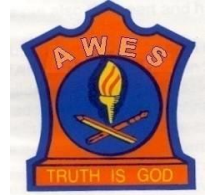




ARMY INSTITUTE OF EDUCATION

NAAC ACCREDITED & ISO 9001:2015 CERTIFIED INSTITUTE
(Affiliated to GGS Indraprastha University, New Delhi)
Plot M-1, Pocket P-5, Sec. CHI, Greater NOIDA



FIT INDIA CAMPAIGN **SPORTS ACTIVITIES CALENDER** **ACADEMIC SESSION 2020-21**

12 May 2020

In pursuance of UGC letter No 1-54/2019 (Website/Fit-India) dated 13 Dec 2019 and DO No F.1-54/2019 (Website/Fit-India) dated 15 Jan 2020, Army Institute of Education, Greater NOIDA has developed a Sports Activities Calendar for academic session 2020-21.

These activities will be conducted with due care and adherence to safety protocols promulgated by the WHO, MoHFW & MHRD, Government of India and the apex educational bodies such as the UGC as well as the GGSIPU, New Delhi in reference to the new normal environment, post COVID-19 pandemic lockdown.

Vision: All students and staff of Army Institute of Education (AIE), Greater NOIDA to have physical fitness, mental fitness, along with social, emotional & intellectual well-being.

Mission: To inculcate the habit amongst students and staff of Army Institute of Education (AIE), Greater NOIDA to lead a healthy life by adopting a healthy lifestyle.

Objectives:

1. To sensitize students and creating awareness amongst them to remain fit and adopt ways to remain fit including healthy food habits.
2. To organize fitness programmes as co-curricular or extra-curricular activities.
3. To inculcate the culture of games and sports in all Higher Educational Systems and to organize and participate in sports events and tournaments.
4. To provide adequate facilities for sports and games.
5. To provide primary health care / wellness centre.

Strategy:

1. Run Fit India campaign in Army Institute of Education during academic year 2020-21 and years thereafter.

2. Army Institute of Education will undertake activities throughout the year which would fall broadly into the following categories:

- Activities that create awareness and sensitize students, staff and faculty to adopt healthy life options viz. physical activity, food habits, lifestyle etc.
- Activities to promote, foster and support sporting acumen. Organizing sporting events, Intra Institutions / Inter Institutions and at national sports events.
- Activities to supporting mental health, stress management etc.

| <u>MONTH</u> | <u>ACTIVITIES</u> | <u>ACTION PLAN</u> |
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| August 2020 | | |
| Theme- Physical Activity-Key Ingredient of Fitness | Fitness Campaign Activities | Workshop on Physical Fitness |
| | Fitness Regular Activities | Regular games (Basketball, Volleyball, Athletics) in the evening |
| | Fitness Sporting Activities | Inter-House Basketball Competition |
| | Meeting of Fitness Club | Club Meeting every 1 st Saturday |
| | Health Check-up | Health check-up of students & staff by Registered Health Practitioner |
| | Any Other Activity | Incorporation of Physical Health Activities in the Morning Assembly |
| September 2020 | | |
| Theme- Life Style Diseases | Fitness Campaign Activities | Guest Lecture on 'Life Style Diseases- Causes & Cure' |
| | Fitness Regular Activities | Inter-House Debate Competition on 'Managing Healthy Lifestyle Amid Current Employment Conditions' |
| | Fitness Sporting Activities | Regular games (Basketball, Volleyball, Athletics) in the evening |
| | Meeting of Fitness Club | Club Meeting every 1 st Saturday |
| | Health Check-up | ENT check-up of students & staff by Registered Health Practitioner |
| | Any Other Activity | Incorporation of Physical Health Activities in the Morning Assembly |

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| October 2020 | | |
| Theme- Healthy Diet for Healthy Life | Fitness Campaign Activities | Quiz on Healthy Diet to be organized by Sports Club |
| | Fitness Regular Activities | Inter- Club Competition on 'Healthy Cooking without Fire' |
| | Fitness Sporting Activities | Regular games (Basketball, Volleyball, Athletics) in the evening |
| | Meeting of Fitness Club | Club Meeting every 1 st Saturday |
| | Health Check-up | Health check-up on BMI of students & staff by Registered Health Practitioner |
| | Any Other Activity | Incorporation of Special Activities on Healthy Diet in the Morning Assembly |
| November 2020 | | |
| Theme- The Perils of Smoking, Drugs & Alcohol | Fitness Campaign Activities | Community Awareness in Jaitpur Village, Greater Noida on the Issue |
| | Fitness Regular Activities | Street Play on 'Substance Abuse' by Sports Club |
| | Fitness Sporting Activities | Regular games (Basketball, Volleyball, Athletics) in the evening |
| | Meeting of Fitness Club | Club Meeting every 1 st Saturday |
| | Health Check-up | Dental check-up of students & staff by Registered Health Practitioner |
| | Any Other Activity | Poster Making on 'Ill Effects of Substance Abuse'. Incorporation of Special Activities on Substance Abuse in the Morning Assembly. |

