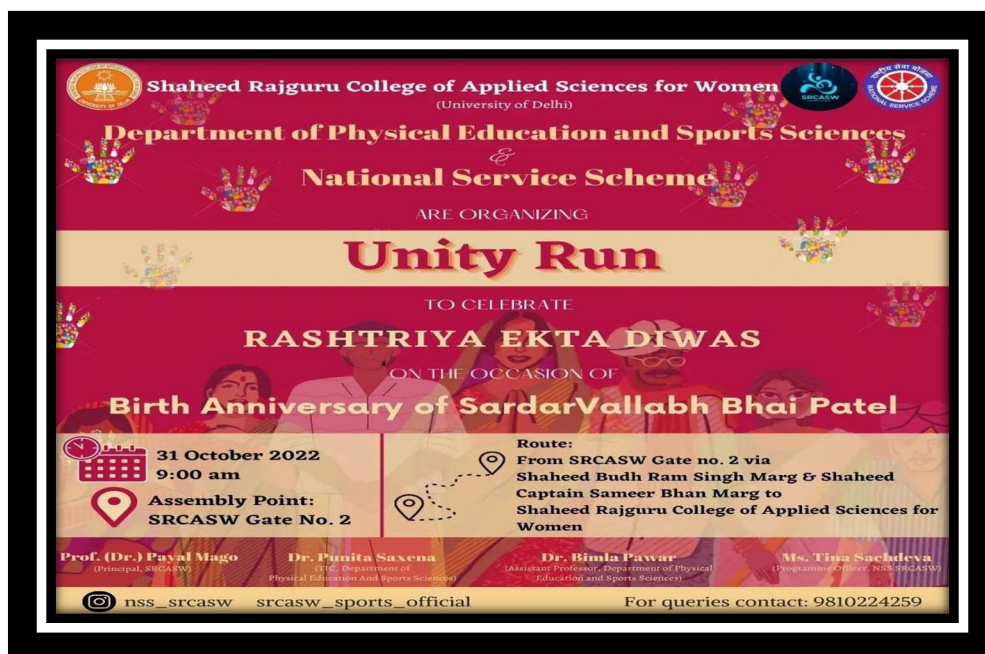


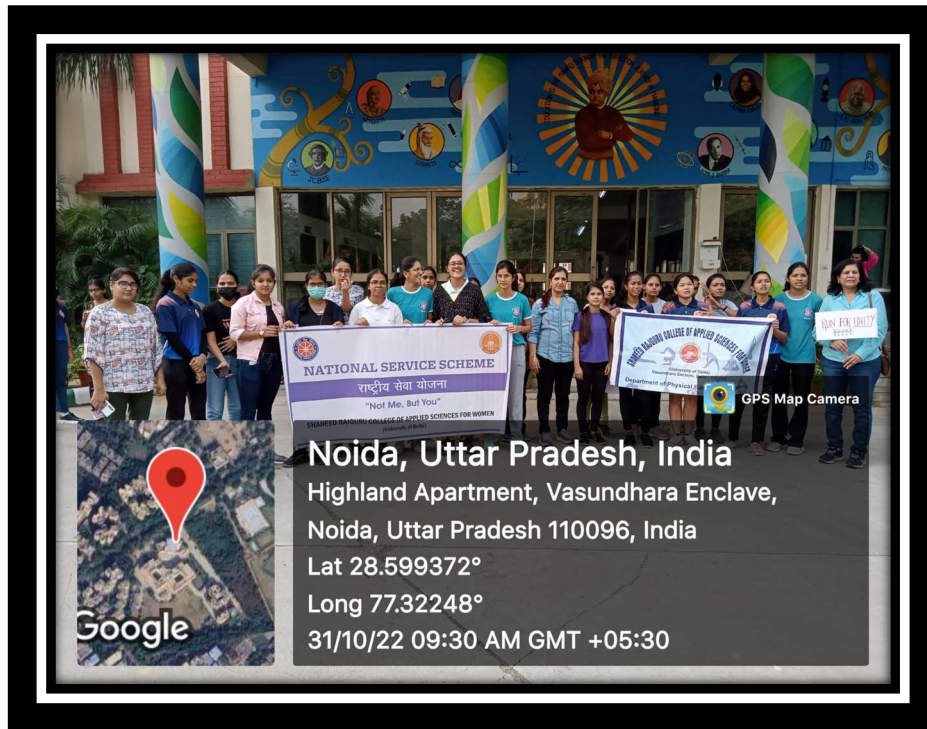
Sports and Cultural events/competitions in which the students of Shaheed Rajguru College of Applied Sciences for Women participated during the year 2022-2023

1. **Delhi State Yoga Championship:** Gyanendri from Shaheed Rajguru College of Applied Sciences for Women, University of Delhi had participated in the 38th Delhi State Yoga Championship held at Najafgarh, New Delhi from 10th October to 12th October, 2022.



