



REPORT ON CELEBRATION OF 4th FIT INDIA WEEK
Organized by Major Games and Sports Section
Dhing College
Dated: 22/11/2023

Dhing College organized the 4th Fit India Week as per D.O. No. 2-64/2023 (CPP-II) of UGC dated- 2nd November, 2023. It was launched by the Hon'ble Prime Minister with a view of making physical fitness, an integral part of our daily lives.

On the very first day of the 4th Fit India Week at Dhing College, an oath-taking ceremony was held. Dr. Biman Hazarika, Principal of Dhing College, Mr. Abdul Kadir, Vice Principal of Dhing College, Fit India Nodal Officers, Mr. Pankhul Preetam Doley, Mr. Muuzahidul Islam, and other faculties of Dhing College, along with DCSU office bearers and students, participated and affirmed the pledge. Then two groups of boys and girls played musical chairs. Following this, a tug-of-war game was organized and played among two teams of boys and girls. Mr. Dambaru Kakoti, Associate Professor of the Department of Mathematics at Dhing College, acted as a referee for the game.

On the second day, November 20th, 2023, an open quiz was held, with 50 students participating. It was organized by Dr. Nabanita Baishya, Assistant Professor, Department of Economics. Mr. Rupam Bora, Assistant Professor of the Department of Commerce, hosted the open quiz in the seminar hall. A High Jump competition was held among both boys and girls, which also saw a fair amount of students participation. Following this, a Long Jump competition was also organized among the students.

On the third day, i.e., November 21, 2023, Kabaddi competition was organized with the participation of two teams each in the boys and girls section. Mr. Muzahidul Islam and Mr. Rupam Bora, Assistant Professor, Dept. of Commerce, acted as referees for the matches.

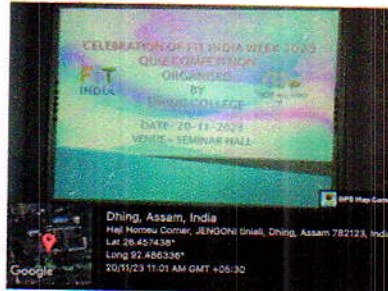
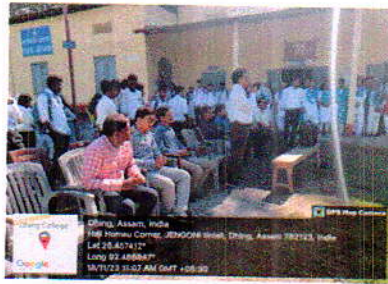
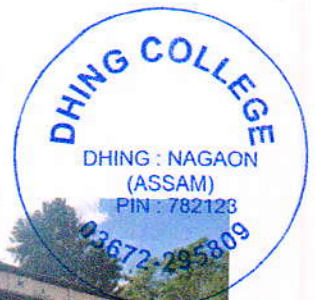
On the fourth day, i.e., November 22, 2023, a prize distribution ceremony was organized at the Auditorium Hall of Dhing College in the presence of Principal Dr. Biman Hazarika, Vice Principal Abdul Kadir, and other faculties and students of Dhing College. The winners and the runner-up were felicitated with individual certificates and trophies. The program was hosted by Muzahidul Islam, and Mr. P.P. Doley delivered a vote of thanks and encouraged the students to participate in sports and games for physical fitness and a healthy life in the upcoming future. All the parameters of Fit India Week were achieved through the active participation of teachers and students. More than 250 students and faculties participated in the event. The goals of the event were successful with the active participation of student and staff.

P. Doley 22/11/2023
(Prof. Pankul Preetam Doley)
(Prof. Muzahidul Islam) *22/11/23*
Nodal Officers
Fit India Movement

Principal 22/11/2023
Dhing College
Dhing, Nagaon (Assam)

*conducted Fit India Programme
accordingly with a
day long Programme.*

FIT INDIA WEEK-2023 ACTIVITIES



All The program are conducted as per The notification of
O.G.L D.O.No.2-64/2023 (CPP-11) . Dated - 2nd Nov. 2023.

P. Delong
(Nodal officer FIT INDIA
Week-2023)

FIT INDIA WEEK, 2023

Program Schedule

(As per notification ^{VGC} D.O. No. 2-64/2023 (CPP-11) the following schedule are prepared.)

Date/ Day	Time	Activities
18/11/2023 (Saturday)	10:00 AM	Opening Ceremony & Pledge taking by all teachers and students. Venue: Indoor Stadium
	11:00 AM	Musical Chair Venue: Near Basketball Court
	12:00 NOON	Tug of War (Boys & Girls) Venue: Near Basketball Court
20/11/2023 (Monday)	11:00 AM	Quiz Competition. (open)
	01:00 PM	Long Jump, High Jump (Boys & Girls) Venue: Near Basketball Court
21/11/2023 (Tuesday)	11:00 AM	Kabaddi Competition Venue: Near Basketball Court
	02:00 PM	Prize Distribution Ceremony Venue: Dhing College Auditorium

For circulation

Principal
Dhing College
Dhing, Nagaon (Assam)

(Prof. P.P. Doley) 17.11.2023

(Prof. M. Islam) 18/11/2023

(Prof. M. Islam)
Prof. In-Charge Major Games
Games & Sports Section
Dhing College, Dhing



ज्ञान-विज्ञान विमुक्तये

प्रा. मनिष र. जोशी

सचिव

Prof. Manish R. Joshi

Secretary



सत्यमेव जयते



भारत 2023 INDIA

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

D.O.No.2-64/2023(CPP-II)

02nd November, 2023/11 कार्तिक, 1945

Subject: Celebration of "Fit India Week from 15th November to 15th December, 2023- regarding.

Respected Madam/Sir,

As you are aware, FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. In this regard, it is informed that to further extend the success of the program and to diversify its reach to a wider range of participants, the program has been rechristened as **"FIT India Week"** and is scheduled to be celebrated between 15th November and 15th December 2023. During that time period, educational institutions can choose a week at their convenience and organize various sports and fitness activities for 4 to 6 days. The activities that could be organized during the FIT India week include **the celebration of the Annual Sports Day**. The list of activities suggested for the celebration is enclosed herewith.

The Higher Education Institutions are requested to encourage students and staff participate in the Fit India Week and make this programme a grand success.

Further, details will be available in the Fit India Portal from the 1st week of November, 2023 and the HEIs are also advised to upload their programmes and activities on Ministry's Portal: www.fitindiahe-education.gov.in.

With kind regards,

Yours sincerely,

(Manish Joshi)

Encl: As above

To

**The Vice-Chancellors of all Universities
The Principals of all Colleges/Institutes**

