

ON THE OCCASION OF,
WORLD FITNESS DAY

ARMY INSTITUTE OF TECHNOLOGY
PRESENTS

“With the new day
comes new strength
and new thoughts.” 

**Open Competition for
both parents and teachers**



chair squats



skipping



vrikshasana



**leg raise
90 degree**



suryanamaskar

**WIN
PRIZE + CERTIFICATES**

For any query you may contact:

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ARMY INSTITUTE OF TECHNOLOGY

WORLD FITNESS DAY (25 SEP)

RULE BOOK

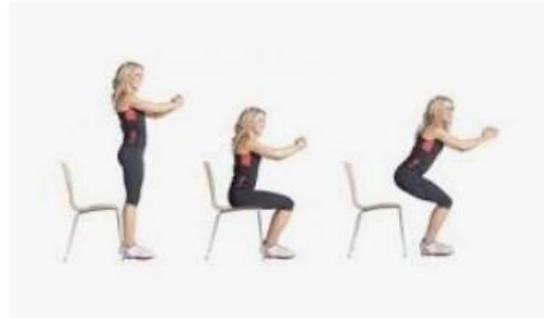
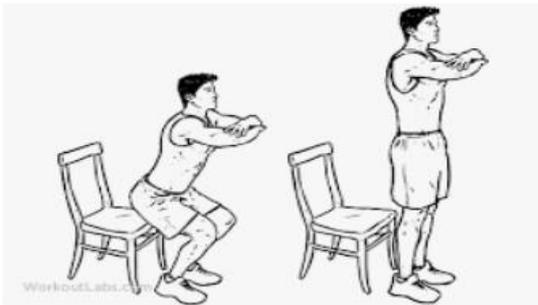


A COMMON OPEN COMPETITION FOR Teachers, Administrative staff and Non-Teaching staff.

EVENT 1: CHAIR SQUATS

TIME: 1 min

- Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes pointing forward.
- Slowly descend by bending your hips back. Keep your chest and head up.
- Touch the chair with your butt then slowly rise back to the starting position.



EVENT 2: LEG RAISE 90 DEGREE

TIME: 1 min

- Lie with your back flat, legs extended with your toe pointing forward, and the hands either by your side or under the hips.
- Slightly bend your legs exhale and raise both the legs until they make a 90-degree angle to the floor.
- Give your best in a time limit of 1 minute.



EVENT 3: SKIPPING

TIME: 1 min

- a) Hold the jump rope in front of you with your hands together and your elbows in close to your body.
- b) Practice a toe catch.
- c) Place the rope behind you and turn the jump rope over your head.
- d) Catch the jump rope under your toes and lift up your heels and let it out from underneath your feet.



EVENT 4: SURYANAMSHKAR

TIME: 1 min

Step 1 (Prayer Pose)

Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet.

Step 2 (Raised Arms pose)

Breathing in, lift the arms up and back, keeping the biceps close to the ears.

Step 3 (Hand to Foot pose)

Breathing out, bend forward from the waist, keeping the spine erect. As you exhale completely, bring the hands down to the floor, beside the feet.

Step 4 (Equestrian pose)

Breathing in, push your right leg back, as far back as possible. Bring the right knee to the floor and look up.

Step 5 (Stick pose)

As you breathe in, take the left leg back and bring the whole body in a straight line and keep your arms perpendicular to the floor.

Step 6 (Saluting with eight points or parts)

Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit. The two hands, two feet, two knees, chest and chin (eight parts of the body) should touch the floor.

Step 7 (Cobra pose)

Slide forward and raise the chest up into the cobra posture. You may keep your elbows bent in this pose, the shoulders away from the ears.

Step 8 (Mountain pose)

Breathing out, lift the hips and the tail bone up, chest downwards in an 'inverted V' (\wedge) posture.

Step 9 (Equestrian pose)



Breathing

As

Breathing in, bring the right foot forward in between the two hands, left knee down to the floor, press the hips down and look up and place the right foot exactly between the two hands and the right calf perpendicular to the floor.

Step 10 (Hand to foot pose)

Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary. Gently straighten the knees and if you can, try and touch your nose to the knees. Keep breathing.

Step 11 (Raised Arms pose)

Breathing in, roll the spine up, hands go up and bend backwards a little bit, pushing the hips slightly outward. Ensure that your biceps are beside your ears.

Step 12

As you exhale, first straighten the body, and then bring the arms down. Relax in this position.

EVENT 5: VRIKSASANA (TREE POSE)

Balance is something many of us take granted, but everyone can benefit from improving it. Balance training exercises strengthen core muscles and improve stability, making you lighter on your feet.

- 1. Stand with 2 inches feet apart.**
- 2. Focus on a point in front. While exhaling, bend the right leg and place the foot on the inside of the left thigh. The heel should be touching the perineum.**
- 3. Inhale and extend the arms up and join the palms in Namaste.**
- 4. In this position continue deep breathing pulling in the tummy muscles and expanding the spine upwards with every exhalation.**
- 5. Stay here as long as you can focusing on one point.**

This is not for 1 minute, you can balance yourself for as much as you can, the one with maximum time balancing will won.

**VRIKSHASANA
THE TREE POSE**



NOTE:

***PARTICIPANT WITH MAX. NUMBER OF COUNTS WILL BE DECLARED WINNER
FOR EACH EVENT PRIZES WILL BE GIVEN TO:***

****WINNER***

****RUNNER UP***

****FOR ANY QUERY FEEL FREE TO CALL –PHYSICAL DIRECTOR : 9689514932***

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