



Ashtavakra Institute of Rehabilitation Sciences & Research

Formerly Special Art School

App. by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India

Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85, Ph : 011-27550012/13

Fax : 011-27550018 • Email : inforehab@tecnia.in Website : www.rehab.tecnia.in

FIT INDIA YOUTH CLUB

ANNUAL CALENDER (2023-24)

S. No.	Schedule Date	Day	Event
1.	25/01/2024	Thursday	Sports Day
2.	29/01/2024	Monday	Talk by Mental Health Expert: Supporting Mental Health
3.	19/02/2024	Monday	Indoor Games: Badminton
4.	06/03/2024	Wednesday	Fitness Quiz: Sleep Well to Stay Fit
5.	27/03/2024	Wednesday	Fitness Sporting Activity: Intra Institute Sports Competition: Indoor Games : Carrom
6.	04/04/2024	Thursday	Fitness Quiz: Supporting Mental Health
7.	12/04/2024	Friday	Fitness Sporting Activity: Intra Institute Sports Competition: Indoor Games : Chess
8.	07/05/2024	Monday	Session by Yoga Instructor: Yoga & Meditation: Looking Inwards for Mental Peace.
9.	31/05/2024	Friday	Fitness Sporting Activity: Intra Institute Sports Competition: Indoor Games : Chess & Carrom
10.	05/06/2024	Wednesday	Fitness Sporting Activity: Intra Institute Sports Competition: Indoor Games : Badminton
11.	30/08/2024	Saturday	Fitness Quiz: Lifestyle Diseases

Mr. Vikas Kumar
Fit India Youth Club In-charge

Ms. Sanjana Mittal
Deputy Director

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