FitFusion Programme

B.C. S. Govt. P.G. College Dhamtari (C.G.)
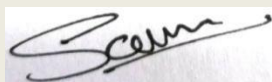
2023-24

Report

Physical exercise is important for maintaining physical fitness and can contribute positively to maintaining a healthy weight, building and maintaining healthy bones density, muscle strength, and joint mobility, strengthening the immune system, promoting physiological & Psychological well being, Considering the importance of IPR, a workshop has been organized on it. The Fit Fusion Programme was started by the IQAC of B.C.S. Govt. P.G. College, Dhamtari (C.G.) in session of 2023-24 aimed to make all the students and staff members of the college; stable, balance, fit and strong at the physical, mental, emotional and energy levels. With this the teaching- learning process can be carried out on an excellence scale and the concept of Fit India can be achieved. Fit Fusion was inaugurated on 09.12.2023. The activities conducted by IQAC and 10 departments are shown in the table below:

SN	Name of the Departments/ Cell	Date	Name of activities	Number of participants
01	IQAC	09.12.2023	Zumba Dance	200
02	Psychology	15.12.2023	Brain Exercises	52
03	Sports	16.12.2023	Aerobics	100
04	Hindi	23.12.2023	Bicycle race	40

05	English	29.12.2023	Meditation and Breathing Exercises	51
06	Economics	05.01.2024	Meditation, Yogabhyas and Dancing yoga	167
07	Sociology	16.01.2024	Flexibility & Mobility Yoga	90
08	Political Science	24.01.2024	100 meter race Spoon race Skipping rope Brisk walk	82
09	History	03.01.2024	Fun game	83
10	Geography	0302.2024	Challenging Surya Namaskar	90
11	Physics	20.02.2024	Yoga for Today's Lifestyle	31

Note: FitFuion program is proposed to be carried out by other departments

SN	Name of the Department	Tentative Week/ Months
01	Mathhematics	September 2024 I week
02	Information Technology	September 2024 II week
03	Botany	September 2024 III week
04	Zoology	September 2024 IV week
05	Chemistry	October 2024 I week
06	Home Science	October 2024 II week
07	Commerce	October 2024 III week
08	Law	October 2024 IV week

IQAC COORDINATOR	PRINCIPAL