



Nirwan University Jaipur

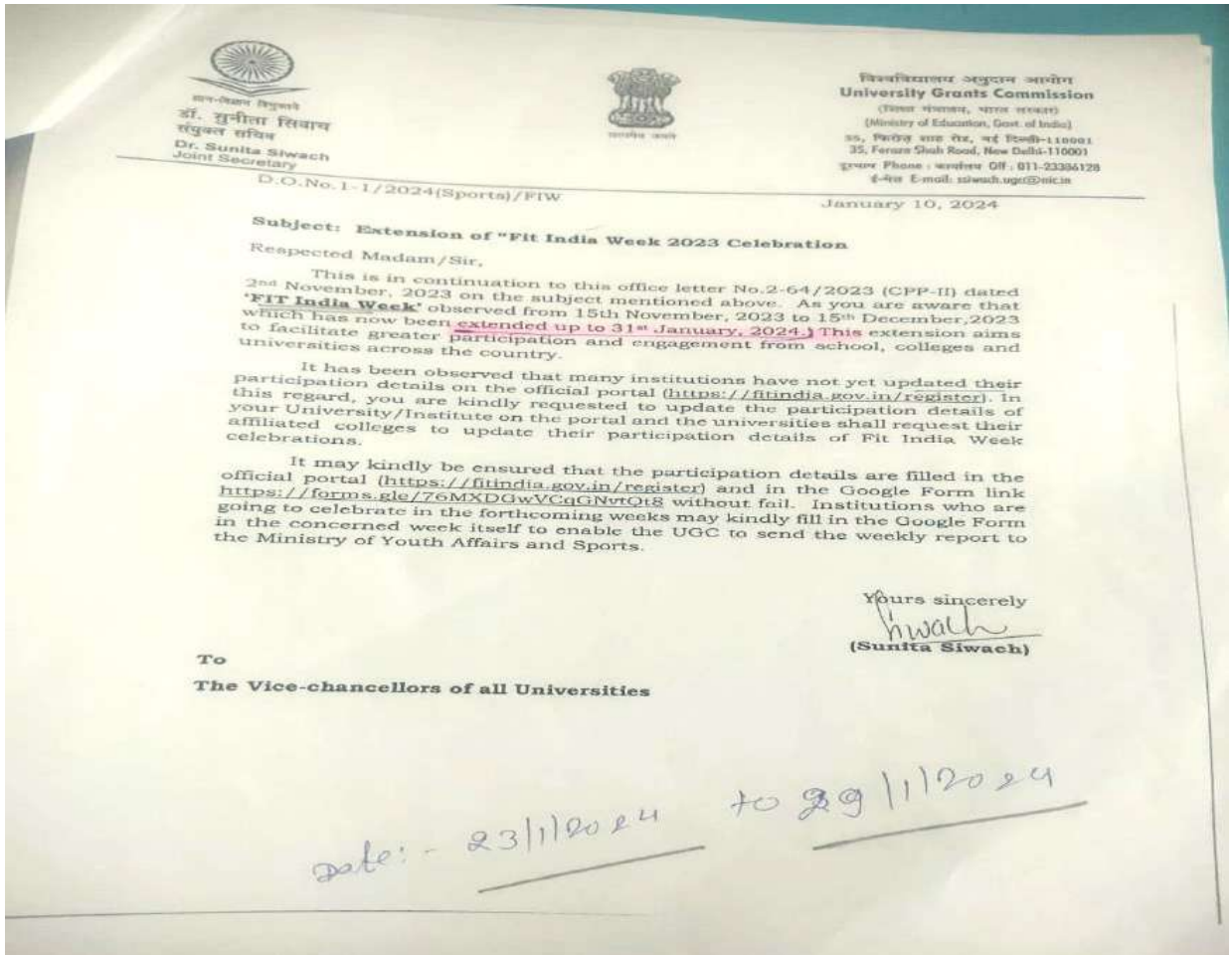
Established by the Rajasthan State Legislature vide Act No.2 of 2017 and recognized u/s 2(f) of the UGC Act 1956

ACTIVITY REPORT Academic Year 2023-24

1. **Name of Club: Fitness CIub**
2. **Event Title: Fit India Week 2023**
3. **Date & Duration of Activity: 23/01/2024 to 29/01/2024.**
4. **Venue or Mode of Activity: Indoor, outdoor play ground and swami vivekananda seminar hall NUJ**
5. **Name & Contact Details of the Organizer (s) Dr. Rajendra Kumar**
6. **Details of Resource Person, if any: UGC Notice**
7. **Event Details & Description**

It is a matter of great pleasure to express that by being abided to the guidelines of UGC's initiative 'Fit India Campaign', Nirwan University Jaipur has organised the "Fit India Week 2023" on 23/01/2024 to 29/01/2024.

