



# VALLABHBHAI PATEL CHEST INSTITUTE

University of Delhi, P.O. Box No. 2101  
Delhi-110 007

VPCI/Admn.II/FIW/2024/1698

23 December, 2024

## CIRCULAR

**Subject: Celebration of Fit India Week from 23<sup>rd</sup> to 29<sup>th</sup> December, 2024 at VPCI**

In alignment with the nationwide initiative to promote fitness and well-being, the Institute is celebrating **FIT INDIA WEEK** from 23<sup>rd</sup> to 29<sup>th</sup> December, 2024, the following activities will be organized by VPCI to encourage physical and mental health among faculty, students and staff:

Date	Activity
23.12.2024	<b>Activity 1:</b> Taking the Health Pledge <b>Time:</b> 2:00 PM <b>Venue:</b> Paintal Memorial Golden Jubilee Auditorium (Ground Floor)
	<b>Activity 2:</b> Gymnasium practice <b>Time:</b> 5:30PM – 7:30PM <b>Venue:</b> VPCI GYM
	<b>Activity 3:</b> Yoga Practice <b>Time:</b> 1:00PM – 2:00PM <b>Venue:</b> VPCI Yoga Centre
24.12.2024	<b>Activity 1:</b> Essay Writing Competition on "Importance of Fitness" <b>Time:</b> 11:00 AM <b>Venue:</b> Paintal Memorial Golden Jubilee Auditorium Cafeteria
	<b>Activity 2:</b> Gymnasium practice <b>Time:</b> 6:00AM – 8:00AM & 5:30PM – 7:30PM <b>Venue:</b> VPCI GYM
	<b>Activity 3:</b> Yoga Practice <b>Time:</b> 1:00PM – 2:00PM <b>Venue:</b> VPCI Yoga Centre
26.12.2024	<b>Activity 1:</b> Indigenous Sport (Tug of War) <b>Time:</b> 12:00Noon – 2:00 PM <b>Venue:</b> Badminton Court
	<b>Activity 2:</b> Gymnasium Practice <b>Time:</b> 6:00AM – 8:00AM & 5:30PM – 7:30PM <b>Venue:</b> VPCI GYM
	<b>Activity 3:</b> Yoga Practice <b>Time:</b> 1:00pM – 2:00APM <b>Venue:</b> VPCI Yoga Centre

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27.12.2024	<b>Activity 1:</b> Morning Walk and Yoga Practice <b>Time:</b> 7:00AM (Morning Walk) & 8:00AM (Yoga) <b>Venue:</b> Around Institute Premises (morning Walk) & Yoga Center/Car Parking Area (Yoga Practice) <b>Additional:</b> Refreshment be served post the yoga session.
	<b>Activity 2:</b> Gymnasium Practice <b>Time:</b> 6:00AM – 8:00AM & 5:30PM – 7:30PM <b>Venue:</b> VPCI GYM
	<b>Activity 3:</b> Yoga Practice <b>Time:</b> Time: 1:00PM – 2:00PM <b>Venue:</b> Venue: VPCI Yoga Centre

It is requested that all faculty, students & staff may participate and make the events successful.

This issues with the approval of the Competent Authority.

  
Assistant Registrar  
(Admn-II)

To:

- All Faculty, Students & Staff

Copy to

- P.S. to Director – for kind information of the Director, VPCI
- P.A. to Deputy Registrar – for information of the Deputy Registrar, VPCI
- Dr. Siddharth Raj Yadav, Nodal Officer, Fit India Week
- Assistant Registrar (Admn.I), VPCI
- Sh. Satish Sharma, Section Officer – for arrangements of refreshment
- Sh. Arun Kumar, JE – for necessary arrangements
- Sh. Sanjay Kumar Mandal – to handle Press Release
- Yoga Centre, MDNIY, VPCI Unit – for necessary arrangements
- Mr. Sunil Kumar, Section Officer – for registration on Fit India Portal
- Dr. Rajesh Mehta – Coordinator, Essay writing competition
- Mr. Pavindra – for necessary arrangements in GYM
- Website Division – for uploading on the website of the Institute
- All Notice Boards
- Master copy