

## IISER Berhampur Sports & Yoga Activities Calendar

S.NO.	MONTH	THEME	SPORTS & YOGA ACTIVITIES
1.	January	<b>“Fitness ka Dose Aadha Ghanta Roz”</b>	<b>Dump Your Rump:</b> Regular fitness exercises Cycling/Running/Jogging & Online yoga sessions
2.	February	<b>“Hustle for Muscle”</b>	<b>All Sweat No Rest:</b> Regular resistance exercises & Online yoga sessions
3.	March	<b>The Spirit of Sports</b>	IISER Berhampur Annual Sports Fest “LAKSHYA” for students & staff
4.	April	<b>Cross Fit IISER</b>	<b>Guts to Dust:</b> High Intensity Training challenges. Regular Sports & Games practice sessions
5.	May	<b>Healthy Body Healthy Life</b>	<b>Can’t Stop Won’t Stop:</b> Regular fitness exercises. Regular Sports & Games practice sessions
6.	June	<b>Yoga Mahotsav</b>	Workshop/Webinar on Yoga. International Day of Yoga Celebration with various yoga related activities
7.	July	<b>“Keep Calm and Pedal On”</b>	<b>Choose to Lose:</b> 21K Cyclothon. Regular Sports & Games practice sessions
8.	August	<b>National Sports Day</b>	Indoor & outdoor games for students & staff. Regular Sports & Games practice sessions
9.	September	<b>“Health is Wealth”</b>	<b>Thin it to Win it:</b> Promotion of cardiovascular endurance activities. “Walk Your Way to Fitness” 14-day fitness challenge
10.	October	<b>Run for Unity</b>	5k Marathon dedicated to Sardar Vallabhbhai Patel. Regular Sports & Games practice sessions
11.	November	<b>Steps to a stress-free life</b>	5k Walkathon. Regular Sports & Games practice sessions
12.	December	<b>Game On!</b>	Inter IISER sports meet (IISM) Sports & Games practice sessions