



J. C. BOSE University of Science and Technology, YMCA, Faridabad

(Established by Haryana State Legislative Act No. 21 of 2009 & Recognized by UGC Act 1956 u/s 22)

Accredited 'A' Grade by NAAC

The 'Eklavya Club' presents a Five Week 'Physical Fitness and Healthy Lifestyle Course'

on



व्यायाम – विचार – व्यवहार Vyayam-Vichar-Vyavhar

May 03, 2021 to June 04, 2021



Objectives:

- Practices for Physical Fitness, Psychology & sports and punctuality for Yoga/Exercises
- Adoption of Vedic Dincharya, Spiritual Attitude and Physical Purity
- Injuries & First Aid training, Sports specificity in Exercises and Meditation

'Opportunity to Learn while doing and excel in Physical Fitness'

Key Competition

- Girls Cardiovascular fitness (Harvard step test) and Partial curl up (2min each)
- Boys Pushups (2 Min) and Basketball throw test (Distance will be measured)

Registration Link: <https://forms.gle/BYWAbEaB2qrtbHTh8>

Last Date May 05, 2021 by 5 PM

Sports In-charge:

Dr. Sunita Koak & Brijender Sharma
Phone: +91-9340427886



Meeting ID: [226 624 2190](https://zoom.us/j/2266242190)
PAWSD: 1AUfYx

Sports Volunteers:

Rishabh & Sahil Gulia, Anjali & Vandana
Ph: 8377888941, 9350140856

Dr. Anurag Prakash
Co-coordinator, Sports

Dr. Shailender Gupta
Coordinator, Sports



Dr. Anuradha Pillai
Deputy Dean - Student Welfare & Program Chair

Prof. Lakhwinder Singh
Dean - Student Welfare & Program Advisor

Organized By:

Dean Student Welfare Office

J. C. Bose University of Science and Technology, YMCA, Faridabad

Email: jboseustsports@gmail.com



व्यायाम – विचार – व्यवहार

| Date/Time Schedule | May 03, 2021 | May 04, 2021 | May 05, 2021 | May 06, 2021 | May 07, 2021 |
|---------------------------------------|---|---|---|---|--|
| Morning Session 7 AM - 8 AM | Warming up Exercise Demonstration (S. Koak) | Yoga asanas Demonstration (Tarun) | Aerobics Videos (S.Koak) | Pranayam Demonstration (Tarun) | Stretching exercises Demonstration (Brijendra) |
| Evening Session 5 PM – 6 PM | Injuries and fracture Videos (Brijendra) | Exercise with partner Demonstration (S. Koak) | First aid Lecture (Brijendra) | Psychology and sports Lecture (S. koak) | Yoga and importance Demonstration (Tarun) |
| Date/Time | May 10 | May 11 | May 12 | May 13 | May 14 |
| Morning Session 7 AM - 8 AM | Zumba Guest | Kitchen Medicatinal hub Kanta (Patanjali) | Pace Run/Sprints Videos (S. koak) | Limbering down Demonstration (S. Koak) | Floor exercise Videos (Brijendra) |
| Evening Session 5 PM – 6 PM | Vedic Dincharya Guest Dr. Urmil (Patanjali) | Training in Sports Videos & Lecture (S. koak) | Elements of Yoga Videos (Tarun) | Bone Injuries Videos (Brijendra) | Promote recovery Lecture (Brijendra) |
| Date/Time | May 17 | May 18 | May 19 | May 20 | May 21 |
| Morning Session 7 AM - 8 AM | Dribbling in basketball Demonstration Caption/player | Table tennis wall practice Demonstration Caption/player | Throw in Football Demonstration Caption/player | Goal Making Demonstration Caption/player | Code of conduct Lecture (S.Koak) |
| Evening Session 5 PM – 6 PM | Spiritual Attitude Videos (Tarun) | Weight control Videos and Lecture (Tarun) | Control on mind and Emotion Videos and Lecture (S. koak) | Flexibility increase Videos (Brijendra) | Physical Purity Lecture (Brijendra) |
| Date/Time | May 24 | May 25 | May 26 | May 27 | May 28 |
| Morning Session 7 AM - 8 AM | Warming up exercise Demonstration (S.Koak) | Yoga asanas Demonstration (Tarun) | Aerobics Videos (S.Koak) | Pranayam Demonstration (Tarun) | Stretching exercises Demonstration (Brijendra) |
| Evening Session 5 PM – 6 PM | Injuries and fracture Videos (Brijendra) | Exercise with Partner Demonstration (S. Koak) | First aid Lecture (Brijendra) | Psychology and Sports Lecture (S.koak) | Yoga and Importance Demonstration (Tarun) |
| Date/Time | May 31 | June 01 | June 02 | June 03 | June 04 |
| Morning Session 7 AM - 8 AM | Smash in Badminton Demonstration Caption/player | Volleyball Service practice Demonstration Caption/player | Types of out in Cricket Demonstration Caption/player | Goal making In Handball Demonstration Caption/player | Code of conduct Lecture (Tarun) |
| Evening Session 5 PM – 6 PM | Spiritual Attitude Videos (Tarun) | Weight control Videos & Lecture (Brijendra) | Control on mind and Emotion Videos & Lecture (S. koak) | Flexibility increase Videos (Brijendra) | Physical Purity Lecture (Brijendra) |