



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 23rd to 29th December, 2024 at VPCI

In alignment with the nationwide initiative to promote fitness and well-being, the Institute is celebrating **FIT INDIA WEEK** from 23rd to 29th 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	Activity 1: Taking the Health Pledge Time: 2:00 PM Venue: Paintal Memorial Golden Jubilee Auditorium (Ground Floor)
	Activity 2: Gymnasium practice Time: 5:30PM – 7:30PM Venue: VPCI GYM
	Activity 3: Yoga Practice Time: 1:00PM – 2:00PM Venue: VPCI Yoga Centre
24.12.2024	Activity 1: Essay Writing Competition on "Importance of Fitness" Time: 11:00 AM Venue: Paintal Memorial Golden Jubilee Auditorium Cafeteria
	Activity 2: Gymnasium practice Time: 6:00AM – 8:00AM & 5:30PM – 7:30PM Venue: VPCI GYM
	Activity 3: Yoga Practice Time: 1:00PM – 2:00PM Venue: VPCI Yoga Centre
26.12.2024	Activity 1: Indigenous Sport (Tug of War) Time: 12:00Noon – 2:00 PM Venue: Badminton Court
	Activity 2: Gymnasium Practice Time: 6:00AM – 8:00AM & 5:30PM – 7:30PM Venue: VPCI GYM
	Activity 3: Yoga Practice Time: 1:00pM – 2:00APM Venue: VPCI Yoga Centre

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