



शहीद राजगुरु कॉलेज ऑफ एप्लाइड साइंसेस फॉर वुमैन  
SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN

(दिल्ली विश्वविद्यालय)

वसुंधरा एनक्लेव (चिल्ला स्पोर्ट्स कॉम्प्लेक्स के पास)

दिल्ली-110096

दूरभाष : 22623503, 22623505

दूरभाष/फैक्स : 22623504

Vasundhara Enclave (Adjoining Chilla Sports Complex)

Delhi-110096

Phone(s) : 22623503, 22623505

Phone/Fax : 22623504

www.rajgurucollege.com

संदर्भ सं./Ref. No. SRCASW/.....

दिनांक/Date.....7 January, 2019

## NOTICE

Department of Physical Education & NSS Unit of SRCASW along with IQAC is organizing Disaster Management Training cum Sanitization Programme under the Disaster Risk Management Programme (DRMP) with motive to sensitize and create awareness about various aspects of Disaster Management.

All students and staff members (Teaching & Non-teaching) are requested to attend the same.

**Date: 8 January, 2019**

**Time: 1 p.m. - 4 p.m.**

**Venue: Amphitheatre.**

(Dr. Bimla Pawar)  
(Assistant Professor,  
Phy. Edu. & Sports)

(Ms. Sanjana Monga)  
(PO, NSS)

(Dr. Payal Mago)  
(Principal)



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संदर्भ सं./Ref. No. SRCASW/.....

दिनांक/Date..... 08/08/2019

### SPORTS NOTICE

The Department of Physical Education and Sports already started 'CERTIFICATE COURSE IN FOUNDATION OF YOGASANA' from 6<sup>th</sup> August 2019 from 7:30 a.m. to 9:00 a.m. every day (Monday – Friday).

On request of staff members and students, a second batch will start from 13<sup>th</sup> August 2019 at 4: 00 p.m. to 5:30 p.m. every day (Monday – Friday).

Taikwando practice will also be held from 13<sup>th</sup> August 2019 at 4: 00 p.m. to 5:30 p.m. every day (Monday – Friday).

All students and staff members who wish to join the above activities may please give their names to Ms. Bharti Rana (9958704381) or Dr. Bimla Pawar, Assistant Professor, Physical Education & Sports (9810224259) latest by 12<sup>th</sup> August 2019.

(Dr. Bimla Pawar)  
Assistant Professor

(Dr. Payal Mago)  
Principal





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संदर्भ सं./Ref. No. SRCASW/.....

दिनांक/Date... 08/08/2019

**SPORTS NOTICE**

Sports Practice for different games has already started every morning in the college ground. It is mandatory for all sports students to attend the same. Their attendance will be counted.

A College Aerobics, Athletics, Badminton, Basketball, Chess, Table Tennis, Kho-Kho, Volleyball and Taekwondo Teams will be raised to take part in the upcoming Delhi University Inter College Tournament at University of Delhi, Delhi. Interested non-sports students who wish to be the part of college team can contact in the Sports Gymnasium from 7:30 a.m. onwards (Monday to Friday)

(Dr. Bimla Pawar)  
Assist. Professor  
Physical Education & Sports

(Dr. Payal Mago)  
Principal







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संदर्भ सं./Ref. No. SRCASW/.....

दिनांक/Date...21/08/2019

**SPORTS NOTICE**

21 August, 2019

The Department of Physical Education & Sports Sciences is going to start Inter Department Tournament in the following sports:

