



केन्द्रीय प्रौद्योगिकी संस्थान कोकराझार CENTRAL INSTITUTE OF TECHNOLOGY KOKRAJHAR

Deemed to be University, MHRD, Govt. of India
Kokrajhar, BTAD, Assam 783370

www.cit.ac.in

No. CITK/ Fit India/ 463/ 2020/ 1513

Date: 02/03/2020

CIRCULAR

As a part of the Fit India Programme, A fitness club is hereby constituted in CIT Kokrajhar with the following members;

Faculty and Staff Members

Sl. No.	Name	Designation
1	Ms. Chaitali Brahma	Registrar
2	Dr. Kaushik Chandra Deva Sarma	Assistant Professor, IE
3	Mr. JDH Basumatary	Assistant Professor, HSS
4	Mr. Jeet Dutta	Assistant Professor, IE
5	Mr. Ranjan Patowary	Assistant Professor, IT
6	Ms. Namita Das	Assistant Professor, ECE
7	Ms. Susmita Roy	Assistant Professor, MCD
8	Dr. Prakash Kumar Nayak	Assistant Professor, FET
9	Mr. Shafi Kamal Rahman	Assistant Professor, CE
10	Mr. Prasanta Baruah	Assistant Professor, CSE
11	Mr. Nayanmoni Barman	Junior Technical Superintendent, IT
12	Mr. Meghraj Basumatary	Multi Functional Assistant, Establishment
13	Mr. Rindao Borgoyary	Junior Technical Superintendent, ECE
14	Mr. Bipin Kumar Brahma	Network Administrator, CSE
15	Mr. Phungkha Mushahary	Security Officer

Student Members

Sl. No.	Name	Batch
1	Mr. Srijeet Dutta	CSE, 3rd year
2	Mr. Pritam Das	CE, 2nd year
3	Ms. Deepshikha Boro	IE, 4th year
4	Mr. Tonmay Tamuli	ECE, 1st year
5	Mr. Jiyaul Alom Ahmed	CE, 1st year
6	Mr. Rahul Choudhury	CE, 1st year
7	Mr. Rajdeep Barman	CE, 1st year
8	Mr. Rupam Nath	IT, 2nd year
9	Mr. Kaustav Malakar	ECE, 2nd year
10	Ms. Shreyanshi Kashyap	IE, 2nd year
11	Ms. Debashree Deka	CE, 1st year
12	Ms. Dipsikha Barman	FET, 1st year
13	Ms. Olyshmita Choudhuri	FET, 1st year
14	Mr. James Parasara Rabha	ECE, 3rd year
15	Mr. Jayanta Pegha	IE, 3rd year
16	Mr. Manash Jyoti Gogoi	CAI, 2nd year
17	Ms. Divya Hazarika	B.Des, 2nd year
18	Mr. Juben Basumatary	B.Des, 2nd year
19	Mr. Shiwam Gupta	ECE, 3rd year



(Signature)

(Ms. Chaitali Brahma)
Registrar

Central Institute of Technology
Kokrajhar

[Email: registrar@cit.ac.in & 9435702325 (m)]



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Month wise action plan for Fit India Movement

The month wise action plan is made based on the climatic conditions of the region and interests of major group of people of the region. Equal emphasis is given on yoga, cardiovascular exercises and free hand Exercises			
Months	Activities	Action Plan	
February, 2020 Theme: Healthy heart healthy life	1. Fitness Campaign Activity:	Activity 1: Talk by the Coordinator Activity 2: Use of Non motorized vehicles within the campus and nearby places	
	2. Fitness Regular Activity:	Session	Activities
		6.00AM- 6.20 AM	Cardiovascular Exercise/ Aerobics/ Zhumba
		6.20AM- 6.40 AM	Free hand Exercise
		6.40AM- 7.00 AM	Yoga
	3 Fitness Sporting Activity:	Volleyball Tournament	
	4. Meeting of Fitness club.	February 19, 11.00AM	
	5. Any other Activity.	Cultivation of Seasonal Crops	
March, 2020 Theme: Sleep well wake well	1. Fitness Campaign Activity:	Activity 1: Sports quiz Activity 2: Health check up camp Activity 5: Use of Non motorized vehicles within the campus and nearby places	
	2. Fitness Regular Activity:	Session	Activities
		6.00AM- 6.20 AM	Cardiovascular Exercise/ Aerobics/ Zhumba
		6.20AM- 6.40 AM	Free hand Exercise
		6.40AM- 7.00 AM	Yoga
	3 Fitness Sporting Activity:	Basketball Tournament	
	4. Meeting of Fitness club.	March 30, 4.00PM	
	5. Any other Activity.	Campus cleaning after holy	
April, 2020 Theme: Storm in storm out	1. Fitness Campaign Activity:	Activity 1: Nutrition quiz Activity 2: Talk by nutritionist regarding summer and monsoon diet	
	2. Fitness Regular Activity:	Session	Activities
		6.00AM- 6.20 AM	Cardiovascular Exercise/ Aerobics/ Zhumba
		6.20AM- 6.40 AM	Free hand Exercise
		6.40AM- 7.00 AM	Yoga
	3 Fitness Sporting Activity:	Football Tournament	
	4. Meeting of Fitness club.	April 30, 4.00PM	
	5. Any other Activity.	Traditional dance workshop and competition	



