



BAHRA UNIVERSITY

Shimla Hills

Waknaghat-173234, Distt-Solan (H.P) Ph.-01792-247444, Fax-01792-247462

Dated 29/08/2019

SCHOOL OF PHYSIOTHERAPY

"TRAIN INSANE OR REMAIN THE SAME"


School of Physiotherapy is organizing a fun activity for all the students to check their level of fitness. All the schools/departments are cordially invited to participate in the event, which is being held on 3rd September, 2019. All the interested candidates can register themselves to the organizing committee mentioned below.

All the participants with the approval of their HOD's and the registration fees i.e., Rs. 20/- per participant can register themselves till 2nd September, 2019 before 2:00pm.

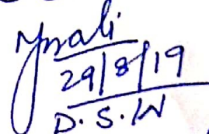
EVENTS Fitness Test	Round-I	Planks	Maximum Participants 12
	Round-II	Skipping	Maximum Participants 08
	Round-III	Pushup	Maximum Participants 05
Treasure Hunt	Total Teams 08 (2 members in each team)		

VENUE: University Gymnasium
DATE: 3rd September, 2019
TIME: 10:00am onwards (Girls)
1:00pm onwards (Boys)

Organizing Committee		
Sr. No.	Name	Contact No.
1	Ms. Himani Bhardwaj	8218705037
2	Ms. Rushali Mehra	7018293766
3	Ms. Ishita	9149026237
4	Mr. Dixit Dhirta	7807202671


(Dr. Kanika Singh)
HOD, School of Physiotherapy,
Bahra University

All HODs are requested to encourage students to participate in the above event.


29/8/19
D.S.W

- C.C.
1. PA to Vice Chancellor (FI)
 2. All HODS.
 3. Gymnasium Incharge.
 4. Girls & Boys hostel notice Board.