

# NORTH EASTERN INDIRA GANDHI REGIONAL INSTITUTE OF HEALTH & MEDICAL SCIENCES

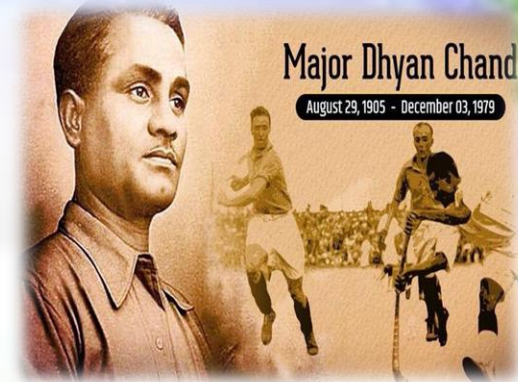


## “ NATIONAL SPORTS DAY CELEBRATION ON DIGITAL PLATFORM ”

ORGANISED

BY

INSTITUTE'S SPORTS COMMITTEE, NEIGRIHMS, SHILLONG



- **Online Sports Quiz Competition: 29<sup>th</sup> Aug 2020 (Online) (10:00 AM - 01:00 PM)**
- **Online Fitness Awareness Programme: 28 & 29<sup>th</sup> Aug 2020 till 10:00 AM**  
( Uploading a video of any Fitness Workout or Sports Skill e.g- Jogging, Running, Skipping, Jumping, Cycling, Asanas, Juggling, Dribbling, Catching , wall rally drill etc. through WhatsApp)

**Free Registration Closing Date -25<sup>th</sup> Aug 2020 till 05:00PM**

**E-Certificate will be provided to the participants**

For Detail Rules & E-Forms for the Competition please visit

Institute's Website <http://neigrihms.gov.in/>

For Registration click here

<https://forms.gle/dMNntmugkqhuH8Ff8>

# North Eastern Indira Gandhi Regional Health & Medical Sciences

## “National Sports Day Celebration on Digital Platform”



Organised

By

Institute's Sports Committee



Invites you to participate in Online Sports Quiz & Online Fitness awareness programme

Note:-

- There is no registration fee
- There are 30 questions each carries 2 marks.
- Time limitation 15:00 Minutes.
- An E-certificate will be issued for those who secure more than 50% marks in evaluation.
- Registration through Google form to be downloaded from Institute's Website.
- Participation link will be send to the registered Email-Id.
- For Fitness awareness programme send the videos through Whatsapp.
- The timing for sending the videos will commence from 28<sup>th</sup> Aug at 10:00AM till 29<sup>th</sup> Aug 10:00 AM
- The videos to be send to Mobile No:-7308979524 along with Email Id and Full Name of the participants.
- For any other queries please contact Mr. Sangram Bhattacharjee, P.T. Instructor, NEIGRIHMS, Shillong.

Mr. Sangram Bhattachajee

Coordinator

Ms. W. Dkhar

Organising Secretary

Dr. Bhaskar Borgohain

Chairperson