

FITNESS PLAN FOR STUDENTS OF GOVT. POLYTECHNIC, AMBALA CITY

1. NCC and NSS units are already functional in this Institute and the students actively participate in NSS & NCC enthusiastically.
2. All the students have been asked to come half an hour before 09.00 AM to participate in Student Centred Activity.
3. Following activities have been charted out from 08:30AM to 09:30AM.
 - Arrange Yoga Classes
 - Zumba Classes
 - Aerobics
 - Jogging and running
 - Exercise through fun games
 - Meditation
 - Sports Activities'
4. A Gym is already running in this institute campus and students are motivated to use it frequently.
5. Sports club is already available in the institute and the club activities are engaged during the period available for this purpose
6. Students' mentors will be appointed department wise & inter branch competition will be conducted time to time.
7. Students will be motivated to participate in at least one activity in each semester.
8. Expert lecturer(s) for Yoga, Meditation, Zumba, Aerobics will be conducted once in a month.