



2019-2020

Name of the Society- Hansraj Sports Society

Name of the Event- Food and Nutrition Seminar

Date of the event- November 6, 2019

The poster is for a seminar titled "HEALTH & NUTRITION" presented by the Hansraj Sports Council. It features the following text:

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
HANSRAJ SPORTS COUNCIL
PRESENTS
it's first guest lecture for the session 2019-2020
HEALTH & NUTRITION
Great Nutrition comes from great advice.
NOVEMBER 6, 2019
OLD SEMINAR ROOM, HANSRAJ COLLEGE
12:30 PM
Dr. M.P Sharma (Convener)

GUEST SPEAKER
Dr. Bani Tamber Aeri
Assistant Professor
Department of Food and Nutrition
Institute Home Economics
University of Delhi.

- She has several publications in national and international journals.
- Involved in research and is guiding PhD scholars.

Dr. Rama (Principal)

Hansraj Sports Council organized an interactive seminar with Dr. Bani Tamber Aeri (Assistant Professor, Department of Food and Nutrition, Institute of Home Economics) on a Food and Nutrition on 6th November 2019. During this seminar, Mrs. Tamber highlighted the importance of a balanced diet and physical exercises in order to maintain a balance between the two ends of the health spectrum. According to her along with the macronutrients like Carbohydrates, Fats, and Proteins, micronutrients like Vitamins and Minerals are also equally important.

The students were made aware of the myths of FAD diets and Energy drinks. At the end of the seminar, we all got to know that Healthy eating does not mean you have to give up on your favorite foods, it's all about being a careful and mindful eater. The seminar ended with a QnA session, where students asked their queries and questions regarding several issues like diet supplements, Fortified Food, and Tobacco Cessation.

This seminar was a success as it not only enriched the students regarding the importance of food and nutrition but it also guided us as to, how to find the balance between this hectic college life and a healthy lifestyle.



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HANSRAJ COLLEGE
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2019-2020

Name of the Society- Hansraj Sports Society

Name of the event- Blood Donation Camp

Date of the event- February 10, 2020

NSS HANSRAJ

In collaboration with AIIMS Blood Bank

BLOOD DONATION CAMP

*A single pint can save three lives,
a single gesture can create a million smiles.*

Date: February 10, 2020
Time: 9:00 a.m. - 2:00 p.m.
Venue: Yagyashala

Channel Partners
YUVA
Kairali Sauhruda Vedi

Hansraj Sports Council organized “Blood Donation Camp” collaborating with NSS Hansraj, YUVA, Student Union, and AIIMS Blood Bank in the College Campus. There was active participation as the members of HSC motivated many students along with faculty members to donate blood. HSC was obliged to be part of such a great deed of saving a life.



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2019-2020

Name of the Society- Hansraj Sports Society

Name of the Event- Fitness Walk & Run

Date of the event- January 13, 2020

DEPARTMENT OF PHYSICAL
EDUCATION AND SPORTS SCIENCES
HANSRAJ COLLEGE

**HANSRAJ SPORTS
COUNCIL**

PRESENTS
**RUN
& WALK**

Fitness Session

VENUE - SPORTS GROUND

FROM- 06.01.2020 TO 31.01.2020
Timings - 12.30 to 1.00 p.m.

hansraj sports council

For Details Contact:-
Mehreen
(9560673781)

The Hansraj Sports Council and Department of Physical Education and Sports Sciences organized a Fitness Walk and Run Programme from 6th to 13th January 2020, where you can run, walk, jog, talk but cannot sit or stop for 30 mins. To all the fitness enthusiasts. This event was arranged to indulge a maximum number of students teaching and non-teaching staff, into physical activities in the hope of healthier Hansraj.



