



A Report on Fitness Awareness Programme 1st March 2023, Wednesday

Introduction:

Healthy Campus Committee (HCC) and National Service Scheme (NSS) of Gandhinagar University works together with an objective of making students aware regarding healthy living, social consciousness, stress management, building self-esteem, developing critical thinking & soft skills and leading a drug free life. Keeping up with the tradition, a 'Fitness Awareness Programme' was organized by HCC and NSS on 1st March 2023.

Objective:

The objective of this event was to create awareness of drug abuse and narcotics among students and motivate them to adapt fitness as a lifestyle. According to the report published in India Times, almost 74% Indian homes have one member, an adult who is a drug addict. As per a report compiled by ECI (Election Commission of India) on May 24, Gujarat ranked the highest when it came to the value of seized drugs, which amounted to Rs 524.35 Crore. According to the National Institute on Drug Abuse (NIDA), by the time individuals reach their senior year of high school, 70 percent will have tried alcohol, 50 percent will have abused an illicit drug, 40 percent will have smoked a cigarette, and 20 percent will have used a prescription drug recreationally, or for nonmedical purposes. The aim was to stop youngsters from getting addicted to drugs and educate them about this social stigma. The programme also aimed at physical and mental fitness of the students. It stressed upon physical activities, workouts, outdoor sports and the nutritional intake of the students.

Program Overview:

In morning session events like 'Graffiti', 'Fitness Challenge' and 'Think tank' were organized. Students from Different institute of Gandhinagar University has participated in the event. 'Graffiti' event provided students an opportunity to paint their innovative and thought-provoking ideas regarding 'Drug Abuse', 'Narcotics', 'Fitness', 'Healthy Living', 'Yoga', 'Meditation', 'Cultural Heritage', 'Climate Change', etc. through their sketches and paintings on the wall. Dr Rachna Shukla (GIS) & Prof. Pooja Patanwal (Civil Dept, GIT) judged the Graffiti event and also interacted with each painter about their Graffiti theme. He motivated them to pursue their passion and shared his knowledge on different Graffiti themes.

The students performed various tasks related to fitness and sports in 'Fitness Challenge' event. The event consisted of high intensity CrossFit exercises and challenging tasks which tested the physical and mental endurance levels of the students.

In 'Think tank' students represented their ideas on topics related to Social Awareness, General Awareness, Healthy Living, and Current Affairs; wherein their elocution skills and ability to solve problems were tested. The event was judged by Dr Sneha Patel (HOD, M&H) and Dr. Sajan Chourasia (Mech Dept, GIT).

Dr H N Shah (Director, GIT) visited all events and motivated all the participants. He shared his thoughts about the ill effects of drug abuse and motivated the participants to stay healthy. Shri Haresh Rohera (President, GU), Dr H N Shah (Director, GIT), Dr Milan Shah (HOD, MBA) felicitated all the participants with cash prize and certificates were awarded to all the winners and participants of various events. The whole event conducted and guided by Prof Tejas shah (Coordinator, HCC). The active participation of faculty members, student coordinators and volunteers contributed to the magnificent success of the programme.

Photo Gallery:



1st Prize winner of 'Graffiti'



1st Prize winner of 'Think tank'



Judges with 'Graffiti' artists during the event.



1st Prize winner of 'Fitness challenge'



Girl participant performing the balancing during the 'Fitness Challenge' event.



Boy participant performing the CrossFit rope routine during the 'Fitness Challenge' event.



Group photo of 'Critical Thinking' participants with judge Dr Sneha Patel and Dr Sajan Chaurasia