



INSTITUTE OF HOME ECONOMICS

University of Delhi

The Department Of Physical Education And Sports Committee

brings you

SPORTS DAY

BY ENTHUSIA

27th April 2023





ABOUT IHE

The Institute of Home Economics was founded by Dr. (Mrs.) S. Malhan in 1961 to give women a wider educational and professional avenues. The Institute became a part of University of Delhi in the year 1969. Since then the college has grown and expanded to new heights. The college strives to provide premium education opportunities specially for female youth of our country. Institute of Home Economics is a NAAC 'A' Grade college, provides various Bachelors as well as Masters degrees in different science and social science based courses.



SPORTS DAY



The aim of Sports Day at IHE is to celebrate the spirit of sportsmanship and the pursuit of excellence in athletic endeavors.

Your presence will be a testament to your passion for sports and your commitment to promoting a healthy and active lifestyle. Let us all come together to cheer, support, and uplift one another as we embark on this thrilling journey.



ELIGIBILITY CRITERIA

- Students from any college are welcome to participate in Infinito.
- Participants are required to bring their college IDs. Entry will not be granted without the same.



GENERAL INSTRUCTIONS

- The reporting time for all the participants is **8 am sharp**.
- All the registrations will be in **online mode**.
- Kindly abide by the last date for the registrations.
- The judgement by the officials will be final and binding.



EVENTS OF THE DAY

Opening ceremony

Yoga Team Competition

Table Tennis Tournament

Zumba for all

Closing ceremony



YOGA

Stretch, Strengthen, Stimulate

Venue: Amphitheatre

Reporting time: 8 am, 27th April 2023

Last date to register: 26th April till 12pm

Only for women

RULES FOR YOGA



- Inter College Yoga Championship will be held for Women for Compulsory & Optional Asanas
- The minimum number of team members allowed is 3 and the maximum is 6
- The competitors will have to retain each Yogic exercise(next page) as follows which will be counted after attaining the final position
 - Surya namaskar on 12 beats
 - Compulsory asana for 1 min
 - Optional asana for 30 seconds
- Bring your own neti pot sutra for neti.
- The Judges will be free to move about in order to observe the different aspects of a posture from different angles during the retention period. He/She can ask any competitor to perform any Yogic exercise again.



SYLLABUS FOR YOGA

- | | |
|----------------------------------|----------|
| 1. Cleansing (Shatkarma) | 8 Marks |
| a. Jal Neti | |
| b. Sutra Neti | |
| 2. Compulsory asana | 12 Marks |
| a. Surya namaskar (on 12 counts) | |
| b. Asanas | 20 Marks |
| i. Chakrasana | |
| ii. Paschimottanasana | |
| iii. Garuddasana | |
| iv. Sarvangasana | |



SYLLABUS FOR YOGA

3. Optional asanas

20 Marks

- any 4

a. Vatayanasana

b. Purna bhujangasana

c. Purna dhanurasana

d. Bhunamanasana

e. Natrajasana

f. Raja kapotasana

g. Padma sharvangasana

h. Shirshasana



TABLE TENNIS

Venue: Department of Physical Education

Reporting Time: 8.30 am, 27th April 2023

Last date for registration: 26th April till 12pm

Only for women



INSTRUCTIONS FOR THE PLAYERS

- Winner will be decided on the basis of best of three matches
- One game will consist of three sets of 11 points each
- Only singles for women will be conducted.
- Players are advised to carry their own rackets for the matches.
- Ball will be provided

For further information contact : 9667660089 (Rajnandini)



ZUMBA

Dancing to a healthier self

Free for all the staff and students

Venue: Sports Multipurpose Hall

Date & Time: 12 pm, 27th April 2023

For further information contact : 9667660089 (Chesta)



CLOSING CEREMONY

Short speech by chief guest
Prize distribution

Venue: AMPHITHEATRE

Time & Date: 2 pm, 27th April 2023

ORGANIZING COMMITTEE

Prof. Dr. Renu Arora
Director

Prof. Dr. Namita Saini
Convener

Prof. Dr. Geeta Punhani
Co-convener

Prof. Dr. Rachna Kapila

Dr. Savita Bansal

Dr. Sneha Abhishek

Dr. Pragya Singh

THE SPORTS UNION

Chesta Naagar

President

Anshita Bisht

Vice-president

Anushka Jain

Secretary

Vidisha Tyagi

PR Head

Rajnandini

Table tennis Head

Harshita

Taekwondo Head

Catheleen

Basketball Head

Yamini

Yoga Head

Ishika Arora

Gymnasium Head

Mishti

Gymnasium Head

Ankita Narula

Coordinator

Poorvi

Coordinator

Mira Batra

Coordinator

Shraddha Jha

Coordinator