

MIT | Arts, Commerce & Science College

Alandi, Pune

Date: 03/10/2020

Report – Fit India 1 Minute Challenge Movement

Department of Physical Education and Sport in association with NSS Unit of the college organized **Fit India 1 Minute Challenge Movement** from 21 September 2020 to 2 October 2020. The event was open for all the faculties and students of the college. The activities selected for this event were Pushups, Sit ups, Pull ups, Squats, Surya Namaskar. The participants were asked to select any one activity and prepare one minute video of the performed activity. As per the instructions provided, the video's links were uploaded to the face book account <https://www.facebook.com/groups/645619379365941/?ref=share>. 376 participants contributed to this activity. The student coordinator Mr. Kamesh Gautam and Mr. Shubham Phalke handled the event successfully under the guidance of NSS coordinator Mr. Shriram Kargaonkar and Physical Director Mr. Rajesh Kadlak

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FIT INDIA

FIT INDIA MOMENT
& NATIONAL SERVICE SCHEME
PHYSICAL EDUCATION & SPORTS

1 MINUTE CHALLENGE

In 1 Minute Challenge You Can:
1. Push Ups
2. Sit Ups
3. Pull Ups
4. Squats

"Make a one minute video of any of the four types. This video should not be longer than one minute."
"Upload to the link above or below."
"All participants will receive a certificate via email."

21 September 2020 to 02 October 2020

link :
<https://www.facebook.com/groups/645619379365941/?ref=share>

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Vice Principal

Principal