

ORGANIZATION OF VARIOUS PHYSICAL ACTIVITIES AND SPORTS UNDER FIT INDIA MOVEMENT WEEK 6.0

Various types of physical activities and sports were organized by the Department of Physical Education of Guru Ghasidas Central University under Fit India Movement 6.0 from 26/11/2024 to 02/12/2024.

Under Fit India Movement 6.0, students were sworn in to stay healthy.

On 26/11/2024, teachers and students were sworn in to stay healthy and fit. On this occasion, the Head of the Department of Physical Education, teachers, and a large number of students were present. During this, the Head of the Department administered the oath to the students to stay fit and appealed to everyone to participate in exercise and physical activities for two hours every day. He explained the importance of fitness to the students in detail and asked them to make sports a part of their life. Along with this, an oath was also taken to make the people of the society aware about the health and fitness.





Organization of Football match under Fit India Movement

A football match was organized on 27/12/2024 by the Physical Education Department of Guru Ghasidas University under the Fit India Movement. A large number of students from various departments of the university participated in this competition. On this occasion, the role of judges was played by the football players of the Physical Education Department. All the students participated in this competition with great enthusiasm.







Cricket competition organized under Fit India Movement at Guru Ghasidas Central University

A cricket competition was organized on 29/11/2024 by the Department of Physical Education at Guru Ghasidas Central University under the Fit India Movement. The chief guest of this program was Professor Vishan Singh Rathore, Senior Professor, Department of Physical Education. A large number of teachers and students were present on this occasion. During this, the chief guest in his address inspired the students to maintain better health and include physical activity in their daily routine. Professor Rathore inspired the players to participate in various sports beyond winning and losing. During this, all the students were divided into different houses and a cricket competition was organized among them and the players also participated enthusiastically in the entire competition.





Tug of war organized among the students under Fit India Movement

A tug of war competition was organized by the Department of Physical Education at Guru Ghasidas Central University on 30/12/2024 under the Fit India Movement. On this occasion, Associate Professor of Physical Education Department, Dr. Mahesh Singh Dhapola was present as the chief guest. In his address, he motivated the players to stay healthy and asked them to do some physical activity every day. He also made the students aware of various types of physical training to increase their physical ability.







Organization of recreational games under Fit India Movement

On 2 December 2024, the Department of Physical Education of Guru Ghasidas University organized various types of recreational games for the students of the university under the Fit India Movement. On this occasion, Dr. Kunvar Singh, Joint Secretary of Fit India Movement, other teachers and a large number of students were present. During this, the students were divided into various small groups, after which various types of recreational games were organized in which the students participated with great enthusiasm.





