

PONDICHERY UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Dr. N. GOVINDARAJULU,
PROFESSOR & HEAD.

R. V. NAGAR, KALAPET,
PUDUCHERRY - 605 014.

PU/PES/Sports/2010-2011/355

01.04.2011

CIRCULAR

Sir / Madam,

Subject: Pondicherry University – Department of Physical Education and
Sports – Recreation cum Competition Games and Sports tournaments
for Inter-School Teaching and Non-Teaching staff (M / W) – Reg.

Ref. No.: PU/PES/Sports/2010-2011/168, dated 11.03.2011.

In connection to the letter cited above, the Department of Physical Education and Sports, Pondicherry University has planned to organize a recreation cum competition in games and sports for the Teaching and Non-Teaching staff both Men and Women (M & W) on 07.04.2011 (THURSDAY) at 02.30 p. m. onwards at the Tiruvalluvar Stadium, Pondicherry University.

In view of high stress levels that are prevailing in our lives today, the Department of Physical Education and Sports has taken an initiative to conduct a "Break Free Day" by organizing selected recreational sports activities for the staff of our University to enjoy.

We strongly feel that more than mastering a sport we must look to enjoy participating in it, whatever our skill level may be. We eagerly look forward to all the staff participating in the events and enjoy the benefits of physical activity.

Games to be conducted are:

1. Cricket (Tennis Ball) (M) Team Event
2. Tug-of-War (M & W) Team Event
3. Lucky Corner (M & W)
4. Ball roll relay (M & W) Team Event
5. All up and All down relay Indian club (M & W)
6. Tunnel ball relay (M) Team Event
7. Over head relay (M) Team Event
8. Throw ball (W) Team Event

8th April - 9.30 am. ~~Sport~~ ~~at Tiruvalluvar~~
T. Stad.
- 7th April 2011.
2.30 - 5.30 pm. T. Stad.
High Tea after sports
events at 6.45
8th April 9.30 - T. Stad.

As we have received very few entries, we request all the interested participants to report at the Tiruvalluvar Stadium on time for the SPOT ENTRY. The program will proceed immediately after the entries.

N. Govindarajulu

Yours faithfully,

N. Govindarajulu
01/04/2011
(N. GOVINDARAJULU)

Copy to: The System Manager, Pondicherry University
to display in the University e-Circular.

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RECREATION CUM COMPETITION IN GAMES & SPORTS

PROGRAM SCHEDULE

DATE: 07.04.2011

02.30 p.m. -	Registration for Participation (Teaching & Non-Teaching)
03.00 p. m. -	Division of teams by lots
03.30 p. m. -	Tunnel ball relay – Men
03.45 p. m. -	Overhead relay – Women
04.00 p. m. -	Ball roll relay – Men
04.15 p. m. -	Ball roll relay – Women
04.30 p. m. -	All up-down relay – Men
04.45 p. m. -	All up-down relay – Women
05.00 p. m. -	Lucky corner – Men
05.15 p. m. -	Lucky corner – Women
05.30 p. m. -	Tug of War – Men
05.45 p. m. -	Tug of War – Women

DATE: 08.04.2011

09.30 a. m. -	Cricket – Men
09.30 a. m. -	Throw ball – Women
04.00 p. m. -	Prize Distribution

A. N. N. N.
N. Govindarajulu
06/04/2011
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