S.No	Sports	Date of Competition	Time	Venue
1.	Aerobics	02-03 September, 2019	7:30-9:00 a.m.	Gymnasium
2.	Badminton	02-04 September, 2019	7:30- 9:00 a.m.	Badminton Court
3.	Basketball	03-05 September, 2019	7:30-9:00 a.m	Sports Ground
4.	Chess	02-03 September, 2019	7:30-9:00 a.m.	Gymnasium
5.	Kho-Kho	04-06 September, 2019	7:30- 9:00 a.m	Kho-Kho Ground
6.	Table Tennis	02-04 September, 2019	7:30-9:00 a.m	Gymnasium
7.	Taekwondo	26-28 September, 2019	4:00-5:30 p.m.	Gymnasium
8.	Volleyball	04-06 September, 2019	7:30-9:00 a.m	Volleyball Court
9.	Yoga	04-06 September, 2019	7:00-9:30 a.m.	Gymnasium

All-rounder department will be awarded trophy for the year on the opening of the SPARDHAA 2020. Team captain of all the departments are requested to report on the given dates in the respective Venue. The college teams will also be raised during these tournaments.

(Dr. Bimla Pawar)

Assist. Professor-Phy.Edu & Sports

(Dr. Payal Mago)

Principal





**Shaheed Rajguru College of Applied Science for Women  
University of Delhi  
Vasundhara Enclave, Delhi-110096**

**SPORTS NOTICE**

22 July, 2019

Department of Physical Education & Sports Sciences is organising sports conditioning programme for all sports from 29 July to 3 August, 2019 from 7:30 to 8:45 a.m in the college Sports Ground. Interested students can attend the same. This is compulsory for all sports & hostel students to attend the same.



(Dr. Bimla Pawar)

Assist. Professor Phy.Edu.& Sports



(Dr. Payal Mago)

Principal



**Shaheed Rajguru College of Applied Sciences For Women  
University of Delhi**

**NOTICE**

27 August, 2019

The department of physical education and sports Sciences will be conducting student's sports council election on 2 September 2019.

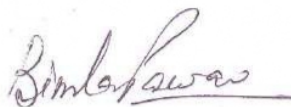
The election for the following posts are:

1. President (3<sup>rd</sup> year)
2. Vice President (2<sup>nd</sup> year)
3. Treasurer (3<sup>rd</sup> year)
4. Secretary (2<sup>nd</sup> year)
5. Joint Secretary (1<sup>st</sup> year)

**Term and Qualifications – To be eligible to hold the position of representative, a student must meet the following requirements:**

- Must have been an active and good player in the previous year.
- Only Final Year student can hold the position of President.
- Will be elected only by sports students who are registered for sports activities/games and through voting.
- The Term of the Council will be for one year.

Interested students may give their details (i.e. Name, Department, Game/Sport, Achievements in their respected Game/Sport and post for which they are standing) in gymnasium before 30 August 2019.



**(Dr. Bimla Pawar)**

Assistant professor

Department of Physical Education and Sports



**Ms. Venika Gupta**

Convener

Physical Education and Sports





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Delhi-110096

Phone(s) : 22623503, 22623505

Phone/Fax : 22623504

संदर्भ सं./Ref. No. SRCASW/1280/19

दिनांक/Date 30/07/19

**SPORTS NOTICE**

The Department of Physical Education and Sports is going to start 'CERTIFICATE COURSE IN FOUNDATION OF YOGASANA' from 6<sup>th</sup> August, 2019 from 7:30 to 9:00 am each day (Monday to Friday)

All Students and teachers who wish to join this course may please give their names to Ms. Sangeeta Bisht, 8766376141 or Dr. Bimla Pawar, Assistant Professor, Physical Education & Sports before 4<sup>th</sup> August, 2019.

(Dr. Bimla Pawar)  
Assistant Professor

(Dr. Payal Mago)  
Principal





# शहीद राजगुरु कॉलेज ऑफ एप्लाइड साइंसेस फॉर वुमैन SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN

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संदर्भ सं./Ref. No. SRCASW/1201/N/19

दिनांक/Date 30/7/19

## SPORTS NOTICE

29 July, 2019

The following coaches are required for the academic session 2019-20 on a daily honorarium basis as approved by the competent authority. The minimum qualification required in each sport will be Degree/ Diploma or Secondary Education with two years coaching Experience or Secondary Education. with Participation at National/International level.

