

FIT INDIA CAMPAIGN

Institutional Fitness Plan for Sikkim University 2019-20

MONTH	EVENTS	DURATION	VENUE	REMARKS
OCTOBER 2019	1. TABLE TENNIS	3 DAYS	CAUVERY HALL	INTER-DEPARTMENTAL (Open to SU staff)
	2. CHESS	2 DAYS	CAUVERY HALL	INDIVIDUAL (Open to SU staff)
NOVEMBER 2019	3. BADMINTON	3 DAYS	NBBDC AUDITORIUM	INTER-DEPARTMENTAL (Open to SU staff)
	4. TREKKING (KANCHENDZONG A BASE CAMP)	9 DAYS	NORTH SIKKIM	INDIVIDUAL
JANUARY 2020	5. BASIC COURSE IN SKIING	15 DAYS	EAST SIKKIM	INDIVIDUAL
	OR BASIC COURSE IN PARAGLIDING	1 WEEK	RESHITHANG, GANGTOK	INDIVIDUAL
	OR ADVENTURE CAMP	2 WEEKS	IHCAE, SOUTH SIKKIM	INDIVIDUAL
MARCH 2020	6. VOLLEYBALL	3 DAYS	SMU COMPLEX	INTER-DEPARTMENTAL (Open to SU staff)
	7. BASKETBALL	3 DAYS	BAHAI SCHOOL COURT	INTER-DEPARTMENTAL (Open to SU staff)
APRIL 2020	8. FOOTBALL	1 WEEK	PALJOR STADIUM, GANGTOK	INTER-DEPARTMENTAL (Open to SU staff)
	9. CRICKET	1 WEEK	RESHITHANG, GANGTOK	INTER-DEPARTMENTAL (Open to SU staff)

*The date of the events shall be communicated by Dr. Jigmie Wanchuk Bhutia, Coordinator, Sports, Sikkim University