

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

Sports Notice

WINTER FITNESS CAMP

Date:26/11/2018

Department of Physical Education & Sports is organizing Fitness Camp from 17 to 31 DEC 2018. 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
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Inauguration of the camp by our respected principal on college ground at 10:00 am.

1.	17 Dec 2018	Dr.Shikha Singh	Introducation	To Introducation Camp Activity
2	18 Dec 2018	Mr.Sujeet Kumar	Basic fitness Activity	Warm up for camp
3	19 Dec 2018	Mr. Angad	Cross-Fit	To Improve Game skill
4	20 Dec 2018	Mr. Ravi	Weight Training	To Improve Strength
5	21 Dec 2018	Mr.Sharif Ali	Kho-Kho	Recreational Activity
6	22 Dec 2018	Mr.Dev Chaudhary	Yoga	To Improve mental Peace & Flexibility
7	24 Dec 2018	Mr.Santosh Singh Negi	High Intensity Fitness	To improve Endurance&Power
8	26 Dec 2018	Mr.Nikhil	Self Defence	Tae-kwon-do
9	27 Dec 2018	Mr.Vipin	Aerobics	To improve mind and body Co-ordination
10	28 Dec 2018	Mr.Santosh Negi	Recreational game	To improve games skill
11	29 Dec 2018	Mr. Sharif Ali	Core activity	To improve all body co-ordination
12	30 Dec 2018	Mr.Santosh & Sharif	Team match	To improve Team unity
13	31 Dec 2018	Mr.Dev Chaudhary	yoga	To improve mental peace & Flexibility

Date: 17 to 31 DEC 2018

Time: 10 A.M. TO 12 P.M.

Venue: College Ground

*Report in proper sports Kit

Any changes we will update on college website.

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

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Sports Notice


WINTER FITNESS CAMP

Date:16/11/2018

Department of Physical Education & Sports is organizing Fitness Camp from 17 to 31 DEC 2018. So, all the Students & Teachers are requested to kindly report on ground in large numbers its free of cost for fitness Programme to lead a healthy lifestyle. And also any interested students to be a part of college team it are compulsory to attend the fitness camp.

Date: 17 to 31 DEC 2018
Time: 10 A.M. TO 12 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
(Winter Fitness Camp 2018-2019)

Rs:10/-

Registration No: _____

Dated: _____

Name: _____

Father's Name: _____

Class & Roll No : _____

E-Mail Id: _____

Date of Birth: _____

Mobile No: _____

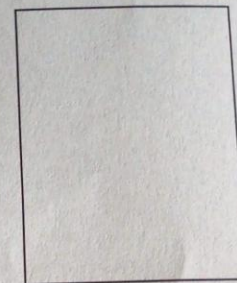
Address: _____

Height: _____

Blood Group: _____

Weight: _____

Name of Games: _____



Signature

Fitness Activity:

- 1) Aerobic Exercise
- 2) General Fitness
- 3) Yoga
- 4) Nutrition & Dietician Knowledge
- 5) Games

Principal

Fitness In Charge

Parents