8. Notice for the event





Nirwan University Jaipur

Established by the Rajasthan State Legislature vide Act No. 2 of 2017 and recognised u/s 2(f) of the UGC Act 1956

Ref: NUJ/Reg./2024/2574

Date: 22-01-2024

Notice

In continuation with notice no. 2003 dated 17.10.2023 regarding Fit India Campaign, it is to inform that the activities of Fit India Campaign have been extended up to 31.01.2024. This extension aims to facilitate greater participation and engagement from all the Schools/Faculty of the University. Therefore, Dr. Rajendra Kumar, Coordinator is hereby instructed to conduct following activities for the same:


S. No.	Activity	Remarks
1	Popular Sports and Fun Games	Geo Tag photograph and report is to be submitted to IQAC
2	Importance of Fitness - Debate, quiz, essay writing, poster making competition etc.	
3	Fitness assessment through mobile app	
4	Fitness pledge	
5	Indigenous Games	


Copy to:

1. All concerned
2. Notice Board
3. Guard File



Registrar
Nirwan University Jaipur



Joint Registrar
Nirwan University Jaipur


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 www.facebook.com/nirwanuniversity

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 + 91 9289800300

 Nirwan University, Near Bassi Rajadhok Toll,
Agra Road, Jaipur-303305




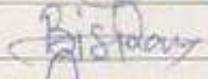
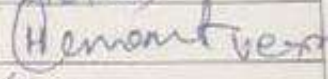
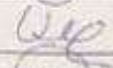

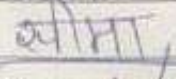
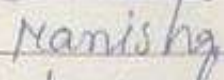
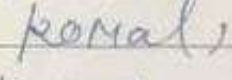
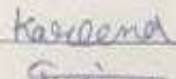
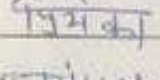
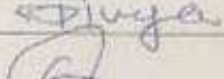


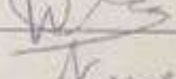
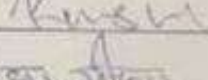

NIRWAN UNIVERSITY JAIPUR

ATTENDANCE SHEET OF "FIT INDIA WEEK 2023"

Name of Activity: Kho - Kho

Date: 24.01.2024

Venue: Play Ground (outdoor)

S. NO.	NAME OF PARTICIPANT	SIGNATURE
1	Raj meena (Ag) V th sem	
2	Bisram Meena (Ag) V th sem	
3	Hemant verma (Ag) 11	
4	Vikash meena (Ag) V th	
5	Ravi Meena (Ag) V th	
6	Seema (Ag) V th	
7	Manisha (Ag) V th	
8	Komal (Ag) V th	
9	Kareena Dasji (Ag) V th	
10	Priyanka Gurjar (Ag) V th	
11	Priya Kumari (Ag) V th	
12	Govard Meena (Ag) V th	
13	Baby Jal Jodwal (Ag) V th	
14	Vikas Kumar Sain (Vth Ag)	
15	Krushna Sharma (Vth)	
16	Ganesh Meena (Vth)	

NIRWAN UNIVERSITY JAIPUR

ATTENDANCE SHEET OF "FIT INDIA WEEK 2023"

Name of Activity: Volleyball

Date: 25.01.2024

Venue: Volleyball Ground

Winner
Team

S. NO.	NAME OF PARTICIPANT	SIGNATURE
1	Gourav kumar B.Sc 1 st Sem	
2	Ankit Sharma B.Sc 1 st Sem	
3	Kaish Chaudhary II III Sem	
4	Vineet Mahla II 2nd year	
5	Mohit Yadav II " "	
6	Chanshyam gujar II III Sem.	
7	Dilkush gujar I Sem.	
8	Aman Rishav B.Sc 2nd year	
9	Amarag yagi III rd Sem	
10	Rohit Bairwa II " "	
11	Deepak Bairwa II " "	
12	Asharam Bairwa II " "	
13	Asharam meena III rd Sem	
14	Mohit II " "	
15	Sehjam II " "	
16		
17		
18		
19		
20		

25.1.24

NIRWAN UNIVERSITY JAIPUR

ATTENDANCE SHEET OF "FIT INDIA WEEK 2023"

Name of Activity: Shot Put Pall game

Date: 25.01.2024

Venue: Play Ground (outdoor)

