



MMA Jauhar Hall, Jamia Millia Islamia, New Delhi

CELEBRATING 6TH EDITION OF FIT INDIA WEEK-2024

(23-12-2024 to 28-12-2024)

Organizing Team

Prof. Mazhar Asif, Hon. Vice Chancellor, JMI

Prof. Md. Mehtab Alam Rizvi, Registrar, JMI

Prof. Shakeb A. Khan, Provost, JMI

Prof. Mohd. Faisal, Dy. Provost, JMI

Coordinator

Dr. Arunesh Kumar Singh

Event Coordinators

Dr. Mohammad Shoeb

Prof. Azahar Husain

Prof. Akil Ahmad

Prof. Saifur Rehman

Dr. Sayed Shakeel Afsar

Dr. Faiyaz Ahmad

Dr. Khurshid Afaq

Dr. Vasim Akram

Date: 23.12.2024

Inauguration: Venue: - (Common Room Sir A.M.K Hostel)

Welcome Speech: Prof. Mohd. Faisal (Dy. Provost, MMA Jauhar hall)

11:30 A.M.

Inaugural Address: Prof. Shakeb A khan (Provost, MMA Jauhar hall)

11:45 A. M.

Invited talk: “Importance of Fitness”

Prof. Nafees Ahmad , Hony. Director (Games & Sports)

12:00- 1:30 P.M.

Fitness Pledge: All Participants of Fit India Week

1:30 P.M.

Vote of Thanks: Dr. Arunesh K Singh (Coordinator)

1:40 P.M.

EVENTS

Tug of War: Team Sir AMK Hostel, Dr. B.R.A. Hostel & F.R.K. Hostel

2:00 P.M

Venue – (F.R.K Hostel Back Side Lawn)

Judge: Dr. Mohammad Abid (Dy. Director-Games & Sports)

Khokho: Team Sir AMK Hostel, Dr. B.R.A. Hostel & F.R.K. Hostel

4:00 P.M

Venue – (F.R.K Hostel Back Side Lawn)

Judge: Dr. Vasim Ahmad

(Faculty Coordinator: Dr. Mohammad Shoeb)

(Student Coordinator: Mohd. Umar(A.M.K.H), Abu Huraira (A.M.K.H), Laiq

(B.R.A.H), Kashif (F.R.K.H))

Date:24.12.2024

EVENTS

Fun Games: Ball Balance Race,
Lemon Race,
Frog Jump

2:00 P.M

Venue :- (F.R.K Hostel Back Side Lawn)

(Faculty Coordinator: Prof. Azhar Husain)

Pushups: Participants of MMA Jauhar Hall

3:00 P.M

Venue: - (Gym F. R.K Hostel)

(Faculty Coordinator: Dr. Vasim Akram)

(Student Coordinator: Abu Huraira (A.M.K. H), Anas (B.R.A.H), Sunny Chaudhry (F.R.K.H))

Debate Competition: Participants of MMA Jauhar Hall

5:00 P.M

Venue: - (Common Room Sir A.M.K Hostel)

(Faculty Coordinator: Prof. Saifur Rahman, Prof. Azhar Husain, Dr. Syed Shakil Afsar)

(Student Coordinator: Faisal Rahman (A.M.K.H), Quasim Kausar (B.R.A.H), Tanweer (B.R.A.H), Tauqueer (F.R.K. H))

Special Lecture: Fitness for New Gen Learners: Tips & Practices 6:00 P.M.

(Dr. Mohammed Rasheed, D/o Law, JMI)

Venue: - (Common Room Sir A.M.K Hostel)

(Coordinated by Dr. Zakir Hussain Hall, JMI)

Date:27.12.2024

EVENTS

Stretching Exercise: Residents of MMA Jauhar Hall 5:00 P.M

Venue: - (Gym, F. R.K Hostel)

(Faculty Coordinator: Dr. Khurseed Afaq)

(Student Coordinator: Abu Huraira (A.M.K. H), Anas (B.R.A.H), Janme Jaya Tomar (F.R.K. H))

Quiz Competition: Residents of MMA Jauhar Hall 6:00 P.M

Venue: - (Common Room Sir A.M.K Hostel)

(Faculty Coordinator: Dr. Syed Shakil Afsar)

(Faisal Rahman (A.M.K. H), Quasim Kausar (B.R.A. H) , Tanweer (B.R.A.H), Tauqueer (F.R.K.H))

Judge: Prof. Saifur Rahman, Prof. Azhar Husain, Dr. Syed Shakil Afsar

Date: 28.12.2024

EVENTS

Valedictory & Prize Distribution 3:00 P.M.

MMA Jauhar Hall and Dr. Zakir Hussain hall Participants

Venue: Common Hall, Obaidullah Sindhi Hostel, Dr. Zakir Hussain hall