2. **Unity Run** - Department of Physical Education and National Service Scheme of Shaheed Rajguru College of Applied Sciences for Women, University of Delhi has organised Unity Run on the occasion of Birth Anniversary of Sardar Vallabh Bhai Patel to celebrate Rashtriya Ekta Diwas on 31st October, 2022





3. **Inter-Department sports competition:** Department of Physical Education and Sports Sciences of the college has organized various Inter-department competitions like Aerobics, Badminton, Kho-Kho, Basketball, Chess, Volleyball, Yoga and Table Tennis from 29th – 30th November, 2022. These competitions were open for 1st, 2nd and 3rd year students of all the departments.

शाहीद राजगुरु कॉलेज ऑफ एप्लाइड साइंसेस फॉर वुमिन
 SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN
 (हिस्ती विद्यापीठालय)
 वसुंधरा एन्क्लेव (जिल्हा स्पोर्ट्स कॉम्प्लेक्स कडे पास)
 दिल्ली-110096
 दूरध्वनी : 22623503, 22623505
 दूरध्वनी/फॅक्स : 22623504

www.rajgurucollege.com
 Vasundhara Enclave (Adjoining Chilla Sports Complex)
 Delhi-110096
 Phone(s) : 22623503, 22623505
 Phone/Fax : 22623504

संदर्भ क्र./Ref. No. SRCASW/ Notice
 दिनांक/Date 23/11/2022

SPORTS NOTICE

23 November, 2022

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	29-30 November ,2022	7:30-9:00 a.m.	Gymnasium
2.	Badminton	29-30 November ,2022	7:30-9:00 a.m.	Badminton Court
3.	Basketball	29-30 November ,2022	7:30-9:00 a.m.	Sports Ground
4.	Chess	29-30 November ,2022	7:30-9:00 a.m.	Gymnasium
5.	Kho-Kho	29-30 November ,2022	7:30-9:00 a.m.	Kho-Kho Ground
6.	Table Tennis	29-30 November ,2022	7:30-9:00 a.m.	Gymnasium
7.	Volleyball	29-30 November ,2022	7:30-9:00 a.m.	Volleyball Court
8.	Yoga	29-30 November ,2022	7:30-9:00 a.m.	Gymnasium

All-rounder department will be awarded trophy for the year on the opening of the SPARDHAA – the sports fest 2023. Team captain of all the departments are requested to give your department entry before 27 th November 2022 in the college gymnasium and report on the given dates in the respective venue. The college teams will also be raised during these tournaments to take part in various competitions.

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

Prof. (Dr.) Payal Mago
 Prof. (Dr.) Payal Mago
 Principal



4. **SPARDHAA '23- The Annual Sports Fest:** Department of Physical Education and Sports Sciences under the aegis of IQAC organised **SPARDHAA '23-** the annual sports fest from 19th January to 20th January, 2023. Students from various colleges participated in this event. Opening ceremony was held on 19th January, 2023. Various inter college competitions like Rhythmic and Non-Rhythmic Yoga, Aerobics, Badminton, Volleyball, Kho-Kho, etc were conducted.

Shaheed Rajguru College of Applied Sciences for women
(UNIVERSITY OF DELHI)
Accredited by NAAC with A+ grade

Department of Physical Education And Sports Sciences

Presents

SPARDHAA '2023

Annual sports fest

Date: 19th & 20th January 2023
Venue: SRCASW Premises

Win exciting cash prizes

For any queries, contact:
Sakshi-95601 66453 Anita-8791130956

Dr. Bimla Pawar, Organizing Secretary
Dr. Punita Saxena, Convener
Dr. Payal Mehta, Principal