S. NO.	NAME OF PARTICIPANT	SIGNATURE
1.	Dilkhush Gaurjar (B.Sc. 1 st Sem)	
2.	Rishabh Meena B.Sc. Nurs 2 nd Sem	
3.	Avinash Saini B.Sc. Nursing 3 rd Sem	
4.	Deepak Saini B.Sc. Nurs. 3 rd Sem	
5.	Umesh Sahu B.Sc. Nurs	
6.	Vishal Torwal B.Sc. Nursing 3 rd Sem	
7.	Amit Saini	
8.	Kuldeep Saini " 2 nd Sem.	
9.	Lokesh Meena B.Sc. Nursing	
10.	Mahesh Disnoi " 2	
11.	Gaurav Kumar "	
12.	Deepak Sharma "	
13.	Umesh Saini "	
14.	Gaurav Thakur "	
15.	Amit Kumar "	
16.	Kushal Parashar "	
17.	Yash Sharma "	
18.	Ankit Kumar Sharma "	
19.	Rajesh Kumar Meena "	
20.	Krish Choudhary 3 rd Sem	
21.	Vinod M.A	
22.	Ghanshyam Gaurjar 3 rd Sem B.Sc. Nursing	

II
mch →

or

or

Rajesh Kumar
01.01.24

NIRWAN UNIVERSITY JAIPUR

ATTENDANCE SHEET OF "FIT INDIA WEEK 2023"

Name of Activity: *fitness Pledge*

Date: *26/01/2024*

Venue: *Nursing corridor*

S. NO.	NAME OF PARTICIPANT	SIGNATURE
1.	Ayush Sharma	<i>Ayush</i>
2.	Deepak Chauhan. II	<i>Deepak</i>
3.	Rajchand Saini	<i>Rajchand</i>
4.	Arvind Yadav	<i>Arvind</i>
5.	Vitendra	<i>Vitendra</i>
6.	Vishay Singh Nurgari	<i>Vishay</i>
7.	Dilshan Saini	<i>Dilshan</i>
8.	Omprakash Meena	<i>Omprakash</i>
9.	Tushar Prasad	<i>Tushar</i>
10.	Rishabh Kumar Meena	<i>Rishabh</i>
11.	vishvendaa kumar	<i>OKS</i>
12.	Neekesh Rajasriya	<i>Neekesh</i>
13.	Prince Kamik	<i>Prince Kamik</i>
14.	AKASH CHATURVEDI	<i>Akash</i>
15.	Jagdish Kumar	<i>Ja</i>
16.	Payal Kanwar	<i>Payal</i>
17.	Monika Meena	<i>Monika</i>
18.	Sheela Meena	<i>Sheela</i>
19.	Sapna	<i>SAPNA</i>

Dr. Rajendra Kumar
26/01/2024

Coordinator
Dr. Kritika Aganwal
26/01/2024

S. NO.	NAME OF PARTICIPANT	SIGNATURE
20	1 Vishal Kumar Jaiswal	Vishal
21	2 Anusag Yogi	Anusag
22	3 Chetam Jangid	Chetam
23	4 Avinash Saini	Avinash
24	5 Ghamshyam Gujjar	Ghamshyam
25	6 Hari-om Sharma	Hari-om
26	7 Mohit Singh	Mohit
27	8 Sourabh	Sourabh
28	9 Kapil Bhaarti	Kapil
29	10 Amit Saini	Amit Saini
30	11 Umesh Saini Sahu	Umesh
31	12 Deepak Saini	Deepak
32	13 Kuldeep Sharma	Kuldeep
33	14 Asharam Meena	Ashu meena.
34	15 Hemu Meena	Hemu meena
35	16 Kushal Meena	Kushal
36	17 Rakesh Saini	Rakesh
37	18 Deepak Baiwa	Deepak

Coordinator

Dr. Krishna Agawar

13
26/01/2024

Dr. Jyoti K
26/1/24

Faculty

NIRWAN UNIVERSITY JAIPUR

ATTENDANCE SHEET OF "FIT INDIA WEEK 2023"

Name of Activity: fitness Pledge

Date: 26/1/24

Venue: Nursing corridor

S. NO.	NAME OF PARTICIPANT	SIGNATURE
1	Dr. R.K Modi	
2	Dr. Vijay Laxmi	
3	Dr. Krishna Agawal	
4	Dr. Dheerendra Singh	
5	Mr. Dimesh Kumar	
6	MR. ATUL KUMAR JAIN	
7	Mr. Vansh Toshi	
8	Ms. Atika Sharma	
9	Mr. Sandeep Sharma	
10	Ms. Pooja Kumari	
11	Mr. Vikash Choudhary	
12	Dr. Deepak Sharma	
13	Dr. Kapil Meena	
14	Dr. Prem Kumar	
15	Mr. Pawan Saini	
16	Dr. Punit Shukla	
17	Dr. Dheerendra Singh	
18	Ms. Neelam Rani	
19	Ms. Kapil Kumar	

