

**Gargi Olympiad’ Inter Stream Competition 2020-21 (Virtual Mode)**

Gargi Olympiad is an Inter-Stream Sports Competition organized by the Department of Physical Education every year. This competition comprises Minor games with an exception of Athletics and Aerobics so that it is easy for everyone to participate. The entire competition is administered by the Student Sports Council and the Faculty. The prime objective of the event is to provide an opportunity to participating students to utilize their kinesthetic ability through sports participation. It is also a means for inter stream interaction fostering friendships, a recreational activity and also for identifying hidden talent. The competitions are held on a league basis amongst the three streams i.e. Arts, Commerce and Science. The winning team gets 5 points, runner up gets 3 points and in case of a draw both the teams get 1 point each. The winners are awarded with medals and certificates on the Annual Sports Day. The Best stream is awarded a ‘Best Stream trophy’ on the Annual Sports Day.

The Department of Physical Education and Students’ Sports Council successfully organized the Gargi Olympiad Inter Stream Competition in the online mode. Despite Covid-19 and lockdown challenges, the objective was to engage students in Physical activity at home. A total of 104 students from different streams participated in 4 selected activities i.e. Skipping, Push-ups, Squat and Crunches. The participant had to perform all the challenges at home for 30 seconds and submit their video. Based on the video the position holders were decided. Winners were awarded with medals and certificates of the Annual Sports Day.

Total Number of Participants - 104				
Crunches Challenge	Squat Challenge	Push ups Challenge	Skipping Challenge	Ludo league
24	6	6	36	32

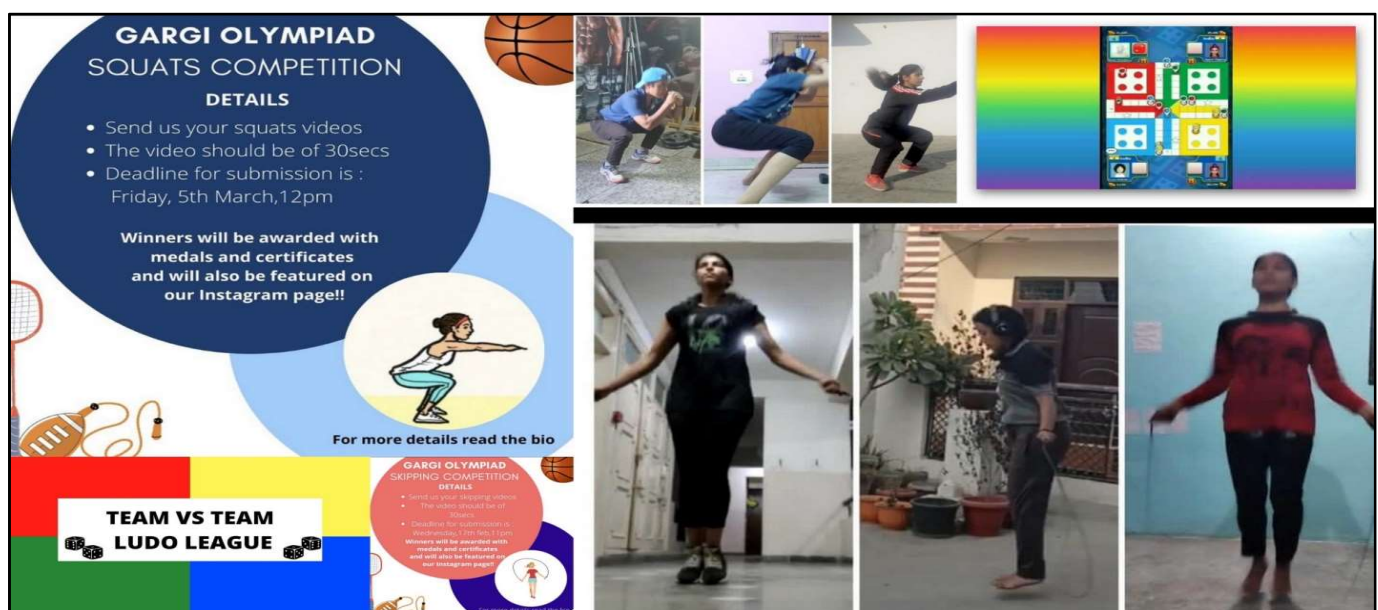


Figure 1 Gargi Olympiad 2020-21