



Spin'20 Annual Sports Day 2019-20

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 2020 themed 'PROVE THEM WRONG' was held on 28th February 2020, Friday at the college sportsground. The Chief Guest on this day was Dr. (Mrs.) Shashi Tyagi, our former principal and superannuated Associate Professor from the Department of Botany. The Guest of honour was Ms. Shally Manral, an international Level Judo player and Gargi College Alumna. The sports day programme kick started with the inter-departmental march past competition which saw participation from 17 departments from the three streams. This was followed by the flag hoisting ceremony and the sports meet was declared open by our respected chief guest. The annual sports round-up was presented by Ms. Shivani Mehta, President and Ms. Kriti Lamba, Vice President of Sports Council.

Our sports persons have never failed to bring laurels to the college and like every year they were duly felicitated by our honorable guests and the Principal. This academic year a total of 79 sportswomen were felicitated for their exemplary performances at inter college, state, national and international level tournaments. A total of 17 departments with 289 contingent members enthusiastically participated in the inter departmental march past competition.

- The display activities for the day were the self-defense and aerobics.
- The self-defense display was put up by our college judo team along with 4 instructors. The display was a medley of various self-defense drills that, we as women can resort to, in case of an attack. The performance proved that with the right skill and technique we can take on the attacker depending on the situation. The aerobics team has won numerous competitions throughout this session and so it was a treat to see the team perform. Their synchronization and high energy left the audience absolutely spellbound.
- Science stream was declared the best stream and was awarded with the Best Stream trophy.



Figure 1 Annual Sports Day Spin-20

Dr. Sheela Kumari. S
Teacher in Charge