



MTM COLLEGE
ARTS, SCIENCE & COMMERCE
AFFILIATED TO CALICUT UNIVERSITY

FITNESS CHALLENGE (PUSH UP CHALLENGE) 2021 - 2022

Organized by

HEALTH AND WELLNESS CLUB & DEPARTMENT OF PHYSICAL EDUCATION

In Association With

IQAC



May 11th - 30th
2021

PROMOTED BY:

Department of Physical Education




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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.



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STAY HOME
STAY HEALTHY

MTM College, Department of Physical Education is embarking on a fitness challenge with the aim of maintaining good health during the covid lockdown period. All students, teachers and non-teachers can be part of this challenge.

This program is not a competition. It is a challenge. Therefore, I hope everyone will accept this challenge. Not only boys but also girls can accept this challenge.

All you have to do is ..

> If you are accept the challenge, just fill this google form.
<https://forms.gle/Ct3nCZR2amFE7ss8A>

> Do 50 pushups for 20 days starting Tuesday 11-05-2021. Send a 30 second video of your daily activity to this WhatsApp number 8129566150.

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/1G1O6a9pgEfvbWGwXK_dM5UC6s8a7ciY/view?usp=sharing

https://drive.google.com/file/d/1G5E7jcvM2T1Ywcaotbu5RYO_vQ5_4py7/view?usp=sharing

<https://drive.google.com/file/d/1GKGI5CbJZdKe8--9xiMngcL7RVAiGHQJ/view?usp=sharing>

<https://drive.google.com/file/d/1Em1Bs30brffuhcFFi4DnhN558PMC2dDr/view?usp=sharing>

<https://drive.google.com/file/d/1GE8D-6YwFKWVUqWTUuIs9gfCyrCwuZYH/view?usp=sharing>

<https://drive.google.com/file/d/1GTW14gw6lcxxNf8eityPi9jc5fDM3Lvo/view?usp=sharing>

<https://drive.google.com/file/d/1GXlYzBbgkF7FloHWAiGNi6Ki-NDvx9KE/view?usp=sharing>