

SPORTS ACTIVITIES

SESSION 2024-25

| S.No. | Name of the Event/Activity | Date of the Event/Activity |
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| 1 | Community Outreach Programme | 1 st to 20 th June, 2024 |
| 2 | Celebration of International Yoga Day | 21 st June, 2024 |
| 3 | DU Chess Trials for UG Admissions | 17 th September, 2024 |
| 4 | Inter-Department Aerobics | 17 th October, 2024 |
| 5 | Inter-Department Badminton | 15 th to 17 th October, 2024 |
| 6 | Inter-Department Basketball | 17 th & 18 th October, 2024 |
| 7 | Inter-Department Chess | 15 th October, 2024 |
| 8 | Inter-Department Cricket | 17 th & 18 th October, 2024 |
| 9 | Inter-Department Handball | 14 th & 15 th October, 2024 |
| 10 | Inter-Department Kho-Kho | 15 th & 16 th October, 2024 |
| 11 | Inter-Department Table Tennis | 15 th & 16 th October, 2024 |
| 12 | Inter-Department Volleyball | 14 th to 16 th October, 2024 |
| 13 | Inter-Department Yoga | 15 th October, 2024 |
| 14 | Breast Cancer Awareness Drive | 22 nd October, 2024 |
| 15 | NCC Orientation | 14 th November, 2024 |
| 16 | Fitness Run 2024 | 29 th November, 2024 |
| 17 | Orientation | 21 st October, 2024 |
| 18 | SPARDHAA'25 Intra College | 11 th to 12 th February, 2025 |
| 19 | SPARDHAA'25 Inter College Aerobics | 14 th February, 2025 |
| 20 | SPARDHAA'25 Inter College Badminton | 13 th to 14 th February, 2025 |
| 21 | SPARDHAA'25 Inter College Chess | 13 th to 14 th February, 2025 |
| 22 | SPARDHAA'25 Inter College Handball | 13 th to 14 th February, 2025 |
| 23 | SPARDHAA'25 Inter College Kho-Kho | 13 th to 14 th February, 2025 |
| 24 | SPARDHAA'25 Inter College Table Tennis | 13 th to 14 th February, 2025 |
| 25 | SPARDHAA'25 Inter College Volleyball | 13 th to 14 th February, 2025 |
| 26 | SPARDHAA'25 Inter College Yoga | 13 th to 14 th February, 2025 |
| 27 | Certificate Course in Therapeutic Yoga | 19 th March to 24 th April, 2025 |
| 28 | Stress Management | 20 th March, 2025 |
| 29 | Injuries & Rehabilitation in Sports | 21 st March, 2025 |
| 30 | Fun Session | 24 th March, 2025 |
| 31 | Obesity & Weight Management | 28 th March, 2025 |
| 32 | Celebration of International Yoga Day | 21 st June, 2025 |