



तेजपुर विश्वविद्यालय / TEZPUR UNIVERSITY

(संसद के अधिनियम द्वारा स्थापित केंद्रीय विश्वविद्यालय)

(A Central University established by an Act of Parliament)

संकाय अध्यक्ष, छात्र कल्याण का कार्यालय / OFFICE OF THE DEAN, STUDENT'S WELFARE

नपााम:: तेजपुर :: असम / Napaam :: Tezpur -784028:: Assam

NOTIFICATION

26-07-2021

This is notified to all the faculty, non-teaching staff and students that sports office is going to start an **Online Fitness Program** from 28th July 2021, time 07: 00 AM to 08:00 AM as Gymnasium and sports facilities are closed due to lockdown. Interested university community can join this program.

Registration link: google classroom code **mdefx3i**

About The Program:

In this program, we try to teach imparted for people above 15+ years, about exercise techniques like calisthenics, Strength training exercise, Cardio endurance exercise, Flexibility exercise and Meditation etc. The duration of session is 60 minutes. The program will be continuing till the opening of the Gymnasium and sports facilities. This program can be attended by all the community of Tezpur University.

As the program is to be conducted online in google meet and it is to mention here that on successful registration by the participants in google classroom with Name, department, office section, WhatsApp number and email id. It is a free registration. And certain pre-preparation instructions of the course are given below:

Preparation required before session:

1. Empty stomach before the session.
2. Loose-fitting dress or comfortable dress for exercise is preferable.
3. A bottle of water could be useful.
4. Little arrangement for lying down on mat/towel needed.
5. Participants should take a medical fit certificate from T.U Medical Officer.

Issued with due approval.

Sd/-

(R.R Singh)

Asstt. Director Physical Education.

Memo No. TU/DSW/Notice/16-F.07/ 1106-A

Date:26-07-2021

Copy for information to:

1. Pro Vice Chancellor, Tezpur University
2. Registrar, Tezpur University
3. Finance Officer, Tezpur University
4. CoE, Tezpur University
5. All Deans, Tezpur University
6. ADSW (S), Tezpur University
7. ADSW (C&L), Tezpur University
8. All Head of Department.
9. Secretary to the Vice Chancellor, TU for kind information of the Vice Chancellor
10. Office file.

(R.R Singh)