

## **THE ANNUAL SPORTS MEET – ‘SPIN’ 2016-2022**

The Sports Day, named Spin in 2009, is organized annually in the month of January/February by the Department of Physical Education. The College has in the past invited eminent sports personalities like Mr. Abbas Ali Baig, Mr. Salim Durrani, Mr. Kapil Dev, Mr. Chetan Sharma, Mr. Ajay Jadeja, Mr. Mohd. Kaif, Mrs. Santosh Yadav, Mr. Gagan Narang , Mr. Saba Karim, Ms. Anjum Chopra, Mr. Baljit (Indian Hockey Player), Mr. Rakesh Kumar (Indian Kabaddi Player) and many more. We also have a tradition of inviting an alumna as a Guest of Honour, which ensures close ties with the college. Some prominent alumnae have been , Ms.Sonia Rana Rai, International Shooter; Ms. Monika Sood, Cricket player and Entrepreneur; Ms. Disha Pannu, Cricketer and IPS; Ms. Latika, Indian Cricket Player and Ms. Monika Menon, Asian Games player in Soft Tennis. The aim is to showcase the achievement of the students in sports in front of Staff, students and eminent personalities and to provide opportunity to staff and students to take part in sports activities.

The objectives of the sports day are to: -

- Motivate the sports persons by felicitating them with cash prize and awards.
- Motivate the coaches who have ensured positions in intercollege tournaments in the current year by recognizing their efforts through an incentive.
- Provide an opportunity to all the students to participate in sports events.
- To involve the entire college in the Inter-departmental march-past competition which is a physical activity, with prize benefits.
- To motivate the college students to engage in physical activity by instituting a Best Stream Award through ‘Gargi Olympiad Interstream Sports Competition’ where students can take part in indigenous, minor as well as other games.