Coordinator

Dr. Krishna Agawal
In

26/01/2024

26/1/24

S. NO.	NAME OF PARTICIPANT	SIGNATURE
20.	Bhanti Yadav	Bhanti
21.	JITENDRA KUMAR NITHARWAL	Jitendra
22	Ravindra Choudhary	R
23	ASHOK Choudhary	Ashok
24	Dr. Alok K. Singh	Alok
25	Dr. Shashi Bhushan Suman	Shashi
26.	Dr. Anju Gautam	Anju
27	Mr. Chandresh Bakhtwal	Ch. Bakhtwal
28.	Mr. RAHUL KUMAR	Rahul Kumar
29.	Dr. Kunjee Lal Meena	Kunjee Lal
30	Jagan Choudhary	Jagan
31	Vivek Mohan	Vivek
32	Anoop Kumar	Anoop
33	Ajay Joshi	Ajay
34	Dr. Ruchi Garg	Ruchi
35	Dr. Shalini Sharma	Shalini

Dr. Anand Kumar

NIRWAN UNIVERSITY JAIPUR

ATTENDANCE SHEET OF "FIT INDIA WEEK 2023"

Name of Activity: Quiz Competition

Date: 29-01-2024

Venue: Swami Vivekananda Seminar hall, NUJ

Winnere

S. NO.	NAME OF PARTICIPANT	SIGNATURE
1.	Anchal (Bsc Nursing) III Sem	Anchal
2.	Ghanshyam Saini (BSC Nursing) III Sem	Ghanshyam
3.	Chetan Jungid (B.Sc Nursing) III Sem	Chetan
4.	Sonu Jata Bsc nursing III sem.	Sonu
5.	Ghanshyam Gurjar III Sem.	Ghanshyam
6.	Amrta Yagi III sem.	Amrta
7.	Saurabh Karmu III Sem	Saurabh
8.	Jitendra Saini III Sem	Jitendra
9.	Anil Kumar Dajak	Anil Kumar
10.	Hemant Yadav Asharam Meena	Hemant
11.	Kuldeep Sharma	Kuldeep
12.	Krishangopal Bhamby (BSC(Ag))	Kuldeep
13.	Ankit Kumar MAHAR (B.Sc.) Ag.	Ankit
14.	Anil Kumar Yadav (BSC(Ag))	Anil Kumar
15.	Rishpendra Sharma (B.Sc.) (Ag).	Rishpendra
16.	Sandeep Sharma (B.Sc.) Ag.	संदीप शर्मा
17.	Shabnam Kumari B.Sc (Hons) Ag.	Shabnam Kumar
18.	Ummed Meena B.Sc (Hons) Ag	Ummed Meena
19.	Yogendra Meena B.Sc Hons Ag	Yogendra Meena

