

Ram Lal Anand College
Nirvana
Yoga and Meditation Committee

Report for Participation in Competition
(Session 2024-25)
Spardhaa'25
13th February 2025

NAME OF THE EVENT: Spardhaa'25

NATURE OF THE EVENT: Inter-college Yoga Competition (Traditional team and Rhythmic Pair)

DATE AND TIME: 13th February 2025, 10am onwards

VENUE: Shaheed Rajguru College of Applied Sciences for Women, University of Delhi

NUMBER OF PARTICIPATING STUDENTS: 7

Overview

The Department of Physical Education and Sports at Shaheed Rajguru College of Applied Sciences for Women, University of Delhi, successfully organized SPARDHAA'25 on 13th February 2025. The event brought together athletes from various colleges and universities to compete in multiple sports disciplines, including aerobics, badminton, chess, handball, kho-kho, table tennis, volleyball, and yoga. The competition provided a platform for students to showcase their athletic abilities, foster teamwork, and embrace a spirit of healthy competition.

The students of Nirvana, the Yoga and Meditation Society of Ram Lal Anand College actively took part in the competition demonstrating enthusiasm, dedication and teamwork. In the Traditional Team Yogasana Competition (Girls' category), Priyanshi Sahu, Priya, Shubhi Singh, Sonali Yadav and Anshika represented our college. Their performances highlighted the importance of discipline, flexibility, and core strength. In the Rhythmic Yoga pair Competition, two pairs of our society, Priyanshi Sahu and Priya, and Akarsh Maurya and Ritesh Rawat, represented our college. Their performances reflected the fine balance of dedication, rhythm and their synchronized movements.

The participation of the members in Spardhaa'25 was commendable, as they represented our college with great pride and dedication. Their participation in such competitions not only enhances their physical abilities but also instils confidence, teamwork and discipline.

**SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES
FOR WOMEN**



(UNIVERSITY OF DELHI)

ACCREDITED NAAC WITH A+ GRADES



**THE DEPARTMENT OF PHYSICAL
EDUCATION AND SPORTS**

presents

SPARDHAA'25

• AEROBICS • BADMINTON • CHESS • HANDBALL
• KHO-KHO • TABLE-TENNIS • VOLLEYBALL • YOGA

Date: 13-14 February, 2025



FOR QUERIES, CONTACT:

KHUSHI GURJAR - 9266516118

PROF. (DR) PAYAL MAGO

MRS. VENIKA GUPTA

DR. BIMLA PAW

Poster



Girls' Traditional Team Yogasana Competition



Rhythmic Pair Yoga Competition –
Akarsh Maurya and Ritesh Rawat



Rhythmic Pair Yoga Competition –
Priyanshi Sahu and Priya