



# *Photo Album*

**FIT INDIA WEEK  
CELEBRATIONS 2024**

*Published by,*  
**Directorate of Press & Publications, TAU**

# FIT INDIA WEEK DAY 1

The Apollo University celebrates Fit India Week 2024 with enthusiasm and unity from December 26 to December 31, 2024. The week-long event was jointly conducted by the Sports Club and the Yoga and Meditation Club, offering an array of engaging activities to promote health and fitness among students and faculty. The inaugural ceremony set the stage for the week, beginning with an exhilarating basketball match that showcased the students' enthusiasm and sportsmanship on December 26, 2024.





# FIT INDIA WEEK DAY 2

On December 27, 2024, the second day of Fit India Week TAU conducted an interactive yoga session enlightening the participants on the holistic benefits of yoga, emphasizing its role in enhancing physical, mental, and emotional well-being. Attendees actively participated in breathing exercises and yoga postures, concluding the session with meditation. The event highlighted yoga's significance in fostering mindfulness and reducing stress.





28th December  
FIT INDIA PROGRAM  
ACTIVITY: THROWBALL

# FIT INDIA WEEK DAY 3

The third day, December 28, 2024, brought forth an energetic throwball competition, focusing on the importance of fitness, particularly for women, in improving health and emotional resilience. The throwball matches witnessed enthusiastic participation, fostering teamwork and friendly competition while underscoring the importance of staying active.

# FIT INDIA WEEK DAY 4

On December 29, 2024, the spotlight shifted to the traditional sport of kabaddi, with matches held for both boys and girls. The event aimed to encourage students to embrace the physical and mental benefits of this high-energy sport. The event emphasized the role of fitness in overall well-being and applauded the students' participation.





# FIT INDIA WEEK DAY 5

The week culminated on December 31, 2024, with the grand finale—a 2K Run and Walk. The event began with a flag-hoisting ceremony led by the Vice Chancellor, Dr. H Vinod Bhat, who emphasized the importance of dedicating daily time to physical activity. Students and faculty from all departments participated in the 2K Run and Walk, proclaiming a sense of unity and shared commitment to wellness.



# Thank You