Instructions

- Registration is free, you have to register through the circulated Google form link to participant in any of the sports
- All the players must carry their identity cards and be in proper sports kit
- Team should report 30 minutes prior to their scheduled match time.
- All the players have to report by 10:00 am for the inaugural function on 19th January 2023
- Only Bonafied students of Delhi University can participate in the Inter College Sports as per Delhi University Inter College eligibility conditions.
- Decision of the Jury/Referee and organizing committee will be final and binding in all matters
- Ensure to register yourself before the mentioned deadlines
- Kindly be present on time

THE DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES
Shaheed Rajguru College of applied sciences for women

THE DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES
Shaheed Rajguru College of applied sciences for women
University of Delhi



5. **Inter College Tournaments:** The students of Shaheed Rajguru College of Applied Sciences for Women, University of Delhi have participated in various intercollege tournaments like Volleyball Tournament held at Delhi Technological University, Amity University and Christ University. The students have also participated in various other competitions like Table Tennis, Aerobics, Basketball and Yoga held at various colleges of Delhi University throughout the year.

Inter College Volleyball Tournament at Kalindi College
Date: 2nd February'23 to 3rd February'23



Inter College Table Tennis Tournament at Kalindi College
Date: 2nd February'23 to 3rd February'23



Inter College Aerobics Tournament at Kalindi College
Date: 15th February'23



Inter College Aerobics Competition at Ramanujan College
Date: 16th February'23

RAMANUJAN COLLEGE
(University of Delhi)

Accredited Grade "A++" by NAAC
ISO 9001-2008 Certified Organisation
Kalkaji, New Delhi - 110019
Ph. 011-26430192, Fax 011-26421826
Email ID:- ramanujancollege2010@gmail.com

Serial No. RCS/2022-23

This is to certify that Mr. / Ms Nanpriya
of Shahed Rajguru College of Applied Sciences for Women Participated in
Aerobics as player and held the
honor of being Second
for year 2022-23

Director
Department of Physical Education

Convenor
Sports Committee

Principal
Dr. S. P. Aggarwal

Inter College Yoga Competition at Ramanujan College
Date: 16th February'23

RAMANUJAN COLLEGE
(University of Delhi)

Accredited Grade "A++" by NAAC
ISO 9001-2008 Certified Organisation
Kalkaji, New Delhi - 110019
Ph. 011-26430192, Fax 011-26421826
Email ID:- ramanujancollege2010@gmail.com

Serial No. RCS/2022-23

This is to certify that Mr. / Ms Muskan Kumari
of Shahed Rajguru college of Applied science(w) Participated in
Yoga as Player and held the
honor of being Participant
for year 2022-23

Director
Department of Physical Education

Convenor
Sports Committee

Principal
Dr. S. P. Aggarwal

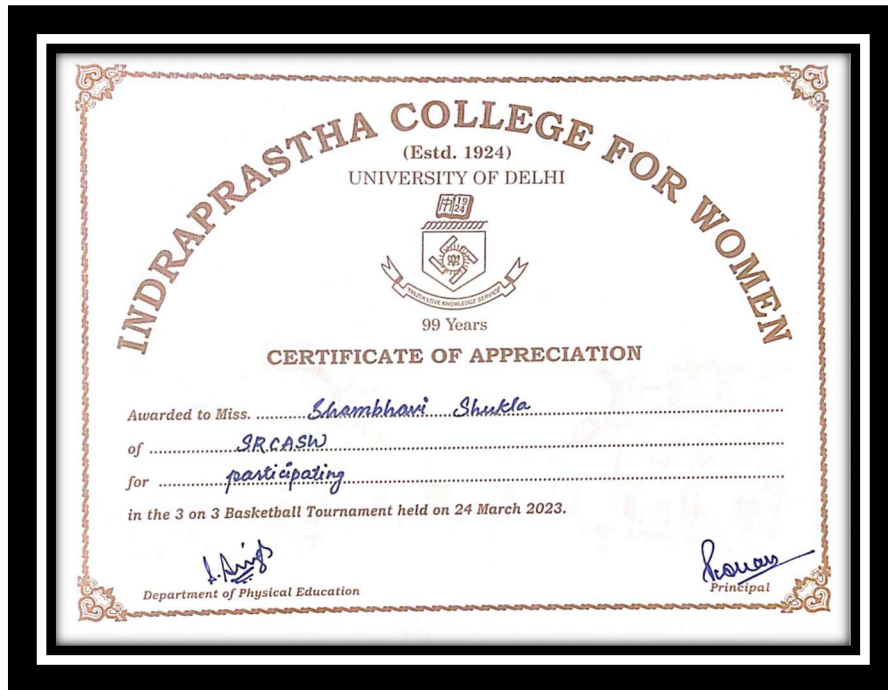
Inter College Volleyball Tournament at IGDTUW
Date: 17th February'23 To 18th February'23



