



छात्र क्रियाकलाप केंद्र
मोतीलाल नेहरू राष्ट्रीय प्रौद्योगिकी संस्थान इलाहाबाद
प्रयागराज-211004 (भारत)

Students Activity Center
Motilal Nehru National Institute of Technology Allahabad
Prayagraj-211004 (India)

No: 84/SAC/2019-20

Date: 28/08/2019

NOTICE

Sub.: Launch of Fit India Movement

May please refer to Institute letter No.1138/ Reg. Off./2019-20 dated 27.08.2019 and Ministry of HRD letter No. 33-1/2019-TS.III dated 23.08.2019, on the subject cited above, this is to inform you all that following has been arranged in respect of the Fit India Campaign.

1. **Live Telecast and Fitness Pledge:** Congregation of all students, faculty and staff members on 29th August, 2019 to view the live telecast on Doordarshan of the Launch of Fit India Movement by Hon'ble Prime Minister and take the Fitness Pledge, which would be administered by the Prime Minister.

Event Coordinator: Coordinator, Computer Center

Date: 29/08/2019, **Time:** 10-11 AM, **Venue:** Institute Seminar Hall

2. **Attempt to walk 10,000 steps (to be followed in daily routine)**

(i) For all faculty, staff, students of various sports team of the institute and day scholar students

Event Coordinator: SAS Officer

Date: 29/08/2019, **Time:** 5.30 PM, **Venue:** Institute Administrative Building

(ii) For rest of the students

Event Coordinator: Respective Hostel Wardens

Date: 29/08/2019, **Time:** 6.00 PM, **Venue:** Respective Hostels


28/08/2019
Rajesh Gupta

President SAC & Coordinator

Copy to

1. The Director
2. All Heads/All Deans/All Associate Deans/P.T.P/Registrar
3. All Faculty Incharges/All Officer-Incharges/All Section Incharges
4. Coordinator/Prof. Incharges: All Central Facilities: Computer Center, Workshop, Library, CIR, CMDR, DIIC/SAC Office/Gymkhana
5. All Deputy Registrars/ARs/Executive Engineer/AE (Electrical Maint.)/SAS Officer
6. Chief Warden Boy's Hostel/Chief Warden Girl's Hostel/All Wardens with a request to kindly coordinate the event from their respective hostel and arrange to take the attendance.
7. Coordinator, Computer Center with a request to arrange Live Telecast in Institute Seminar Hall
8. OSD with a request to arrange Institute Seminar Hall and Video recording of all events.
9. Medical Officer with a request to arrange Ambulance and first aid assistance
10. President, Staff Club, may arrange similar activity in Staff Colony for all other residents
11. All Notice Boards


28/08/2019
President SAC & Coordinator



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Students Activity Center
Motilal Nehru National Institute of Technology Allahabad
Prayagraj-211004 (India)

No: 598/Gym./SAC/2019-20

Date: 29/08/2019

Registrar

Brief Report on "Fit India Movement" at MNNIT Allahabad, Prayagraj

Date: 29/08/2019

Students Activity Centre, Motilal Nehru National Institute of Technology Allahabad, Prayagraj organized "Fit India Movement" on August 29, 2019 on the occasion of *National Sports Day* to highlight the importance of fitness through physical activities which are of immense help for both physical and mental health. In the morning session, live telecast of the "Fit India Movement" launched by Hon'ble Prime Minister Shri Narendra Modi from *Indira Gandhi Indoor Stadium, New Delhi* was screened in *Institute Seminar Hall*. "Fitness Pledge" administered by the Prime Minister was taken during the assembly which was attended by students, faculty members, and non-teaching staff of the Institute. About 85 students and 41 faculty and staff attended the Live telecast program in the Institute Seminar Hall. Others have seen the program from their respective hostels, mobiles and departments.

In the evening session, a walk of 10,000 steps was flagged off by Prof. Rajeev Tripathi, Director, MNNIT Allahabad, Prayagraj, from the Institute administrative building in which students of various sports team of the Institute and day scholars, faculty members, and non-teaching staff of the Institute took active participation. About 148 students and 77 faculty and staff have attempted the walk of 10,000 steps.

For rest of the students 10,000 steps of walk was arranged in all the *Boys and Girls Hostel of the Institute* which was coordinated by the respective wardens of the hostel for the students. Chief Warden Girl's and Chief Warden Boy's organized the walk session from respective Girls and Boys hostels. Thousands of the students took part from their hostels in the walk.