Interviews will be held as follows:

S.No	Sport	Date	Time	Venue
1	Aerobics	05. 08.2019	10::00hrs.	Committee Room
2	Badminton		10:15 hrs.	
3	Basketball		10:30 hrs.	
4	Chess		10:45 hrs.	
5	Table Tennis		11:00 hrs.	
6	Volleyball		11:15hrs.	
7	Kho-Kho		11:30hrs.	
8	Yoga		11:45 hrs.	
9	Mixed Martial Arts		12:00 hrs	

- Preference will be given to more experienced person.

Interested candidates please bring their bio-data and testimonials.

PRINCIPAL

**Shaheed Rajguru College of Applied Sciences For Women  
University of Delhi**

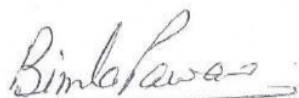
**Sports Notice**

3<sup>rd</sup> August, 2018

The specialized sports training session for the students admitted under sports quota and general students will start from 6<sup>th</sup> **August (Monday) 2018**. All the interested students are required to attend the same and should report at the sports ground at 07:30 am. in their sports kit

A college Athletics, Aerobics, Basketball, Chess, Cross-country, Judo, Kho-Kho, Table Tennis, Volleyball and Yoga Team will be raised to take part in the upcoming Delhi University Inter College Tournaments at University of Delhi, Delhi.

This is mandatory for hostel students.



(Dr. Bimla Pawar)  
Assist. Professor Phy.Edu. & Sports



(Dr. Payal Mago)  
Principal





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Phone(s) : 22623503, 22623505  
Phone/Fax : 22623504

संदर्भ सं./Ref. No. SRCASW/.....

दिनांक/Date.....

**NSS NOTICE**

NSS Unit of college is organizing self-defense training camp for its students and staff. Interested students and staff (Teaching & Non-Teaching) are requested to attend the same.

**Date: 7 February, 2018**

**Time: 8:00 hrs. to 9:00 hrs.**

**Venue: College Front Lawn.**

Dr. Bimla Pawar  
NSS Programme Officer

(Dr. Payal Mago)  
Principal





शहीद राजगुरु कॉलेज ऑफ एप्लाइड साइंसेस फॉर वुमैन  
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संदर्भ सं./Ref. No. SRCASW/.....

दिनांक/Date.....06/02/2018

**NSS NOTICE**

NSS Unit of college is organizing self-defense training camp for its students and staff. Interested students and staff (Teaching & Non-Teaching) are requested to attend the same.

**Date: 7 February, 2018**

**Time: 8:00 hrs. to 9:00 hrs.**

**Venue: College Front Lawn.**

(Dr. Bimla Pawar)  
NSS Programme Officer

(Dr. Payal Mago)  
Principal



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संदर्भ सं./Ref. No. SRCASW/.....

दिनांक/Date. 21<sup>st</sup> August 2018

## NOTICE

The Department of Physical Education & Sport Sciences and NSS unit of SRCASW, is going to organize two days Health Mela on 30 & 31<sup>st</sup> August, 2018 in College Premises for its staff and students, in association with BLK Super Specialty Hospital, Delhi and Eye Health Clinic, DDA Market Vasundhara Enclave, Delhi.

Test Activities to be done are:

- Blood Pressure Check
- Random Blood Sugar Test
- ECG
- BMD (Bone Mineral Density)
- Consultation by Senior Consultant Cardiologist and Physician
- Consultation by Dietician
- Health talk on Life Style Diseases by Senior consultants/Senior Dietician
- Eye Checkup

Interested staff and students please register yourself for the above on 30 August, 2018 at 9:00 a.m. in the college foyer area.

