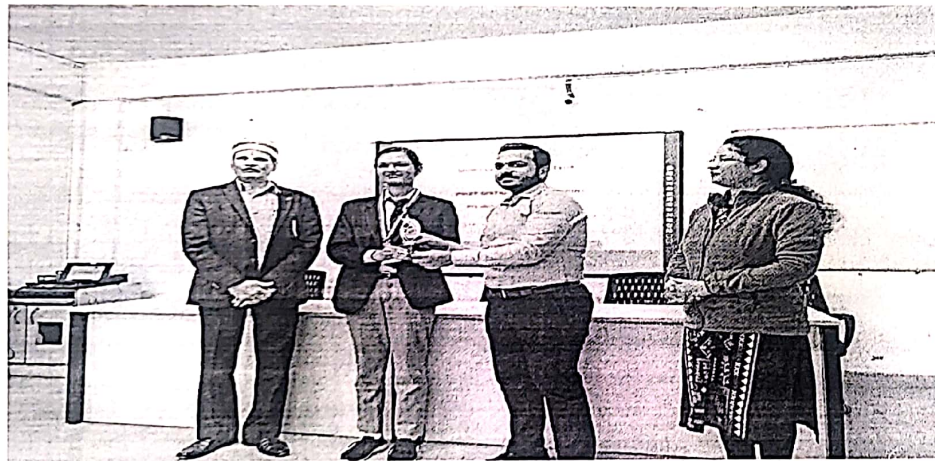


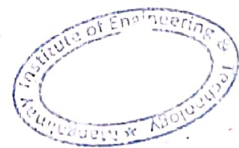


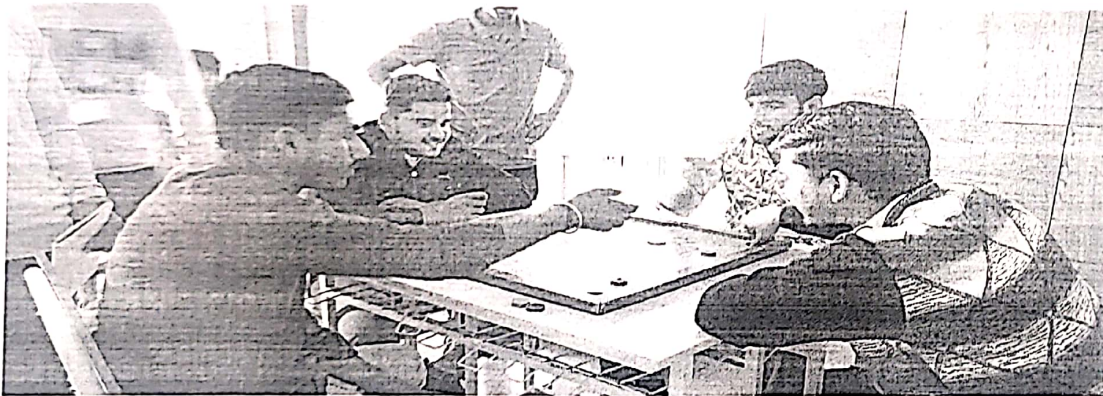


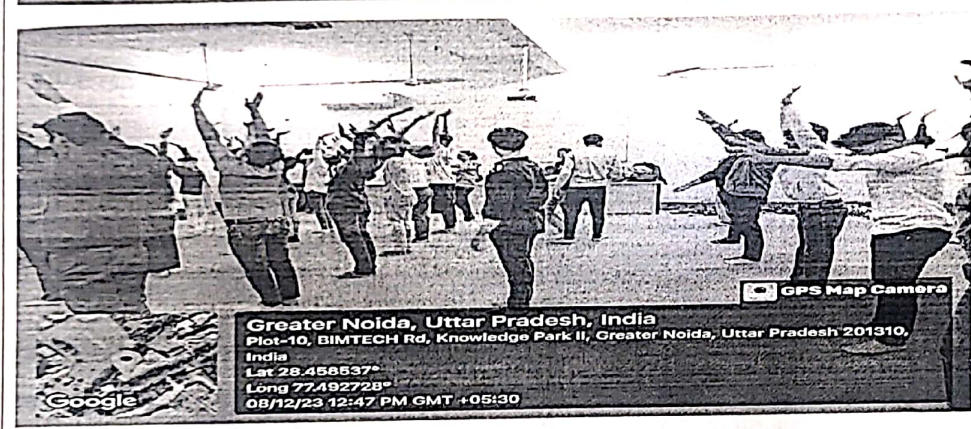
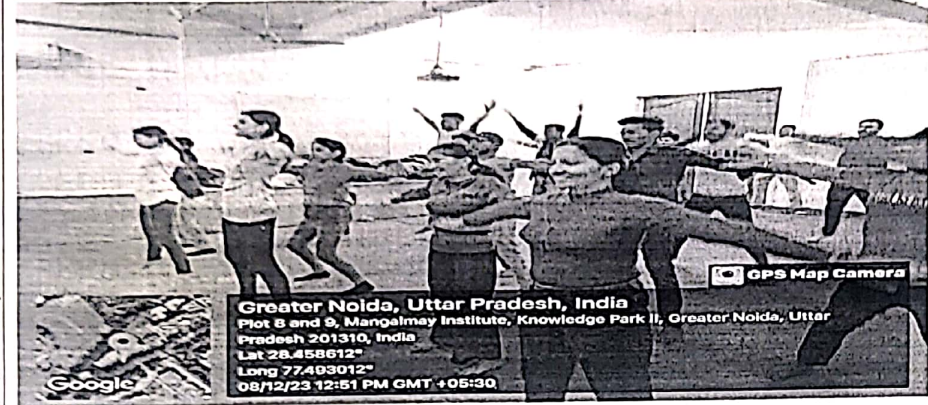
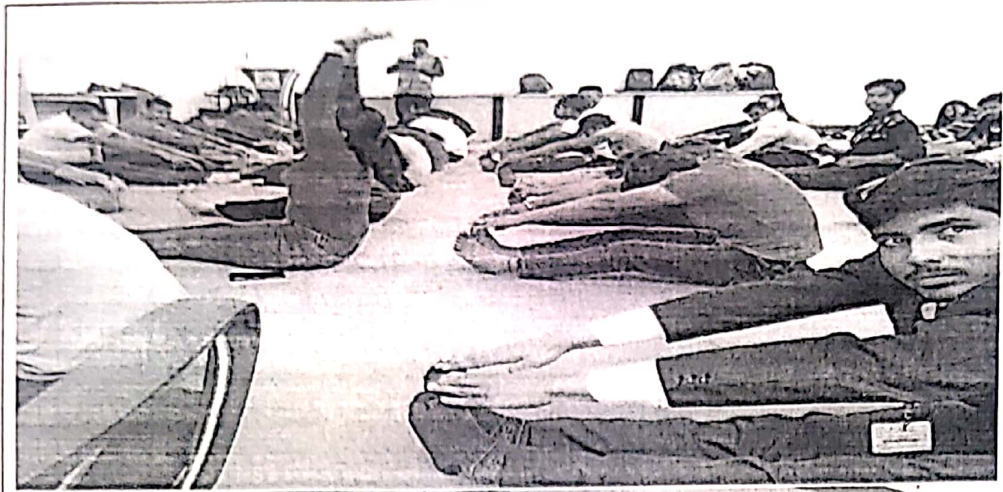












Activity
 Coordinator

Director

