

Sports Activities

Session 2018-19

| S.No. | Sports Activities | Dates |
|--------------|--|---------------------------------|
| 1. | Sports Conditioning Programme | 10 August'2017 to 2 August'2018 |
| 2. | Sports practice for Aerobics, Athletics, Badminton, Basketball, Chess, Table Tennis, Kho-Kho, Volleyball, and yoga. | 06 August to till session end. |
| 3. | Inter Department Tournament in Aerobics, Athletics, Badminton, Basketball, Chess, Table Tennis, Kho-Kho, Volleyball, Taekwondo and yoga. | 10-14 September'2018 |
| 4. | SPARDHAA- the sports fest | 17-18 January'2019 |
| 5. | Inter Department March Past | 17 January'2019 |
| 6. | The community sports activities are 50 Mtrs Race, Shot Put, Long Jump, Three Legged race, Sac Race and Relay Race organised during sports festival. | 17-18 January'2019 |
| 7. | Highlight of this year's Fest was the participation by members of transgender community as a part of Project Pehchaan initiated by our college society Enactus which works for empowerment of the transgender through skill enhancement so as to bring them in mainstream. They participated in certain events including Surya Namaskar in the opening ceremony to demonstrate the importance of yoga in day-to-day life. There was also participation by underprivileged children from the nearby slum areas in collaboration with NSS. College students also displayed Aerobic show and gave Yoga demonstration to promote fitness among students. | 17 January'2019 |