



## Sports Activity & Physical Education

### 1. Introduction

At Sikkim Skill University (SSU), we believe that *education and physical fitness go hand in hand*. The University promotes sports and physical education as an essential part of the holistic development of students. SSU's Sports Department encourages participation in sports and games to nurture teamwork, leadership, discipline, and perseverance among learners.

The University's sports culture reflects its motto — "*Skill, Strength, and Spirit*" — empowering students to maintain a healthy mind in a healthy body while pursuing academic and professional excellence.

### 2. Objectives

The Sports and Physical Education Cell of SSU aims to:

- Promote **physical fitness, wellness, and teamwork** among students.
- Identify and nurture **talented athletes and sports persons**.
- Encourage students to participate in **inter-college, state, and national level competitions**.
- Develop **sports infrastructure and facilities** on the campus.
- Organize regular **sports events, tournaments, and training camps**.
- Instill the spirit of **sportsmanship, fair play, and discipline**.

### 3. Sports Infrastructure and Facilities

Sikkim Skill University is developing modern sports facilities that cater to both indoor and outdoor games.

**Facilities include:**

- Multipurpose **sports ground** for cricket, football, and athletics
- **Volleyball, basketball, and badminton courts**
- **Gymnasium and fitness center** with modern equipment
- **Yoga and meditation center** promoting mental and physical well-being
- **Indoor sports hall** for table tennis, chess, and carrom
- Dedicated space for **mountain trekking, adventure sports, and eco-tourism activities**, aligned with Sikkim's natural environment

### 4. Sports Activities and Events

SSU conducts a range of sporting events and programs throughout the year, fostering healthy competition and camaraderie among students.

Major activities include:





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- **Annual Sports Meet – “Skill Olympiad”**
- **Inter-departmental tournaments** (football, cricket, volleyball, basketball, badminton, athletics, etc.)
- **Inter-University and State-Level Sports Participation** under the Sikkim University Sports Council
- **Adventure & Skill-Based Sports Camps** (rock climbing, trekking, mountain biking, etc.)
- **Yoga and Wellness Week** for students and staff
- **Skill Fit Challenge** – a unique blend of fitness and skill-based competitions
- **Women’s Sports Festival** to promote inclusivity and gender equality in sports

## 5. Sports Scholarships & Recognition

Sikkim Skill University provides **special incentives and scholarships** to students excelling in sports.

Benefits include:

- **Sports quota in admissions** (as per University norms)
- **Fee concessions or rewards** for outstanding athletes
- **Certificates and trophies** awarded during annual functions
- **Representation in state, zonal, and national level events** under the University banner

## 6. Collaboration & Outreach

The University collaborates with:

- **Sikkim State Sports Department**
- **National Skill Development Corporation (NSDC)** for skill-based sports programs
- **Sikkim Olympic Association and AIU (Association of Indian Universities)**
- **Local sports academies and NGOs** promoting youth sports engagement

SSU also plans to establish a “**Center for Sports Excellence and Fitness Management**” to offer certificate and diploma courses in sports management, physiotherapy, and physical education.

## 7. Future Vision (2025–2030)

Sikkim Skill University envisions:

- Building a **state-of-the-art sports complex** with residential training facilities
- Introducing **skill-based sports education programs**
- Hosting **North-East Skill Games & Sports Festival** annually
- Encouraging **eco-friendly sports and adventure tourism initiatives**
- Establishing a **digital sports performance lab** for athlete tracking and analytics





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## 8. Conclusion

Sports at Sikkim Skill University are not just about competition — they are about **character, resilience, and lifelong fitness**. The University continues to nurture an environment where every student can explore their sporting potential and contribute to the pride of Sikkim and the nation.

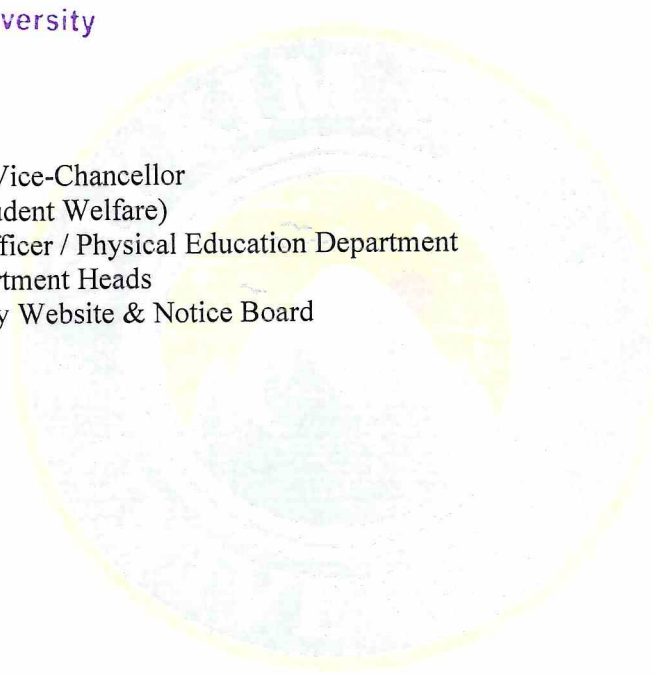
Thanks & Regards,

  
(Registrar)  
Sikkim Skill University  
Sikkim Skill University  
Sikkim



### Copy to:

- Hon'ble Vice-Chancellor
- Dean (Student Welfare)
- Sports Officer / Physical Education Department
- All Department Heads
- University Website & Notice Board



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