Yogendra Meena
29-01-24

10. Target Audience: Students and Staff

11. Learning Outcome: Development of physical fitness

12. Attach Geotagged Photographs of the Activity



NIRWAN UNIVERSITY JAIPUR
23/01/2024 To 29/01/2024
FIT INDIA
WEEK 2023
— For Schools

Activities during the week

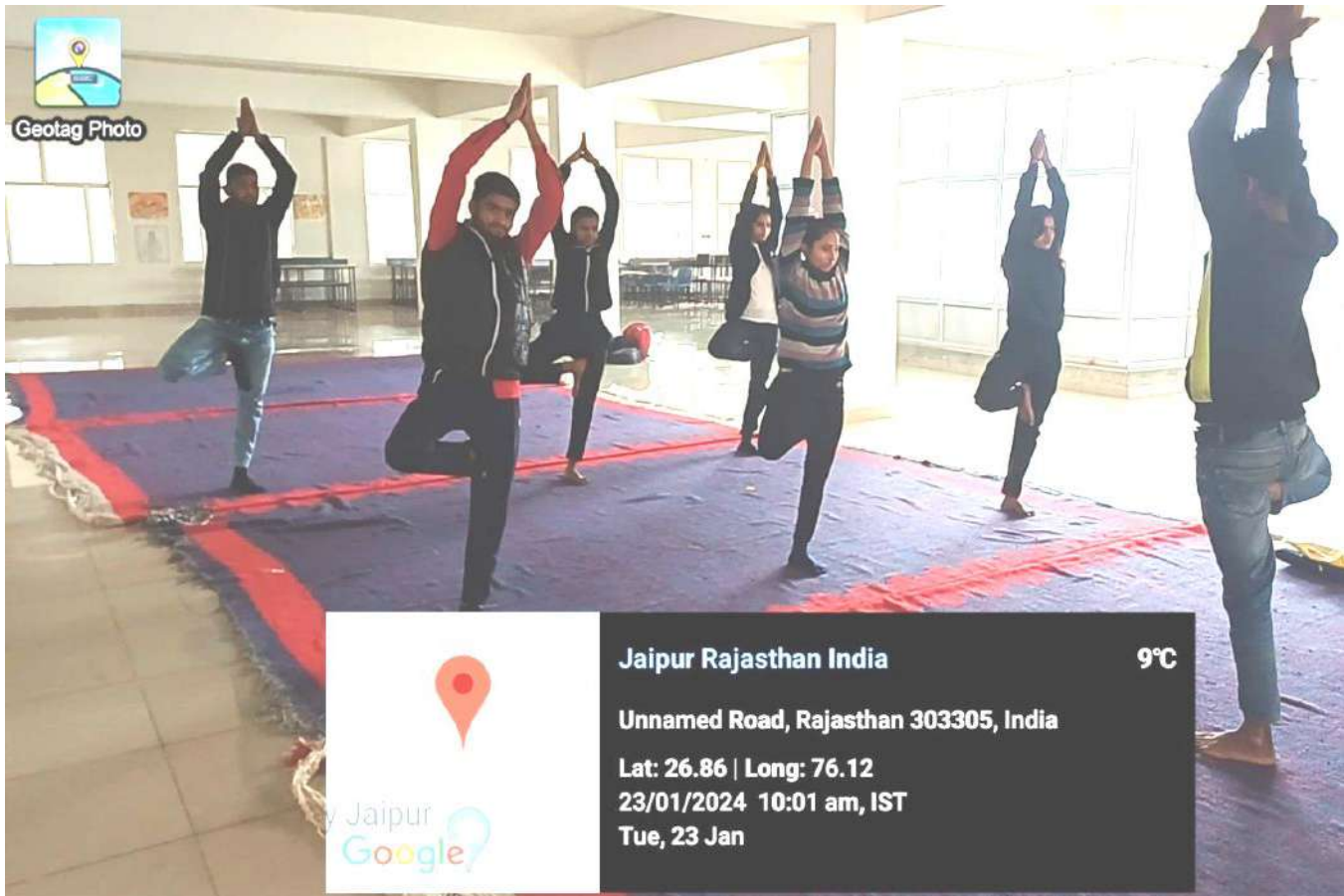
- ▶ Annual Sports Day
- ▶ Debates/Quiz, Essay writing, Poster making competition
- ▶ Indigenous Games
- ▶ Khelo India Physical Fitness Assessment of students
- ▶ Fitness Assessment for nearby communities through FIMA
- ▶ Yoga & Meditation
- ▶ Identifying exceptional talent in sports

