

Rajiv Gandhi University of Knowledge Technologies

R K Valley Campus

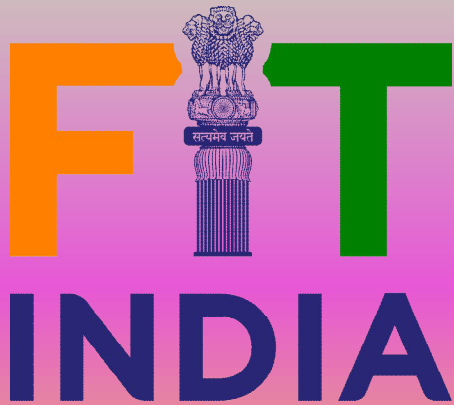
Vempalli (M), Kadapa (Dist), Andhra Pradesh-516330

National Service Scheme (NSS)



Unit-1

Organizes



*State Level
Fitness Challenge
Contest Series - 2020*

10th – 16th September 2020

- E-certificate will be issued to all the eligible participants
- Special Certificate will be issued to the winners.
- ❖ Register on or before 07-09-2020

<https://forms.gle/8jPv5LD8FtidgvAP9>

☐ **Contact**

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General Instructions

- ❖ Registration is free
- ❖ Participants can perform the task(s) on any day(s) from 10th – 16th September 2020 at their convenient place and time.
- ❖ Participants have to upload their video/ photographs of the task(s) performed
- ❖ Google forms will be shared to the registered participants according to the event
- ❖ Decision of the jury will be considered final for the selection of winner of the task

Walking Challenge

- ❖ It is an android app based event.
- ❖ The participants have to install the mentioned app in smart phone which will be used to track the walking distance and time.
- ❖ Participants should cover minimum distance of 5 kilometers.



Yoga Challenge

- ❖ Participants should perform minimum of 5 Yoga Asanas
- ❖ Participants should video record the performance with mentioning the names of Yoga asanas and same should be upload
- ❖ The video should be clear and not more than 10 mins



Family Fitness Challenge

- ❖ Participants should perform minimum of 5 Physical Exercises with family members
- ❖ Photographs of the exercises performed with mentioning the names are to upload as single file
- ❖ Photographs should be clear and file size not be more than 15 MB



Drawing Challenge

- ❖ Participants should hand sketch the drawing related to Fit India Movement theme
- ❖ The drawing should be done on A4 Size paper and clear photograph of the same should be upload
- ❖ File size should not be more than 5 MB



Fitness Design Challenge

- ❖ Participants should design cartoons/logos related to Fit India Movement theme using any software
- ❖ The design should be original and not copied from any other source
- ❖ File size should not be more than 5 MB



Essay / Poem Writing

- ❖ Participants should write essay / poem on **Fitness in today's society**
- ❖ It should be written in either Telugu or English
- ❖ The essay / poem should not be more than 2 pages or 1500 words



Fitness Elocution

- ❖ Participants should speak on **Modern Life Style and Fitness**
- ❖ Participant should voice record their speech either in Telugu or English and same should be upload
- ❖ The audio file should be clear and not be more than 10 minutes



Fit India Quiz

- ❖ Participants should attempt the online quiz
- ❖ Participant should attempt all the questions
- ❖ Should get minimum of 60% score to get certificate



The one who actually succeeds in making himself believe that he is having a good time is the man of splendid physical health

- Swami Vivekananda



Good health for all