



# St. Claret College

AUTONOMOUS | BENGALURU

Accredited with A+ Grade by NAAC | Affiliated to Bangalore University | AICTE Approved

NURTURING VALUES AND EXCELLENCE

## Centre for Sports and Physical Wellness

ORGANISES

# Claret Fit India: 2024-25

02nd - 07th December, 2024

Time: 03:00 PM Onwards



### EVENT

- DAY - 1: FITNESS PLEDGE AND CLARET POWER MAN AND WOMEN, HUMAN CHAIN
- DAY - 2: WALKATHON FOR FACULTY, STAFF AND STUDENTS
- DAY - 3: INDIGENOUS GAME, KHO-KHO
- DAY - 4: YOGA AND MEDITATION FOR WOMEN ONLY
- DAY - 5: TUG OF WAR FOR MAN



Physical Education  
Director  
Dr. Muniraju M. G.

Centre for Sports and Physical Wellness  
Coordinators  
Dr. Asish & Ms. Angelin Roja

Sports Captains  
Mr. Suhan N. K.  
Ms. Priya Rathore