#fitnesskidozaadhagantaroz #fitweekfitcampus





Geotag Photo



Jaipur Google

Jaipur Rajasthan India

9°C

Unnamed Road, Rajasthan 303305, India

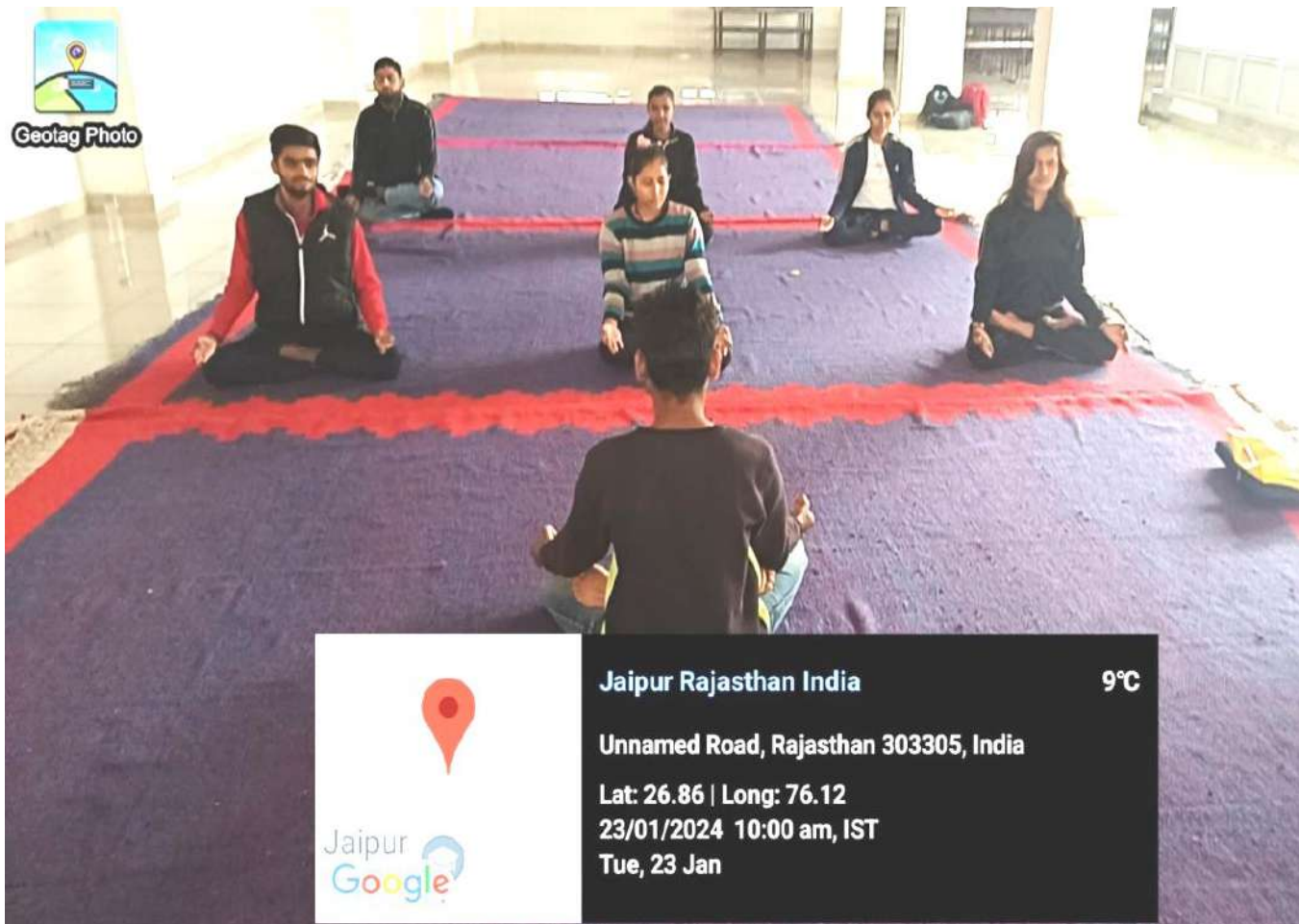
Lat: 26.86 | Long: 76.12

23/01/2024 10:01 am, IST

Tue, 23 Jan



Geotag Photo



Jaipur Google

Jaipur Rajasthan India

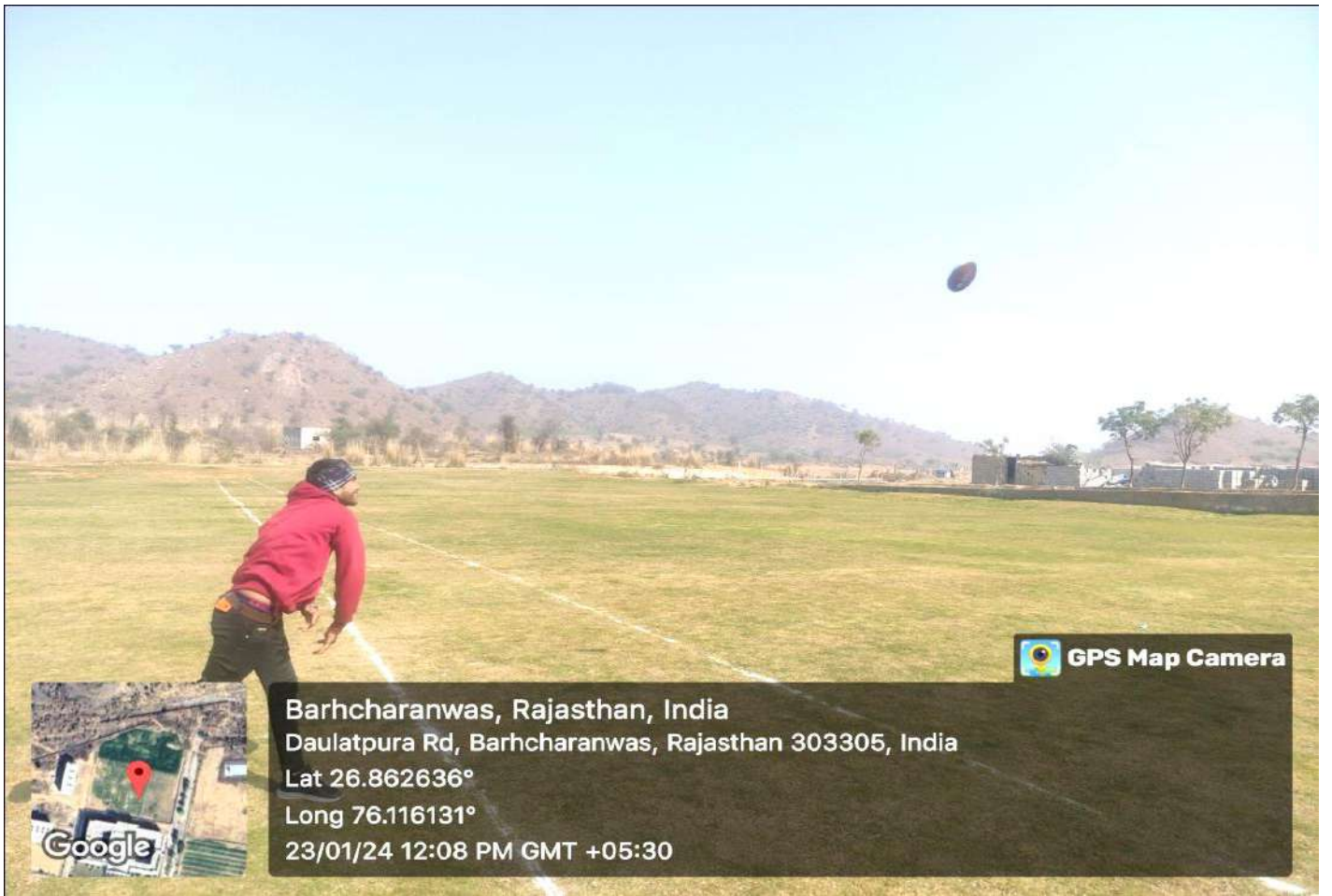
9°C

Unnamed Road, Rajasthan 303305, India

Lat: 26.86 | Long: 76.12

23/01/2024 10:00 am, IST

Tue, 23 Jan



 **GPS Map Camera**



Barhcharanwas, Rajasthan, India
Daulatpura Rd, Barhcharanwas, Rajasthan 303305, India
Lat 26.862636°
Long 76.116131°
23/01/24 12:08 PM GMT +05:30



 **GPS Map Camera**



Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
Lat 26.862596°
Long 76.115943°
23/01/24 12:10 PM GMT +05:30



 **GPS Map Camera**



Barhcharanwas, Rajasthan, India
Daulatpura Rd, Barhcharanwas, Rajasthan 303305, India
Lat 26.862704°
Long 76.11624°
24/01/24 02:48 PM GMT +05:30




 **GPS Map Camera**



Barhcharanwas, Rajasthan, India
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Long 76.116158°
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Barhcharanwas, Rajasthan, India
