



MULTANIMAL MODI COLLEGE, MODINAGAR

(Affiliated to Ch. Charan Singh University, Meerut)

NAAC B+

FIT INDIA WEEK 18 - 22 DECEMBER

REPORT

Multanimal Modi College celebrated *FIT INDIA WEEK*. On this occasion the Department of Physical Education organized various competitions related to sports & fitness for the students as well as for the college staff. This *FIT INDIA WEEK* event is organized for 5 Days from 18th December to 22nd December 2023.

FIT INDIA WEEK

Fit India Week was conceived in the year 2019 and for the universities in the year 2023 with the imperative need of creating awareness about fitness among students, parents, faculties and institute staff. In this campaign, school, Institute and University fraternities across the country were encouraged to celebrate 4 to 6 days in a week to promote a healthy and active lifestyle by indulging in various activities such as debates, quiz, essay writing, poster-making competitions, yoga and meditation, pledge of fitness, indigenous sports, running/races, cycling races, popular sports & fun games, idea generation contests & entrepreneurship building etc.

DAY - 1

Yoga and Fitness Pledge 18 December 2023

Event was inaugurated by Principal Prof. Deepak Kumar Agarwal, Former minister of state Shri. Ram Kishore Agarwal, Famous social worker Dr. Pawan Singhal, Women Cell Coordinator Prof. Vandana Sharma, Sports Committee Coordinator Dr. Viveksheel, Event organising secretary Mr. Saurabh Pal (Asst. Professor) and Dr. Kumud (Asst. Professor) through garlanding the portrait of Goddess Maa Saraswati and a march past was conducted by lighting the torch by the guests, in which the torch bearer was the college's best hockey player Lavish Bhardwaj and the flag bearer was the college's best yoga player Km. Shagun Choudhary got the march past completed. On this occasion, Mr. Saurabh Pal (In-charge of the sports department and event organising secretary) administered the oath of Fit India Week to everyone and hoisting of the Fit India flag was also done by the guests. Along with this, the Fit India Week event was opened by blowing balloons.



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On this day, various yoga asanas were practiced by the teachers, non-teaching staff and students of the college. This yoga asana program was conducted under the direction of Dr. Kumud (Assistant Professor, BPES Department). The best asanas performed by participants in the yoga program were also rewarded. The guests present at the event blessed the participants and encouraged them to devote time to fitness activities daily and also wished the college all the best for celebrating Fit India Week.



WINNER BEST YOGA ASANAS

Student Male: Aman Chaudhary (B.A. II)

Student Female: Nandini Sharma (B.A. I)

Teaching Staff Male: Dr. Rajkumar (Assistant Professor, Department of Political Science)

Teaching Staff Female: Dr. Anjali Rajput (Assistant Professor, Department of Bio-Technology)

Non-Teaching Staff Male: Dr. Sanjay Kumar Sharma (Department of Botany)



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DAY - 2

Poster & Quiz Competitions (Related to Sports and Fitness)

19 December 2023

On this day, two competitions were organized: one was a poster competition and another was a quiz competition, both related to sports and fitness. In the poster competition, 22 students participated with amazing and creative posters. There were 3 judges (Dr. Komal Gupta, Dr. Vaishali Yadav, and Dr. Arun Pal) who selected the best 3 posters among all the participating posters.

In the Quiz Competition, 48 students participated in the competition from various faculties. Participants had to attempt 25 questions in 10 minutes. There were 5 judges (Dr. Anuj Maurya, Dr. Veerendra Kumar, Dr. Shiv Prakash, Dr. Sumit Yadav, and Dr. Kumud) for the evaluation and shortlisting of the top 2 participants.

Dr. Kumud and Mr. Saurabh Pal coordinated both competitions. The special guests for the competitions were Prof. Harish Kumar (Political Science) and Dr. Vivek Sheel (Chairmen, Sports Committee). Our guests distributed the awards to the winners and encouraged them to participate in sports, fitness, and health-related activities.



POSTER COMPETITION

FIRST PLACE: Meenu Sharma (B.A. II Year)

SECOND PLACE: Vansh Chaudhary (B.A. I)

THIRD PLACE: Anshika Gurjar (B.A. III Year)

QUIZ COMPETITION

FIRST PLACE: Unnati and Piyush Sharma (B.A. II Year)

SECOND PLACE: Purnima Yadav and Mohd. Rihan (B.Sc. II)



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DAY - 3

Indigenous Game (Pitthu 5 vs 5)

20 December 2023

On this day, the Indian Indigenous game "Pitthu (5 vs 5)" Inter-Faculty tournament was organised. The tournament was inaugurated by Principal Prof. Deepak Kumar Agarwal, Women Cell Coordinator Prof. Vandana Sharma, Sports Committee Coordinator Dr. Viveksheel and Press Committee Coordinator Prof. M.Q. Ansari, by dropping pitthu's 7 stones by a ball.

