

BRIEF REPORT ON QUIZ COMPETITION 2026

Department of Physical Education Bhagini Nivedita College, University of Delhi

The Department of Physical Education, Bhagini Nivedita College, University of Delhi, organised a Quiz Competition on 25th September 2026.

The competition was organised under the theme “Move Well, Live Better, Build an Inclusive Tomorrow” and focused on Healthy Lifestyle, Yoga in Practice, Fitness & Wellness, Fit India, Sports for Leisure & Recreation, and Sports for Inclusivity. The activity aimed to enhance students’ knowledge and awareness regarding health, fitness, yoga, recreation and inclusive sports through an engaging and interactive quiz.

Students participated enthusiastically in the competition and demonstrated their knowledge and understanding of the various themes. The winners of the Quiz Competition were:

Position	Name	Class & Roll No.
I Position	Devika	B.Sc. (Hons.) Home Science, I Semester - 266122
II Position	Anshika	B.A. (Hons.) Political Science, I Semester - 268100
III Position	Avni	B.A. Political Science, I Semester - 268104

The competition provided students with an opportunity to learn beyond the classroom while promoting awareness about healthy living, physical fitness, yoga, recreation and inclusivity through sports. The enthusiastic participation of the students made the activity meaningful and successful.

Submitted by

Prof. Mamta Sahrawat
TIC, Dept. of Physical Education





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