

ARMY COLLEGE OF NURSING, JALANDHAR CANTT

SPORTS ACTIVITY CALENDER: 2022-2023

SR.NO	DATE	DAY	SPORTS ACTIVITY	TEACHER INCHARGE	SIGNATURE
1	04-2-2023	Saturday	Inter-house tournament:- Chess & Carrom	Ms.Harjot Kaur Ms.Nitika	<i>Harjot Kaur</i>
2	11-02-2023	Saturday	Inter-house Volleyball tournament	Mrs.Eliza Ms.Sofia	<i>Eliza Sofia</i>
3	18-02-2023	Saturday	Inter-house tournament:- Badminton (Singles) & Badminton (Doubles)	Ms.Harjot Kaur	<i>Harjot Kaur</i>
4	25-02-2023	Saturday	Inter-house Basket-Ball tournament	Ms. Sanam Ms.Nitika Ms. Pooja	<i>Sanam</i>
5	04-03-2023	Saturday	Inter-house Kho-Kho tournament & Inter-house tournament:- Table Tennis (Singles) & Table Tennis (Doubles)	Ms. Rashmi Mrs. Pragya Ms.Sanam	<i>Rashmi Pragya Sanam</i>
6	09-03-2023	Thursday	Javelin Throw , Shot Put , Discuss Throw , Long Jump	Mrs.Apsra Mrs.Kalindi	<i>Apsra Kalindi</i>
7	10-03-2023	Friday	Annual Sports-Meet	Ms.Harjot Kaur Mrs.Kalindi	<i>Harjot Kaur</i>
			March Past		
			100m Race 200m Race (4x100) 400m Race (Relay)		<i>Kalindi</i>

HEALTH INCHARGE :- Mrs. Lakhwinder Kaur

REFRESHMENT INCHARGE :- Sub Maj Bhupinder Singh
Nb/ Sub (ACP) Surjeet Singh

SIGNATURE OF SPORTS INCHARGE:-

Harjot Kaur

SIGNATURE OF PRINCIPAL :-

Principal
Army College of Nursing
Jalandhar Cantt