

News of National Sports Day

Fit Nation Campaign – Mumbai- Colaba to Goa-Panaji by Sports Wing

The Sports Wing of R.E.R.F. & Brahma Kumaris Institution plans to organize a campaign titled 'Fit Nation Campaign' from Mumbai - Colaba to Goa - Panaji. The campaign will be launched programme from Mumbai Police Gymkhana-Mumbai on 29th August, 2010 Sunday, which is celebrated as National Sports Day to commemorate the birthday of one of its finest sporting sons, hockey legend Major Dhyan Chand. The aim of the campaign is to generate sports consciousness and fitness awareness and to integrate spiritual and ethical values into the lives of our sportspersons.

This first campaign will cover different places of the Maharashtra and Goa. Its covered 2 States & 15 Citis and 700 k.m. by car namely Colaba, Vashi, Nerul, Panvel, Pune, Satara, Karad, Kolhapur, Kagal, Ahaar, Banda, Savantwadi, Colvel, Mapusa, Panaji etc. The Grand Finale at Goa-Panaji on 4th Sept, 2010.

On National Sports Day 29th Aug, 2010 Grand Inaugural Funcation held at Mumbai Police Gymkhana at 10.00 a.m. B.K. Gaytriben, colaba given the welcome speech. Rajyogini B.K. Shashiben-National Co-orinator Sports Wing Mt. Abu givne Key note Address, B.K. Jagbirbhai H.Q's Co-cordinator Sports Wing given Introdution of Sports wing and Aim of the Campaign, Chief Guest Mr. Subhash Awate (I.P.S.) Add. Director General Of Police (Retd.) Maharashtra State given greetings, Mr. Arjun Nagpal (I.A.S.) Collector of Customs (Retd.) also given greetings.

SNDT Women's University's International Sports girls hold the torch of Light (MASAL) and given to Rajyogini B.K. Shashiben & Chief Guest Mr. Subhash Awate. B. K. Shashiben given the oath to the Guests and participants. Rajyogoni Shashiben Felicitated the International, National & State Leval sports players and coches by Shewl, gifts and Medal. Brother Nageshbhai co-orinater the Medal Cermony programme.

Miss. Linda Dennis- Director Physical Education SNDT Womens University, Mr. Surendra Karkera-Founder Bipin Footbal Tournament, Mr. Ashok Budela- Common Wealth Game Stater and International Olimpan Starter ware present at the Ingural Session. B.K. Girish said few points on Motivatinal Factors in Sports, Sister Usha, Hubli given tips on Pratical Meditation. Programme was conducted by Sister Nandini, Ahmedabad.

End of programme Kumari Karishma perfoumed a beautiful classical dance on sketings and SNDT University's students presented rethmic yogasanas.

The campaign will organize various programs in various places such as sports complexes, stadiums, academies, universities, colleges, schools, health clubs & gyms etc during these days. There will be faculty members of Sports Wing who will take sessions on Mind Power in Sports, The Stress Management, Motivational Factors in Sports, Art of Winning and The Importance of Science of Meditation in Sports etc.