



ASSAM UNIVERSITY, SILCHAR

Celebration of 'FIT INDIA WEEK'

(5th to 9th December, 2023)

NOTIFICATION

As a part of the Fit India Movement, UGC has directed to celebrate 'Fit India Week' in Universities and Colleges for 4-6 days. As per the approval of the competent authority, Assam University Sports Board shall organize the following events to celebrate the 'Fit India Week' during **5-9 December, 2023**. In this regard, all the Students of Assam University, Silchar are requested to participate and compete in the following events:

Date	Names of the Sports Events (For Both Male and Female)	Coordinators for the events
5 th December, 2023	Mini Marathon from Sports ground to University main gate and back to sports field Time: 7:30 AM	1. Dr Rajesh Aldarhi (M-9435315465) 2. Dr Ajita Tiwari (M-7002511709)
	100m Race Time: 10 am onwards	3. Dr Biswa Ranjan Roy (M-9435673134)
	Relay Race(4*100m) Time: 10 am onwards	
	Long Jump Time: 10 am onwards	
	Essay Competition (Theme: Fit India Movement: Join the fitness revolution , transform India) Within 1000 words Last date of entry 5th December 2023 within 11.55pm to be sent in pdf format to deputydir_sports@aus.ac.in
6 th December, 2023	1500m Race Time: 10 am onwards	1. Dr Arnab Paul (M- 9435883233)
	Discuss Throw Time: 10 am onwards	2. Mr. Anupam Choudhury (M- 8486057293)
	Shot Put Time: 10 am onwards	3. Ms. Phyllis Panme (M- 9401340920)
	Javelin Throw Time: 10 am onwards	

7th December, 2023	Basketball(Department wise Team) Time: 10 am onwards	1.Dr Lalzo S. Thangtom (M- 8812931084)
	Volleyball(Department wise Team) Time: 10 am onwards	2. Dr. Rajesh Aldarhi (M- 9435315465) 3.Mr. R. D. Rabha (M- 9707018193)
8th December, 2023	Yoga demonstration(10 am onwards)	1. Dr. Himadri Sekhar Das (M- 9435176013)
	Essay Competition Prize Distribution	2. Dr. Ajita Tiwari (M- 9401820938)

All the participants (Students) of Assam University are requested to fill up the Google form for participation and need to enroll their names within 4th December 2023. The Google form link is given below:

<https://forms.gle/XpUXcZb4ZLojqVdb9>

Sd/-

Secretary, Sports Board
Assam University, Silchar

Sd/-

Director, Sports Board
Assam University, Silchar

No. AU/SPE/208/19

Date: 28-11-2023

Copy for kind information and wide circulation to:

1. PS to VC for kind information of the Hon'ble Vice Chancellor
2. All Deans for kind information
3. Registrar / Finance Officer/COE /Librarian for kind information
4. HODs of all Departments with a request to publish this notification in their Departmental Notice Board and for sending the students for participation.
5. Director, IQAC
6. Director, Computer Centre with a request to upload the same in the University Website
7. PRO with a request for wide publication
8. All other officers
9. DSW / Proctor
10. Wardens of Ladies Hostels – 1, 2, 3, 4, 5 & 6 and Gents Hostels – 1, 2, 3, 4 & 5 with a request to publish this notification in their respective hostel Notice Board
11. Security & Vigilance Officer
12. President, General Secretary & Secretary, Sports – AU Students Union

Sd/-

Secretary, Sports Board
Assam University, Silchar