



**ICAR- INDIAN INSTITUTE OF SPICES RESEARCH**  
(Indian Council of Agricultural Research)

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(ISO 9001:2008 Certified Institute)



No. IISR/Sports/2018-19

Dated 05-8-20019

**CIRCULAR**

Those who are interested to participate in the Sports & Games events of ICAR Inter- institutional Sports Meet South Zone for the year 2019 to be held at ICAR - CIFT, cochin from 4<sup>th</sup> to 8<sup>th</sup> November, 2019 may kindly give their names to the undersigned or indicate the name along with the event(s) on or before ~~30<sup>th</sup>~~ <sup>25</sup> **August 2019.**

**MEN EVENTS**

1. Foot ball
2. Volley Ball (Shooting)
3. Volley Ball (Smashing)
4. Kabaddi
5. Badminton (Single & Double)
6. Table- Tennis (Single and Double)
7. Carrom Board (Men (Singles only)
8. Chess Men (Single only)

**LADIES EVENTS**

1. Badminton (Singles & Doubles)
2. Table- Tennis(Singles& Doubles )
3. Carrom Board (Single only)
4. Chess (singles only)

**ATHLETIC EVENTS (MEN & WOMEN EVENTS)**

1. **RACES:** 100, 200, 400, 800& 1500 Mts. Relay (100x4) and Cycle Race, 5000 Mts.
2. **JUMPS & THROW:** Long-jump, High-jump, Pole Vault, Shot-put, Javelin throw and Disc. Throw.

**(Sundaran P)**

Secretary (Sports Promotion Committee)

1. Circulation to Staff members of IISR Chelavoor, Regional Station Appangala, Peruvannmuzhi Farm and KVK
2. The Secretary, SARANI Recreation Club
3. Notice Board.
4. Intranet