



18.08.2021

CIRCULAR

“Azadi Ka Amrit Mahotsav”

FIT India Mission has conceptualized **FIT INDIA FREEDOM RUN 2.0** to commemorate the 75th Independence Day - "Azadi Ka Amrit Mahotsav". Nationwide campaign will be on the concept of “Physical/Virtual Run” in continuum from 13th August to 2nd October 2021 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc.

In this connection, all the Staff (Teaching, Non-Teaching Ad-hoc & out sourcing) and Students (M. Tech & Ph. D) are hereby informed that the *Department of Physical Education* is going to conduct the Physical Fitness Classes for one week (i.e., from 23rd August to 28th August).

Venue: Dhyan Chand Outdoor Sports Field (400 M track)

Timings: 6:00 AM to 7:30 AM from (Monday to Friday)

All the Staff and Students may utilize this opportunity to develop your fitness levels. You may contact **Mr. Srinivas**, SAS assistant for further information. The detailed workout activities are listed below.

S.No.	Day	Workout	Training method
1	Monday	Speed	Interval training
2	Tuesday	Strength	Circuit training
3	Wednesday	Flexibility	Yoga/ stretching
4	Thursday	Coordination	Figure 8 drills, T drills, shuttle drills, zig zag runs, change the direction drills, square runs etc.,
5	Friday	Endurance	3km/5km, fartlek training, cross country running

“Develop Your Fitness and Reduce Your Illness”



SPEED



STRENGTH



FLEXIBILITY



COORDINATION



ENDURANCE

“FITNESS KE DOSE AADHA GHANTA ROZ”

Sd/-

Faculty in-charge, Sports & Games