NATIONAL SPORTS DAY CELEBRATION ON DIGITAL PLATFORM

ORGANISED

BY

INSTITUTE’S SPORTS COMMITTEE, NEIGRIHMS, SHILLONG

- Online Sports Quiz Competition: 29th Aug 2020 (Online) (10:00 AM - 01:00 PM)
- Online Fitness Awareness Programme: 28 & 29th 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 - 25th 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 28th Aug at 10:00AM till 29th 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
Ms. W. Dkhar
Dr. Bhaskar Borgohain
Coordinator
Organising Secretary
Chairperson