

**SPORTS MEET 2023  
(09.2.2023 - 10.02.2023)**

Sports are the celebration of the human spirit and youth, it not only inspires young minds but also teaches good values and ethics to young students. Sports are not just about winning. It is about building interpersonal bonds and often has elements of wishes fulfilled, not to mention elements of camaraderie and above all, participating for the honor of sports, the glory of the game and the spirit of sportsmanship.

On Thursday, 9<sup>th</sup> February 2023, Sachdeva College of Pharmacy, Gharuan celebrated Sports Day with great enthusiasm. All the students and teachers were very energetic that day; enthusiasm could be easily seen in their eyes. The sports day began with the March Past. The sports event was inaugurated by the Principal “Prof. S.P. Goel” and HoD “Dr. Vandana Kharb” and “Mrs. Shilpi Sachdeva”. Various sports programs were organized on two days in which students participated according to their interests. All the games were organized in our College playground.

The Schedule of the Sports meet mentioned below:-

**SCHEDULE & DUTY ROSTER**

S. No	Day with Date	Timing	Activities	Faculty and Student Name
1.	Day-1, Thursday (Outdoor games) 9-2-2023	9:20 a.m.	March Past	Mrs. Meenakshi & Mrs. Navneet Student: Yugam and Palak
		9:50 a.m.	National Anthem	
		10:00 a.m.	Inauguration of Sports meet	
		10:30a.m. to 12:00 p.m	Running Event (2 hours)  -100m -200m -3-leg race -relay	Mrs. Navneet, Ms. Nitika & Ms. Shama Student: Vivek(4 <sup>th</sup> Sem) & Yugam (6 <sup>th</sup> sem)
	Indoor games	10:30 a.m. 12:00p.m.	Chess Carrom	Mrs. Meenakshi & Mrs. Shweta Students: Kripal & Raman
		12:00p.m. 12:30p.m.	Arm wrestling	Mrs. Meenakshi & Mrs. Shweta Student: Asif (8th sem)
	12:30p.m. 1:45p.m.	Break Time		

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	Outdoor games	12:00p.m. 12:30p.m.	Shot-put	Mr. Imran Bhatt Mr. Phulkant
		1:45 p.m. to 3: p.m.	Volley ball	Mr. Varinder and Mr. Binesh
			Kho Kho	Mrs. Reetika & Mrs. Manveen Student: Vivek, Lalit, Shivam
		3:15p.m. to 3: p.m.	Tug of War	Mrs. Poonam, Ms. Mahak, Mr. Phulkant
		3:45p.m.to 4: p.m.	Conclusion & Instructio for next day	
2	Day 2, Friday 10-2-2023	9:20a.m. to 10: a.m.	Badminton (Dual)	Mrs. Kamalpreet  Mr. Phulkant & Mr. Binesh
		10:30a.m. 1:00p.m.	Cricket	Mr. Imran Bhatt  Mr. Phulkant & Mr. Binesh
		1:00p.m. 1:40p.m.	Lunch Time	
		1:40p.m. 3:30p.m.	Kabaddi	Mr. Imran Bhatt, Mr. Binesh Student: Lalit, Shivam, Abhishek
		3:30p.m. 4:00p.m.	Prize distribution	Mrs. Reetika & Mrs. Kamalpreet Students: Palak ,Yugam & Nisha

**\*Commentators for the games:** Ms. Nitika & Ms. Mehak: Students: Ambika Rao & Mandeep Singh (2<sup>nd</sup> sem), Shivam (4<sup>th</sup> sem) & Palak (6<sup>th</sup> sem).

**\* Photography team:** Ashish, Nancy, Yugam, Abhishek

- Rules Dictated duty assigned to Mr. Binesh & Lalit (6<sup>th</sup> sem)
- First aid Duties assigned to Mrs. Shweta and Ms. Rubandeeep
- Refreshment Duty Mr. Phulkant, Mr. Laddi & Kirpal (8<sup>th</sup> Sem)

**Event Co-ordinators:** Mrs. Meenakshi Rana , Mrs. Shweta and Mr. Imran Bhatt

The winners of the mentioned games are:-

Sr. No	Name of the game	Winners	Semester
1	Volleyball	Vivek, Aadil,Sunil,Arjun,Prashant,Shivam.	4th
2	Kabaddi	Vivek, Nasir,Mussaraf,Prashant,Mahadev,Sanjay,Shivam,Aadil	4th
3	Shot-put	Arvind.	2nd

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4	Relay race Boys Relay race Girls	Ronaldo, Vishal, Amritpal, Shahaboo, Amritpal, Palak, Nisbat,Sangita	2 <sup>nd</sup> 4 <sup>th</sup>
5	3 leg race Girl's Boy's	Ritika,Geetanjali Sunil,Mahadev	2 <sup>nd</sup> 4 <sup>th</sup>
6	Push-ups	Rohit	4 <sup>th</sup>
7	Carom board Girls Boys	Raunak,Neha Manish,Devinder	2 <sup>nd</sup> Diploma 1 <sup>st</sup>
8	Chess	Manish	2 <sup>nd</sup>
9	Arm wrestling	Musharaf	4 <sup>th</sup>
10	Cricket	Prashant,Shivam,Arjun,Sunil,Vikas,Nasir,Aadil,Raman,Pawan, Vivek,Irfan,Ashish.	4 <sup>th</sup>
11	Running Boy's and girl's 100 meters  200meters	Ronaldo Nisha  Ronaldo Sangita	2 <sup>nd</sup> 4 <sup>th</sup>  2 <sup>nd</sup> 6 <sup>th</sup>
12	Kho-Kho	Chandni,anshika,Simranpreet,Anjali,Nisha,Siya,Diksha	2 <sup>nd</sup> . 4 <sup>th</sup>
13	Tug Of War Girl's  Boy's	Mauli,Ritika,Rekha,Geetanjali,Neha,Resham,Chandani,Raunak, Ishita,Sneha,Jasmeet Yugam,Lalit,Nikhil,Abhishek,Harsh,Aayush,Aasif,Aman,Umar	2 <sup>nd</sup> sem  6 <sup>th</sup> sem

According the performances the “BEST ATHELETE” has been selected as follows:-

**Girls:- Ms.Sangita B. Pharmacy**

**Boys:- Mr. Nassir 4<sup>th</sup> Sem B.Pharmacy**



**GROUND**



**CHESSBOARD**



**RELAY- RACE**



**SHOTPUT**





**ARM WRESTLING**



**VOLLEYBALL**





**CRICKET**



**PRIZE DISTRIBUTION CEREMONY**

We conclude with the famous saying, “Winners win, winners lose, but winners play”.