(Dr. Bimla Pawar)  
TIC P.E. & Sports

(Ms. Sanjana Monga)  
PO, NSS

(Dr. Payal Mago)  
Principal

Shaheed Rajguru College of Applied Sciences For Women  
University of Delhi  
Vasundhara Enclave, Delhi-110096

NOTICE

26 July, 2018

The following coaches are required for the academic session 2018-19 on a daily honorarium basis as approved by the competent authority. The minimum qualification required in each sport will be Degree/ Diploma or Secondary Edu. with 3 yrs coaching Experience or Secondary Edu. with Participation at National/ International level.

Interviews will be held as follows:

S.No	Sport	Date	Time	Venue
1	Athletics	31.07.2018	10:00hrs.	Committee Room
2	Aerobics		10:30 hrs.	
3	Badminton		11:00hrs.	
4	Chess		11:30hrs.	
4	Table Tennis		11:45 hrs.	
5	Yoga		12:00hrs.	
6	Volleyball		12:15hrs.	
7	Kho-Kho		12:30 hrs.	

- Preference will be given to more experienced person.

Interested candidates please bring their bio-data and testimonials.



Dr. Payal Mago

Principal





Shaheed Rajguru College of Applied Science for Women  
University of Delhi  
Vasundhara Enclave, Delhi-110096

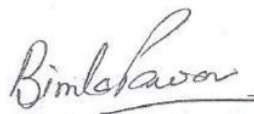
SPORTS NOTICE

27 August, 2018


The Department of Physical Education & Sports Sciences is going to start Inter Department Tournament in the following sports:

S.No	Sports	Date of Competition	Time	Venue
1	Chess	10-12 September, 2018	8:00-9:30 a.m.	Gymnasium
2	Table Tennis	11-13 September, 2018	7:30-9:30 a.m.	Gymnasium
3	Badminton	11-13 September, 2018	7:00- 8:30 a.m.	Badminton Court
4	Athletics	13-14 September, 2018	7:00-9:30 a.m.	Sports Ground
5	Kho-Kho	13-15 September, 2018	7:30-9:30 a.m.	Kho-Kho Ground
6	Volleyball	13-15 September, 2018	7:30-9:30 a.m.	Volleyball Court
7	Yoga	11-13 September, 2018	7:00-9:30 a.m.	Gymnasium
8	Basketball	12-14 September, 2018	7:30-9:30 a.m.	Sports Ground

Team captain of all the departments are requested to report on the given dates in the respective Venue. The college teams will also be raised during these tournaments..

  
(Dr. Bimla Pawar)

Assist. Professor Phy.Edu.& Sports

  
(Dr. Payal Mago)  
Principal



**Shaheed Rajguru College of Applied Science for Women  
University of Delhi  
Vasundhara Enclave, Delhi-110096**

**SPORTS NOTICE**

03 August, 2017

Department of Physical Education & Sports Sciences is organising sports conditioning programme for all sports from 01 August to 12 August, 2017 from 7:30 to 8:45 am in the college Sports Ground. This is compulsory for all hostel students to attend the same



Dr. Bimla Pawar  
Assist. Professor Phy.Edu.& Sports



(Dr. Payal Mago)  
Principal



**Shaheed Rajguru College of Applied Science for Women  
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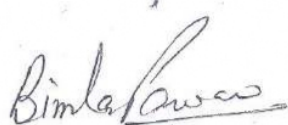
**SPORTS NOTICE**

14 September, 2017


The Department of Physical Education & Sports Sciences is going to start Inter Department Tournament in the following sports:

S.No	Sports	Date of Competition	Time	Venue
1	Chess	25-26 September, 2017	8:00-9:30 a.m.	Gymnasium
2	Table Tennis	25-26 September, 2017	7:30-9:30 a.m.	Gymnasium
3	Badminton	25-27 September, 2017	7:00- 8:30 a.m.	Badminton Court
4	Athletics	26-28 September, 2017	7:00-9:30 a.m.	Sports Ground
5	Kho-Kho	26-27 September, 2017	7:30-9:30 a.m.	Kho-Kho Ground
6	Volleyball	28-29 September, 2017	7:30-9:30 a.m.	Volleyball Court
7	Yoga	27-29 September, 2017	7:00-9:30 a.m.	Gymnasium
8	Basketball	25-26 September, 2017	7:30-9:30 a.m.	Sports Ground

Team captain of all the departments are requested to report on the given dates in the respective venue. The college teams will also be raised during these tournaments.