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2019-20

Name of the society- Hansraj Sports Society

Name of the Event –Inter Departmental
Cricket Tournament

Date of the Event –10th-14th February 2020

Hansraj Sports Council
Hansraj College

Department of Physical Education and
Sports Sciences

**INTER-DEPARTMENTAL CRICKET
TOURNAMENT 2020**

Date: 10th Feb - 14th Feb 2020
Venue : Hansraj College Sports Ground

Dr. M P Sharma
Associate Professor
For Further Information Contact :
Rajat: 78388 68361

Dr. Rama
Principal
Dhruv: 82787 7420

A inter departmental cricket tournament was organised on 10th to 14th February in the sports ground of Hansraj College. 80 students participated in the tournament from different departments. Large number of spectators were gathered for cheering up the teams in the finals. In the end Principal Dr.Rama appreciated the wining team with gifts and certificates and gave a motivational speech addressing the crowd.



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2019-20

Name of the society- Hansraj Sports Society

Name of the Event –Inter Departmental
Volleyball Tournament

Date of the Event –25th -26th February 2020

Hansraj Sports Council
Hansraj College

Department of Physical Education and
Sports Sciences

**INTER-DEPARTMENTAL VOLLEYBALL
TOURNAMENT 2020**

Date: 25-26th Feb 2020
Venue: Hansraj College Sports Ground

Dr. M P Sharma
Associate Professor
For Further Information Contact :
Naveen: 93544 17542

Dr. Rama
Principal
Dhruv: 82787 74207

A inter departmental volleyball tournament was organised on 25th and 26th February in the sports ground of Hansraj College. 80 Students from different courses participated in the event. Students from different courses cheered their departments respective teams. Principal Dr.Rama appreciated winners with the gifts and certificate and the crowd with motivational speech.



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2019-20

Name of the society- Hansraj Sports Society
Name of the Event –Inter College Badminton Tournament 2020
Date of the Event –25th -26th February

Hansraj Sports Council
Hansraj College

Department of Physical Education and
Sports Sciences

**INTRA COLLEGE BADMINTON
TOURNAMENT 2020**

Date: 25-26th Feb 2020
Venue : Hansraj College Badminton Court

Dr. M P Sharma
Associate Professor
For Further Information Contact :
Harsh: 80539 12908

Dr. Rama
Principal
Dhruv: 82787 74207

A inter college badminton tournament was organised on 25th and 26th February in the badminton court of Hansraj College. 90 students participated in the event conducted by the Hansraj College. Principal Dr.Rama addressed winners and the crowd with her motivational speech. The event raised the awareness for sports and spirit of unity between the colleges.



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2019-20

Name of the society- Hansraj Sports Society

Name of the Event –Inter Departmental
Basketball Tournament

Date of the Event –02-03 March 2020

Hansraj Sports Council
Hansraj College

Department of Physical Education and
Sports Sciences

**INTER-DEPARTMENTAL BASKETBALL
TOURNAMENT 2020**

Date: 02-03th March 2020
Venue : Hansraj College Basketball Court

Dr. M P Sharma
Associate Professor

For Further Information Contact :
Aryan Dahiya: 8814912543

Dr. Rama
Principal

Dhruv: 82787 742

An inter departmental basketball tournament was organised on 2nd and 3rd March in the basketball court of Hansraj college. 100 Students from different departments participated in the event with great energy and enthusiasm. Finals were thrilling and crowd cheered the finalists with great enthusiasm. It was a successful event organised by the college and it ended with a great speech given by Principal Dr. Rama in which she appreciated winners as well as the students who participated.



