

'Gargi Olympiad' Inter Stream Competition 2021-22 (Virtual & Offline)

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 continued the Gargi Olympiad on virtual mode during the lockdown. The lockdown was on till February 16, 2022. Five events were organized on virtual mode and four events were organized on offline mode. A total of 28 position holders were awarded with Medals and Certificates and their videos were also featured on our official Instagram page 'gargi_sports_official'. The online challenges were Bicycle Crunches, Plank Competition, Poster Making Competition, Squat Jumps Competition and Skipping Competition. In offline challenges, a 100 M race, Frog Jump, Duck Jump and Sports Photography were successfully organized. Department organized a series of activities under Gargi Olympiad Inter Stream Competition. The participants were required to send their online entries in the form of 30 seconds videos. Winners were awarded with medals and certificates of the Annual Sports Day.

The followings events were organised:- Bicycle Crunches Competitions, Plank Competition, Squat Jumps Competition, Poster Making Competition (Handmade and Digital), Skipping Competition, 100 Meter Race (Offline), Frog Jump+Duck Walk (Offline), Sports Photography (Offline) and Cross Arm Crunches for teachers.

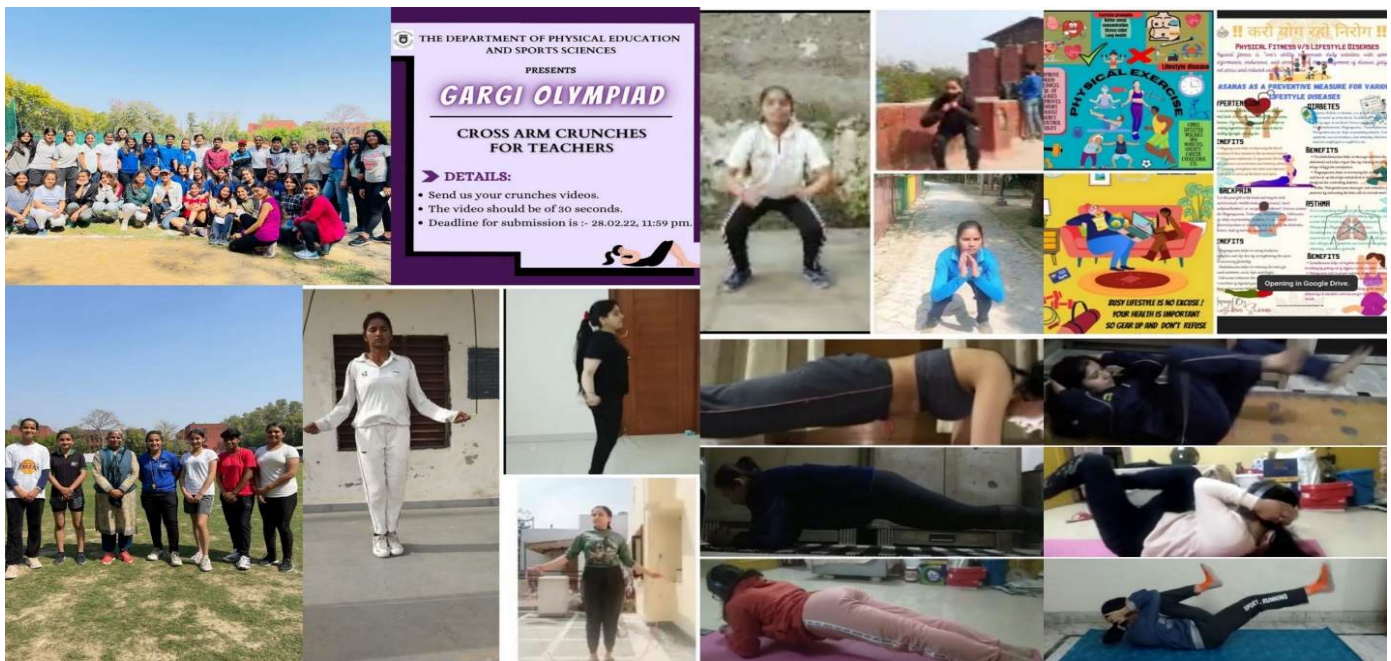


Figure 1 Gargi Olympiad 2021-22

Dr. Sheela Kumari. S
Teacher In charge