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FIT INDIA CHALLENGE AICTE

1 message

PA Director <pa.director@glbitm.ac.in>
To: Everyone <everyone@glbitm.ac.in>

Fri, Feb 4, 2022 at 1:45 PM

स्पर्धा – A Step Towards Fitness

(Initiative by FIT INDIA CHALLENGE AICTE)

G. L. Bajaj Institute of Technology & Management, Greater Noida

Dear Sir/Ma'am,

To bolster the health and fitness arena & bust the stress from our routined lives, in this regard the institute is organizing the following events on 05/02/2022 (Saturday) for faculty and staff members under the banner of "FIT INDIA CHALLENGE", an initiative by AICTE.

Sessions	Event	Timing	Venue	Participants
Session 1	Immunity Booster & Emotions Management	9:30 am- 11:00 am	SHD Hall	Mandatory for All
Session 2	Volley Ball, Badminton, Lemon Race (in parallel sessions)	11:15 am- 12:30 pm	Volley Ball Court (behind Workshop)	Males & Females both
Session 3	Musical Chair	12:30 pm- 1:00 pm	Old Basket Ball Court	Females
Session 4	Chess, Carrom, Table Tennis	1:00 pm – 2:00 pm	Common Room-Canteen (3 rd Floor)	Males & Females both
LUNCH FOR ALL (2:00 PM – 2:45 PM)				
Session 5	Tug of War, Kite Flying	3:00 pm – 4:00 pm	Main Ground	Males & Females both
Session 6	Cricket	4:00 pm – 5:00 pm	Main Ground	Males

Note:-

- All are requested to come in casual dress (track suit / lower T-Shirt) with sport shoes preferably.
- For participation in any individual event kindly contact **Mr. Sonu Sharma** (handheld- 8368158851). For female participation you may contact **Dr. Shobha Tyagi** (handheld- 9820456140)

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Event Name	Type of Event	Resource Person	Date	Sponsored by	No. of Participants
स्पर्धा – A Step Towards Fitness (Initiative by FIT INDIA CHALLENGE AICTE)	Immunity Booster & Emotions Management	Dr Jay Singh	5th Feb. 2022	NA	150



