

New Year Greetings!!

The Department of Physical Education & Sport Sciences of Shaheed Rajguru College of Applied Sciences for Women is organizing its 2nd Annual Inter-College Sports festival "SPARDHAA" on 18-19 January 2018 in the college premises. "SPARDHAA" which signifies competition would serve as a significant platform for the participants to exhibit their sports talent, leadership and comradery besides others.

Spardhaa is an annual event introduced in the college since 2017. Last year, around 700 students from 25 colleges of Delhi University and other colleges from surrounding areas had participated in this gala event.

This fest include following Events:-

1. Yoga -

(i) Rhythmic pair yoga (Mixed)

(ii) Non - Rhythmic yoga (Women)

2. Aerobics (Women)

3. Badminton (Men & Women)

4. Volleyball (Women)

5. Kho-Kho (Women)

6. Table tennis (Men & Women)

7. Tug of war (Men & Women)

7. Inter College Para Sports (M & W) -

(i) Chess

(ii) Carom board

NOTE: - Registration will be online. Links are given below.

Early confirmation in this regard will be appreciated with details on the enclosed Performa latest by 12 January, 2018. There is no entry fee for participation. The general rules for the competition are also attached.

LINKS:

For registrations and Rules, Please go through the links below.

1. *For yoga*

<https://goo.gl/forms/1UqRkm3djXgA7wGm2>

2. *For Aerobics*

<https://goo.gl/forms/BLfjVAAkCXsaGD8j1>

3. *For Badminton*

<https://goo.gl/forms/CySk30jsZXmuC0Cn2>

4. *For Volleyball*

<https://goo.gl/forms/2IRGzhvht9I6hCq2>

5. *For Table tennis*

<https://goo.gl/forms/kc6hS6IBQCWb2PFv1>

6. *For kho - kho*

<https://goo.gl/forms/F3zQcxctxXd5xZSH2>

7. *For Tug of war*

<https://goo.gl/forms/QfjEwhYMBM7Cp2vB2>

7. *Chess*

<https://goo.gl/forms/lgGqltVxz7HnnE4n1>

8. *Carrom*

<https://goo.gl/forms/UxbgNXRvGLdoUKJS2>

Last date for Registration is 12th January 2018.