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Months	Activities	Action Plan	
May, 2020 Theme: Welcome heat stay cool	1. Fitness Campaign Activity:	Activity 1: Talk on Seasonal Diseases (Special emphasis on Summer and Monsoon) Activity 2: Talk on workout plan for summer	
	2. Fitness Regular Activity:	Session	Activities
		6.00AM- 6.20 AM	Cardiovascular Exercise/ Aerobics/ Zhumba
		6.20AM- 6.40 AM	Free hand Exercise
		6.40AM- 7.00 AM	Yoga
	3 Fitness Sporting Activity:	Table Tennis Tournament	
	4. Meeting of Fitness club.	May 25, 4.00PM	
	5. Any other Activity.	Plantation in and around the campus	
June, 2020 Theme: Mind fit body fit	1. Fitness Campaign Activity:	Activity 1: Health check up camp Activity 2: Talk on stress management	
	2. Fitness Regular Activity:	Session	Activities
		6.00AM- 6.20 AM	Cardiovascular Exercise/ Aerobics/ Zhumba
		6.20AM- 6.40 AM	Free hand Exercise
		6.40AM- 7.00 AM	Yoga
	3 Fitness Sporting Activity:	Chess Tournament	
	4. Meeting of Fitness club.	June 22, 4.00PM	
	5. Any other Activity.	Plantation in and around the campus	
July, 2020 Theme: Stronger body longer life	1. Fitness Campaign Activity:	Activity 1: Talk on building strength Activity 2: Health check up camp	
	2. Fitness Regular Activity:	Session	Activities
		6.00AM- 6.20 AM	Cardiovascular Exercise/ Aerobics/ Zhumba
		6.20AM- 6.40 AM	Free hand Exercise
		6.40AM- 7.00 AM	Yoga
	3 Fitness Sporting Activity:	Power Lifting Tournament	
	4. Meeting of Fitness club.	July 30, 4.00PM	
	5. Any other Activity.	Plantation in and around the campus	
August, 2020 Theme: Never say die	1. Fitness Campaign Activity:	Activity 1: Talk on muscle endurance Activity 2: Fitness quiz	
	2. Fitness Regular Activity:	Session	Activities
		6.00AM- 6.20 AM	Cardiovascular Exercise/ Aerobics/ Zhumba
		6.20AM- 6.40 AM	Free hand Exercise
		6.40AM- 7.00 AM	Yoga
	3 Fitness Sporting Activity:	Arm Wrestling Tournament	
	4. Meeting of Fitness club.	August 26, 4.00PM	
	5. Any other Activity.	Plantation in and around the campus	



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Months	Activities	Action Plan	
January, 2021 Theme: Beat the cold	1. Fitness Campaign Activity:	Activity 1: Fitness quiz Activity 2: Use of Non motorized vehicles within the campus and nearby places	
	2. Fitness Regular Activity:	Session	Activities
		6.00AM- 6.20 AM	Cardiovascular Exercise/ Aerobics/ Zhumba
		6.20AM- 6.40 AM	Free hand Exercise
		6.40AM- 7.00 AM	Yoga
	3 Fitness Sporting Activity:	Cricket Tournament	
	4. Meeting of Fitness club.	January 25, 4.00PM	
	5. Any other Activity	Cultivation of seasonal crops	



(Ms. Chaitali Brahma)

Registrar

Central Institute of Technology

Kokrajhar

[Email: registrar@cit.ac.in & 9435702325 (m)]