



OFFICE OF THE COORDINATOR

INTERNAL QUALITY ASSURANCE CELL (IQAC)

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Report on "FIT INDIA" Program held on 2/10/2019 at Govindpur College

On October 2nd, 2019, Govindpur College, located in Devi Vihar, Govindpur, Cuttack-754003, organized a vibrant "FIT INDIA" program aimed at promoting physical fitness and a healthy lifestyle among its students and staff. The event, scheduled to commence at 11:30 AM, saw enthusiastic participation from 250 students and 30 staff members of the college.

The program kicked off with an inaugural ceremony where the Principal of Govindpur College delivered an inspiring speech emphasizing the importance of physical fitness in maintaining overall well-being. This was followed by a series of engaging activities designed to encourage active participation from all attendees.

The activities included:

1. **Fitness Workshops:** Conducted by professional trainers, these workshops covered various aspects of fitness including aerobic exercises, yoga, and strength training. Participants learned practical techniques to incorporate these exercises into their daily routines.

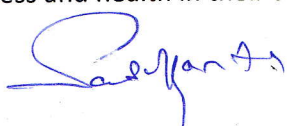
2. **Sports Competitions:** To foster a spirit of healthy competition, several sports events were organized such as relay races, tug-of-war, and football matches. These events not only promoted physical activity but also teamwork and sportsmanship among the students and staff.

3. **Quiz Competition:** An exciting quiz on health and fitness topics was organized, challenging participants' knowledge about nutrition, exercise techniques, and famous sports personalities. The quiz not only tested their knowledge but also educated them on important health-related facts.

4. **Debate Competition:** A thought-provoking debate on the topic "Importance of Physical Education in Schools" was held, where students presented arguments for and against the inclusion of physical education as a mandatory subject in school curricula. The debate encouraged critical thinking and highlighted the significance of physical education in holistic student development.

The program also featured motivational talks by fitness experts who shared success stories and motivational anecdotes to inspire participants to adopt healthier lifestyles. Certificates of participation were distributed to all attendees as a token of appreciation for their active involvement in promoting the "FIT INDIA" initiative.

The event concluded with a closing ceremony where the Chief Guest Dr Abhilash Chandra Behera, Principal of Govindpur Higher Secondary School, addressed the gathering and commended Govindpur College for organizing such a meaningful and impactful event. He encouraged everyone present to continue prioritizing fitness and health in their daily lives.


2/10/2019

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