  
(Dr. Bimla Pawar)

Assist. Professor Phy.Edu.& Sports

  
(Dr. Payal Mago)  
Principal





**Shaheed Rajguru College of Applied Science for Women  
University of Delhi  
Vasundhara Enclave, Delhi-110096**

**SPORTS NOTICE**

14 September, 2017

The Department of Physical Education & Sports Sciences is going to start Inter Department Tournament in the following sports:

S.No	Sports	Date of Competition	Time	Venue
1	Chess	25-26 September, 2017	8:00-9:30 a.m.	Gymnasium
2	Table Tennis	25-26 September, 2017	7:30-9:30 a.m.	Gymnasium
3	Badminton	25-27 September, 2017	7:00- 8:30 a.m.	Badminton Court
4	Athletics	26-28 September, 2017	7:00-9:30 a.m.	Sports Ground
5	Kho-Kho	26-27 September, 2017	7:30-9:30 a.m.	Kho-Kho Ground
6	Volleyball	28-29 September, 2017	7:30-9:30 a.m.	Volleyball Court
7	Yoga	27-29 September, 2017	7:00-9:30 a.m.	Gymnasium
8	Basketball	25-26 September, 2017	7:30-9:30 a.m.	Sports Ground

Team captain of all the departments are requested to report on the given dates in the respective venue. The college teams will also be raised during these tournaments.



(Dr. Bimla Pawar)

Assist. Professor Phy.Edu.& Sports



(Dr. Payal Mago)

Principal





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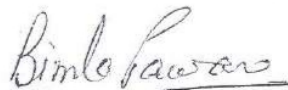
Phone/Fax : 22623504

संदर्भ सं./Ref. No. SRCASW/.....

दिनांक/Date... 22/08/2017

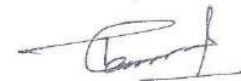
NOTICE

NSS Unit of SRCASW is organizing NSS Orientation Programme on 24th August, 2017 from 12 noon to 1 p.m in the college auditorium. All Students and staff members are requested to attend the same.



Dr. Bimla Pawar

Programme Officer-NSS



(Dr. Payal Mago)

Principal



**Shaheed Rajguru College of Applied Sciences For Women  
University of Delhi**

**Sports Notice**

22 August, 2017

The specialized sports training session for the students admitted under sports quota and general students has started from **22 August 2017**. All the interested students are required to attend the same and should report at the sports ground at 07:00 am. in their sports kit

A college Athletics, Aerobics, Basketball, Chess, Cross-country, Judo, Kho-Kho, Weight Lifting, Table Tennis, Volleyball and Yoga Team will be raised to take part in the upcoming Delhi University Inter College Tournaments at University of Delhi, Delhi.



Dr. Bimla Pawar  
Assist. Professor Phy.Edu. & Sports



(Dr. Payal Mago)  
Principal



**Shaheed Rajguru College of Applied Science for Women  
University of Delhi  
Vasundhara Enclave, Delhi-110096**

**SPORTS NOTICE**

Department of Physical Education & Sports Sciences is going to organize sports conditioning programme from 01 August to 08 August, 2017 from 7:30 to 8:45 am in the college Sports Ground. Interested Students who wish to take part in various Sports/Games can register their name in the Gymnasium from 9:30 a.m. to 4:45 p.m (Monday to Friday)

