



SPORTS SECTION

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No. ACTIVY/42/2025-SPORTS-GU/FitIndia/4320

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Date: 21/08/2026

CIRCULAR

Sub: National Sports Day 2026 - Campus Fitness Challenge

In connection with National Sports Day 2026, being celebrated under the theme “Khelega Bharat, Jeetega Bharat”, Goa University will organise a Campus Fitness Challenge for students of the on-campus schools and Teaching and Non-Teaching Staff.

Date: 28th August 2026 ; Time: 2:00 p.m. onwards

Venue: Silver Jubilee Hall, Goa University

The following fitness activities will be conducted:

1. Partial Curl-Up - 1 Minute
2. Push-Ups (Male) / Modified Push-Ups (Female) - 1 Minute
3. Squats - 1 Minute
4. Rope Skipping - 1 Minute

Competition & Awards

The competition will be conducted separately for Men and Women. The Top Three participants in each category will be awarded Trophies.

The final ranking will be determined based on the cumulative score across all four events.

All interested students and staff members are requested to register through the Online Registration Form using the link given below:

Registration Link: <https://forms.gle/AraC7vaPUKh5h75u7>

Last Date for registration: 27/08/2026 by 11:00 a.m.

All are encouraged to participate enthusiastically and make the National Sports Day 2026 celebration a successful campus-wide fitness initiative.

For any clarification or further details, the University Sports Section may be contacted.

This is issued with the approval of the higher authority.

(Mr. Balachandra B. Jadar)
Member Secretary, Sports Council,
University Asst. Director of Phy. Edn. & Sports,
Goa University

- To:
1. Deans of Schools, Goa University - With a request to display on the Student Notice Board
 2. Director, DSW, Goa University
 3. All Teaching and Non-Teaching Staff, Goa University
 4. A.R. Office of the Vice-Chancellor, Goa University
 5. P.A. Office of the Registrar, Goa University