



**FIT INDIA YOUTH CLUB (FIYC) & NATIONAL SPORTS ORGANIZATION (NSO)
EVENT CALENDER 2022-23
EVEN SEMESTER**

S No.	Activity	Theme	Activity Execution date	Outcome Based Education
1.	Sahaja Yoga	Fitness regular activity	17 march 2023	To conduct a session for the students to perform yoga and promote awareness regarding healthy life in the society
2.	Specialist Talk on Healthy Eating: A key to Good Health	Fitness Campaign Activity	28 march 2023	To motivate Students to adopt a healthy lifestyle by Eating Healthy which is a key to Good Health
3.	Intra Institute Sports Competition: Indoor Game (Chess and Carom)	Fitness Sporting Activity	31 march 2023	To enhance the tactical and decision making skills on the basis of tactics involved in playing the games
4.	Health checkup : Dental Hygiene	Fitness Campaign Activity	12 April 2023	To conduct a session and establish health checkup campaign by dental specialist
5.	Yoga and Meditation Session	Fitness Campaign Activity	21 April 2023	To conduct a session for the students to perform yoga and promote awareness regarding healthy life in the society
6.	Intra Institute Sports Competition: Cricket	Fitness Sporting Activity	28 April 2023	To involve the participation of the students in the games and promote sportsmanship
7.	World Bicycle Day	Fitness regular activity	3 June 2023	To organize exercise session for the students to promote the fitness regime.
8.	International Yoga Day	Fitness Campaign Activity	21 June 2023	To conduct a session for the students to perform yoga and promote awareness regarding healthy life in the society

Mr. Nitin Yadav
Incharge, FIYC & NSO