



GAYATRI VIDYAPARISHAD COLLEGE OF ENGINEERING (A)
CENTER FOR FOSTERING SOCIAL RESPONSIBILITY
EMPATHIZE – ENGAGE - EXECUTE - EXCEL



GAYATRI VIDYA PARISHAD COLLEGE OF ENGINEERING (A)
NATIONAL SERVICE SCHEME
NSS UNIT-1 of GVPCE (A)

FITNESS CHALLENGE

On 17th November 2022

From 3:30 pm to 5:00pm



**GAYATRI VIDYA PARISHAD
COLLEGE OF ENGINEERING(A)**

Approved by AICTE, New Delhi and Affiliated to Andhra University
Madhurawada, Visakhapatnam- 530048

NSS-GVPCE(A)
presents
FITNESS CHALLENGE

FITNESS

REGISTER HERE



<https://bit.ly/NSS1-FC2022>

**FREE
REGISTRATION!**

 **17/ 11/ 2022**

 **3:00-5:00 pm**

 **Main Auditorium**

LINGA REDDY : 9949590838

KEERTHI : 9381709193

 **gvpccenss.org**

   **@gvpccenss**



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Activity conducted by	90214307 - Gayatri Vidya Parishad College of Engineering(A) Unit-I, Madhurawada, Visakhapatnam-530 048		
Activity Type	Awareness	Title of the Event	Fitness challenge
Event Date:	17/11/2022		
Volunteers involved	55	Male Volunteers involved: Female Volunteers involved:	25 30
Description	NSS UNIT-1 of GVPCE (A) organized a fitness challenge event. In regarding this Volunteers brought awareness among the students for being fit and healthy and also conducted a quiz competition on healthy diet and a challenge of doing yogasanas.		

On 17th November 2022, NSS Unit-1 of Gayatri Vidya Parishad College of Engineering had organized a Fitness Challenge event in the Main Auditorium in our college from 3:30pm to 5:00pm, with a saying “Get fit with yoga”.



In regarding this all the participants were asked to write a quiz for the first 10 minutes of event where all the questions based on a healthy diet and later they were asked to do the yoga postures for a moment of time as a challenge.



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The event has started with a speech given by one of the male volunteer on the topic, importance of being fit and having a healthy diet in our daily life and also explained about the consequences of not maintaining a proper diet.



After that all the participants were asked to attempt a quick quiz based on the query of maintaining a healthy diet and being fit.





In regarding this all the participants attended were asked to join a group and the quiz link had been sent in that group and they were asked to attempt the quiz within 10 minutes.



After that all the participants were asked to sit in their respective positions and one of the volunteer acted as a mentor for them for explaining how to do the yoga poses and the other showing the way to do it.



The challenge started with a padmasana and then it went on with different asanas like balasana, Trikonasana, Vrukshasana, Garudasana, and other.



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All the participants were given a challenge to stay for 1 minute in the same pose. And for every next posture they had given a couple of second's time gap for them to relax their body and not getting tired.



While doing the fitness challenge the volunteers were asked to make the participants convenient and monitor the performance of them in doing the postures of yogasana.



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The last 5 minutes of challenge has made a bit difficult for them with a plank pose for not limiting the time and the participants were asked to do it as per their convenience.

And then the event had been winded up by doing the “suryanamaskar”.





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Service which is rendered without joy helps neither the servant nor the server.

