

## Government College for Girls, Taraori (Karnal)

### "Fit India Movement"

Schedule /plan for fitness for college students and Staff

Daily fitness Programme –for 30 minutes to 45 minutes

1. walking , brisk walking, jogging and running etc.

2. clasthenic Exercses(without appratus Exerciers)

3. Aerobic Exercises –long term physical excrises

- like-long running, long time cycling .
- long time swimming and long time playing Exercise /game etc.
- Dancing etc.

4. Anarobic Exercises –short time Exercise

- wind sprints
- gym exercises
- weight lifting and power lifting exercises

5. Circuit training exercises -

- Clasthenic exercises in a circles
- Gym exercises in a circles on various station of gyms .

6. Yogic exercises – cultural and corrective Asanas for stretching and physical efficiency .

- .Relaxative Asanas for the relaxation of the body –like savasanas.
- *Meditative asanas for mental peace etc. like lom- anulom ,*
- Kapalhati and sndi- kiryas ect.
- Pranayam for mental peace and control over the breathing process etc.