

PHYSICAL FITNESS CIRCUIT

Civil Engineering Consortium (CEC) organized physical fitness circuit event on **February 9th, 2019** in which 85 students participated and the participants were categorized in different weight categories.

A physical fitness circuit consisting of the following circuit exercises;

- Sprint – 100m
- Push-ups - 20
- Burpees – 20
- Plank- 1 minute

Weight class:

<60 kg

60-80 kg

>80kg

The participant with the least circuit timing of all the four exercises amongst all the weight classes was awarded **Rs. 1000**.

The participant with the least circuit timing of all the four exercises amongst their respective weight classes was awarded **Rs. 300**.

Winners;

1) Winner of weight category _below 60 kg - Rohit Nada

2) Winner of weight category _60-80 kg - Abhay

3) Winner of weight category _80 and above –Munish

FACULTY COORDINATORS

Dr.Saurav and Mr. Niraj Parihar

STUDENTS COORDINATORS

CEC Team



Faculty coordinators awarding prizes to winners

PARICIPANTS OF FIRST WEIGHT CATEGORY _below 60 kg





PARTICIPANTS OF SECOND WEIGHT CATEGORY _(60 -80) kg



PARTICIPANTS OF THIRD WEIGHT CATEGORY _above 90 kg



