



FIT
INDIA



FIT INDIA WEEK

Staying fit is not a destination,
it is a way of life.



Organised by: **Sports Board**, IIS (deemed to be University), Jaipur

16-23 DECEMBER 2024



Fit India Week 2024
16-23 December, 2024

Date	Time	List of activities for Fit India Week 2024
16.12.24	10:00 a.m. 3:15 p.m.	Inaugural, Fitness Pledge and Rally Daily session of Yoga and Meditation (for staff)
17.12.24	10:00 a.m.	Fitness assessment through mobile app, Poster making competition on Importance of Fitness and Tug of War
18.12.24	10:00 a.m.	Zumba Session
19.12.24	10:00 a.m.	Quiz on Fit India Movement.
20.12.24	10:00 a.m.	Indigenous Games like - Kho-Kho, Kabaddi, Sitolia etc.
21.12.24	10:00 a.m.	Yoga & Meditation (for students)
23.12.24	11:00 a.m.	Valediction function and Guest lecture on Fitness