In this pitthu tournament, a total of 4 teams participated (arts, commerce, science, and self-finance), with 7 players and one manager in a squad and the tournament format was league cum knockout. Two female players were compulsory to be part of the playing five for the empowerment of female players. In the final match, the science faculty team won the tournament by defeating the arts faculty team. Winning participants were awarded medals and certificates by Principal Prof. Deepak Kumar Agarwal, Prof. Vandana Sharma, Prof. M.Q. Ansari and Dr. Vivek Sheel.

This "Pitthu" indigenous game was liked and enjoyed by all spectators. On the demand of the spectators, a match was played between the teaching staff of the college. College students and staff enthusiastically participated in this game and showed true sportsmanship spirit.



WINNER

SCIENCE FACULTY TEAM: Akul Tomar (c), Tushar, Vishal, Tushar Nimiya, Shatakshi, Manvi, Sakshi
TEAM MANAGER: Dr. Anuj Kumar Maurya (Department of Chemistry)



DAY - 4
Aerobics & Zumba Fitness
21 December 2023

On this day, A aerobics & zumba session was organised for all the students as well as for the college staff. We had invited professional Zumba instructor Zin Shivii Gautam from Delhi for an energetic session.

The event was inaugurated by Prof. Vandana Sharma, Sports Committee Coordinator Dr. Vivek Sheel, Prof. S.K. Rana, Prof. J.P. Yadav, Dr. V.B. Tripathi, Dr. Ved Prakash and Zumba instructor Zin Shivii Gautam through garlanding the statue of Goddess Mother Saraswati.

In this Zumba session, 157 Students participated. Zin Shivii Gautam has kept high energy and delivered a very amazing session to the college students and staff. Everyone has enjoyed it a lot and learned a new form of fitness i.e. Zumba.



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DAY - 5
FITNESS CHALLENGE
22 December 2023

Last day of FIT INDIA WEEK

The programs under the "Fit India Week" campaign of the Government of India concluded at Multanilal Modi College on 22.12.2023. At the beginning of the event, the co-coordinator of the program Dr. Kumud (BPES Department) welcomed the guests along with senior teachers. The program was inaugurated by the college principal, Prof. Deepak Kumar Aggarwal, Special Guest Shri. Dinesh Singhal ji, Mr. Vinod Vaishali ji, Women's Cell Convenor Prof. Vandana Sharma, Coordinator of sports committee, Prof. Vivek Sheel, Prof. M.Q. Ansari and Chief Proctor of the college Prof. Harish Kumar did this by garlanding the statue of Goddess Mother Saraswati. On this occasion, Mr. Saurabh Pal, In-charge of the sports department and program director, told everyone the rules and regulations of the Fitness Challenge competition and started the competition.

In today's programme, a fitness challenge competition [Push Up (for Males), Squats, Plank, Shot put throw (for females)] was organized in which the title of the 'fittest man of the college' was given to the M.Sc. First-year student Anuj Naresh and the title of 'Fittest Woman of the college' was won by the B.A. First-year student Ms. Akanksha Sharma. Also, in the Teaching Staff category, the title of 'Fittest Male Teaching Staff' was won by Dr. Anuj Maurya (Department of Chemistry) and Dr. Arun Kumar Singh (Department of Political Science). The title of 'Fittest Female Teaching Staff' was won by Dr. Deepshikha (Department of Chemistry) and Dr. Richa Yadav (Department of Bio-Tech).

At the end of the program, the director of the program, Mr. Saurabh Pal gave a vote of thanks and got the Fit India flag lowered by the guests and Prof. Vandana Sharma ended the program by declaring the Fit India Week campaign closed.



WINNERS

Fittest Man of The College: Mr. Anuj Naresh (M.Sc. I) **Fittest Woman of The College:** Ms. Akanksha Sharma (B.A. I)
Push Up Challenge: Mr. Anuj Naresh (M.Sc. I) **Squats Challenge (M):** Mr. Vishal Kadiyan (B.Sc. III) **Plank Challenge (M):** Mr. Sagar (B.A. III)
Shot Put Throw Challenge: Ms. Nandini Sharma (B.A. I) **Squats Challenge (W):** Ms. Nandini Sharma (B.A. I) **Plank Challenge (W):** Ms. Vandana (B.A. II)
Fittest Teaching Staff (Male) of The College: Dr. Anuj Maurya (Dept. of Chemistry) and Dr. Arun Kr. Singh (Dept. of Pol. Sc.)
Fittest Teaching Staff (Female) of The College: Dr. Deepshikha (Dept. of Chemistry) and Dr. Richa Yadav (Dept. of Bio-tech)

-Report Submitted By Department of Physical Education