Daulatpura Rd, Barhcharanwas, Rajasthan 303305, India
Lat 26.862375°
Long 76.116148°
24/01/24 10:06 AM GMT +05:30

 **GPS Map Camera**



Barhcharanwas, Rajasthan, India
Daulatpura Rd, Barhcharanwas, Rajasthan 303305, India
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Long 76.11615°
24/01/24 10:06 AM GMT +05:30

 **GPS Map Camera**



 **GPS Map Camera**



Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
Lat 26.862564°
Long 76.115776°
25/01/24 11:48 AM GMT +05:30



 **GPS Map Camera**



Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
Lat 26.862564°
Long 76.115776°
25/01/24 11:46 AM GMT +05:30



 **GPS Map Camera**



Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
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 **GPS Map Camera**



Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
Lat 26.862564°
Long 76.115776°
25/01/24 11:36 AM GMT +05:30



GPS Map Camera

Jaipur, Rajasthan, India
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Google

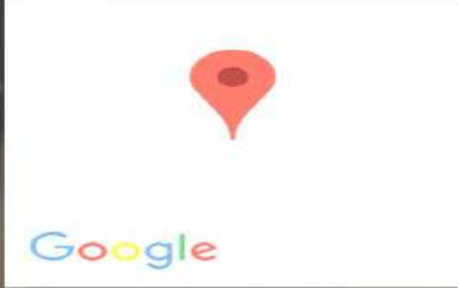


GPS Map Camera

Jaipur, Rajasthan, India
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Google



