

GURU GHASIDAS VISWAVIDYALYA FITNESS CLUB

FITNESS PLAN -2020

Month	Theme	Activities & Action Plan
Jan 2020	LET'S START	<ol style="list-style-type: none"> 1. Formation of Fitness Club 2. Formation of Action Plan 3. Uploading on Institute website 4. Banning of sale of junk food in university 5. Preparation of Academic calendar considering 45 Minutes for fitness hour 6. Selection Trails for University Power Lifting team for AIU tournament.
		<ol style="list-style-type: none"> 1. Arrangement of Inter Faculty Sports 2. Campaign for Blood donation 3. Conditioning / Cycling 4. Volleyball / Basketball/ Football activities 5. Meeting of Fitness Club 6. Student V/S Teachers Volleyball Matches
Feb 2020	WALKING IS FUN	<ol style="list-style-type: none"> 1. 10000 Steps Walkathon 2. Conditioning / Cycling / Rope Skipping 3. Cricket / Kabaddi/ Kho-Kho activities 4. Body Mass Index Assessment 5. Meeting of Fitness Club 6. Student V/S Teachers Football Matches
Mar 2020	CYCLING MY CHILDHOOD LOVE	<ol style="list-style-type: none"> 1. 10 KM Cycling 2. Aerobics / Drills 3. Badminton / Athletics activities 4. Body Fat Analysis 5. Meeting of Fitness Club 6. Student V/S Teachers Basketball Matches
Apr 2020	DEVELOPMENT OF KNOWLEDGE AND AWARENESS TOWARDS FITNESS	<ol style="list-style-type: none"> 1. Sports & Fitness Quiz 2. Yoga 3. Fitness Drills activity 4. Assessment of Lung Capacity 5. Meeting of Fitness Club 6. Student V/S Teachers Cricket Matches

May 2020	ITS EXAM TIME- LETS CONCENTRATE	<ol style="list-style-type: none"> 1. Practice of Yoga 2. Meditation 3. Pranayama
June 2020	INHALE THE FUTURE, EXHALE THE PAST: INTERNATIONAL DAY OF YOGA CELEBRATION	<ol style="list-style-type: none"> 1. Celebration of International Day on Yoga 2. Yogasanas Competition 3. Meeting of Fitness Club
July 2020	WELL COME OF NEW ENTRANTS	<ol style="list-style-type: none"> 1. Admission of new students to the Fitness club 2. Conditioning activities- General Fitness 3. Formation of Intramural Houses 4. Meeting of Fitness Club
Aug 2020	NATIONAL SPORTS DAY, LET'S PLAY	<ol style="list-style-type: none"> 1. Celebration of National Sports Day 2. 12 K.M Cross Country Run 3. Preparation of University Teams as per AIU 4. Meeting of Fitness Club
Sept 2020	TEST YOUR MUSCLES	<ol style="list-style-type: none"> 1. Start of Intramural Sports 2. Arrangement of Strength tests 3. Fitness Talks by subject experts 4. Meeting of Fitness Club
Oct 2020	REPRESENT YOUR UNIVERSITY	<ol style="list-style-type: none"> 1. Intervarsity Team trials 2. Tug of War 3. Basketball / Volleyball activities 4. Meeting of Fitness Club
Nov 2020	STRESS YOUR LUNGS	<ol style="list-style-type: none"> 1. Intervarsity Team trials 2. Endurance Run 3. Endurance Tests 4. Meeting of Fitness Club
Dec 2020	ITS AGAIN EXAM TIME- LETS CONCENTRATE	<ol style="list-style-type: none"> 1. Practice of Yoga 2. Meditation 3. Pranayama Meeting of Fitness Club