

**Sports Activities**

**Session 2016-17**

<b>S.No.</b>	<b>Sports Activities</b>	<b>Dates</b>
1.	Sports Conditioning Programme	12-19 January'2016
2.	Certificate Course in Foundation of Yoga	1 March to 6 April'2016
3.	Sports practice for Aerobics, Athletics, Badminton, Basketball, Chess, Table Tennis, Kho-Kho, Volleyball, Taekwondo and Yoga.	20 January to till session end.
4.	Inter Department Tournament in Chess, Table Tennis, Athletics, Badminton, Kho-Kho, Volleyball, and Yoga.	6-29 September'2016
5.	SPARDHAA- the sports fest	19-20 January'2017
6.	Inter Department March Past	19 January'2017
7.	The community sports activities are 50 Mtrs Race, 200 Mtrs Race, 400 Mtrs Race, Shot Put, Long Jump, Relay Race and Lemon & Spoon Race organised during sports festival.	19-20 January'2017
8.	Inter College tournaments in nine official events: Aerobics, Rhythmic Yoga, Yoga, Volleyball, Kho-Kho, Table Tennis and Badminton. Chess and Carrom events were specially kept for Para- athlete category to encourage equal opportunity.	19-20 January'2017