



EVENT COMPLETION REPORT

Event Name: Fit India week

Date: 2nd Dec -9th Dec.,2024

Time: 9:00 AM onwards

Venue: College Auditorium, Venkateshwar College of Nursing, Umarda.

Organised by: Venkateshwar College of Nursing, Umarda, Udaipurs

1. Introduction

Venkateswara College of Nursing organized Fit India Week 2024 to promote physical fitness, mental well-being, and a healthy lifestyle among students. The event was held on 2nd December to 9th Dec.2024 at the college auditorium.

2. Objectives

- To raise awareness about the importance of physical fitness and mental health.
- To encourage students to adopt healthy habits and stay active.
- To provide a platform for students to showcase their fitness skills.

3. Event Highlights

- Inauguration: Dr. Yogeshwar Puri Goswami inaugurated the event, emphasizing the role of fitness in nursing.
- Yoga Session: A guided yoga session led by instructor Mrs. Maheshvari Patel.
- Fitness Challenges: Zumba competition, obstacle race, and tug-of-war.
- Guest Talk: Dr. Goswami spoke on "Fitness for Life".
- Prize Distribution: Winners were awarded trophies and certificate

4. Outcomes

- Participants showed enthusiasm and commitment to fitness.
- Increased awareness about mental health and stress management.
- Encouraged teamwork and sportsmanship among students.

5. Conclusion

The event was a grand success, promoting a culture of fitness and well-being. The college plans to organize more such events to support students' holistic health.

Sumi V Mathur
COORDINATOR
IQAC
SAI TIRUPATI UNIVERSITY
UDAIPUR

[Signature]
PRINCIPAL
VENKATESHWAR COLLEGE OF NURSING
UDAIPUR (RAJ.)

- **Notification of the event**

**VENKTESHWAR COLLEGE OF NURSING
UMARDA, UDAIPUR**

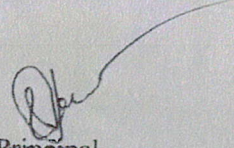
Date: 28/11/2024

NOTICE

This is to inform all the students of B.Sc. Nursing II Sem. (2023-24) that Fit India Week will be celebrating in the college on, 02nd Dec. to 9th Dec. 2024 at 9:00 am in the College Auditorium. Various activities and programs related to health and fitness will be organized on this day.

It is mandatory for all students to participate in event. Attendance will be marked.

For any further details, please contact your subject/class coordinator.


Principal
VENKTESHWAR COLLEGE OF NURSING
UDAIPUR (RAJ.)

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Date: 02-12-2024
Place: College Auditorium, Venkateshwar College of Nursing (A constituent of Sai Tirupati University, Umarda, Udaipur, Rajasthan)



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