



Action Taken Report for February 2020

Fitness Club

For the efficiency on the part of implementation of "Fit India Campaign" the S. Kula Women's College has reconstituted the existing "Fitness Club SKWC" by adding six members from student on its meeting held on 12 February 2020 with Dr. N. Joykumar Singh on the chair. The Fitness Club has 27 members including ten students, four women teachers, one women non-teaching staff, seven male teacher, five male non-teaching staff. (Enclosed copy)

It has resolved that

1. Non-motorable day inside the campus will be 4th of every month.
2. Meeting of Fitness Club shall be held within first week of every month to finalize the strategy for the work to be done in the ensuing month.
3. In every day 45 minutes shall be Fitness Hour which is in between 12.30 to 1.15 pm. In this regard the following fitness chart shall be implemented and the same will be reflected on the time table.

Fitness hour

Timing 12.30-1.15pm

Days	Events	Venue	In-charge
Monday	Run/Walk/Cycling	Campus	Physical instructor and Sport secretary
Tuesday	Yoga / Meditation	Indoor stadium	Dr. Bhogendra
Wednesday	Aerobic / Dance	Indoor stadium	Ch. Rameshwor & L. Shyam
Thursday	Martial Arts	Indoor stadium	M. Surjit & Dr. W Robindro
Friday	TT/Badminton	Indoor stadium	L. Shyam
Saturday	Gardening	Campus	Physical instructor and Sport secretary

4. The following staff and faculty members will discharge in different capacity in addition to their normal duty.

Dr. L. Sumobala	Programme in charge for Lecture/talk series
Dr. S. Bhogendra	Health Coordinator
Kh. Surjit, Compt. Asst.	Media and information
L. Tomba Khuman	Sports Coordinator

5. Walking / waktlhone on shall be performed 21 February 2020
6. Special Yoga exercise shall be done on 25 February 2020
7. It is also resolved to organize Health Check up Camp on the 27 February 2020 at 10.30 am at the Conference Hall in collaboration with Community Health Centre, Nambol, Manipur.

As such the following activities were in action



Reconstitute of Fitness Club

Discussion on meeting for action plan



Discussion going on for finalizing Action Plan for February 2020 "Fit India Campaign"



Non-motorable day inside the campus 4th February 2020

Walking / waklthrone on 21 February 2020



Special Yoga exercise on 25 February 2020



Badminton and table tennis on 26 February 2020



Badminton




Health Check up Camp on the 27 February 2020



Free laughing trial exercise for mental peace and healthy thought



Date 4 March 2020


(Dr. L. Muhindro)
Nodal Officer, UAMP
SKWC

Office of the Principal
S. KULA WOMEN'S COLLEGE
Nambol, Manipur
COMMITTEE OF FITNESS



Nambol 29th January, 2020

No. SKW-34/1-2020/UGC/UAMP: With the directives of the University Grants Commission notification D.O. No. F.1-54/2019(Website/Fit-India) dated 15 January 2020 for the implementation of "Fit India Campaign" the S. Kula Women's College has also formed a fitness club entitled as "Fitness Club SKWC" on this day the 29th January, 2020 with the following members in different capacity.

1	Dr. N. Joykumar Singh Principal, SKWC	Chairperson
2	Dr. L. Muhindro Head, Dept. Of Human Rights	Nodal Officer, UAMP
3	L. Tomba Singh Assistant Professor, Physical Education	Coordinator
4	M. Surjit Singh Head, Deptt. of Education	Member
5	Dr. S. Bhogendra Singh Head, Deptt. of Sociology	Member
6	Dr. W. Robindro Singh Head, Deptt. of Biotechnology	Member
7	Ch. Rameshwor Singh Prog. Off. NSS, Unit-II	Member
8	S. Chanu Shreela Asst. Prof. Dept. of Home Science	Member
9	Ch. Ritu Devi Asst. Prof. Dept. of Home Science	Member
10	Ak. Sandhyarani Devi Asst. Prof. Dept. of Geography	Member
11	Dr. L. Sumobala Head. Dept. of Food Technology	Member
12	N. Sundari Leima, Lab Asst.	Member
13	L. Kulachandra Singh, Head Clerk	Member
14	M. Biswajeet Meitei, LDC.	Member
15	L. Shyam Singh, Lab Asst.	Member
16	Th. Prameshwor, Lab Asst. Food Tech.	Member
17	Y. Surajkumar Singh, Field Man	Member
18	Konjengbam Sonia, 5 th Sem Human Rights	Member
19	Priya Laishram, 5 th Sem Human Rights	Member
20	N. Seirowna Chanu, 5 th Sem Biotech	Member
21	N. Pusparani, 5 th Sem Geography	Member
22	M. Gangarani, 3 rd Sem	Member
23	Ch. Babina 3 rd Sem	Member
24	Th. Soniya, 3 rd Sem	Member
25	M. Birbala, 3 rd Sem	Member
26	S. Abethoi	Member
27	Th. Geetasana	Member

(Dr. N. Joykumar Singh)
Principal
SKWC