

Sports Activities
Session 2023-24

| S No. | Name of Event/ Activity | Date of Event/ Activity (DD/MM/YY) |
|--------------|--|---|
| 1 | Handball Trials | 14/08/2023 |
| 2 | Inter Department Cricket | 13/10/2023 |
| 3 | Inter Department Volleyball | 12/10/2023 to 13/10/2023 |
| 4 | Inter Department yoga | 13/10/2023 |
| 5 | Inter Department Aerobics | 10/10/2023 to 11/10/2023 |
| 6 | Inter Department Basketball | 10/10/2023 to 11/10/2023 |
| 7 | Inter Department Badminton | 10/10/2023 to 11/10/2023 |
| 8 | Inter Department Chess | 11/10/2023 |
| 9 | Inter Department Table Tennis | 0/10/2023 to 12/10/2023 |
| 10 | Inter Department Kho-Kho | 0/10/2023 to 12/10/2023 |
| 11 | Inter Department Handball | 0/10/2023 to 12/10/2023 |
| 12 | Certificate Course In Therapeutic Yoga | 17/10/2023 to 30/10/2023 |
| 13 | Mental Health Awareness Week | 20/10/2023 |
| 14 | Unity Run 2023 | 31/10/2023 |
| 15 | Orientation | 3 November, 2023 |
| 16 | Yoga Session | 30/11/2023 to 01/12/2023 |
| 17 | Aerobics Session | 01/12/2023 to 4/12/2023 |
| 18 | Meditation Session | 05/12/2023 |
| 19 | Spardhaa'24 Intra College | 12/02/2024 to 13/02/2024 |
| 20 | Spardhaa'24 Inter College Yoga | 14/02/2024 |
| 21 | Spardhaa'24 Inter College Aerobics | 14/02/2024 |
| 22 | Spardhaa'24 Inter College Chess | 14/02/2024 |
| 23 | Spardhaa'24 Inter College Kho-Kho | 14/02/2024 to 15/02/ 2024 |
| 24 | Spardhaa'24 Inter College Handball | 14/02/2024 to 15/02/ 2024 |
| 25 | Spardhaa'24 Inter College Volleyball | 14/02/2024 to 15/02/ 2024 |
| 26 | Spardhaa'24 Inter College Badminton | 14/02/2024 to 15/02/ 2024 |
| 27 | Spardhaa'24 Inter College Table Tennis | 14/02/2024 to 15/02/ 2024 |
| 28 | International Yoga day | 21/06/2024 |
| 29 | Community Outreach programme-Yoga camp | 01/06/2024 to 21/06/2024 |