



# Savitribai Phule Pune University

## Department of Physical Education

Near Administration Building, Ganeshkhind, Pune - 411007



Ref. No. : SPPU/DPE/2019/01.15

Date: 25 JAN 2019

### Invitation for CROSS X -2019

Dear Sir / Madam,

Department of Physical Education, Savitribai Phule Pune University is glad to invite you for the "CROSS-X" competition organised on **Sunday, 10<sup>th</sup> February, 2019.**

This is a unique fitness battle which will provide platform to all the students who want to show their physical competence and be the champion.

Since Cross-X is an unique event, it will surely create some curiosity in the students. To share information regarding the event and to provide basic training for this competition we will be sending our Post Graduate students to your respective departments. They can also help you to form team for this event. Kindly allow them to interact with your students and provide training to them.

We look forward to your kind cooperation and enthusiastic contribution in the event and we request you to motivate and encourage your students to participate in this ultimate battle of fitness.

#### **ABOUT THE CROSS-X :-**

- ❖ To create a unique event that brings forth the traditional inter department relation.
- ❖ To create a sporting property that allows students to compete on the basis of physical fitness. To create a Platform for those who have a passion of fitness and health.
- ❖ To inspire students to be fitter and healthier.
- ❖ For more information please see video on following link :- [www.youtube.com/watch?v=e3Zp6-EoDco](http://www.youtube.com/watch?v=e3Zp6-EoDco)

#### **THE CONCEPT :-**

- ❖ Invite all the departments within S.P. Pune University campus.
- ❖ Each team to comprise of 5 students in which one female is compulsory (4+1). The competition will be held on Indian games ground S.P. Pune University.

#### **KIND OF CROSS-X :-**

- |               |                             |
|---------------|-----------------------------|
| ❖ Climbing    | ❖ Balance beam              |
| ❖ Tyre pull   | ❖ Agility poles /zigzag run |
| ❖ Battle rope | ❖ Sprint                    |
| ❖ Tyre flip   |                             |





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Date 25 JAN 2019

### REGISTRATION :-

Entry should reach to Department of Physical Education, SPPU till Wednesday, 06<sup>th</sup> February, 2019 by 05:00 pm.

### PRIZES :-

Team securing 1st, 2nd, 3rd and individual category fastest male and fastest female get attractive prizes and Trophies.

### IMPORTANT RULES AND GENERAL INSTRUCTION :-

- ❖ For inauguration ceremony, sports uniform is compulsory.
- ❖ Current year I cards or bonafide certificate must be produced at the time of registration and at the time of event.
- ❖ All players should report 30 minutes before the scheduled time of competition.
- ❖ The judge's decision will be final and in case of any dispute contact the event in charge or organising committee.
- ❖ Any changes in the scheduled or the timing of the event will be at the discretion of the organisers.
- ❖ Rights of any changes are given to the organising committee.
- ❖ The first aid kit will be provided by us and organisers will not be responsible for any injuries or mishaps during the event.

### CONTACT PERSONS :-

- |  |    |            |
|--|----|------------|
| ❖ Dr. Dadasaheb Dhengale (Asst. Prof.)   | :- | 7507701727 |
| ❖ Dr. Abhijeet Kadam (Asst. Prof.)       | :- | 9689827038 |
| ❖ Mr. Ratan Gangode (Teaching Associate) | :- | 9552506160 |
| ❖ Mr. Amol Jadhav (Teaching Associate)   | :- | 9850553657 |

**DONT LIMIT YOUR CHALLENGES. CHALLENGE YOUR LIMIT**

Thanking you,

**Prof. (Dr.) Deepak Mane**  
Head, Department of Physical Education,  
Director, Board of Sports & Physical Education,



*Don't Limit Your Challenges, Challenge Your Limits*



*Battle of Fitness*

Venue

**Sports Complex, Near Tennis Courts,  
Savitribai Phule Pune University**

**Day & Date :- Sunday, 10th February, 2019**

**Time :- 08:00 am**



Organized by  
**Department of Physical Education  
&  
Board of Sports & Physical Education  
Savitribai Phule Pune University, Pune**



*Don't Run Away from Challenges, Run Over Them*