A committee has been formed to prepare and implement the institution fitness incorporating sports/exercise/physical activities to be followed in daily routine for everybody to adopt and practice. Fitness action plan will be prepared in one month to be publicised on institute website and notice boards to spread the message of importance and culture of fitness.

P.T.O.



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इलाहाबाद-211004 (भारत)
Student Activity Centre
Motilal Nehru National Institute of Technology Allahabad
Allahabad-211004 (India)

No. 99/SAC/2019-20

Dated: 17/09/2019

NOTICE

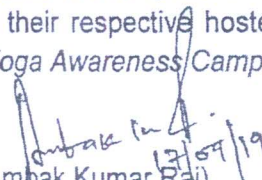
(Yoga Awareness Camps and Practice Sessions for Session 2019-20)

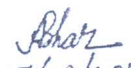
This is to inform all interested students, faculty / staff and their family members of the institute that, the 'Yoga Awareness Camps' and 'Practice Sessions' would be held as per following details.

Sl. No.	Place / Venue / Hostel	Date		Time
		From	Till	
Yoga Practice Sessions				
1.	EDC park, Staff Colony (Open to all)	19/09/19	15/10/19	6.30 -7.30 AM
Yoga Awareness Camp				
2.	S. V. Boys' Hostel	19/09/19	22/09/19	7.30-8.30 AM
3.	K. N. Girls' Hostel	22/09/19	25/09/19	
4.	PG Boys' Hostel	26/09/19	30/09/19	
5.	IH-B Girls' Hostel (for residents of IH-B and SNGH hostels)	01/10/19	05/10/19	
6.	Raman Hostel (for all students of Raman & Tagore Hostels)	06/10/19	10/10/19	
7.	Tilak, Patel, Malviya and Tondon Hostels (in TV room of SAC office)	11/10/19	15/10/19	

Off Day: All Mondays

Wardens of respective Hostels are requested to kindly provide an appropriate common place in their respective hostels and encourage students of their hostels to participate in these 'Yoga Awareness Camps' in large number.


(Ambak Kumar Rai)
Coordinator, Yoga Activities


17/09/2019
(Anindya Bhar)
F.I., Yoga Activities

Copy to:

1. Director, for his kind information
2. Dean (SW), for his kind information
3. President SAC, for his kind information
4. Chief Warden (Boys'), with request for his kind permission to use common places of the Hostels for this
5. Chief Warden (Girls'), with request for her kind permission to use common places of the Hostels for this
6. Wardens, of all concerned hostels
7. Yoga Teacher
8. All Notice Boards



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Students Activity Center
Motilal Nehru National Institute of Technology Allahabad
Allahabad-211004 (India)

No: 614/GYM/SAC/2019

Date: Sept.17, 2019

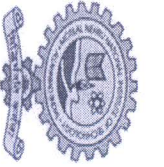
NOTICE

As per the directives of the Government of India, Ministry of Human Resource Development, Department of Higher Education, Technical Section III, New Delhi, dated August 23, 2019, a Fitness Plan has been formulated under two different age categories. All the students, Faculty, staff & their wards are requested to get benefitted with the following arrangements:

