



AISSMS
COLLEGE OF ENGINEERING
ज्ञानम् सकलजनहिताय
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TITLE : Report on FIT INDIA HIT INDIA 21 Days Fitness Challenge.

DATE : 9th January 2021

Wednesday 23rd December 2020 All India Shree Shivaji Memorial Society's College of Engineering in association with Gymkhana Sports Committee started the 21 days challenge.

About the event:

It is a 21-day fitness challenge organized virtually. Every day came up with some challenging activities that were to be performed. Activities includes Suryanamaskar, Pranayama, Yoga asanas that were compulsory to all. There were 5 Activities as well that were compulsory to students and optional for faculties. The event brought a fitness revolution for all of us. A google form along with a pdf (that contains detailed steps and benefits of the activities to be performed daily) was shared to the respective WhatsApp groups by the CR/JGS/GS of the departments and classes. The participation was made compulsory to all. For students, the time limit for completion of the challenge was 8:00AM to 9:30PM everyday and for faculties' time assigned for completion of the challenge was 6:00AM to 8:00PM every day. It was made mandatory to complete the task in the assigned time limit. Everyone uploaded the pic or video of their own selves while performing the tasks which was made compulsory in google form. A MCQ based test after performing all the activities is to be attempted wherein 4 questions was asked daily for the assessment of score. After successful completion of the event the candidates who participated and completed the course by being consistent for 21 days will receive an E-Certificate for successful completion of the course. The candidates who are not consistent throughout the event will just receive participation certificate. At the end of day 21 top 5 faculties and top 5 students will receive 1-month free subscription of the college gymkhana once the college reopens. Assessment for top 5 faculties and students will be based on the cumulative score in MCQ's attempted in 21 days. If in case, there is a tie in between the two candidates the score will be decided on the basis of the time of google form submission the one who submits early everyday will be selected. At last, participants needed to give a quick feedback every day. An E-mail will be generated on the registered E-mail id after the submission of the form so that you will have a copy of your responses. You will receive the certificates on your Mail once the final assessment is done. Here are some photos of participants who performed the activities on a daily basis till today.

Conclusion:- We were successful in bringing a fitness awareness among the masses and the students and faculties became positive towards fitness movement.

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