

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF EDUCATION: SPORTS BRANCH  
CHHATRASAL STADIUM: MODEL TOWN: DELHI-110009

No.DE.41/Sports/2015/17091-17140

Dated: -19<sup>th</sup> March 2015

CIRCULAR

**SUB:- CELEBRATION OF "SPORTS WEEK" vis-à-vis ORGANISATION OF DEPARTMENTAL SPORTS TOURNAMENT FOR TEACHERS, OFFICIALS & OFFICERS OF THE DIRECTORATE OF EDUCATION W.E.F. 22<sup>ND</sup> APRIL TO 26<sup>TH</sup> APRIL 2015.**

With a view to maintain the fitness of the teachers, officials and officers of the directorate; understand about the importance of fitness in the life vis-à-vis act as role model for the students to keep themselves fit, it has been decided to celebrate "Sports Week" and organize a sports tournament for Teachers, officials and officers of the Directorate of Education from **22<sup>nd</sup> to 26<sup>th</sup> April 2015**. The age of the participant will be determined as on 01.04.2015:

**Age group for teachers and officials:**

1. Below 35 years.
2. Above 35 years and below 40 years.
3. Above 40 years and below 45 years.
4. Above 45 years and below 50 years.
5. Above 50 years and below 55 years.
6. 55 years and above.

The details of age wise competitions will be as under:-

S. No.	Age Category	Event
1.	Below 35 years	Athletics : 100mtr, 200mtr, 400mtr, 800mtr, 3000 mtr, Yoga, Shot Put Table Tennis (Singles) & Badminton (Singles)
2.	Above 35 years and below 40 years	-DO-
3.	Above 40 years and below 45 years	-DO-
4.	Above 45 years and below 50 years	-DO-
5.	Above 50 years and below 55 years	Athletics: 100 mtr, 200 mtr, 800 mtr. 3 Km (Walk), Yoga , Shot put Table Tennis (Singles) & Badminton (Single)
6.	55 years and above	-DO-

One participant can participate only in two events. The events for male and female will be held separately.

Besides the above competitions, a volleyball (Male & Female), Football (Male), Cricket (Male) and Tug-of-War (Male & Female) tournament will also be organized. One team from each zone will be selected by the respective zonal SPE comprising of teachers and officials.

Besides the zonal teams, a separate team will be formed comprising of the officials of branches of the headquarter. Sports branch will select the team members of the headquarter.

#### **FOR OFFICERS**

Besides the sports tournament for teachers & officials, an athletic meet will be held for the officers of Directorate of Education in the following age groups for male and female separately. The event will be held **on 25<sup>th</sup> and 26<sup>th</sup> April 2015**.

S. No.	Age Category	Event
1.	Below 50 years	100mtr, 200 mtr, 800mtr (Run), 3 km (Walk), Shot Put, Table Tennis & Badminton(Singles), Yoga, 3000 mtr (Run)
2.	Above 50 years	-Do-

For yoga competitions, the asanas are as under:-

- Preliminary Round:- Tricon Asana, Paschimotan Asana, Ardh Matsendra Asana, Matsya Asana, Chakra Asana:- holding of asanas 30 seconds.
- Final Round:- Dhanur Asana, Suptwajra Asana, Sarwang Asana, Uttanpaad asana and two optional asana of the choice of the participant:- holding time 30 seconds.

The yoga competitions will take place from 8.00 a.m.

The competition in Table Tennis, Badminton will be held at Ludlow Castle Sports Complex at 08.30 AM daily. All other competitions will be held at Chhatrasal Stadium, Model Town, Delhi and other Sports Complexes of Directorate of Education.

#### **Rules for participation in the above tournament are as under:-**

1. An officer can participate in maximum two events of the above.
2. Separate competitions will be held for officials (including teachers) and officers.
3. Separate competitions will be held for male and female participants.
4. All participants are required to participate in proper kit.
5. Entries must be sent latest by 10.04.2015 duly signed by the Competent Authority i.e. in case of individual events, the entries must be countersigned by the HoS whereas in case of team event, the entries must be signed by the concerned zonal SPE.

6. The participants should themselves ensure that they are medically fit for participating in this tournament. He / she shall participate in the tournament at his / her own risk.
7. No TA /DA shall be paid to participants.
8. The tournament is meant exclusively for Govt. school Teachers, officials and officers of Directorate of Education.
9. Vice Principal, Principal, Supervisors and Grade-I DASS officers and above shall be considered for participation in the officers' category.

**10. No change of entry or spot entry shall be entertained in any respect. No entry will be accepted after last date.**

11. In the team event like Volleyball, Football, Tug-of-War and Cricket, one participant can participate only in one team event.

Any other enquiry can be made on the telephone No. 011-27005270.

This issues with the prior approval of Director (Education).

  
(ASHA AGGARWAL)

Deputy Director of Education (Sports)

Copy to the following for information and necessary action:

1. All Addl. DEs
2. All RDEs
3. All DDEs
4. All ADEs
5. All EOs
6. All HOSs
7. All SPEs
8. PS to Secy. (Edn.)
9. PS to Director (Edn.)
10. OS (IT) with the request to place the circular on website.