

**FITNESS PLAN: MONTH WISE THEMATIC ACTIVITIES FOR THE CALENDAR
YEAR 2020 – IISER THIRUVANANTHAPURAM**

| MONTH | THEME | ACTIVITY |
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| JANUARY 2020 | Intra-institute competitions | <p>Competitions in Football, Cricket and Badminton (there were 7 teams: Academic Batches 2020 to 2015, PhD students, aculty+Staff)</p> <p>IISER Cricket League (ICL), IISER Badminton League (IBL) and IISER Football League.</p> <p align="center">RESULTS:</p> <p>A. Winners Badminton: Batch 2017 B. Football: Batch 15 & Batch 16 reached finals C. Cricket: Macros & supernovas reached semi-finals</p> <p>Other Activities:</p> <ul style="list-style-type: none"> • Our institute team participated in the Tholicode Panchayat under-20 one day volleyball tournament. • Regularly conducting Yoga classes for Students Staff and Faculties. • A talk has been arranged to stay healthy on campus. <p>Topic : Safe food & Healthy Living.</p> <p>Speaker: Dr. Benny P.V, Professor & HOD Community Medicine, Sree Gokulam Medical College, Trivandrum</p> |

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| FEBRUARY 2020 | Intra-institute competitions - Native Indian games | Intra institutional competitions will be conducted in the Native Indian games Kadaddi and Kho-Kho. There will be 7 teams participating in the events. Completion of other competitions which was started in January 2020 |
| MARCH 2020 | Walking, Running and allied activities | Intra-institute competition in long distance running - Vithura Run 2020 Athletics team of the institute will have regular cross country races up to Vithura as a workout (Saturdays). Students will participate in "Sport Kerala Marathon" on March 22 as part of sports for all and Health for all programmes. |
| APRIL 2020 | Throwing and Jumping event competitions | Competitions will take place in the events of Shot put, Javelin Throw, Discus Throw, Long Jump and Triple Jump. Skill learning for throwing and jumping events will be carried out during this month. |
| MAY 2020 | Quiz competitions and Talks by external experts | The IISER Thiruvananthapuram Students Sports Council will organize a Quiz competition on Sports events. Additionally, we will invite experts from nearby institutions to talk to the students about fitness |
| JUNE 2020 | Yoga | This month will focus on promotion of Yoga 1. Yoga camp for faculty and Students 2. International Yoga Day Celebration on June 21 3. Yoga competition |
| JULY 2020 | Healthy eating | Promotion of healthy eating Complete ban Junk Food in institute canteens during this month Talk by external nutrition expert on healthy eating. |

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| AUGUST 2020 | Welcome Tournament | <p>The new academic batch (Batch 2020). The institute organizes 'Welcome Tournaments' in many sports events like Football, Cricket, Badminton and table Tennis</p> <p>OTHER Activities: One talk by external expert regarding the Sports Injury management.</p> |
| SEPT 2020 | Martial Arts | <p>Camps will be organized to expose students to the health benefits of martial arts and providing awareness of self-defense techniques. These will include</p> <ul style="list-style-type: none"> • Karate • Kalaripayattu |
| OCTOBER 2020 | Annual IISER Thiruvanthapuram Annual Sports Meet (ITSAV) | <p>Each year, our institute organizes our Annual Sports Meet (ITSAV). All the athletic events and games will be conducted to select the best sports persons for each team.</p> <p>On the basis of ITSAV the team selection will be done for the coming Inter IISER Sports Meet.</p> |
| NOVEMBER 2020 | Inter-IISER Sports Meet Training | <p>The main focus will be on Intensive training in all sports events that will be part of the Inter-IISER Sports Meet (IISM 2020).</p> <p>Coaches will be hired for training in specific events. Although these coaches will focus on the IISM 2020 participants, they will also train the general student population on campus</p> |
| DECEMBER 2020 | Inter-IISER Sports Meet Participation | <p>Training for participation in Inter-IISER Sports Meet (IISM 2020). This is the semester break and most of the students will not be on campus. The students selected for the IISM 2020 will train intensively during the first two weeks, and travel to the host institute to participate in the gala event</p> |