



Fit India Week 2024, a flagship program of the Fit India Movement was observed in IIT Bombay to observe the Fit India Week program.

During Fit India Week, a diverse range of events and activities are organized to encourage participation and promote healthy living. These include sports competitions, fitness challenges, yoga and meditation sessions, Indigenous Games, Fitness Pledge and much more

Report from IIT Bombay - Celebration of "Fit India Week" (15th November to 31st December 2024)

IIT Bombay Campus School & Jr. College

The **Fit India pledge** was administered at the IIT Bombay Campus School & Junior College. The Principal, Ms. Valsala Kumari M K, emphasized that the Fit India Pledge represents a vital initiative aimed at enhancing physical activity and addressing the escalating incidence of lifestyle-related diseases in India. She noted that engaging in physical exercise can significantly reduce the increasing occurrence of various health issues. The Fit-India week kicked off with an energetic start as students enthusiastically participated in outdoor sports.



Photographs link: <https://archive.library.iitb.ac.in/items/show/5323>

PM SHRI Kendriya Vidyalaya IIT Powai

PM SHRI KV IIT Powai observed Fitness Week from December 13th to 19th, 2024, with the aim of promoting the significance of fitness among students, families, and educators. Students participated enthusiastically in a variety of sports events. The Fit India Pledge was administered, with participation from all students, teachers, and parents. Educational sessions were held to emphasize the importance of fitness. Traditional Indian games were organized alongside indigenous games. Students engaged in Yogic asanas and meditation to improve their physical and mental well-being. A range of sports, including football, basketball, kabaddi, and volleyball, were featured.

Additionally, a fitness assessment was conducted to evaluate the physical fitness levels of the students.



Photographs link: <https://archive.library.iitb.ac.in/items/show/5324>

Report from G.Sec Sports, IIT Bombay

Fitness pledge: In alignment with the national initiative of the Fit India Movement, IIT Bombay students took the Fit India Pledge on 24th November, 2024 followed by fitness sessions for Inter IIT.



Yoga and Meditation

Yogastha Club at IIT Bombay conducted regular Yoga and Meditation sessions during winters. More than 30 participants attended the sessions.



Photograph link: https://drive.google.com/drive/folders/18ReyVMaiHxDL_78VbwmSffZsZ-IpOzQm?usp=sharing

57th Inter IIT Sports Meet: IIT Bombay achieved a historic milestone at the 57th Inter IIT Sports Meet, which was jointly hosted by IIT Kanpur and IIT Indore. After seven years, IIT Bombay won the Overall General Championship, marking its 13th title. The Institute's athletes delivered outstanding performances, with the women's team finishing in 2nd place overall and the men's team in 3rd place overall. This victory will undoubtedly inspire future contingents to continue striving for excellence and uphold the Institute's position as a leader in sports.



Inter-IIT Aquatics Meet 2024:

During the five-day Inter-IIT Aquatics Meet 2024 held at IIT Indore during 1st-5th October, IIT Bombay received the best player award and first runner-up championship in the Water polo event. In the overall Men's category, our team jumped to 4th position from the 9th position last year. A total of 229 participants across 17 IITs participated in the Meet which included 60 female participants. This event was a part of the 57th Inter IIT Sports Meet that was co-hosted by IIT Indore and IIT Kanpur during 10th-17th December, 2024. The Fastest Swimmer Prize was bagged by Suyash Bhandare. The Best Water Polo Player of the meet was Saatwik Patnayak. A total of 49 events were conducted including freestyle, breaststroke, butterfly, backstroke and water polo matches. The events were conducted by the Swimming Federation of India along with Madhya Pradesh Swimming Association.



The Fit-India week at the Institute was a resounding success. The success of this week indicates a positive and healthconscious atmosphere within the campus.

