

Health & Fitness Club

Annual Work Plan/Schedule for 2025-26

Month	Activity	Time
June 2025	Club Orientation and Fitness Assessment	First Week
	Yoga Workshop for Beginners	Third Week, 3:00 – 4:30 PM
July 2025	Sports Day: Inter-Departmental Competitions	Mid-Month
	Seminar: “Fitness and Nutrition for a Healthy Life”	Last Friday, 3:00 – 4:30 PM
August 2025	Outdoor Activity: Campus Run and Cycling Event	Second Week
	Plank Challenge and Group Fitness Sessions	Last Friday, 3:00 – 4:30 PM
September 2025	Hiking/Trekking to Local Trails	Mid-Month
	Workshop: Strength Training and Cardio Techniques	Last Friday, 3:00 – 4:30 PM
October 2025	Inter-Collegiate Fitness Competition	Mid-Month
	Meditation and Mindfulness Workshop	Last Friday, 3:00 – 4:30 PM
November 2025	Zumba and Dance Fitness Sessions	Mid-Month
	Fitness Challenges: Push-Ups, Sit-Ups, and Squats	Last Friday, 3:00 – 4:30 PM
December 2025	Annual Fitness Fest: Competitions and Expert Talks	Second Week (Full Day)
January 2026	New Year Fitness Goals Workshop	Mid-Month
	Poster Campaign: “Say No to Sedentary Lifestyles”	Last Friday, 3:00 – 4:30 PM
February 2026	Outdoor Activity: Nature Walk and Yoga	Mid-Month
	Debate: “Fitness Gadgets: Necessity or Trend?”	Last Friday, 3:00 – 4:30 PM
March 2026	Fitness Feedback and Annual Report Presentation	Last Week