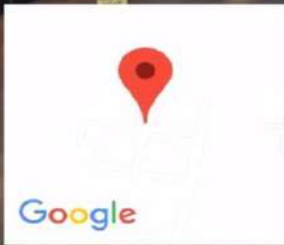
Jaipur Rajasthan India

Unnamed Road, Rajasthan 303305, India

Lat: 26.86 | Long: 76.12

29/01/2024 10:40 am, IST

Mon, 29 Jan



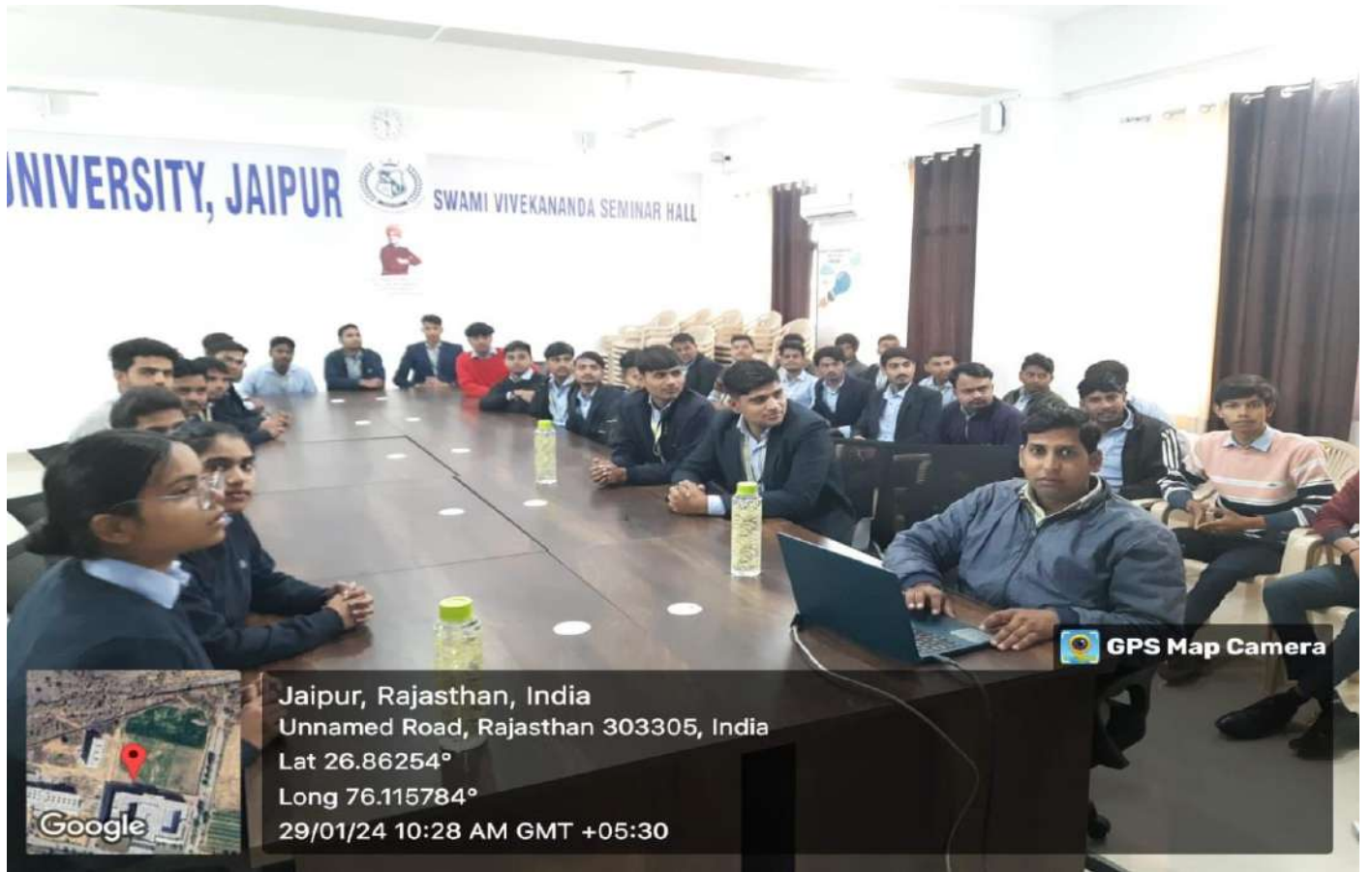
Jaipur Rajasthan India

Unnamed Road, Rajasthan 303305, India

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29/01/2024 10:38 am, IST

Mon, 29 Jan



Jaipur, Rajasthan, India
Unnamed Road, Rajasthan 303305, India
Lat 26.86254°
Long 76.115784°
29/01/24 10:28 AM GMT +05:30

GPS Map Camera





CERTIFICATE OF RECOGNITION

Congratulations to

MEENAKSHI MEENA

For successfully participating in
FIT INDIA WEEK 2023

Ekta Vishnoi
Mission Director, Fit India

#fitnesskidoseaadhagantaro

#fitcampusfitweek



CERTIFICATE OF RECOGNITION

Congratulations to

DR. RAJENDERA KUMAR

For successfully participating in
FIT INDIA WEEK 2023

Ekta Vishnoi
Mission Director, Fit India

#fitnesskidoseaadhagantaro

#fitcampusfitweek





CERTIFICATE OF RECOGNITION

Congratulations to

DR. KRISHANA AGARWAL

For successfully participating in
FIT INDIA WEEK 2023



Ekta Vishnoi
Mission Director, Fit India

#fitnesskidoseaadhagantaro

#fitcampusfitweek

14. Media report: Social media

Report submitted to IQAC by: Dr. Rajendra Kumar