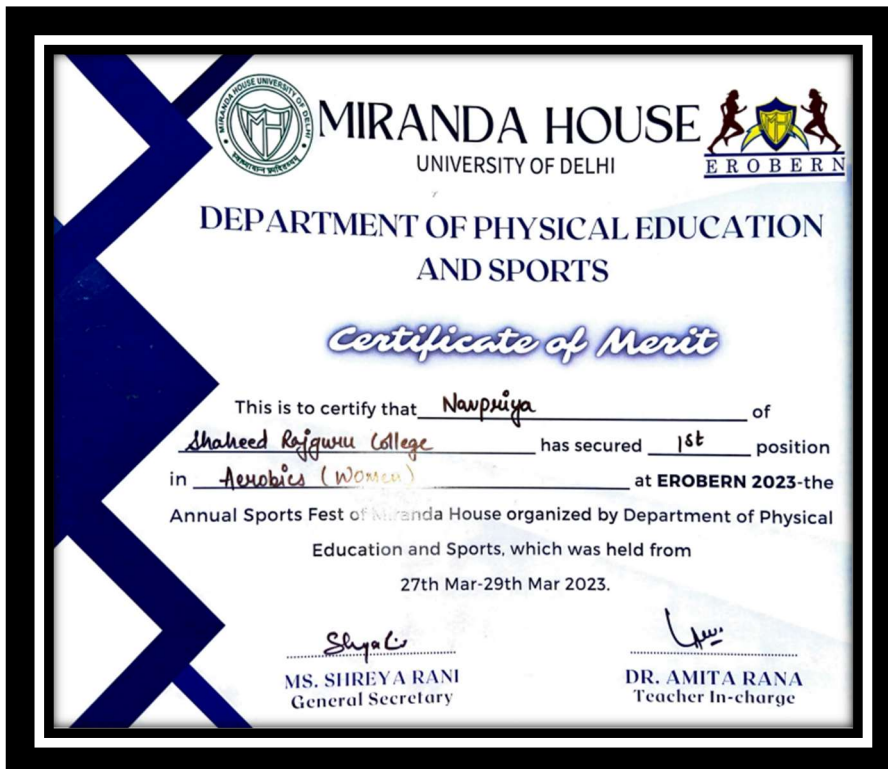
Inter College Volleyball Tournament at Christ University
Date: 3rd March'23 to 6th March'23



Inter College Basketball Tournament at IP College for Women, University of Delhi
Date: 24th March'23



Inter College Aerobics Competition at Miranda House, University of Delhi
Date: 27th to 29th March'23



Inter College Yoga Competition at Miranda House, University of Delhi
Date: 27th to 29th March'23



Inter College Volleyball Tournament at Amity University, Uttar Pradesh
Date: 27th to 29th March'23



Inter College Volleyball Tournament at Delhi Technological University
Date: 6th April'23 to 8th April'23



6. **Delhi State Kho-Kho Championship:** The Kho-Kho team of Shaheed Rajguru College of Applied Sciences for Women, University of Delhi have participated in the 3rd Delhi State Kho-Kho Championship held at Jawahar Lal Nehru Stadium, New Delhi from 7th April,2023 to 9th April,2023.

3rd Delhi State Kho-Kho Championship
Date: 7th April'23 to 9th April'23



7. Inklings- The Literary Society: The members of inklings have organized **Quintessence'23 – The Annual Fest of Inklings** on 20th January, 2023. Under this event various competitions like Harry Potter Quiz Competition, Slam Poetry Session, Debate Competition, Open Mic Standup comedy event was organized. The students have also organized various other competitions like Quiz on Hindi Cinema, Samvaad Satra- A Speaker session, On the spot poetry competition, etc. under Hindi Week'23.

Harry Potter Quiz held on 20th January 2023

Shaheed Rajguru College of Applied Sciences for Women
(University of Delhi)
Accredited NAAC A+ NIRF RANK 36
Under the aegis of IQAC

Quintessence'23
The Annual Fest of
Inklings - The literary society of SRCASW
is organising

QUIZ COMPETITION
THEME - HARRY POTTER

Rules :

- Only Individual participation is allowed.
- There won't be multiple rounds.
- Participation will be allowed on first come, first serve basis.
- The participants are requested to strictly adhere to the reporting time i.e. 11:30 pm.
- Play card must be raised by the player in order to answer each question.