*Bimla Pawar*

Dr. Bimla Pawar <sup>26/7/17</sup>  
Assist. Professor Phy.Edu.& Sports

(Dr. Payal Mago)  
Principal





**Shaheed Rajguru College of Applied Science for Women  
University of Delhi  
Vasundhara Enclave, Delhi-110096**

**SPORTS NOTICE**

27 July, 2017

Department of Physical Education & Sports Sciences is going to organize sports conditioning programme from 01 August to 08 August, 2017 from 7:30 to 8:45 am in the college Sports Ground. Interested Students who wish to take part in various Sports/Games can register their name in the Gymnasium from 9:30 a.m. to 4:45 p.m (Monday to Saturday)



27/07/17  
Dr. Bimla Pawar

Assist. Professor Phy.Edu.& Sports



(Dr. Payal Mago)

Principal

प्राचार्य/Principal

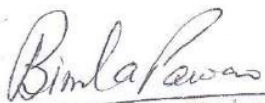
शहीद राजगुरु कॉलेज ऑफ  
एप्लाइड साइंसेस फॉर वुमैन  
SHAHEED RAJGURU COLLEGE OF  
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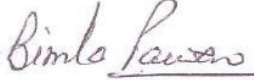
**Shaheed Rajguru College of Applied Sciences for Women  
University of Delhi**


**SPORTS NOTICE**

Dated: 01.08.2016

The Department of Physical Education and Sports is going to start Inter department tournament in Athletics, Badminton, Chess, Volleyball, Kho-Kho, Table Tennis, Yoga and Taekwondo from 29 August, 2016 during the college sports activity period. Students who are interested can get their name registered in the department (Gymnasium) before 20 August, 2016.

Registration timings are - 9:30 a.m to 4:30p.m

  
(Dr. Bimla Pawar) 01/08/16  
Assistant Professor  
Physical Education & Sports

  
(Dr. Payal Mago)  
Principal



Shaheed Rajguru College of Applied Sciences for Women  
University of Delhi


**SPORTS NOTICE**

**Dated: 08.01.2016**

The Department of Physical Education and Sports is going to start Sports Conditioning Programme from 12-19 January, 2016 at 7:30 to 8:45 a.m. in the college sports ground.

Students who have interest in joining/playing Athletics, Aerobics, Badminton, Kho-Kho, Volleyball and Yoga can come and take part.

Students should come in proper sports kit.

  
08/01/2016

**Dr. Bimla Pawar**

**Assistant Professor**

**Physical Education & Sports**





# SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN

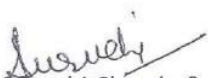
(UNIVERSITY OF DELHI)

## NOTICE


11. 4 .2016

The Department of Physical Education & Sports and NSS Society is going to organize ' **YOGA QUIZ** 'on 19<sup>th</sup> April 2016 (Tuesday) at 12:40 AM in Seminar Room Ground Floor ( Part of **International Yoga Day** on 21<sup>st</sup> June 2016 ) . Interested students are requested to give their names latest by Monday (18<sup>th</sup> April, 2016 ) to Ms. Ruby Singh ( 9910239363 ) . Prizes will be given to winners and certificate will be given to all participants.

- Team Size : Three students
- Duration of Time : 1 hr

  
Dr. Suruchi Chawla & Dr. Bimla Pawar  
( Dept. of Physical Education & Science )

  
Dr. Jasjeet Kaur  
( Convenor NSS Socieity )

  
Dr. Payal Mago  
( Principal )



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(UNIVERSITY OF DELHI)

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दूरभाष: 22623503, 22623505  
दूरभाष/फैक्स: 22623504

Vasundhara Enclave (Adjoining Chilla Sports Complex)  
New Delhi-110096  
Ph.: 22623503, 22623505  
Phone/Fax: 22623504

www.rajgurucollege.com

संदर्भ सं./Ref.No. SRCASW/.....

दिनांक/Date 22.02.2016

### SPORTS NOTICE

The Department of Physical Education and Sports is going to start 'CERTIFICATE COURSE IN FOUNDATION OF YOGASANA' from 1<sup>st</sup> March to 6<sup>th</sup> April, 2016 from 4:15 to 5:45 pm each day.

