



ANONATHAN

REVAMP (FROM OCT 2024)

12 MONTHS 12 CHALLENGES



FOR >>>>>>>>>>>

- ***STUDENTS***
- ***PARENTS***
- ***TEACHERS***

>>> **Yearly Program (12 Challenges)**

>>> **Monthly Medals and Certificates for Junior and Senior Category Winners.**

>>> **Special Awards for Parents & Teachers**

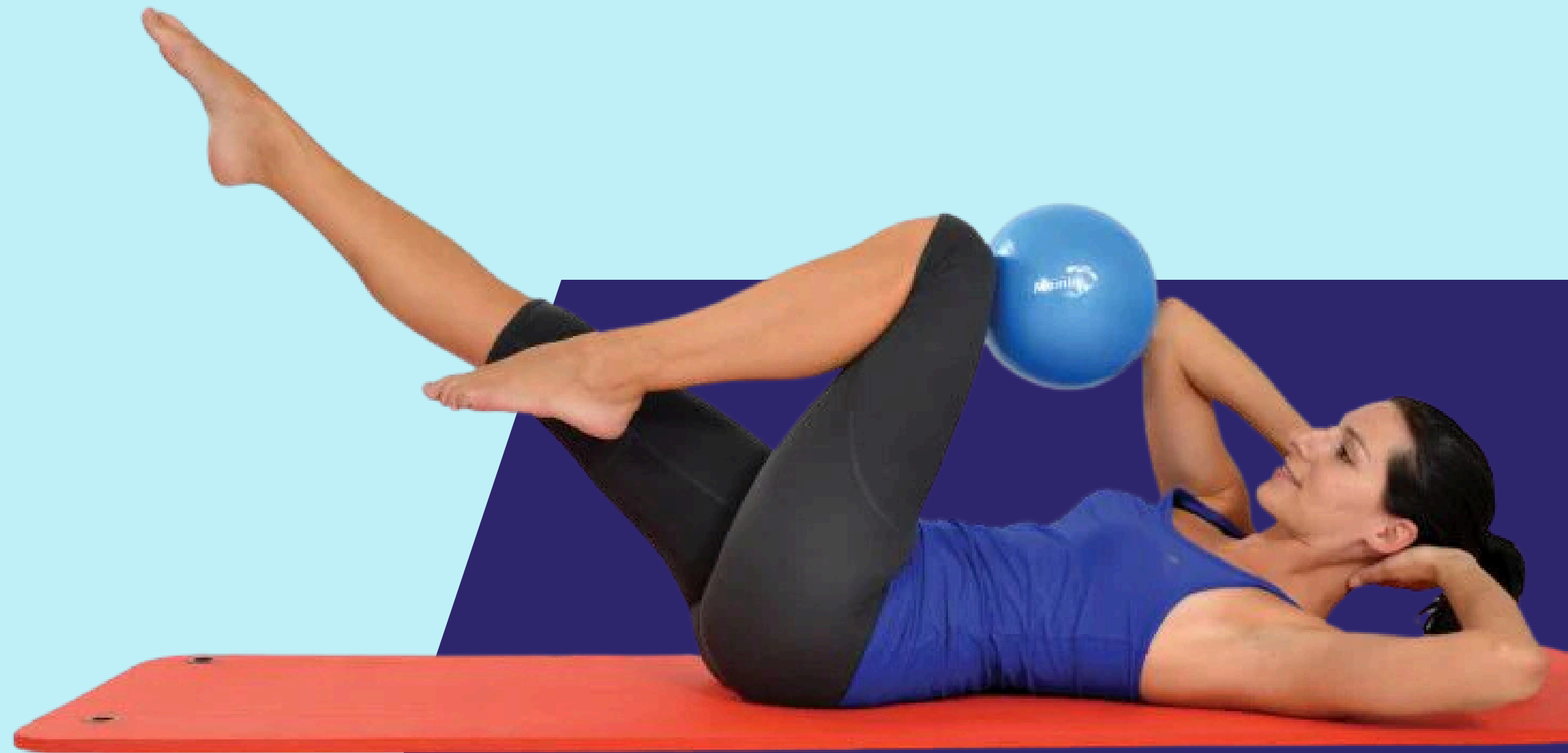
>>> **Anonathan of the Month & Anonathan of the Year**



