



छात्र क्रियाकलाप केन्द्र
मोतीलाल नेहरू राष्ट्रीय प्रौद्योगिकी संस्थान इलाहाबाद
इलाहाबाद-211004 (भारत)

Students Activity Center
Motilal Nehru National Institute of Technology Allahabad
Allahabad-211004 (India)

No: 488 /GYM/SAC/2023

Date:09.11, 2023

FITNESS PLAN (FOR BELOW 35 YEARS OF AGE)				FITNESS PLAN (FOR ABOVE 35 YEARS OF AGE)		
MONDAY Total -15 min.	3 min. normal walk 2 min. jogging	2 min. Loosening 3 min Warming-up	5 min. Selected Yoga	3 min. normal walk 2 min. jogging	2 min. Loosening 3 min Warming-up	5 min. Selected Yoga
TUESDAY Total -25 min.	3 min. normal walk 2 min. jogging 20 m brisk walk 20 m running	loosening stretching jumping	Shuttle run Straddle jump Dips/push-ups Shuttle run	3 min. normal walk 2 min. jogging 200 m brisk walk 10 m running	loosening stretching jumping	Skipping Dynamic exercises in 20 m Selected Yoga
WEDNESDAY Total -30 min.	1 min. normal walk 1 min. jogging 20 m brisk walk 20 m running 20 m sprint 20 m side running	loosening stretching jumping Straddle jump Chin-up	Shuttle run Straddle run Dips/push-ups Swing dips Selected Yoga	2 min. normal walk 2 min. jogging 50 m brisk walk 20 m running	loosening stretching jumping	Throwing & catching ball Medicine ball throw Dynamic exercises in 20 m Relaxing exercises Selected Yoga
THURSDAY Total -30 min.	3 min. jogging 50 m brisk walk 80 m sprint High knee running 10 m	loosening stretching jumping Straddle jump	Dips/push-ups Swing dips Chin-ups Relaxing- Supine & prone	400 m normal walk 10 m brisk walk	stretching loosening	Normal bending exercises Normal rotation of organs Relaxing exercises Selected Yoga
FRIDAY Total -30 min.	200 m walk 10 m shuttle run with 2 repetitions 50 m sprint	loosening stretching jumping Straddle jump	Sledging (for athletes) Relaxing exercises Light weight training Selected Yoga	Raised hand forward walking (50 m) Side hand walking (50 m) 20 m normal hopping	loosening Clapping Stroke exercises Modified push-ups	Throwing & catching ball Medicine ball throw Skipping Selected Yoga
SATURDAY Total -35 min.	20 m both side shuttle run (only for athletes) 20 m sprint with high speed acceleration (crouch start) 10 m Straddle run	loosening Stretching Of all major muscles Spot Jumping (high knee action)	Relaxing exercises (for athletes only) Spot running (High knee) Light weight training with more repetitions Stepping on board (1 & 2 level) Selected Yoga	400 m walk 10 m brisk walk Sitting phase Hand & leg cycling	loosening Bending exercises Strokes of Long breath	Relaxing exercises Rotational exercises Selected Yoga
SUNDAY Total -40 min.	400 m run (in 8 phases) (only for athlete) Sitting position Loosening & stretching 20 m 4 repetitions sprint	Weight training **20 kg. higher intensity 6-8 repetition ** Dragging weight/Sledging **Stepping on board (2 level with light weight)	SUNDAY Total -40 min.	Clapping Stroke exercises, light exercises in Prone & Supine position. Skipping, Normal stepping up & down		

S. P. Verma
Sr. S.A.S. Officer
MNNIT, Prayagraj

V. K. Singh
S. P. Verma
FACULTY IN-CHARGE
MNNIT, ALLAHABAD

P. Singh
PRESIDENT SAC
MNNIT, ALLD

SCHEDULE OF MATCHES FOR FIT INDIA PROGRAM, 2023

SL	EVENT	DATE	TIME	VENUE	COACHES	STUDENTS REPRESENTATIVES	FACULTY TEAM
1	BADMINTON	20.11.2023	6:30 - 8:30 PM	M.P. HALL	MR. P.K. TIWARI	Amrit Raj 20204023 (9771479051)	DR. SARSUJ TRIPATHI
2	TABLE-TENNIS	27.11.2023	6:30 - 8:30 PM	M.P. HALL	MS. DIMPI VISHWAKARMA	Achintya Saxena 20208007 (6239543269)	DR. RAMJI DWIVEDI
3	VOLLEYBALL	21.11.2023	6:30 - 8:30 PM	VOLLEYBALL COURT	MR. AKANT GUPTA	Devansh panda 20204063 (9752948042)	DR. NAVNEET KR. SINGH
4	CRICKET	27.11.2023	9:30 AM-12:30 PM	CRICKET GROUND	MR. YASHWARDHAN U.	Akansha singh 20218020 (9335267017)	DR. NIRAJ CHAUDHARY
5	KHO-KHO	27.11.2023	6:30 - 8:30 PM	KHO-KHO COURT	MR. AKANT GUPTA	Gopal jee 20211012 (6203920695)	DR. KUMARI NIBHA
6	HOCKEY	02.12.2023	9:30 AM-12:30 PM	GYM GROUND	MR. ANJANEY PANDEY	Gauri Mishra 20216038 (9453983505)	PRIVADARSHINI
7	TAEKWONDO	21.11.2023	6:30 PM TO 8:30 PM	GYM GROUND	MR. S.D. YADAV	Vishesh P. Singh 20208131 (6386727140)	DR. RAHUL DEV
8	ATHLETICS	26.11.2023	9:30 AM-12:30 PM	MAIN GROUND	MR. ANJANEY PANDEY	Aditya kumar Singh 20204011 (8601085944)	DR. DEEPAK PUNETHA
9	CYCLING	03.12.2023	7:00 AM-8:00 AM	ACADEMIC CAMPUS	MR. P.K. TIWARI	Abhi Bhaskar 20204003 (7534822849)	DR. ASHUTOSH MISHRA
10	RUN FOR 2 KM	05.12.2023	7:00 AM-8:00 AM	MAIN GROUND	MS. NISHA	Devansh panda 20204063 (9752848042)	DR. VIVEK KR. PATEL
11	KABADDI	28.11.2023	6:30 - 8:30 PM	KABADDI COURT	MR. S.D. YADAV	Akansha singh 20218020 (9335267017)	DR. VIBHUTI BHUSHAN PANDEY
12	BASKETBALL	29.11.2023	6:30 - 8:30 PM	BASKETBALL COURT	MR. ANJANEY PANDEY	Abhi Bhaskar 20204003 (7534822849)	DR. ANUBHAV RAWAT
13	SKATING	22.11.2023	6:30 - 8:30 PM	SKATING	MS. DIMPI VISHWAKARMA	Jyoti 20203072 (9264907652)	DR. V.P. SINGH


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