

Fit India Movement 2020

Tezpur University

The Fit India Movement is a movement to take the Nation on a path of fitness and wellness Under the Ministry of Youth Affairs and sports. It provides a unique and exciting opportunity to work towards a healthier India. Tezpur University also observing Fit India Movement 2020 by organizing video streaming online and video blogging contest on the topic on “Fit Body ” which will give hard evidence of physical exercise and its impact on oneself. The visual evidence is going to produce a huge number of testimonials and strong enough to popularize among the student’s community of Tezpur University.

Tezpur University celebration programs on occasion of Fit India Movement 2020

1. Hon’ble Vice Chancellor and Dean Students Welfare will address through the online Video on 29 August at 9:30 am.
2. Followed by physical exercise at home. We have requested to all the Employees and students to perform exercise at their home on 29 August 2020 to mark this celebration in the present situation and share in our Tezpur university Facebook page.

3. Video Blogging Contest.

A) About the event:

To observe the Fit India Movement 2020 on 29 August 2020, this year due to COVID-19 mass gathering would not be possible. So, through Video Blogging contest we can raise awareness and become the active participants of this event. This contest will be open to all the currently enrolled students of Tezpur University. (Pass out students are not allowed to participate)

B) How to apply:

1st Step -- Shot a minimum of 3-minute video of any fitness workout like freehand exercise, aerobic exercise, Jumba etc. following the theme of # Fit Body

2nd Step --Upload a video on Google classroom for registration or also can share on Instagram, Facebook and twitter and make the video public but the link should be sent in google classroom.

3rd Step--like and follow Tezpur University Fitness Club Facebook page and tag the video on our Facebook page also.

<https://www.facebook.com/Tezpur-University-Fitness-Club-111777160535648/>

4th Step—For registration upload video link in google classroom **code kovj2qc** along with WhatsApp number for communication.

C) Categories of the Contest:

Currently enrolled Students in Tezpur University both male and female in one category.

D) Last Date of entry : 28/08/2020 (till 5 pm)

E) Prizes:

i) 1st Prize---Rs.1500/- with certificate.

ii) 2nd Prize---Rs. 1200/- with certificate.

iii) 3rd Prize---Rs. 1000/- with certificate.

And Five consolation prizes with prize money.

Sd/-

(R.R. Singh)

ADPE, T.U