



MIZORAM UNIVERSITY
SPORTS DEPARTMENT
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F.No 1-22/MZU/SP/20


Dated Aizawl, 12th Feb2020

Fitness Action Plan, Mizoram University

Month	Activity Plan	Venue
Dec 2019 Theme of the Month	<ol style="list-style-type: none"> 1. Running/Walking and low to moderate intensive exercise including recreational games. Special emphasize on cardio-respiratory endurance development. 2. Running/Walking Moderate to high intensive free hand exercise including recreational games. Special emphasize on health related fitness components development. 3. Training Program of Mizoram University Table Tennis (M) Team to participate All India Inter University Tournament, Organised by SRM University Chennai, Tamilnadu. 4. Training Program of the University Women Football Team to participate All India Inter University Tournament. 5. Participation in All India Inter University Table Tennis (M) Tournament, Organised by SRM University Chennai, Tamilnadu during 25th to 27th Dec 2019. 	Time: 6am – 8am & 3pm – 5pm 45 minutes for each group. Free game time 5pm to 7pm. Venue: Basketball Court, Multipurpose hall, Futsal Ground near SSS.
January 2020	<ol style="list-style-type: none"> 1. Continuation of Exercise program of December with Special emphasize on conditional ability development of students. 2. Free game time 5pm to 7pm. 3. Participation in All India Inter University Football (W) Tournament during 9th to 12th Jan 2020 at KIIT, Bhubaneswar, Orissa. 4. Formation of Fitness Club 	Do Bhubaneswar, Orrisa Sports Dept., MZU
February 2020	<ol style="list-style-type: none"> 1. Fitness Club Meeting on 4th Feb.2020 2. Continuation of Exercise program with Special emphasize on conditional ability development of students. 3. Basic skill of Football, Volleyball & Hockey(Participants are allowed to select one game as per their own choice) 4. Basic Health Checkup program during 13th -14th February, at Kendriya Vidyalaya, MZU campus. 5. Formation and Training of MZUSC Teams for participation in 18th Annual Sports 2019-20. 	Do Kendriya Vidyalaya, MZU Campus

	6. Football- 13 th & 14 th February 2020, Cricket- 15 th Feb, Basketball (M)- 17 th & 18 th Feb, Volleyball(W)- 17 th & 18 th Feb., Table Tennis (M)- 19 th Feb, Badminton (M& W) – 21 st Feb., Athletics (M) 22 nd Feb. Chess- 24 th Feb. 7. Training of All the teams during 25 th February to 20 th March. 2020 8. Participation in Khelo India University Game 2020 (Table Tennis -M) 22 nd Feb to 1 st March 2020.	Tanhril, M. Hall, MZU, Bhubaneswar, Orissa
March, 2020	1. Regular Exercise program.(endurance training program) 2. Fitness Club Meeting 4 th March 2020 3. 18 th Annual Sports Meet of Mizoram University – 1 st Phase during 11 th to 13 th March 4. 18 th Annual Sports Meet of the University - 2 nd Phase during 23 rd to 27 th March, 2020. 5. Canvassing to Ban of sale Junk food with the Campus. 6. Fitness Campaign program (department wise 16 th to 20 th March) 7. Health Checkup camp- 30 th and 31 st March.	Thenzawl, Mizoram Different Indoor stadium and Playground of Aizawl
April, 2020	1. Regular Exercise program.(strength-endurance training program) 2. Fitness Club Meeting 3 rd April, 2020 3. Inter Departmental Sports on Football (Men and Women) for University staff & Teacher during 3 rd week of April. 4. Canvassing to Ban of sale Junk food with the Campus 16 th and 17 th April. 5. Fitness Campaign program (department wise 2 nd week of April) 6. Health Checkup camp- 29 th & 30 th April. 7. Inter action Program with students on health issues in the present context during 27 th & 28 th April. 8. Non Vehicle day 2 nd day of the 2 nd week.	MZU Football Ground Sports Dept MZU Football ground
May 2020	1. Regular Exercise program.(Volleyball training program for university kids and students) 2. Fitness Club Meeting 4 th May, 2020. 3. Inter Departmental Sports on Badminton (Men and Women) for University staff & Teacher during 3 rd week of May. 4. Canvassing to Ban of sale Junk food with the Campus. 5. Fitness Campaign program (department wise 2 nd week of May) 6. Health Checkup camp- 28 th & 29 th May. 7. Preparation of state level Sports.	MZU Football Ground Sports Dept MZU Football ground
June 2020	1. Regular Exercise program. 2. Fitness Club Meeting 5 th June, 2020. 3. Inter Departmental Sports on Volleyball (Men and Women) for University staff & Teacher during 3 rd week of May.	MZU Football Ground Sports Dept MZU Football ground

	4. Health Checkup camp- 25 th & 26 th June. 5. Preparation of state level Sports.	
July 2020	1. Regular Exercise program. 2. Fitness Club Meeting 3 rd July, 2020. 3. Health Checkup camp- 30 th & 31 st July.	do
August, 2020	1. Regular Exercise program 2. Fitness Club Meeting 3 rd July, 2020. 3. Health Checkup camp- 30 th & 31 st July. 4. Other activity (depending on AIU Sports Calendar.)	Do
Sept – Oct2020	1. Regular Exercise program 2. Fitness Club Meeting 1 st October, 2020. 3. Health Checkup camp- 28 th & 29 th Oct. 4. East Zone Inter University Tournament participation. 5. Selection Trial, formation & training of MZU Teams in different discipline(Football, Volleyball, Badminton, Hockey, Table Tennis, Judo, Boxing, Taekwondo)	do
Nov.2020	1. Regular Exercise program 2. Fitness Club Meeting 2 nd Nov, 2020. 3. Health Checkup camp- 26 th & 27 th Nov. 4. East Zone & All India Participation.	do
Dec 2020	1. Regular Exercise program 2. Fitness Club Meeting 1 st Dec, 2020. 3. Health Checkup camp- 28 th & 29 th Dec. 4. East Zone & All India Participation.	do
Jan 2021	1. Regular Exercise program 2. Fitness Club Meeting 4 th Jan, 2021. 3. National sports participation	do
Feb 2021	1. Regular Exercise program 2. Fitness Club Meeting 4 th Jan, 2021. 3. National sports participation	do



Chairman, MZU Fitness Club