



aatmoday

CSJMU'S STUDENT HOBBY CLUB

Fitness Club



LET'S BE FUN FIT

FITNESS CLUB HEAD'S

CLUB CO-ORDINATOR

- DR. MAMTA TIWARI

SECRETARY

- NAVEEN SHARMA

JOINT SECRETARY

- NEHA MISHRA

JOINT SECRETARY

- SAHIL KUMAR

FITNESS CLUB ACTIVITIES

- **Club Introduction Meet
17th September, 2022**

- Members in the club were included and were given a glimpse and introduction of all that was to be done in the club.



- **Club Inauguration**
26th September, 2022

- The Fitness Club was inaugurated at Aatmoday Inauguration Day (26th Sept, 2022) where the Fitness Club Members made a Human Pyramid. Overall 20+ members from the Fitness Club were there in the organizing team of **Aatmoday Inauguration Committee** out of which 18 members were there as a part of the Human Pyramid Activity.



- **Club Meeting (regarding activities)**
23th November, 2023

- In this activity, the club secretaries alongwith the members of the club discussed the upcoming plans and events.

- **Volleyball Activity**
08th December, 2022

- In the volleyball activity, a total of 10 selected players out of 38 registered members.
- The match was a two round competition.
- Venue : **STADIUM**



- **Badminton Activity**
15th December, 2022

- In the badminton activity, a total of 12 selected players out of 24 club members.
- There were several matches played among the students.
- Venue : **STADIUM**



- **Yoga Activity**

- The yoga activity was performed at the **YOGA KENDRA** at **HEALTH SCIENCES DEPARTMENT, CSJMU** under the guidance of **Mr. Ram Kishore Sir.**





YOGA ACTIVITY **TIMELINE**

Date	No. of students
14/10/2022	8
11/11/2022	12
18/11/2022	9
25/11/2022	10
09/12/2022	11

- **Club Meeting (regarding badminton tournament)**

20th December, 2023

- In the club meeting a total of 40 students registered themselves for the tournament in which 34 were boys and 6 were girls.

- **Badminton Tournament**

21st December, 2022

- The tournament started at 12 noon and ended at 6pm under the proper guidance of **Mr. Ashish Dubey Sir** and **Mr. Shravan Sir**.

- Hobby Club Coordinator, **Mrs. Mamta Tiwari Ma'am** was also present to help and support the smooth functioning and commencement of the tournament.

- All 40 students participated along with 3 referees and 4 linemans. A total of 38 matches were played among the students.



- **Dr. Mamta Tiwari**
- **Mr. Ashish Dubey**
- **Mr. Shravan**



Group Photo with Winners



Winner – Girls



Winner - Boys



WINNERS

BOYS -

1. SHASHANK PRAJAPATI
2. BHAN TIWARI
3. MOHD. IKLAKH

GIRLS -

1. SEETA YADAV