



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 Event Calendar (2024-25)

S. No.	Schedule Date	Day	Event
1.	02/09/24	Monday	Fitness Quiz: Physical Activity: Key Ingredient of Fitness
2.	19/10/24	Saturday	IPU Sports Meet
3.	22/10/24	Friday	Fitness Sporting Activity: Intra Institute Sports Competition:(Indoor Games)
4.	13/12/24	Friday	Fitness Sporting Activity: Intra Institute Sports Competition
5.	29/01/25	Wednesday	Talk by Mental Health Specialist : Supporting Mental Health
6.	19/02/25	Wednesday	Fitness Sporting Activity: Intra Institute Sports Competition
7.	27/03/25	Wednesday	Fitness Sporting Activity: Intra Institute Sports Competition: Indoor Game (Chess, Arm Wrestling)
8.	04/04/25	Friday	Fitness Quiz : Supporting Mental Health
9.	14/04/25	Monday	Fitness Sporting Activity: Intra Institute Sports Competition
10.	09/05/25	Friday	Walk India- The Need for Healthy
11.	29/05/25	Thursday	Fitness Sporting Activity: Intra Institute Sports Competition: Indoor Game (Table Tennis,
12.	07/06/25	Saturday	Session by Yoga Instructor: Yoga and Meditation: Looking Inwards for Mental Peace (Fitness Club)
13.	09/06/25	Monday	Walk India- The Need for Healthy

Mr. Vikas Kumar
Fit India Youth Club In-charge

Ms. Sanjana Mittal
Deputy Director