VENUE : CONFERENCE ROOM

JANUARY
FRI 20 12.00 PM
2023

Perks :

- Certificates will be provided to every registered participant.
- Exciting cash rewards upto Rs. 5000!

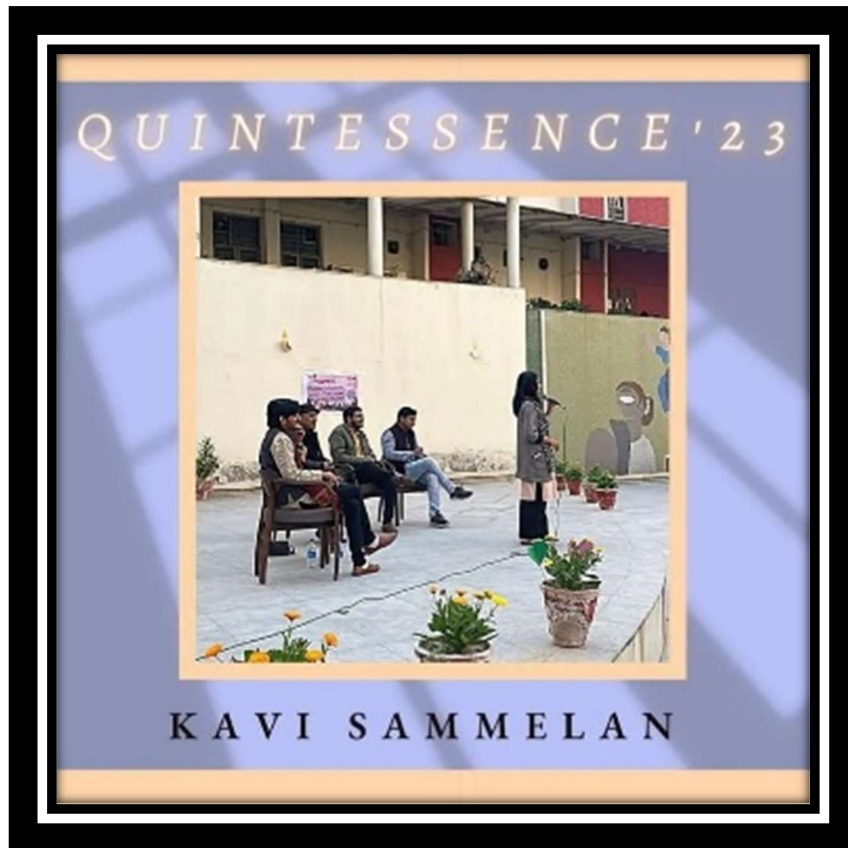
For any query contact : Shivalika Dixit -9580882671, Aeshwariya -8218934643

Debate Competition held on 20th January 2023

QUINTESSENCE '23

DEBATE COMPETITION

Kavi Sammelan held on 20th January 2023



Open Mic- standup comedy event held on 20th January 2023



Quiz on Hindi Cinema held on 13th September 2023



Samvaad Satra- a speaker session held on 14th September 2023



Open Mic – an event under Hindi Diwas week held on 15th September 2023



Pratibimb- an online on the spot poetry event held on 17th September 2023



Vad Vivad– a debate competition under Hindi Diwas week held on 18th September 2023



8. **Glamfire – The Fashion Society:** The students of the fashion society have participated in various events during the year. They have participated in various cultural events- Fashion show such as in Annual fest of IBMR Business School, Delhi Metropolitan College, IIT Delhi, Dr. Bhim Rao Ambedkar College, Rajdhani College and Ramanujan College, University of Delhi

Fashion show event at IBMR Business School, Gurugram held on 15th December 2022



Fashion Show event at Delhi Metropolitan College, Delhi held on 10th January 2023



