



Indian Institute of Technology Bombay

Action Report of Fit India Programme at IIT Bombay conducted during January 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 took 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 wellbeing among students, faculty and staff.

The Institute has conducted numerous sports activities in **January 2020**.

1. NATIONAL SPORTS ORGANISATION PROGRAM – Around 700 students participated in National Sports Organisation Program at IIT Bombay in various fitness sport activities such as Athletics, Basketball, Badminton, Cricket, Hockey, Football, Squash, Table Tennis, Lawn Tennis, Weightlifting, Volleyball, Swimming, Water Polo, Yoga, Kho-kho, etc.

2. LECTURE – A comprehensive lecture on **“Nutrition For All”** was conducted by Dr. Harish Padinjarethil, *Sr. Sports Officer, IIT Bombay*. The lecture on *healthy eating habits and nutrition* was attended by students, staff and faculty members. *The goal of lecture on nutrition was to reinforce specific nutrition-related practices or behaviours to change habits that contribute to poor health. This is done by motivating people to establish good eating habits.*

3. WORKSHOPS – Yogastha Club organised a 3-day interactive workshop during January 11-13, 2020 on **“Mindfulness Meditation to improve Emotional Intelligence”** by Dr. Yash Welankar (*BAMS, Masters in psychotherapy and counselling, MA Philosophy is working as Ayurveda Sattvavajay Therapist. He is the founder of SIPE Education which conducts certificate in Ayurveda Sattvavajay course and certificate in mindfulness therapy recognised by Kulguru Kalidas University*).

The objective of the workshop includes:

- **First session** - Default mode, network in brain, Effects of overactive DMN, Mindfulness exercises to relax DMN, What is Emotional intelligence, Awareness of stress, anxiety, fear, anger, guilt and depression, Neuroscience of EI, Mindfulness exercises to improve EI .

- **Second Session** - Awareness of thoughts and emotions, Mindful noticing, Cleansing of past emotional trauma.
- **Third session** - mindfulness of self, mindfulness of ego with reference to Transactional analysis, mindful relations.
A 4-day workshop on “De-stress” (consist practice of various *pranayama*, *pranakarshan practices*, *sukshma vyayam*, *suryanamaskar* & understanding the logic, analysis behind stress & it's management) was held during January 10-13, 2020 to boost and relaxation by Shri Ramchandra Surve, Dr. Pratibha Yelne and Shri Atul Waghmare, Members of Ambika Yoga Kutir, Thane.

4. **BIATHLON** - This Republic Day, IIT Bombay Sports in collaboration with SJMSchool of Management held its 16th edition of Biathlon (cycling+running) for all the IIT community (staff+students). The event witnessed active participation of IIT Bombay community members. The event also inspired several energetic youths to think, practice and climb next levels such as triathlon or higher.

5. **GENERAL PRACTICE SESSION** – General fitness and sports sessions are being conducted regularly such as Jogging, Yoga practice, Frisbee, Gym facility, Swimming facility, etc.

The theme for the month of January 2020 was ‘**FIT YOU & FIT ALL**’. Fitness has always been an integral part of life at IIT Bombay through the activities conducted viz. national sports organisation program, biathlon etc.

The link to the photographs is given below:

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