FITNESS PLAN (FOR BELOW 35 YEARS OF AGE), VENUE: Gymkhana Ground, Time: 6.30-7.30 PM				FITNESS PLAN (FOR ABOVE 35 YEARS OF AGE), VENUE: Gymkhana Ground, Time: 7.30-8.30 PM		
MONDAY Total -20 min.	3 min. normal walk 2 min. jogging	Loosening Warming-up	Selected Yoga	3 min. normal walk 2 min. jogging	Loosening Warming-up	Selected Yoga
TUESDAY Total -20 min.	3 min. normal walk 2 min. jogging 20 m brisk walk 20 m running 20 m sprint	loosening stretching jumping	Shuttle run Straddle jump Dips/push-ups Selected Yoga	3 min. normal walk 2 min. jogging 200 m brisk walk 10 m running	loosening stretching jumping	Skipping Dynamic exercises in 20 m Selected Yoga
WEDNESDAY Total -20 min.	1 min. normal walk 1 min. jogging 20 m brisk walk 20 m running 20 m sprint 20 m side running	loosening stretching jumping Straddle jump Chin-up	Shuttle run Straddle run Dips/push-ups Swing dips Selected Yoga	2 min. normal walk 2 min. jogging 50 m brisk walk 20 m running	loosening stretching jumping	Throwing & catching ball Medicine ball throw Dynamic exercises in 20 m Relaxing exercises Selected Yoga
THURSDAY Total -20 min.	3 min. jogging 50 m brisk walk 80 m sprint High knee running 10 m	loosening stretching jumping Straddle jump	Dips/push-ups Swing dips Chin-ups Relaxing- Supine & prone	400 m normal walk 10 m brisk walk	stretching loosening	Normal bending exercises Normal rotation of organs Relaxing exercises Selected Yoga
FRIDAY Total -20 min.	200 m walk 10 m shuttle run with 2 repetitions 50 m sprint	loosening stretching jumping Straddle jump	Sledging (for athletes) Relaxing exercises Light weight training Selected Yoga	Raised hand forward walking (50 m) Side hand walking (50 m) 20 m normal hopping	loosening Clapping Stroke exercises Modified push-ups	Throwing & catching ball Medicine ball throw Skipping Selected Yoga
SATURDAY Total -35 min.	20 m both side shuttle run (only for athletes) 20 m sprint with high speed acceleration (crouch start) 10 m Straddle run 10 m normal walk	loosening Stretching Of all major muscles Spot Jumping (high knee action) Muscle/joint rotation in mild phase Swing dips	Relaxing exercises (for athletes only) Spot running (High knee) Light weight training with more repetitions Stepping on board (1 & 2 level) (for athletes only) Dragging weight/ Sledging Selected Yoga	400 m walk 10 m brisk walk Sitting phase Hand & leg cycling	loosening Bending exercises Strokes of Long breath	Relaxing exercises Rotational exercises Selected Yoga
SUNDAY Total -40 min.	400 m run (in 8 phases) (only for athlete) Sitting position Loosening & stretching 20 m 4 repetitions sprint	Weight training **20 kg. higher intensity 6-8 repetition ** Dragging weight/Sledging ** Stepping on board (2 level with light weight)		SUNDAY Total -40 min.	Clapping Stroke exercises, light exercises in Prone & Supine position. Skipping, Normal stepping up & down	

NOTE: All are advised to walk 10000 steps daily at their own convenience and location.

(S.P.Verma)
SAS Officer



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Allahabad-211004 (India)

NOTICE: Fitness Camp under Fit India Movement

Date: Oct.04th, 2019

In respect of the Fit India Campaign under the launch of "Fit India Movement", a Fitness camp has been organized from **04th to 13th October, 2019** for all the Faculty, Staff and their wards as per the following schedule and action plan:

Sl	EVENT	TUE -FRI	SATURDAY	SUNDAY	VENUE	COACH/TRAINER
1	ATHLETICS	7.30 P.M. TO 8.30 P.M.	7.30 A.M. TO 8.30 A.M.	7.30 A.M. TO 8.30 A.M.	ATHLETIC GROUND	MR. RAM KUMAR YADAV (M) 8910895927
2	HOCKEY	7.30 P.M. TO 8.30 P.M.	7.30 A.M. TO 8.30 A.M.	7.30 A.M. TO 8.30 A.M.	GYMKHANA GROUND	MR. ARVIND KUMAR RAI (M) 8394025947
3.	BADMINTON	7.30 P.M. TO 8.30 P.M.	-----	-----	M.P. Hall	MR. B. K. CHURVEYDI (M) 9936519766
4.	GYM-BOYS	7.30 P.M. TO 8.30 P.M.	-----	-----	GYMKHANA	MR. P. K. MAURYA (M) 9415653740
5.	BASKETBALL	7.30 P.M. TO 8.30 P.M.	-----	-----	BASKETBALL COURT	MR. AANJANEY PANDEY (M) 9807820009
6.	KARATE	7.30 P.M. TO 8.30 P.M.	-----	-----	GYMKHANA GROUND	MR. SHAILENDRA KUMAR K. (M) 9559105034
7.	GIRLS GYM	-----	EVENING 7:00 PM TO 8:00 P.M.	-----	GIRLS-SAC	MS. MANISHA YADAV (M) 9919104613
8.	VOLLEYBALL	7.00 P.M. TO 8.00 P.M.	-----	6.00 P.M. To 7.00 P.M.	VOLLEY BALL COURT	MOHD. IRSHAD ANSARI (M) 8808833415
9.	SKATING	TUESDAY-SATURDAY- 7:30 PM-8:30 PM	-----	SUNDAY ---7:00 P.M. TO 8:00 PM	SKATING COURT	MR. HARSH KUMAR GUPTA (M) 9839884960
10.	YOGA	-----	-----	-----	-----	DR.ANJANI KUMAR PUNDRICK (M) 7376523995

(S.P. Verma)
SAS Officer

Handwritten signature in blue ink