

CELEBRATION OF FIT INDIA WEEK

4th - 8th December, 2023



PRABHAT KUMAR COLLEGE, CONTAI

ORGANIZED BY

IQAC of Prabhat Kumar College, Contai
In collaboration with NSS Unit - I,II,III&IV and
Department of Physical Education

SCHEDULE OF THE PROGRAM

DAY	DATE	TIME	EVENT
1ST DAY	04/12/23	9.30 AM to 12.00 AM	Road Rally, Inauguration and Yoga Demonstration Program
2ND DAY	05/12/23	8.00AM 2.00 PM	Fitness Competition- Mr. & Miss Fit of PKC Health Awareness Program at Adopted Villages of The College
3RD DAY	06/12/23	8.00 AM to 12.00 AM	Yoga Practice (Basketball Ground) & Special Lecture on Fitness & Wellness
4TH DAY	07/12/23	8.00 AM	Inter Department Volleyball Championship (Men)
5TH DAY	08/12/23	10.00 AM	Inter Schools Yoga Competition

Yoga Competition -

- Participant have to perform four compulsory asanas in group 1.
- Participant have to perform two optional asanas out of five asana in group 2.
- Two boys and two girls from each school will be allowed to participate.
- Holding time each compulsory asana is 30 second and each optional asana is 15 second.
- Competition for boys and girls will be separate.
- Marks for each asana will be 10.

Fitness Competition- Mr. & Miss Fit of PKC -

Number of exercise (Five)

- Push up- for boys, bent knee pushup for Girls (correct exercise in total number).
- Skipping - for one minute, for each stop during exercise minus 3 marks.
- Burpees - for one minute.
- Bend knee Sit-up - for one minute (correct exercise in total number).
- Plank - For one minute (Total holding time in second).

Inter Department Volleyball Championship -

- Each team will be consisted of 12 players.
- All teams have to carry their own jersey.
- Each match will be consisted of three sets.
- Last day of team entry is 05.12.23.
- Match fixture will be drawn on dated 05.12.23.

FOR MORE DETAILS AND NAME ENTRY

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