



AMRITA
VISHWA VIDYAPEETHAM

DEPARTMENT OF PHYSICAL EDUCATION



FIT INDIA MOVEMENT

ACTION PLAN FOR THE YEAR 2021-2022

S NO	MONTH & YEAR	REGULAR PHYSICAL ACTIVITY (RPA) DAILY BASIS)	(ON	TIMINGS FOR RPA	ACTIVITIES ONCE IN A MONTH		
					THEME FOR INVITED TALK	TOPICS FOR SEMINAR / WEBINAR / WORKSHOP	FITNESS CAMPAIGN ACTIVITY
1	September, 2021	Staff In-charge: Ms. S. Selvanayaki			Be FIT	Nil	Fit India Freedom Run 2.0 (6.30 am - 7.30 am)
		Aerobic Cum general fitness. Resistance exercise, Yoga & Swimming		6.30 am to 7.30 am			
		Participation in different games and sports by students		5.00 pm to 6.30 pm			
		Participation in different games and sports by Staff and students		6.00 pm to 7.00pm			
2	October, 2021	Staff In-charge: Dr. J. Selvanambi			Fun Time fitness / Recreational Sports	First Aid	Walkathan (6.30 am - 7.30 am)
		General Fitness, Swimming & Partner Training		6.30 am to 7.30 am			
		Participation in different games and sports by students		5.00 pm to 6.30 pm			
		Participation in different games and sports by Staff and students		6.00 pm to 7.00pm			
3	November, 2021	Staff In-charge: Mr. R . Santhosh			Burn Fat & Feel Great	Health and Nutrition	Cyclothan (6.30 am - 7.30 am)
		Cardio Exercise and HIT		6.30 am to 7.30 am			
		Participation in different games and sports by students		5.00 pm to 6.30 pm			
		Participation in different games and sports by Staff and students		6.00 pm to 7.00pm			

4	December, 2021	Staff In-charge: Ms. S. Selvanayaki		Traditional Indian Martial arts	Current trends in promoting sports in india	O2 challenge - Aerobics (6.30 am - 7.30 am)
		Interval Training	6.30 am to 7.30 am			
		Participation in different games and sports by students	5.00 pm to 6.30 pm			
		Participation in different games and sports by Staff and students	6.00 pm to 7.00pm			
5	January, 2022	Staff In-charge: Dr. J. Selvanambi		Healthy food habits	Physical Fitnee Through Kalari	Fortlek Run (6.30 am - 7.30 am)
		Fartlek Training	6.30 am to 7.30 am			
		Participation in different games and sports by students	5.00 pm to 6.30 pm			
		Participation in different games and sports by Staff and students	6.00 pm to 7.00pm			
6	February, 2022	Staff In-charge: Mr. R . Santhosh		first Aid	Contribution of Yoga & Meditation to sports	Amrita Super League- 7s Football Tournament
		Muscular Edurance Training	6.30 am to 7.30 am			
		Participation in different games and sports by students	5.00 pm to 6.30 pm			
		Participation in different games and sports by Staff and students	6.00 pm to 7.00pm			
7	March, 2022	Staff In-charge: Ms. S. Selvanayaki		Healthy Heart	Role of sports for Societal Benefits	Aagneya Event (5.00 pm - 6.30 pm)
		Circuit Training	6.30 am to 7.30 am			
		Participation in different games and sports by students	5.00 pm to 6.30 pm			
		Participation in different games and sports by Staff and students	6.00 pm to 7.00pm			
8	April, 2022	Staff In-charge: Dr. J. Selvanambi		Stress Management	Talent identification and development	Nature Walk (6.30 am - 7.30 am)
		Speed Training	6.30 am to 7.30 am			
		Participation in different games and sports by students	5.00 pm to 6.30 pm			
		Participation in different games and sports by Staff and students	6.00 pm to 7.00pm			
9	May, 2022	Staff In-charge: Mr. R . Santhosh		Injuries and Rehabilitation	Ledarship in sports	Step Run (6.30 am - 7.30 am)
		Power Training	6.30 am to 7.30 am			
		Participation in different games and sports by students	5.00 pm to 6.30 pm			
		Participation in different games and sports by Staff and students	6.00 pm to 7.00pm			

10	June, 2022	Staff In-charge: Ms. S. Selvanayagi		Yoga for Healthy Life	Women in Indian Sport	Yoga Demonstration & Practice (6.30 am - 7.30 am)
		Yogasanas	6.30 am to 7.30 am			
		Participation in different games and sports by students	5.00 pm to 6.30 pm			
		Participation in different games and sports by Staff and students	6.00 pm to 7.00pm			
11	July, 2022	Staff In-charge: Dr. J. Selvanambi		Teenage Fitness	Sports Injuries & Rehabilitation	Own Body Exercise (6.30 am - 7.30 am)
		Circuit Training	6.30 am to 7.30 am			
		Participation in different games and sports by students	5.00 pm to 6.30 pm			
		Participation in different games and sports by Staff and students	6.00 pm to 7.00pm			
12	August, 2022	Staff In-charge: Mr. R . Santhosh		Role of Sports in wholesome development	Physical Education in curriculum development	National Sports Day Competition in selected events (5.00 pm - 6.30 pm)
		Own Body Resistance Training	6.30 am to 7.30 am			
		Participation in different games and sports by students	5.00 pm to 6.30 pm			
		Participation in different games and sports by Staff and students	6.00 pm to 7.00pm			

IMPORTANT NOTES:

- 1). The Student Office Bearers and Staff will be called for a Meeting once in a month to plan, execute and collecting the feedback for necessary followup
- 2). Date & Time for Invited Talk /Work Shop / Seminar / Webinar and Date for Fitness Campaign Activity will be decided in due Course & will be uploaded in website.
- 3).Invited Talk & Seminar will be conducted only on Online Mode till December 2021.The Regular Physical Activity will be conducted on Offline Mode as soon as the students reach the Campus. Fitness Campaign activity will be conducted on Hybrid Mode. After reviewing the Covid situation, the organising mode for the remaining events will be decided

Date: 06-09.2021


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