



Directorate of Students' Welfare
Guru Gobind Singh Indraprastha University
(A State University established by the Government of NCT of Delhi)
Sector 16-C, Dwarka, New Delhi 110078 www.ipu.ac.in



F. No. GGSIPU/DSW/Sports/2024/ 417

Dated: 29/07/24

GUIDELINES FOR HEALTHY DIET FOR SPORTS TRAINING CAMPS

1. The Directorate of Students' Welfare, GGSIP University organizes sports activities every year with the objective of overall development of students (both male and female) enrolled in the University School of Studies/Centre and Affiliated Institutions and also to facilitate their participation in sports competitions at the AIU/Zonal/State/National Tournaments in the following games:

- i. Football
- ii. Volleyball
- iii. Basketball
- iv. Cricket
- v. Badminton
- vi. Tennis
- vii. Table Tennis
- viii. Body Building & Power Lifting
- ix. Cross Country Race
- x. Athletics
- xi. Yoga
- xii. Kabaddi
- xiii. Tug of War
- xiv. Weight Lifting
- xv. Floor Ball
- xvi. Karate
- xvii. Taekwondo
- xviii. Archery
- xix. Rope Skipping
- xx. Chess
- xxi. Shooting
- xxii. Any other game


2. The scheme is for providing Healthy Diet (during the days of the training camp) for the regular students of the University who have been selected in the Team for the participation in different AIU/Zonal/State/National Tournaments organized across the country from time to time so that they can participate in sports competitions with full dedication, mindfulness, courage and enthusiasm.

3. For providing healthy refreshment for the students during the camps for the selected team of the university for participation in the AIU/Zonal/State/National Tournaments across the country from time to time, an amount of Rs.100/- (Rupees One Hundred Only) per player per day is permissible for a maximum period of two weeks before the start of the competition. The arrangements for the refreshments/diet will be made by the Directorate of Students' Welfare.


(Prof. Manpreet Kaur Kang)
Director, Students' Welfare

Copy to:

1. All Deans/Directors, USS/Centres & Principal/Director of Affiliated Institutes, GGSIPU.
2. Controller of Finance, GGSIPU.
3. Head, UITS with a request to upload the same on the University website.
4. AR to Vice Chancellor for kind information of the Hon'ble Vice Chancellor.
5. AR to Registrar for kind information of the Registrar.
6. Guard File.


(Surinder Singh)
Section Officer, SW