



ASSAM UNIVERSITY, SILCHAR

Celebration of 'FIT INDIA WEEK'

(10th to 13th December, 2024)

NOTIFICATION

As per directive of UGC, Sports Board, Assam University Silchar shall celebrate 'Fit India Week' 2024-25. As per the approval of the competent authority, Assam University Sports Board shall organize the following events to celebrate the 'Fit India Week' during 10th to 13th December, 2024. 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
10 th December, 2024	Mini Marathon from Sports ground to University main gate and back to sports ground (Male & Female) Time: 7:30 AM	1. Prof. Himadri Sekhar Das. (M- 7002836376)
	100m Race (Male & Female) Time: 10 am onwards	2. Dr Ajita Tiwari (M- 7002511709)
	Relay Race(4*100m) (Male & Female) Time: 10 am onwards	3. Dr Rajesh Aldarathi (M-9435315465)
	Long Jump (Male & Female) Time: 10 am onwards	4. Mr. Anupam Choudhury (M- 8486057293)
		5. Mr. Amit Uraon (M- 9531041639)
11 th December, 2024	1500m Race (Male & Female) Time: 10 am onwards	1. Dr Arnab Paul (M- 9435883233)
	Discuss Throw (Male & Female) Time: 10 am onwards	2. Ms. Phyllis Panme (M- 9401340920)
	Shot Put (Male & Female) Time: 10 am onwards	3. Manjit Singha (M- 9435084348)
	Javelin Throw (Male & Female) Time: 10 am onwards	4. Dr Lalzo S. Thangjom (M- 8812931084)
		5. Dr. Bishwa Ranjan Roy (M- 7002816218)
12 th December, 2024	Volleyball(Department wise Team for both Male and Female) Time: 10 am onwards	1. Ms. Phyllis Panme (M- 9401340920)

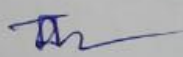
	<p>Poster making Competition A3 size (any medium)</p> <p>Theme: Fit India-Empowering Wellness and Healthy Lifestyle</p> <p>Posters may be created by the participants' own materials and submitted by the interested students within 12.12.2024.</p> <p>For submission of posters contact Thakur Hrishiraj Singh, Sports Secretary, AUSU(6001402578) or Deep Jyoti Deuri Research Scholar of Social Work Deptt (8638927773)</p>	<p>2. Manjit Singha (M- 9435084348)</p> <p>3. Mr. Amit Uraon (M- 9531041639)</p> <p>4. Dr. Raj Kumar Majinder</p> <p>5. Dr. Saday Chandra Das</p> <p>6. Dr Debasish Chakraborty</p>
13 th December, 2024	<p>Yoga demonstration(10 am onwards)</p> <p>Prize Distribution</p>	1. Dr Ajita Tiwari

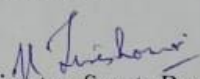
Students Coordinator: Thakur Hrishiraj Singh(Sports Secretary), Pragyat Jyoti Baruah(CSE), Deep Jyoti Deuri (Social Work), Nabajit Deka(Law), Stephen Ronghi (Social Work), Nissan Singha (English).

All the participants (Students) of Assam University are requested to fill up the Google form or enroll their names to the Sports Board Office, Assam University Silchar for participation and need to enroll their names within 9th December 2024 till 3 PM. The Google form link is given below:

<https://forms.gle/C8QyXqdXqv4e1NaW6>

Note: No enrollment of Students shall be accepted after the due date.


Secretary, Sports Board
Assam University, Silchar

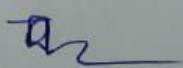

Director, Sports Board
Assam University, Silchar

No. AU/SPE/208/19

Date: 06-12-2024

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


Secretary, Sports Board
Assam University, Silchar