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HIMACHAL PRADESH



Athlos

CHITKARA UNIVERSITY

Present's

INTER UNIVERSITY SPORTS FEST

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(Assistant Director)
Sports



Kartik Arora
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Badminton



Badminton is like a ballet dancing. It requires a lot of control strength, measured movement and mind play. It is a good tournament, everybody could see how others adapt to the new system. It evokes your consciousness. The art of game is to deceive. If they can do badminton, it will open doors for them dramatically. Therefore, smash hard and put the bad in badminton.

7-A Side Soccer

The sport of soccer is considered to be the world's most popular sport. In soccer there are two teams of seven players. Soccer is played on a large grass field with a goal at each end. The object of the game is to get the soccer ball into the opposing team's goal. The key to soccer is that, with the exception of the goalie, players cannot touch the ball with their hands, they can only kick, knee, or head the ball to advance it or score goal.





Volleyball



No matter how far life pushes you down, no matter how much you hurt, you can always bounce back. If you don't do what's best for your body, you come up with a short end. Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability. It isn't hard to be good from time to time in sports. The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.

Table Tennis

Tennis is a perfect combination of violent action taking place in a total atmosphere of tranquility. Of course you must have a lot of physical ability, but you can't play tennis well and not be a good thinker. You win or lose the match before even you go out there. You always want to win. That is why you play tennis, and try to do the best you can do to it.



Chess



Chess is like body building, if you train every day, you will stay in top shape. It is same with your brain. Chess is a matter of brain training. Chess is war over the board, the ultimate Objective is to crush opponent's mind. It takes skills such as perception, ability to think quickly and strategy much like any other sport.

BasketBall

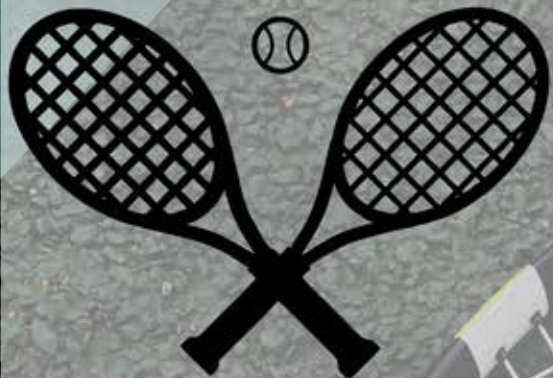
Basketball is not about how big you are, it's about how big you play. When you're through improving, you're through. The more you sweat in practice, the less you lose in battle. Pain is nothing compared to what it's like quitting. Losers quit when they've tired. Winners quit when they've won. Basketball doesn't build character, it reveals it. One man can be a crucial ingredient on a team, one man cannot make a team.





Lawn Tennis

You just don't play tennis and win.
No, it's not like that. You work hard to
improve your skills then you play
what you've learned. Winning is just a bonus.



Fun Events

Enjoyment is pleasure. It is an enjoyable distraction,
diverting the mind and body from any serious task or
contributing an extra dimension to it. Fun is to be able to return,
at least for a little while, to never-never land and enjoy it.



Athlos

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For More Information

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