

SOMAIYA VIDYAVIHAR UNIVERSITY
INTERNAL QUALITY ASSURANCE CELL

R E P O R T
O N
NATIONAL SPORTS DAY “FIT INDIA MOVEMENT”

Overview:

The objective of this event is to make people aware about the health benefits of sports and Fitness in life. The mission of the Movement is to bring about behavioral changes and move towards a more physically active lifestyle.

Schedule & Resource Person:

Date: 29th August, 2023.

Chief Guest: Lt. Gen Jagbir Singh (Secretary, Somaiya Trust)
Mr. Sovan Basu (Director, HR)

Venue:

Somaiya Athletic Track,
Vidyavihar , Vidyavihar East – 400077.

Objective:

To promote fitness as easy, fun and free and to spread awareness on fitness and various physical activities that promote fitness through focused campaigns

Report:

Hum Fit Toh Somaiya Fit,

“Most people will Talk the Talk, but few people will Walk the Walk, be amongst those few.” by Dr. Steve Maraboli. On the occasion of National Sports Day, our Prime Minister, Shri Narendra Modi had initiated a fitness movement named Fit India Movement across the country for a healthier nation. He appealed to all the educational institutions in particular and the students, in general, to come together and take a pledge to dedicate time to improve their physical fitness and mental health for a stronger country. We at Somaiya Sports Academy supports and promotes the Cause hence we organized this “FIT INDIA MOVEMENT” by calling the students, teachers and support staff to join us and help us in promoting this cause. Students and Faculties from All the institute of Somaiya were present for the event. The event started by Mr Aazaz Khan addressing the crowd and welcoming the audience and by recited the Fitness Pledge the event got started. The chief guest Lt Gen Jagbir Singh was energetic like always and gave a glimpse of how sports is important to build a character and shared the story of legendary Dhyaan Chand. Followed by the motivational words by Mr. Sovam Basu who shared why physical fitness is important to build character. the crowd gathered in attention to pay respect to National Anthem and then we had the 50 metres Race for all the Head of Institute and Head of Departments, Mr. Dinesh Acharya was the winner in 50 Meters Men’s category and Ms. Yamini Shah was victorious in Women’s Category. the main event “WALK THE

WALK” was started where all the Head of Institution were made to walk in front followed by all the students. The crowd gave a very promising response as the students were in large numbers and showed a lot of zeal and Enthusiasm. Selfie booth was created so that the students capture the moment and follow this practice regularly

Expected Outcome:

It will facilitate the participants to be fit and implement the initiative of Fit India to keep a healthy and stable health

Feedback:

The following feedback was received from the participants:

- Participants felt that such initiatives of health and Mental fitness should be arranged regularly.

Participating College

Constituent College	Constituent College
K J SOMAIYA COLLEGE OF ENGINEERING	S.K SOMAIYA COLLEGE OF ARTS, SCIENCE & COMMERCE
K J SOMAIYA INSTITUTE OF MANAGEMENT	K.J SOMAIYA COLLEGE OF ARTS & COMMERCE
K J SOMAIYA COLLEGE OF EDUCATION	K.J SOMAIYA COLLEGE OF SCIENCE & COMMERCE
SK SOMAIYA COLLEGE	THE SOMAIYA SCHOOL
K J SOMAIYA INSTITUTE OF DHARMA STUDIES	K.J SOMAIYA POLYTECHNIC COLLEGE
SOMAIYA VIDYAVIHAR UNIVERSITY	K.J SOMAIYA PRIVATE INDUSTRIAL TRAINING INSTITUTE



WALK THE WALK

Calling Somaiya students, faculties,
staff members to walk at
our Somaiya Athletics Track

HUM FIT TO SOMAIYA FIT




Calling HOI's and HOD's
for the 50 Metres Race
at Somaiya Athletics Track

In collaboration Universal Cultural Committee
on the occasion of

National Sports Day



Birth Anniversary of
MAJOR DHYAN CHAND SINGH
"The Wizard of Field Hockey"

 29th August, 2023 |  11:00 am |  Somaiya Athletics Track

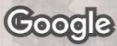
Glimpse of the Event:





 **GPS Map Camera**

Mumbai, Maharashtra, India
3VFX+W68, Vidyanagar, Vidya Vihar East, Vidyavihar, Mumbai,
Maharashtra 400077, India
Lat 19.074058°
Long 72.89801°
29/08/23 11:16 AM GMT +05:30





 **GPS Map Camera**

Mumbai, Maharashtra, India
3VFW+5V8, Vidyanagar, Vidya Vihar East, Chatkopar East, Mumbai,
Maharashtra 400077, India
Lat 19.073762°
Long 72.8976°
29/08/23 11:15 AM GMT +05:30





GPS Map Camera

Mumbai, Maharashtra, India
413, RiidL, 4th Floor, SIMSR, Vidyanagar, Vidya Vihar East, Vidyavihar,
Mumbai, Maharashtra 400077, India
Lat 19.073569°
Long 72.897967°
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Mr. Aazaz Khan
Director – Somaiya Sports Academy