

Ghani Khan Choudhury Institute of Engineering and Technology

Naryanpur, Malda West Bengal

Fitness Club

The Prime Minister of India launched the Fit India Movement on August 29, 2019. He Urged the people of the country to make fitness their life style. Today lifestyle diseases are on a rise in India affecting even the young. Cases of diabetes and hypertension are on the rise and even common among children in India. But small lifestyle changes can prevent these lifestyle diseases and help people to live a healthy and prosperous life. 'Fit India Movement' is an effort to bring these small lifestyle changes.

Vision:

All students and staff of Higher Education Institutions to have physical fitness, mental fitness, along with social, emotional & intellectual well-being.

Mission:

To inculcate the habit amongst students and staff of HEIs to lead a healthy life by adopting a healthy lifestyle.

Goal:

At least 50%, of higher educational institutions should have health promoting activities in their Curricular, Extra-Curricular activities by the end of year. Further, the goal is to achieve 70% and 100% of higher educational institutions to have health promoting activities in their Curricular, Extra Curricular activities by the end of 2nd year and 3rd year respectively.

Objectives:

1. Sensitizing students and creating awareness amongst them to remain fit and adopt ways to remain fit including healthy food habits.
2. HEIs to have fitness programmes as Co-Curricular or Extra Curricular activities.
3. To inculcate the culture of games and sports in all Higher Educational Systems and to Organize and participate in sports events and tournaments.
4. Each HEIs to have adequate facilities for at least some sports and games.
5. Each HEIs to have primary health care / wellness center.

Institutions will undertake activities throughout the year which would fall broadly into the following categories:

- Activities that create awareness and sensitize students, staff and faculty to adopt healthy life options viz. physical activity, food habits, lifestyle etc.
- Activities to promote, foster and support sporting acumen. Organizing sporting events. Intra Institutions / Inter Institutions and at national sports events.
- Activities to supporting mental health, stress management etc.

Action Plan for Ghani Khan Choudhury Institute of Engineering and Technology for Fit India Campaign

Month	Activity	Action Plan
January 2020 Theme of the month: Physical Activity Key ingredients of fitness	Preparatory Activity	1. Formation of Fitness club. 2. Formation of Action Plan 3. Uploading on Institute website. 4. Academic calendar with 45 minutes of fitness hour. 5. Preparation of Sports meet.
	Meeting of fitness club	The club will prepare the yearly action plan and an academic calendar considering 45 minutes of fitness hour in every month.
February 2020 Theme of the month: Healthy Diet for healthy life	Fitness Campaign Activity and fitness sporting activity	Banning the junk food sale within the campus premises. The Club will visit all the food stalls and canteen inside the campus and will ensure the same. The fitness club will take an initiative to organize the sports meet.
March 2020 Theme of the month : Hygiene and Cleanliness	Fitness Campaign Activity	The fitness club will prepare placards on hygiene and Cleanliness and mount the same in different places of the campus.
April 2020 Theme of the month : The Perils of smoking Drug and Alcohol	Anti-Narcotics campaign	The fitness club will organize a seminar on the perils of smoking , Drug and Alcohol.
May 2020 Theme of the month: Sleep Well to stay fit	Health Check Up	The fitness club will organize a health check-up camp for faculty, staff and students.
June 2020 Theme of the month: Yoga and Meditation : Looking Inwards of Mental Peace	Fitness Regular activity	The fitness Club will be organizing expert sessions on Yoga and Meditation.
July 2020 Theme of the month: Life Style Disease	Fitness Regular activity	The fitness club will be organizing a poster competition on Life Style Disease

August 2020 Theme of the month: Stay healthy	Fitness Regular activity	The fitness club will be organising a seminar on the theme Stay Healthy
September 2020 Theme of the month: Stay Fit	Fitness Regular activity	The fitness club will be organising a 45 minute session on free hand exercise.
October 2020 Theme of the month: Cleanliness is godliness	Fitness Regular activity	A campus cleaning activity will be organized by the fitness club
November 2020 Theme of the Month : Sports for fitness	Fitness Regular activity	Fitness club will be organizing a sports activity for faculty, staff and students.
December 2020 Theme of the month : Eat light be light	Fitness Regular activity	Fitness club will be organizing an expert session of Obesity for faculty, staff and students.
January 2020 Theme of the month: Physical Activity Key ingredients of fitness	Preparatory Activity	<ol style="list-style-type: none"> 1. Formation of Fitness club. 2. Formation of Action Plan 3. Uploading on Institute website. 4. Academic calendar with 45 minutes of fitness hour. 5. Preparation of Sports meet.

Fitness club of Ghani Khan Choudhury Institute of Engineering and Technology

Employee members

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| 1. Dr.Sandip Chanda | Dean, student welfare |
| 2. Dr.Tanmoy Sarkar | Assistant Professor, ME |
| 3. Mr.Showmik Bhowmik | Assistant Professor, CSE |
| 4. Mr.Sudipta Ghosh | Sr.Technical Assistant, FPT |
| 5. Mr.Priyom Sen | Technical Assistant, ME |
| 6. Mr.Dhaju Mohamad | Trainer, EE |

Student Members

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| 1. Shouvik Giri | B.Tech, FT, 2 nd year |
| 2. Swatilekha Maity | B.Tech,FT, 2nd year |
| 3. Abhisek Sarkar | Diploma , EE, 2nd year |
| 4. Shouvik Manna | B.Tech, ME, 1st Year |

Ghani Khan Choudhury Institute of Engineering and Technology
Academic Calendar with Monthly fitness Hour

Month	Date	Activity
January	31.01.2020	Free hand exercise
February	14.02.2020	Sports activity
March	11.03.2020	Campus Cleaning activity
April	14.04.2020	Seminar on anti-Narcotics
May	12.05.2020	Health Check up
June	21.06.2020	Yoga Day Calibration
July	16.07.2020	Free hand Exercise
August	18.08.2020	Expert Talk on "stay healthy"
September	17.09.2020	Free Hand Exercise Session
October	02.10.2020	Activity on "Cleanliness is Godliness"
November	17.11.2020	Sports activity on fitness
December	14.12.2020	Seminar on Controlling Obesity