Fashion Show event at IIT, Delhi held on 27th January 2023



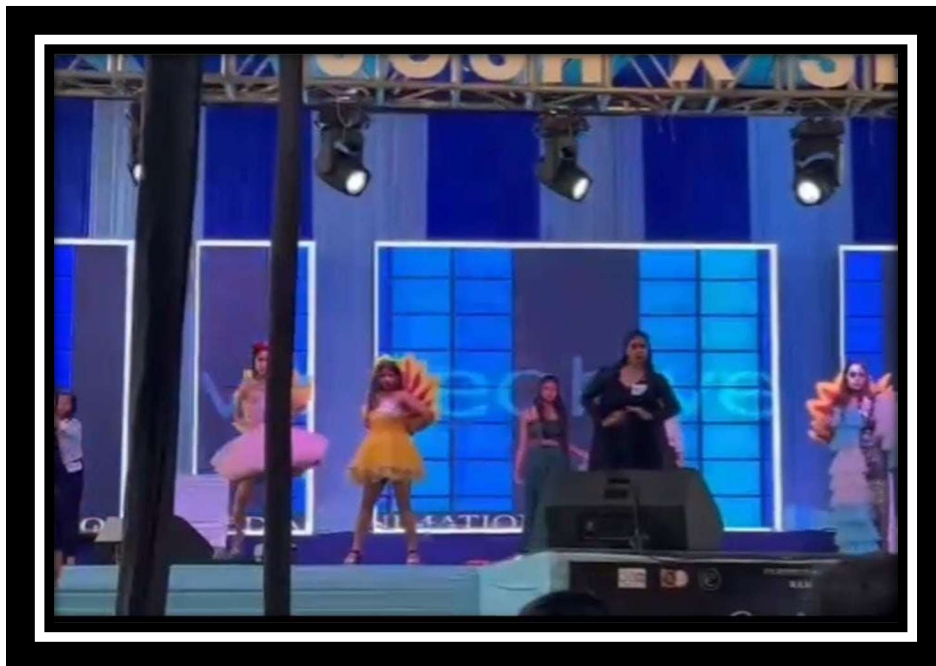
Fashion Show event at Dr. Bhim Rao Ambedkar College held on 30th January 2023



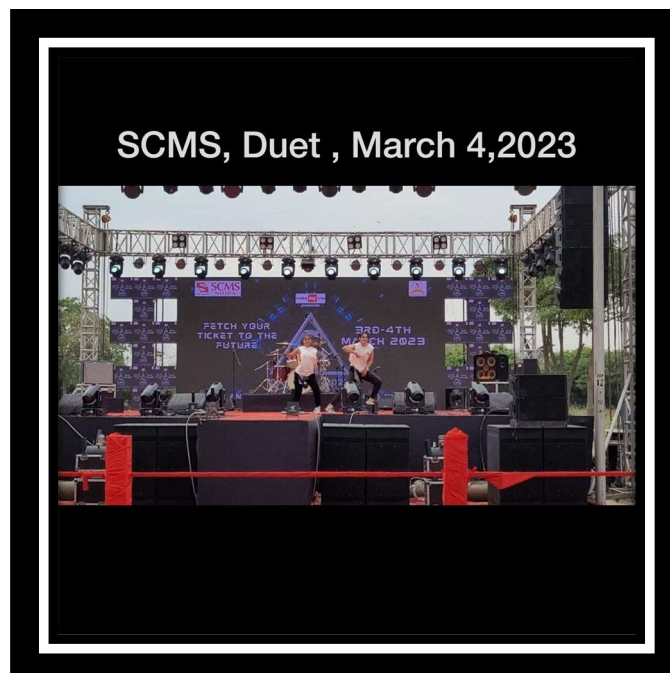
Fashion Show event at Rajdhani College, Delhi held on 25th March 2023



Fashion Show event at Ramanujan College, Delhi held on 25th March 2023



9. **Ahaarya -The Dance Society:** The students of the society have given Group Performance in various Indian Premium League (IPL) events and have also participated in various events during the year. They have participated in Annual Cultural Fest of various institutes like Janki Devi Memorial College, Symbiosis College of Management Studies, Noida, Dyal Singh College, Morning, University of Delhi, Guru Nanak Dev Khalsa College, University of Delhi, Dr. Akhilesh Das Gupta Institute of Technology and Management, Amity College, Gurgaon.



