

Sports Activities

Session 2021-22

S.No	Name Of The Event/Activity	Date of event/activity (DD/MM/YYYY)
1	Fit India: Virtual Run	15-16 August,2021
2	Inter-Department -Chess Competition	5-6 January,2022
3	Inter-Department -Yoga Competition	5-6 January,2022
4	Inter-Department -Aerobics Competition	11-12 January,2022
5	Certificate Course In Therapeutic Yoga	17 Jan to 19 Feb,2022
6	Spardhaa'22-The Sports Festival (Inter-College Competition)	26-27 February,2022
7	Aerobics Women	26 February,2022
8	Rhythmic Yoga	26 February,2022
9	Yoga- Men, Women And Transgender	26 February,2022
10	Skipping Women	26 February,2022
11	Plank Women	26 February,2022
12	Chess Women	27 February,2022
13	Pushups (Men)	27 February,2022
14	Surya Namaskar	27 February,2022
15	Friendly Cricket Match Between Teaching And Non-Teaching Staff	28 April,2022
16	Badminton Match For Teachers And Non-Teaching Staff	12-13 May, 2022
17	Chess Competition For Teachers And Non-Teaching Staff	12-13 May, 2022
18	Celebration Of International Yoga Day	21-Jun-22
19	Yoga Competition For Teachers And Non-Teaching Staff	12-13 May, 2022
20	Table Tennis Match For Teachers And Non-Teaching Staff	12-13 May, 2022
21	Sports Quiz Competition	16-Jun-2022
22	Sports Quiz On The Occasion National Sports Day	29-Aug-2022
23	Meditation- A Way Of Balanced Life (Workshop)	19-Sep-2022
24	Mental Health Awareness Week	12-Oct-2022
25	Vigilance Awareness Session	17-Oct-2022
26	Oath Ceremony On Child Marriage Free India	17-Oct-2022
27	Open Gym Inauguration Ceremony	19-Oct-2022
28	75 Crore Suryanamaskar	22 Jan-11 Feb 2022
29	Unity Run'22	31-Oct-2022
30	Unity Pledge Taking Ceremony	31-Oct-2022
31	Delhi University Sports Quota Kho-Kho Trials	4-Nov-2022
32	Inter Department Tournament	
33	Cricket Match For Teaching And Non Teaching	28-Dec-2022
34	Competitions In Badminton, Table Tennis, Volleyball And Chess For	10-12 May 2022