



SMCPT SIKKIM
MANIPAL
UNIVERSITY
SIKKIM MANIPAL COLLEGE OF PHYSIOTHERAPY



TAFISA
The Association For International Sport for All

SMCPT

invites you to take part in



TAFISA
WORLD WALKING DAY

Join the Global movement
on

4th OCT 2020

Time :10am

Tag us
#smcptworldwalkingday
#worldwalkingday





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WORLD WALKING DAY 4th OCTOBER 2020

Join the Global Movement and Inspire Your Community

As due to COVID 19 mass event is not possible but that shouldn't be stopping us from celebrating

Global Sport for all movement for TAFISA World Walking Day.

The relay will take place on **Sunday, 4th October** and create a wave around the world.

HOW TO PARTICIPATE

Steps to participate in World Walking Day 2020:

1. Tell your network and community

As soon as you decide to take part, share with your network and social media- don't forget the hashtags **#worldwalkingday**, **#smcptworldwalkingday** – and let everyone know that you're a part of the Global Sport for all movement.

2. Invite others to take part

Inform your federations, members, families and friends and encourage them to take part in the movement.

3. Choose your favorite outdoor activity and make it happen

Pick your favorite physical activity – walking, cycling, running, climbing up stairs or something else – gather your friends, family and co-workers and join the relay. The distance can be big or small. The only rule is that it must take place from **10am on Sunday 4th October 2020**. Please follow your government's guidelines on social gatherings.

4. Document your day

We are keen to hear from you. Please take photos and videos and post them on social media (**Instagram and Facebook**) tagging **#worldwalkingday**, **#smcptworldwalkingday** and you can email us at – **rashmi_201606033@smims.smu.edu.in**

5. Pass the baton

- Make a video of yourself for other participants, while being active and passing the baton (Template and DIY instructions available on the links provided) from the right to the left hand side.
- In the same video after you've given away the baton stop your activity for a second and tell us who you're passing the baton for – whether in the name of a loved one, for your favorite cause or to support something important to you. Simply say, “**On World Walking Day, I'm passing the baton for**” and fill in the rest of the sentence.
- Share your videos on social media or send them to us via email.

Links:

DIY Baton Template ([PDF](#))

How to make Baton ([YouTube](#))

How to pass the Baton ([YouTube](#))

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Facebook – [Sikkim Manipal College of Physiotherapy](#)

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