

**Ramanujan College
(University of Delhi)**
Accredited by NAAC with "A++" Grade

Sports Notice

FITNESS CAMP 2024-2025

Date:09/09/2024

Department of Physical Education & Sports is organizing Fitness Camp from 10 to 27 SEP 2024. So, all the Students & Teaching & non teaching staff members are requested to kindly report on ground in large numbers its free of cost fitness Programme to promote a healthy lifestyle & learn multi activities in fitness camp. And also any interested students to be a part of college team it are compulsory to attend the fitness camp. The schedule of the fitness camp as follow:

S.NO	DATE	TEACHER NAME	ACTIVITY	PURPOSE OF ACTIVITY
1.	10 SEPTEMBER 2024	Dr Shikha Singh Mrs. Nisha yadav	Introducation Fitness Test	To Introducation Camp Activity
2	11 SEPTEMBER 2024	Mr. Sujeet Kumar Mrs. Nisha yadav	Basic fitness Activity Fitness Test	Warm up for camp
3	12 SEPTEMBER 2024	Mr. Ravi Prakash Mr Ashish	Cross-Fit	To Improve Game skill
4	13 SEPTEMBER 2024	Mr. Ravi Prakash Mrs. Nikhil	Weight Training	To Improve Strength
5	17 SEPTEMBER 2024	Mr. Vipin Mrs. Nisha Yadav	Aerobics	Recreational Activity
6	18 SEPTEMBER 2024	Mr Parmod	Yoga	To Improve mental Peace & Flexibility
7	19 SEPTEMBER 2024	Mr Ravi Prakash Mr Ashish	High Intensity Fitness	To improve Endurance&Power
8	20 SEPTEMBER 2024	Mr Sujeet Kumar Mr Ashish Mrs Nisha yadav	Self Defence	Tae-kwon-do
9	23 SEPTEMBER 2024	Mr Vipin	Aerobics	To improve mind and body Co- ordination
10	24 SEPTEMBER 2024	Mr Ravi Prakash Mr Sujeet Kumar	Recreational game	To improve games skill
11	25 SEPTEMBER 2024	Mr Sujeet Kumar Mr. Ashish Mrs. Nisha yadav	Core activity	To improve all body co- ordination
12	26 SEPTEMBER 2024	Mr Sujeet Kumar Mr Ashish	Team match	To improve Team unity
13	27 SEPTEMBER 2024	Mr. Parmod Mrs. Nisha	Yoga Fitness Test	To improve mental peace & Flexibility


Date: 10 to 27 SEPTEMBER 2024

Time: 3 P.M. TO 4 P.M.

Venue: College Ground

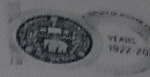
*Report in proper sports Kit

Any changes we will update on college website.


DR.SHIKHA SINGH
(TEACHER IN CHARGE
Department of Physical Education)

Ramanujan College

(University of Delhi)
Kalkaji, New Delhi-110019



SPORTS NOTICE

SPORTS FITNESS CAMP

10th September to 27th September 2024 Register yourself till
9th September 2024.

Time: 3:00pm to 4:00pm

Registration QR Code:



Any Query: 9873131458

Dr. Shikha Singh

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(Department of Physical Education & Sports Sciences)