



युवा कार्यक्रम  
एवं खेल मंत्रालय  
MINISTRY OF  
YOUTH AFFAIRS  
AND SPORTS



**FIT**  
INDIA



# DEPARTMENT OF PHYSICAL EDUCATION

(MULTANIMAL MODI COLLEGE, MODINAGAR)

Affiliated to Ch. Charan Singh University, Meerut

Organising



# FIT INDIA WEEK 2023

18-22 DECEMBER

DAY 1 - FITNESS PLEDGE & YOGA

DAY 2 - SPORTS & FITNESS QUIZ AND POSTER COMPETITION

DAY 3 - INDIGINEOUS SPORTS (PITTHU 5 VS 5)

DAY 4 - AEROBICS & ZUMBA

DAY 5 - FITNESS CHALLENGE (FITTEST MAN & WOMAN)

#fitnesskadozeadhaghantaro

#fitweekfitcampus

Contact Dept. of Physical Education for the registration in the competitions.



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## FIT INDIA WEEK 2023

18 - 22 DECEMBER

### SCHEDULE

DATE/DAY	EVENT	TIME	VENUE
18 DEC / MON	FITNESS PLEDGE & YOGA	11:00AM - 12:15PM	A-BLOCK GROUND
19 DEC / TUE	SPORTS & FITNESS QUIZ AND POSTER COMPETITION	11:00AM - 01:00PM	KESHAV KAKSH
20 DEC / WED	INDIGENOUS GAME (Pitthu 5 vs 5)	11:00AM - 12:45PM	A-BLOCK GROUND
21 DEC / THU	AEROBICS & ZUMBA	10:30AM - 11:30AM	A-BLOCK GROUND
22 DEC / FRI	FITNESS CHALLENGE (FITTEST MAN & WOMAN) *Also for staffs. (Teaching & Non- Teaching)	11:00AM - 01:00PM	A-BLOCK GROUND

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