



University of Mumbai



University of Mumbai,
Department of Physical Education in collaboration with the
Department of Sports and Physical Education,
organizing



Fit India Week celebration
Under the movement of FIT India



Day & Date	Tuesday 12.12.23	Wednesday 13.12.23	Thursday 14.12.23	Friday 15.12.23	Saturday 16.12.23
5.00 pm to 5.30 pm	Yoga & Meditation	Walking / Running/ Cycling races	Aerobics	Fun Games	Indigenous Games
5.30 pm to 6.00 pm	Recreational Games				

All students, Teaching and Non-Teaching staff are cordially invited to participate in the fitness event

Event Details:

Date: From 12th to 16th December 2023

Venue:- Sports Complex,
Department of Physical Education, University of Mumbai, Kalina



Dr. Manohar M. Mane
Associate Professor & Coordinator
Department of Physical Education

Dr. Mohan Amrule
Director & Convener
Department of Sports & Physical Education

Prof. Vasanthi Kadhiravan
Head & Convener
Department of Physical Education