

OFFICE OF THE PRINCIPAL, GOVERNMENT COLLEGE, KHERI CHOPTA

NOTICE

Date: 19.09.2026

Subject: Fit India Campaign – Sports & Fitness Session

All the students of the college are hereby informed that the “Fit India Campaign – Sports & Fitness Session” is being organized on dated 21/09/2026 by the Physical Education Department to promote physical fitness, healthy lifestyle, regular exercise, and active participation in sports.

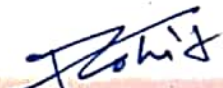
The session will include the following activities:

1. Warm-up and Stretching Exercises
2. Fitness Exercises and Physical Fitness Drills
3. Running and Jogging Activities
4. Sports and Recreational Activities
5. Fitness Awareness and Healthy Lifestyle Session

All students are encouraged to participate actively in the programme and take the Fit India message of “Fitness for All” forward in their daily lives.


Principal

19/09/26


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