

Event Details	
Event Name	Competition
Topic	“GET HEADSTRONG, HEALTHSTRONG THE SPORTS WAY” in collaboration with DECATHLON Retail Company
Date	2024 -03 -02 to 2024 -03 -02
Mode	Offline
Organizer Name	Dr.Subodh Saluja and Dr. Reet Kaur
Resource Person	Parveen Kumar Cycling Coach and event manager , Sukhmandeep Singh OSL (Fitness)
No. of Participants	40
SDG No	SDG 3: Good Health and Well-being , SDG 5: Gender Equality , SDG 17: Partnership for the Goals

Objective :

- Promote physical fitness and well-being among students through engaging sports activities .
- Foster a sense of camaraderie and teamwork by providing opportunities for students to participate in team sports like cricket and football .
- Enhance mental resilience and concentration skills through activities such as archery , requiring focus and precision .
- Provide a platform for students to showcase their athletic talents and develop leadership skills in a competitive yet supportive environment .

Description :

"Get Headstrong , Healthstrong the Sports Way" is a dynamic sports event curated for undergraduate students of Chitkara Business School , in partnership with DECATHLON Retail Company . This collaborative effort aims to foster physical fitness , mental fortitude , and a sense of community among the students . The event boasts an array of sports activities , catering to diverse interests and skill sets . From the fast-paced action of cricket and football to the precision and focus demanded by archery , participants are spoiled for choice . Cricket enthusiasts revel in the excitement of bat and ball , showcasing their batting , bowling , and fielding prowess on the pitch . Football aficionados engage in thrilling matches , strategizing , dribbling , and scoring goals to clinch victory for their teams . Meanwhile , archery enthusiasts hone their concentration and aim as they draw their bows , aiming for bullseyes and perfecting their technique under expert guidance . DECATHLON's collaboration adds a professional edge to the event , providing access to top-quality sports equipment and resources , elevating the overall experience for participants . Beyond the thrill of competition , "Get Headstrong , Healthstrong the Sports Way" fosters a spirit of sportsmanship , teamwork , and camaraderie among the students . It serves as a platform for personal growth , instilling values of discipline , resilience , and leadership for students also improves their physical well-being .

Outcomes :

- Improved physical health and fitness levels among participating students due to regular engagement in sports activities .
- Enhanced social connections and teamwork skills as students collaborate and interact with peers during team sports like cricket and football .

UG Programs Chitkara Business School

- Increased mental focus and concentration abilities developed through the practice of precision sports like archery .
- Enhanced leadership skills among participants as they take on roles such as team captains or organizers .



Students group picture with faculty



Guest and faculty group photo



Felicitation Ceremony



Pictures from the ground - 1



Pictures from the ground -2



Pictures from the ground -3