

## **Promises From My Side:**

### **1. One week Online Fitness Camp:**

Due to the pandemic, we've not been able to focus on our fitness and physical health. So, as a solution, I'm planning to conduct an online fitness camp, with the support of Prof. Pranab Kumar Sarkar, where the attendees can participate through live sessions. The camp will be for 1 week and will be conducted twice per semester. The camp will be conducted shift-wise having 2 shifts (morning shift and evening shift). It includes diet plans, exercises and much more. The whole camp will be conducted apart from NSO classes.

### **2. The mental health of all athletes:**

This pandemic has hammered most of our motivation to stay fit and healthy. With the help of the Student Welfare Groups, many motivational/meditation sessions can be organized so that students can improve their mental health along with their physical health.

### **3. Live interactive sessions with India's Top Athletes:**

Sometimes all we need is a small boost from a successful personality. As a secretary, using my contacts, I'll be able to arrange live interactive sessions with some of India's top athletes so that they can share their experiences and insights with the student community.