REPORT ON ACTIVITY

FITNESS CHALLENGE 2026

Organized by

Physical Education & Sports Sciences Division

1. Introduction

The Fitness Challenge 2026 was successfully organized by the Physical Education & Sports Sciences Division with the objective of promoting physical fitness, healthy lifestyle practices, mental well-being, discipline, and active participation among students and staff members of the university.

The event served as a platform to encourage the university community towards regular physical activity and fitness-oriented competitive participation. The program reflected the institution's commitment towards holistic education, student wellness, inclusiveness, and community engagement.

The Fitness Challenge 2026 included various fitness-based activities such as Push-Ups, Crunches, and Burpees for both boys and girl's categories. The competition witnessed enthusiastic participation from students, teaching faculty, and non-teaching staff.

2. Objectives of the Event

The major objectives of organizing the Fitness Challenge 2026 were:

- To promote awareness about physical fitness and healthy living.
- To encourage students and staff towards regular exercise and active lifestyles.
- To create a healthy competitive environment within the university campus.
- To enhance physical endurance, strength, discipline, and confidence.
- To support mental wellness through participation in sports and fitness activities.
- To strengthen institutional values related to wellness, teamwork, and inclusivity.

3. Details of the Event

Particulars	Details
Name of the Event:	Fitness Challenge 2026
Event Date:	07th May 2026 04.30pm Onwards
Organizing Department:	Physical Education & Sports Sciences Division
Venue:	Fitness Arena
Participants:	Students, Teaching Staff & Non-Teaching Staff
Activities Conducted:	Push-Ups, Burpees, Crunches
Nature of Event:	Fitness & Wellness Competition
Mode:	Physical / On-Campus


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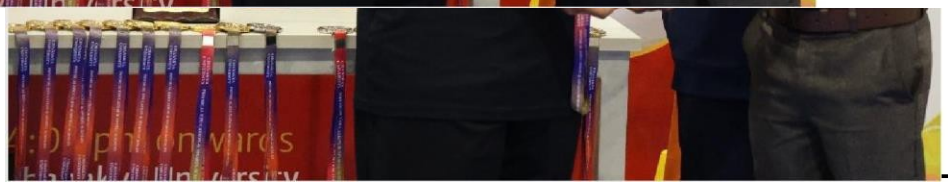


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