



Spin'19 Annual Sports Meet 2018-19

Department of Physical Education, Gargi College was established in the year 1967 and was renamed as the Department of Physical Education and Sports Sciences in the year 2006 by the university. **The Annual Sports Meet was named SPIN** in 2009 by the Student Sports Council 2009-10 along with a theme and logo which is changed every year. With a couple of exceptions, the annual sports meet has been organized every year with the following objectives:

- To motivate the sports persons by providing them with a platform for recognition by the college and felicitating them with cash prizes, awards and scholarships as per their annual sports performance in Inter College, State, National and International level Sports Competitions.
- To motivate the coaches to better their performance every year.
- As a mass participation activity for all stakeholders.
- Every year the Department produces National and International players from various sports disciplines.

The Annual Sports Day SPIN'19 was held on 28th February 2019 at the College sportsground. The theme of the Sports Day was 'Breaking the Barriers'. The dignitaries present on the occasion were Mr. Abhishek Verma, Indian Compound archer, Arjuna awardee as the Chief guest; Dr. Sandeep Tiwari, Head of the Department of Physical Education and Sports Sciences, University of Delhi as the Guest of honour; Mrs. Madhu Kumar, College alumna as a special guest and Dr. Promila Kumar, Principal.

The programme started with the Inter Departmental Marchpast Competition, where 20 teams from different departments participated. The dignitaries were quite impressed by the march-past teams. The chief-guest declared the Sports meet open by hoisting the flag and accepting the salute from the contingents. The Sports president and the flag bearers from each stream took the oath. The chief-guest also lit the flame (Torch) and handed it over to the champions of the college. Ms. Subhangi Bhardwaj, Vice president of Sports Council presented the welcome address followed by the Sports round up for the year 2018-19 delivered by Ms. Simran Obhrai, President of Sports Council. The Sports achievers who earned laurels in various games and sporting events were duly honoured at the sports day with prizes and trophies given to them by the Guests and the Principal. This year a total of 85 sports achievers were awarded cash prizes, mementos and tracksuit/sweatshirts for their annual sports performance in Inter college/State/National and International Competition. A select few were also given scholarships based on their performance and need. These sportswomen have brought laurels to the college, and have set an example for others to follow. This year the department also introduced Best player trophy from each stream in Gargi Olympiad Interstream competition. Similarly, the department also introduced the cash prize for best articles in Department newsletter 'Ablaze'.

- A total of 20 departments with 340 contingent members enthusiastically participated in Inter Departmental march-past competition.
- In the March past competition, Department of Chemistry secured the 1st position, 2nd position was bagged by Department of Microbiology and the 3rd position by Department of Physics.
- Display activities for the day were Suryanamaskar, Mélange of Activities (Swiss Ball, Power Yoga, Self-defence and Lezium) and Aerobics performance executed by sports persons and Elementary Education students.
- This year the Best stream trophy of Gargi Olympiad inter stream Championship was won by the Science stream with 40 points, followed by Humanities and Commerce.
- Teaching and non-teaching staff members' participated actively in various sporting events.



Figure 1 Annual Sports Day Spin-19

Dr. Sheela Kumari S.
Teacher in Charge