Dayal Sing College, Solo, March 20,2023



Guru Nanak Dev Khalsa College, Solo March 22,2023



Dr Akhilesh Das Institute of Technology and Management
Solo, March 30,2023



NSUT, Solo, April 7,2023



Amity Gurugram, Ravive(group dance), April 19,2023



IPL Group Performance 29th April, 2023 (DC vs SRH)



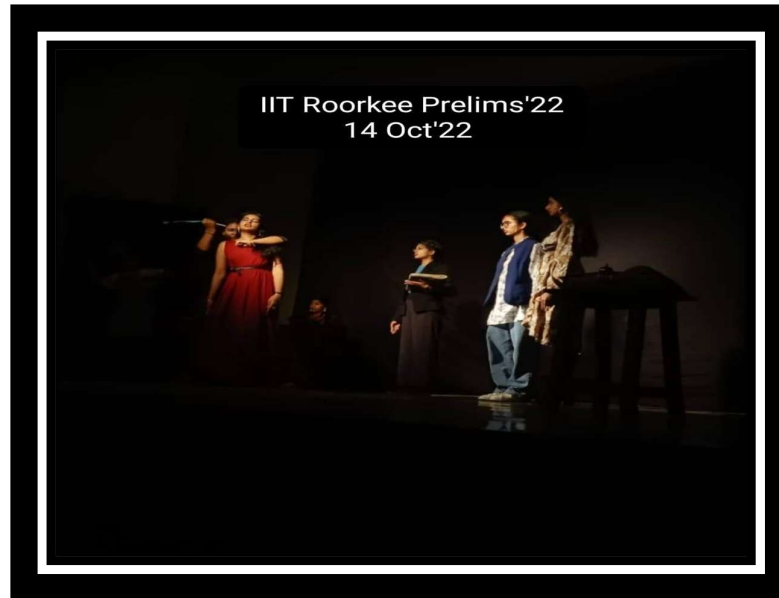
IPL Group Performance, 6th May, 2023 (DC vs RCB)



IPL Group Performance, 20th May, 2023 (DC vs CSK)



- 10. Mukhauta – The Dramatics Society:** The students of the dramatics society have participated in various events during the year. They have participated in various cultural events like mono act competition at IBS, Gurgaon and at Swami Shraddhanand College, University of Delhi. They have also participated in the annual stage play competition at IIT Roorkee and at Atma Ram Sanatan Dharma College, University of Delhi.



Mukhauta Member secured 3rd position at TIPS
26 Dec'22



ARSD, RJTF'23
12 Jan'23

BRAC, Annual fest Rangmanch'23
31 Jan'23



 culcomm_mdi

MDI, Imperium'23
10 Feb'23



SSC, Abhivyakti'23
11 April'23



SVC, Team Verbum
12 April'23



A big thank you to our judges and all the participants for their enthusiasm that made the event so fun and a great learning experience for everyone!

11. Philyra – The Music Society: The students of the music society have participated in various events during the year. They have participated in various cultural events like performance at conference center, University of Delhi, Indian Group Singing at Sri Aurobindo College, PGDAV College, Indian Classical Choir at IP College for Women, University of Delhi. They have also participated in Antara Group Singing at IGDTUW.

Performance by Suha Roy at Conference Centre, University of Delhi at Book Release organized by Women Studies Development Centre and Advanced Studies (29-11-2022)



MEHAK'23- Musicana'23- Indian Group singing fest at Sri Aurobindo College (Morning)
(14-02-2023)



AROohana'23- Swaragini- Indian Classical Choir fest at PGDAV College (15-02-2023)



Performed at National Conference: Bio-Entrepreneurship Academia to Industry organized by Microbiology Department (23-02-2023)



SPLENDOUR'23- Swaradhana'23 fest at Ram Lal Anand College (24-03-2023)



SHRUTI'23- Abhogi- Indian Classical Choir fest at Indraprastha College for Women (IPCW) (27-03-2023)



Philyra Arohana organised Swaradhvani - The Indian Classical Group Singing competition
(29-03-2023)



SAVERI'23- Fest at Sri Venkateshwara College Raageshwari- Indian Classical Choir
(12-04-2023)



MEHFIL-E-TARANG'23- Sur Swaranga- Classical choir fest at Swami Shraddhanand College
(12-04-2023)



TEMPEST- ANUNAAD'23- Indian Classical Choir fest at Miranda House, University of Delhi
(14-04-2023)



TAARANGANA'23- Antra- Group Singing fest at IGDTUW (16-04-2023)



YUGEN'23- Indian Classical Choir fest at Ramjas College (17-04-2023)



MECCA'23- Sehgaamini- Indian Classical Choir fest at Hindu College (28-04-2023)



SAPTARANG'23 - Sur Sangam- Indian Classical Choir fest at Shaheed Bhagat Singh Evening College (29-04-2023)

