



Indian Institute of Technology Bombay

FIT INDIA MOVEMBER REPORT FOR THE MONTH OF FEBRUARY 2020

“I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation.”

Indian Institute of Technology Bombay has taken the pledge to be fit in line with the **Fit India movement** launched by the Hon'ble Prime Minister at the Indira Gandhi Stadium in New Delhi on August 29, 2019 (**National Sports Day**). The Institute has taken steps to promote fitness and well being among students, faculty and staff. The theme for the month of February 2020 is '**FUN TIME FITNESS**'.

The Institute has conducted numerous sports activities in the month of **February 2020**.

- 1. NATIONAL SPORTS ORGANISATION PROGRAM** – Around 700 students participate in National Sports Organisation Program at IIT Bombay under various fitness activities such as Athletics, Basketball, Badminton, Cricket, Hockey, Football, Squash, Table Tennis, Lawn Tennis, Weightlifting, Volleyball, Swimming, Water Polo, Yoga, Kho-kho, etc.
- 2. FOOTBALL TOURNAMENT FOR STAFF** – Intra-Group Football tournament was conducted for faculty and staff members of the Institute. The tournament saw huge number of participants.
The Intra Group Cricket tournament witnessed active participation of 200 faculty/staff members.
- 3. INTER-HOSTEL GENERAL CHAMPIONSHIP** –
 - As part of daily routine, instigating co-curricular activities and instilling fitness amongst the students.
 - Organized General Championships for various sports fitness events such a Cricket, Football, Badminton, Lawn Tennis, Hockey, etc.
 - Students from all the 18 hostels actively participated in the the Inter-Host Cricket

It is a fiercely contested event with all participants putting in everything they have to win glory for their hostels and earn themselves a chance to break into the Inter-IIT Team.

- 4. CLIMBATHON** – A Climbathon was arranged at the Climbing Wall on February 2, 2020. There was an overwhelming response and participation in Climbathon. It was

amazing to see every participant perform their best, even though so many people tried it for the first time. The energy was really very contagious.

5. **WORKSHOPS** – Yogastha Club organised a workshop session on “**Nada Yoga**” by Ms. Heral Shah, Creative Art Therapist, MA in Yogashastra, Dance Movement Therapist & Internationally Certified Sound Healer on February 17, 2020. The session focused on relaxing sound therapy permeates multiple levels of one’s being, working to reset, recharge, and renew one. The unique tones produced while therapy creates the perfect state of deep meditation, intuitive messages and creative thinking. Research Trusted Source has found that meditation offers a number of health benefits, including: Stress reduction, Decreased anxiety & depression, Improved memory, Reduced blood pressure, Pain reduction, Lower cholesterol, Promote deep relaxation, Improve blood circulation.
6. **GENERAL PRACTICE SESSION** – General fitness session are being conducted regularly on Tuesdays and Fridays; Jogging and Walking activities are undertaken from Monday to Saturday during morning session on the Gymkhana Athletics ground.

The link to the photographs is given below:

<https://drive.google.com/open?id=1HWjfXzUTktFP7Acq19cjssqKYp6DDska>