

# FITNESS CHALLENGE (PUSH UP CHALLENGE) 2021 - 2022

Organized by

#### **HEALTH AND WELLNESS CLUB & DPARTMENT OF PHYSICAL EDUCATION**

In Association With

**IQAC** 



PROMOTED BY:

Department of Physical Education

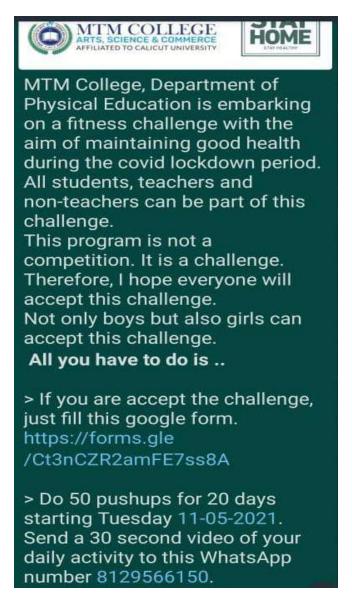




### Happiness is the highest form of health - Dalai Lama

The MTM college, Health and wellness club and the department of physical education abbreviated the "FITNESS CHALLENGE" (Push up challenge) to maintain the physical fitness at the time of covid-19 pandemic.

Health is an important wealth for an individual. The health of a person includes his psychology, physical health, food habits, cleanliness followed, etc. Health and wellness are a very important aspect of life which intends both physically and mentally fit body. With the help of a balanced diet and regular exercise, a person can improve his or her health and maintain fitness. The person who possesses good health and fitness can enjoy his or her life completely. Health& Wellness Club and Department of Physical Education in our educational institution attempts to influence the habits, attitudes and knowledge regarding general health & modify the behavior of students, teachers and other staff members towards the attainment of optimum health.



### Objective of the program:-

To maintain the physical fitness at the time of covid-19 pandemic.

In this 21 days challenge, 23 people accepted this challenge. It was attended by 2 teachers, 20 male students and one female student. 2 students completed this challenge very successfully with determination.

# **List of Participants:-**

https://docs.google.com/spreadsheets/d/1tbDqi4y5-pU-oLNR8F6Z8gGztYtLWIMqaVr8gP5WLzw/edit?usp=sharing

# The winners of the challenge



# Videos:-

https://drive.google.com/file/d/1G106a9pgEfvbWGwXK dM5UC6s8a7ciY/view?usp=sharing
https://drive.google.com/file/d/1G5E7jcvM2T1Ywcaotbu5RYO vQ5\_4py7/view?usp=sharing
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