



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

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Fit India Event Calendar (2025-26)

S. No.	Schedule Date	Day	Event
1.	04/08/25	Monday	Fitness Workshop on Key Ingredient of Physical Fitness
2.	01/09/25	Monday	Fitness Quiz: Physical Activity: Key Ingredient of Fitness
3.	18/10/25	Friday	Sports Day
4.	23/10/25	Thursday	Sports Day
5.	22/11/25	Friday	Fitness Sporting Activity: Intra Institute Sports Competition: (Indoor Games)
6.	08/12/25	Monday	Fitness Quiz: The Perils of Smoking, Drugs and Alcohol
7.	30/01/26	Friday	Talk by Mental Health Specialist : Supporting Mental Health
8.	20/02/26	Friday	Fitness Sporting Activity: Intra Institute Sports Competition
9.	27/03/26	Friday	Fitness Sporting Activity: Intra Institute Sports Competition: Indoor Game (Chess, Arm Wrestling
10.	03/04/26	Friday	Fitness Quiz : Supporting Mental Health
11.	29/05/26	Friday	Fitness Sporting Activity: Intra Institute Sports Competition: Indoor Game
12.	21/06/26	Monday	International Yoga Day
13.	24/07/26	Friday	Fitness Sporting Activity: Intra Institute Sports Competition

Mr. Vikas Kumar

Fit India Youth Club In-Charge