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| December 2020 | | |
| Theme- Hygiene & Cleanliness | Fitness Campaign Activities | Community Awareness in Jaitpur Village, Greater Noida on the Issue |
| | Fitness Regular Activities | Campus Cleanliness Drive |
| | Fitness Sporting Activities | Regular games (Basketball, Volleyball, Athletics) in the evening |
| | Meeting of Fitness Club | Club Meeting every 1 st Saturday |
| | Health Check-up | Regular Health check-up of students & staff by Registered Health Practitioner |
| | Any Other Activity | Incorporation of Special Activities on Hygiene & Cleanliness in the Morning Assembly |
| January 2021 | | |
| Theme- Yoga & Meditation | Fitness Campaign Activities | Organising Yoga Camp in Jaitpur Village, Greater Noida |
| | Fitness Regular Activities | Workshop on Yoga |
| | Fitness Sporting Activities | Regular games (Basketball, Volleyball, Athletics) in the evening |
| | Meeting of Fitness Club | Club Meeting every 1 st Saturday |
| | Health Check-up | Eye check-up of students & staff by Registered Health Practitioner |
| | Any Other Activity | Incorporation of Special Activities on Yoga & Meditation in the Morning Assembly |
| February 2021 | | |
| Theme- Mental Health | Fitness Campaign Activities | Special Lecture on 'Relieving Stress & Anxiety at Workplace' |
| | Fitness Regular Activities | Workshop on Yoga |
| | Fitness Sporting Activities | Regular games (Basketball, Volleyball, Athletics) in the evening |
| | Meeting of Fitness Club | Club Meeting every 1 st Saturday |
| | Health Check-up | Regular Health check-up of students & staff by Registered Health Practitioner |
| | Any Other Activity | Incorporation of Special Activities on Mental Health in the Morning Assembly |

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| March 2021 | | |
| Theme- Valuing Nature | Fitness Campaign Activities | Gardening in the Herbal Garden at Campus |
| | Fitness Regular Activities | Inter House Poster Making Competition on 'Glory of Nature' |
| | Fitness Sporting Activities | Regular games (Basketball, Volleyball, Athletics) in the evening |
| | Meeting of Fitness Club | Club Meeting every 1 st Saturday |
| | Health Check-up | Regular Health check-up of students & staff by Registered Health Practitioner |
| | Any Other Activity | Incorporation of Special Activities on Nature in the Morning Assembly |
| April 2021 | | |
| Theme- Reduce, Reuse & Recycle | Fitness Campaign Activities | Community Awareness in Jaitpur Village, Greater Noida on the Issue |
| | Fitness Regular Activities | Elocution organized by Sports Club |
| | Fitness Sporting Activities | Regular games (Basketball, Volleyball, Athletics) in the evening |
| | Meeting of Fitness Club | Club Meeting every 1 st Saturday |
| | Health Check-up | Regular Health check-up of students & staff by Registered Health Practitioner |
| | Any Other Activity | Inter- Club Competition on 'Best Out of Waste'. Incorporation of Special Activities on Reduce, Reuse and Recycle in the Morning Assembly |

NOTE-

1. Sports Club will be organized, comprising of 20 students, 03 Faculty and 02 NTS.
2. Sports activities will be organized 05 days a week for 45 min in the evening.
3. Daily attendance will be taken for the session.
4. Register will be maintained for issue and return of sports equipment.
5. Healthy menu is already being offered to the students in the Mess.
6. Sports Committee will liaison with Diagnostics Centers for free full body checkups.

-Sd/xxx

Ms Kriti Guleria (Convener, Sports Committee)
Dr Jyoti Tiwari (Member, Sports Committee)
Ms Nisha Singh (Member, Sports Committee)

-Sd/xxx

Dr Tania Gupta
Principal, AIE