



शारीरिक शिक्षा एवं खेल निदेशालय
Directorate of Physical Education & Sports

सं./No.MANUU/DPE&S/2026-2027/1080

दिनांक / Date:20.08.2026

परिपत्र / CIRCULAR

Commencement of Practice Sessions for Employees Sports Activities

It has been observed that a number of employees show interest in participating in various Games & sports, Yoga and the fitness activities. In order to encourage greater participation, improve fitness and enhance the performance of employees, it has been decided to commence regular practice sessions on a daily basis, from Monday to Friday, commencing at 05:30 PM.

Accordingly, all interested employees are requested to participate in the practice sessions for their respective Games & sports, Yoga and the fitness activities.

Regular practice will not only help employees prepare better for performance evaluations but will also contribute towards maintaining physical fitness & healthy life style.

All concerned are, therefore, requested to register their names at the Directorate of Physical Education & Sports.

Calicut
20/8/26

Deputy Director
Directorate of Physical Education & Sports

Copy to:

1. O/o the Hon'ble Vice Chancellor
2. O/o the Registrar
3. The Chairman (GSC)
4. The Director, CIT to upload on the University website