



ASHTAVAKRA INSTITUTE OF REHABILITATION SCIENCES AND RESEARCH

Approved by Rehabilitation Council of India

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FIT INDIA CYCLOTHON (18 January 2022)

EVENT: FIT INDIA CYCLOTHON

DATE: 18 January 2022

Day: Tuesday

Time: 11:30 AM

Venue: Virtual Mode

Resource Person : Ms. Parul, Ms. Madhu, Ms. Ashfina Khanam, Ms. Sanjana Mittal (Dy Director), Mrs. Anupama Gupta (NSS cell In-charge)

Organized By: Ms Asfina Khanam (HOD HI Dept)

No. of Students: 80

Purpose of the Event:

- To create awareness on fitness through cycling.
- To bring about behavioral changes and move towards a more physically active Lifestyle.

Objective of the Event:

- To gain deeper awareness of being fit;
- To empower the students;
- To enhance social interaction among students;
- To become familiar with and begin to cycle in daily life;
- To develop the habit of fitness among students;
- To develop practice of Participation.

Report of the Event

All students and teachers took part in this activity with full enthusiasm and showed utmost dedication. On this Special day various activities including Slogan writing competition, Poetry and Poster making competition was organized. Due to the current scenario of Covid-19, our students maintained proper social distancing measures by taking part in this event from their home.

The online event began with an informative speech about the Fit India Cyclothon by Ms. Sanjana Mittal (Dy Director), Where she discussed about the importance of being fit.

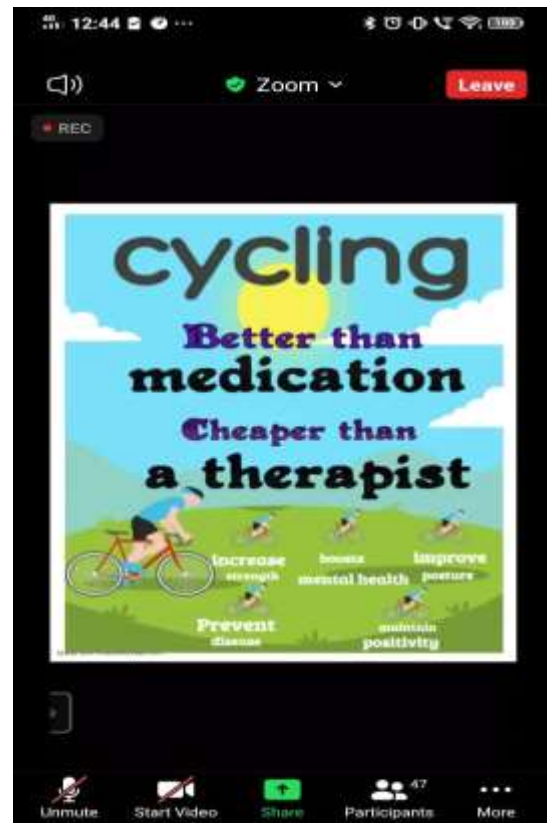
The event further preceded by Sakshi Vashisht and Vibha Gupta (students of HI dept.) There they introduced Cyclothon among the members of the meeting. Various activities were organized and participants from other departments took opportunity to be a part of the event.

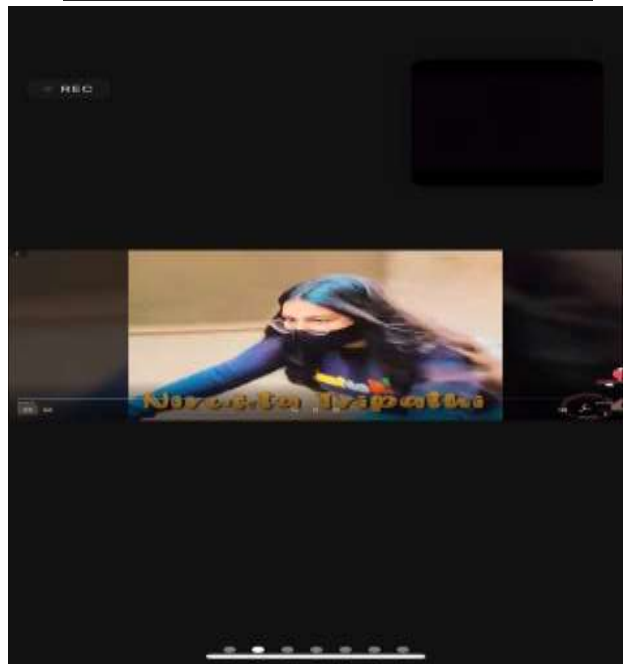
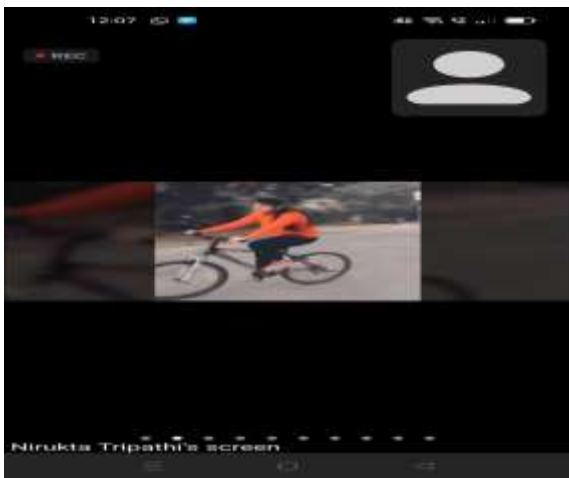
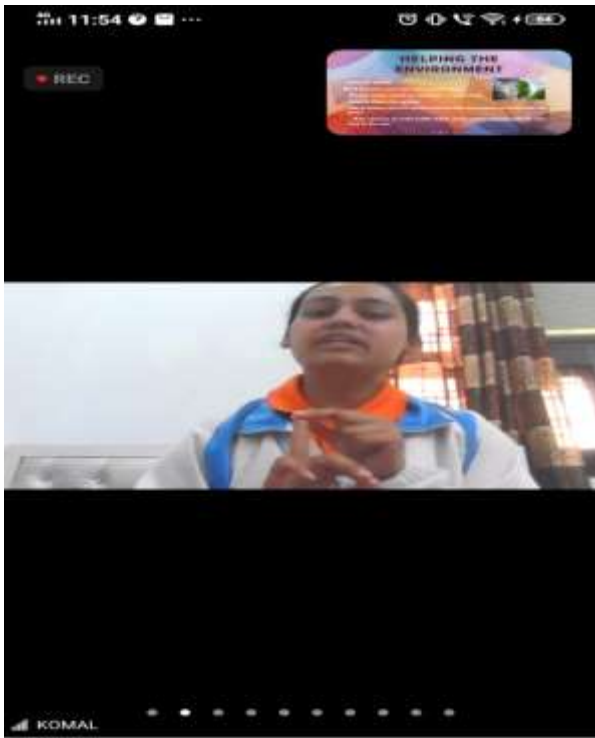
The event was started with the introductory speech given by Sonali. Thereafter Sakshi Yadav participated in the event with a slogan followed by Komal where she presented an informative power point presentation which covered the need of being fit in the presentation.

