

## Sports Activities

### Session 2019-20

<b>S.No.</b>	<b>Sports Activities</b>	<b>Dates</b>
1.	Sports Conditioning Programme	29 July-3 August'2019
2.	Sports practice for Aerobics, Athletics, Badminton, Basketball, Chess, Table Tennis, Kho-Kho, Volleyball, Taekwondo and yoga	8 August' 2019 -till session end
3.	Certificate course in Foundation of Yoga	6 August'2019 -10 September'2019
4.	Inter Department Tournament	2-6 September'2019
5.	SPARDHAA- the sports fest	16-17 January'2020
6.	Inter Department March Past	16 January'2020
7.	The community sports activities are 50 Mtrs Race, Shot Put, Long Jump, Three Legged race, Sac Race and Relay Race organised during sports festival.	16-17 January'2020
8.	Highlight of this year's Fest also was the participation by members of transgender community as a part of Project Pehchaan initiated by our college society Enactus which works for empowerment of the transgender through skill enhancement so as to bring them in mainstream. They participated in certain events including Surya Namaskar in the opening ceremony to demonstrate the importance of yoga in day-to-day life. There was also participation by underprivileged children from the nearby slum areas in collaboration with NSS. College students also displayed Aerobic show and gave Yoga demonstration to promote fitness among students.	16-17 January'2020
9.	Webinar	Online Webinar on the Topic “ Physical and Mental Wellness “ On 28th April' 2020 on Zoom platform
10.	Yoga Camp	Online Yoga camp from 11-20 June, 2020 from 4:00 to 5:00 pm each day.