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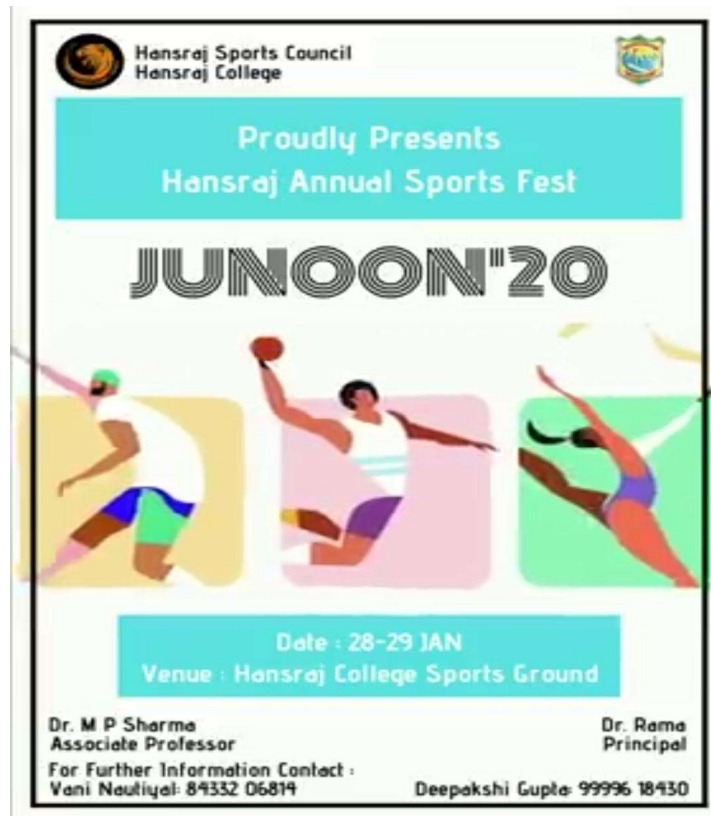
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2019-2020

Name of the Society - Hansraj Sports Society

Name of the event – Junoon'20

Date of the event- January 28-29, 2020



The much-awaited annual sports fest 'JUNOON' was organized by Hansraj Sports Council on 28&29 January with great zeal and enthusiasm. This was the first time that our college has organized an inter-college sports fest in which more than 600 students participated with over 70 colleges. There were 60 plus teams in Football, more than 100 students in Shooting, 10 teams in Aerobics, and 14 teams in Yoga in the male and female categories.



The program began with principal Dr. Rama welcoming the chief guest Dr. Pankaj Sinha who is a renowned professor at the Faculty of Management Studies, Sir is chairmen of the Delhi University Sports Council, under his guidance sports department in Delhi University is getting acknowledged and recognized. He delivered a very enthusiastic speech that motivated the students towards inculcating the spirit of sports in their daily life.

Our principal Dr. Rama speech informed the students about the importance of sports in making our life more disciplined. She has always supported the sports department as is evident by the construction of the Shooting Range and allocation of rooms for yoga and meditation and many other sports project under her sports jurisdiction.

The oath was taken by Surbhi Rao, who herself is a national-level shooter and had won numerous medals for our college. With the oath, the participants promised their commitment and determination to the spirit of sportsmanship. It was a lovely scene to witness. The ground was decorated by colorful flags, waving with pride in the soft breeze.

After the oath ceremony, on day 1 Aerobics, Shooting and Football were conducted. On day 2, Yoga was conducted alongside football and shooting. Bharat Ji a prominent social worker, working with the youth for a better tomorrow, was our guest. He delivered a speech that motivated everyone. Moti Lal Nehru College and Bhagni Nivedita College secured gold in the men and women category respectively.

This two-day sports event was huge lit among the participating students and the audience. The various events such as Shooting, Aerobics & Yoga flourished under the guidance of our professional jury and conveners.

From the atmosphere full of enthusiasm and excitement throughout the event Junoon'20, one could surely be proud of the amount of hard work and dedication which "Hansraj Sports Council" and "The Department of Physical Education and Sports Sciences put together in making this event a success. The sports fest is a chance for the students to display individual skills as well as team efforts and we feel elated in maintaining the essence of the above line through our fest in Junoon'20.

"Perfection is not attainable, but if we chase perfection we can catch excellence", hence we would be back again with another better version of our Sports Fest in the future.