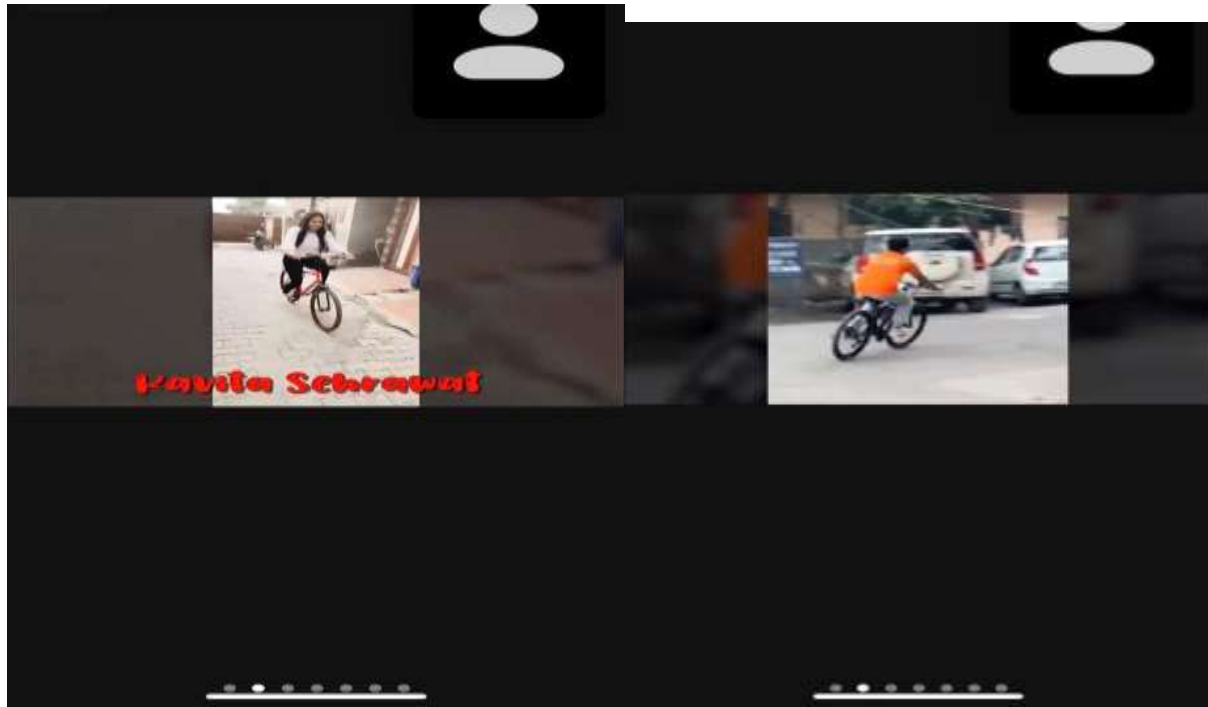
With the completion of PPT Sakshi and Vibha interacted with the participants by indulging them in question answer round related to Cyclothon.

After that Ms. Ashfina Khanam played a video which was prepared by HI Dept. covering videos of participants while cycling. Ms. Payal shared her thoughts on being fit with the help of a poster presentation. Thereafter Saksham, student of D.ed(HI) illuminated the topic by giving the speech which was then followed by Manmeet (ASD student). A heart chosen Sholaka was then stated by Ms. Kajal (student of HI Dept.). Again another presentation was given which was covering importance of being fit by Shelly (student –HI dept.) After that Ms. Parul played video of participants in which they were doing physical exercises. With the technological advancement a digital poster was presented by Ms. Manisha which was the spotlight of the event. A poster was then presented by Sanjay, student of ASD Department stating the importance of Cycling. With the completion of the event again some videos were played by Ms. Ashfina Khanam. At last 'Thank You' speech were given by Ms. Ashfina Khanam by buzzing the importance of Being Fit and cycling regularly.

Thereafter the Students expressed their view about Fit India Cyclothon and all the students actively participated in the event. Overall programme was very informative and the event was a great success in this hour of COVID-19 pandemic with the help of Microsoft App.







Learning Outcome

- The students learnt to enhance their social interaction among students
- The event Empowered the Students
- The students Gained deeper awareness and attention of being fit
- The students developed routine of fitness and habit of cycling regularly
- The students became Familiar with Concept of Cycling regularly