EXERCISE WITH BALL



JANUARY





EXERCISE WITH CHAIR



FEBRUARY



EXERCISE WITH PILLOW



MARCH



EXERCISE WITH STICK



APRIL



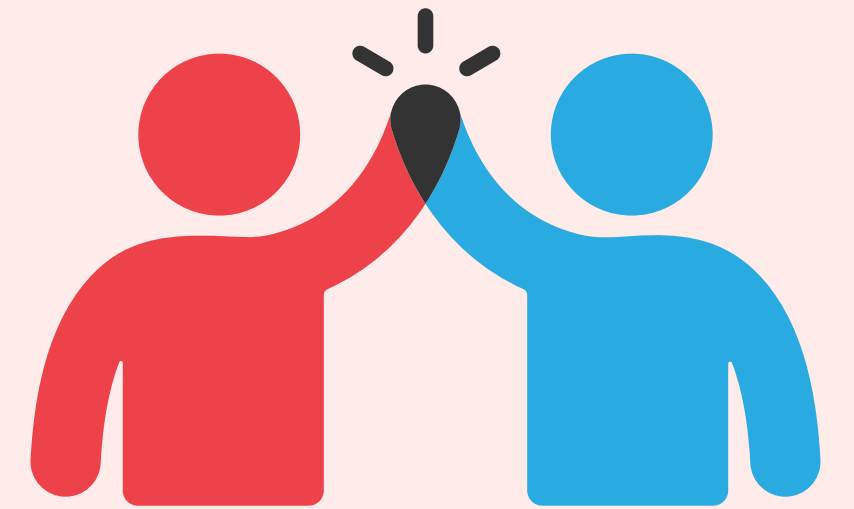
EXERCISE WITH BOTTLE



MAY



EXERCISE WITH PARTNER



JUNE



TABATA WORKOUT



JULY





EXERCISE WITH ROLLING PIN



AUGUST



EXERCISE WITH SCARF



SEPTEMBER



FLOOR EXERCISES



OCTOBER



WALL EXERCISES

NOVEMBER



ANIMAL WALK EXERCISES



DECEMBER



MONTHLY YOUTUBE LIVE TRAININGS



 On the First Saturday of Every Month @7:00 PM

OUR TRAINERS



Dr. Arti Girdhar



Amarjeet Kaur



Sapna Gupta



Anita Mahapatra



Swastika Jaiswal

MEET OUR ANONATHAN WINNERS...



MEET OUR ANONATHAN WINNERS...



MEET OUR ANONATHAN WINNERS...



MEET OUR ANONATHAN WINNERS...



ANONATHAN OF THE YEAR

Abhilasha
(2023)



Raghav Gupta
(2023)



Ayaan Sachdeva
(2023)



Harshika
(2024)



Utkarsh Tiwari
(2024)



Anonathan Challenge (Sample Form)

anonglobalfoundation@gmail.com [Switch account](#)

The name and photo associated with your Google account will be recorded when you upload files and submit this form. Your email is not part of your response.

* Required

Name *

Your answer

Age *

Your answer

School/College Name *

Your answer

Email ID *

Your answer

SAMPLE OF GOOGLE FORM



HOW DO WE MONITOR:-

- Keep a record of your everyday workout and maintain it in your diary (date & duration).
- Make videos to support your routine.
- Regularity and sincerity in attending the Anonathan meetings.
- Your perseverance in taking up multiple challenges will add to your credit
- Your inspiring stories can also add credit to your score.

HOW TO QUALIFY FOR AWARD:-

- We will be sharing Google Form link after each challenge.
- The data should be uploaded on the Google Form within the scheduled time.
- It is mandatory to attend YouTube Live Training.

1

MONTHLY COMMITMENT

2

YEARLY COMMITMENT

3

THREE YEARS COMMITMENT

4

FIVE YEARS COMMITMENT

LEVELS

IF INTERESTED:  ***8448408644***

For More Details, Visit:-



anonathan_fitness



*Anonathan:
Fitness for Life*

