



2021-2022

Name of the Department/Society: **Hansraj Sports Society**

Name of the Event 3: SPARDHA '21

Date of the Event: 29th August – 4th September 2021

On the occasion of national sports day, The Hansraj Sports Society organized a mega event - 'SPARDHA' through the online platform which came out to be a grand success. There were four competitions, with a specific set of rules to be followed. The Running competition was a 30-minute time-bound exertion meanwhile the plank-hold competition was purely based on the participants' endurance capacity. Other than these, there were the football juggling and the Skipping competitions where maximum repetitions were the winning criterion. The competition was held on a PAN India scale and was initiated to fulfill the aim of increasing awareness regarding the importance of sports and recreation. Not only were we able to reach out to almost 30,000 people all across the nation but also had participants pouring in from all corners of the country to express their enthusiasm.

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
HANSRAJ SPORTS SOCIETY
on the occasion of
NATIONAL SPORTS DAY

IN ASSOCIATION WITH
ALCIS

SPARDHA '21

JOG. JUMP. HOLD. JUGGLE.
THAT'S HOW WINNINGS HAPPEN.

CO-SPONSORED BY
ALDAS

29TH AUGUST
TO
4TH SEPTEMBER

ENTRY FEE
₹30
PER COMPETITION

4 COMPETITIONS
RUNNING, SKIPPING, PLANK HOLD
FOOTBALL JUGGLING

PRIZES WORTH
₹25,000
(SPORTS PERFORMANCE WEAR & SHOES, HOME DELIVERED)
(PARTICIPATION CERTIFICATE FROM HANSRAJ COLLEGE)

REGISTER AT