All Students and teachers who wish to join this course may please give their names to Ms. Ruby, 9910239363 or Dr. Bimla Pawar, Assistant Professor, Physical Education & Sports, 9810224259 before 28<sup>th</sup> February, 2016.

(Dr. Bimla Pawar)  
Assistant Professor

(Dr. Payal Mago)  
Principal



**Shaheed Rajguru College of Applied Sciences For Women  
University of Delhi  
Vasundhara Enclave, Delhi-110096**


**SPORTS NOTICE**


Dated: 26.07.2016

The Department of Physical Education and Sports is going to start Sports Conditioning Programme from 27 July, 2016 at 7:00 to 8:00 a.m. for college hostel students in the college sports ground and college gymnasium.

This is mandatory for all the hostel students. College is going to raise the Athletics, Aerobics, Badminton, Basketball, Chess Kho-Kho, Volleyball, Taekwondo and Yoga teams.

Students should come in proper sports kit.

  
(Dr. Bimla Pawar)  
Assistant Professor

  
(Dr. Payal Mago)  
Principal





**Shaheed Rajguru College of Applied Sciences for Women  
University of Delhi**

**SPORTS NOTICE**


Dated: 31.08.2016

The Department of Physical Education and Sports is going to start Inter department tournament in the following sports:

S.No	Sport	Date of Competition	Time	Venue
1	Chess	6-9 September,2016	7-9 a.m.	Gymnasium
2	Table Tennis	6-9 September,2016	7-9 a.m.	Gymnasium
3	Athletics	12-16 September,2016	7-9 a.m.	Sports Ground
4	Badminton	12-16 September,2016	7-9 a.m.	Badminton Court
5	Kho-Kho	19-21 September,2016	7-9 a.m.	Sports Ground
6	Volleyball	22- 24September,2016	7-9 a.m.	Volleyball Court
7	Yoga	28- 29September,2016	7-9 a.m.	Gymnasium

Team captain of all the departments are requested to report on the given dates in the respective venue.

The college teams will also be raised during these tournaments.

  
**Dr. Bimla Pawar** 31/8/16  
Assistant Professor  
Physical Education & Sports

  
**(Dr. Payal Mago)**  
Principal



**Shaheed Rajguru College of Applied Sciences for Women  
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**Dr. Bimla Pawar 31/8/16**  
Assistant Professor  
Physical Education & Sports

  
**(Dr. Payal Mago)**  
Principal





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प्रदर्भ सं./Ref.No. SRCASW/.....*Notice*.....

दिनांक/Date ..13/6/16.....

## Notice

SRCASW is organizing online essay competition on the occasion of International Yoga Day (21<sup>st</sup> June, 2016). The topic for the essay is "Yoga in Modern Lifestyle"  
All interested students can submit their entries online through the link  
<http://goo.gl/forms/1l2aO5KuhIzIWtOV2>

The word limit for essay is 300 words and the last date for submitting entries is by 18/06/16. Cash award will be given to first three winners.

(Dr Payal Mago)  
Principal

# SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN

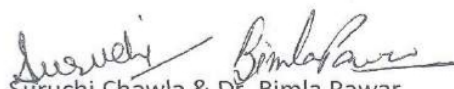
(UNIVERSITY OF DELHI)

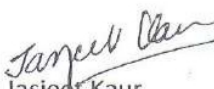
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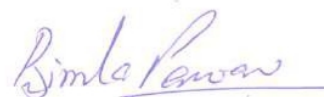


**Shaheed Rajguru College of Applied Sciences For Women  
University of Delhi**

**Sports Notice**

27 January 2016

A College Yoga Team will be raised to take part in the upcoming Delhi University Inter College Tournament at University of Delhi, Delhi. Interested students should contact the Gymnasium at 7: 30 to 10:30a.m and 3:00 to 6:00p.m every day.



Dr. Bimla Pawar  
Assist. Professor Physical Education  
Phone: 9810224259



PRINCIPAL

