```sql
CREATE TABLE students (
    id SERIAL PRIMARY KEY,
    name VARCHAR(100) NOT NULL,
    email VARCHAR(100) UNIQUE NOT NULL,
    gpa DECIMAL(3, 2) DEFAULT 0.0
);
```

```sql
CREATE TABLE courses (
    id SERIAL PRIMARY KEY,
    title VARCHAR(150) NOT NULL,
    instructor VARCHAR(100) NOT NULL,
    credits INTEGER DEFAULT 3,
    capacity INTEGER NOT NULL
);
```

```sql
CREATE TABLE registrations (
    id SERIAL PRIMARY KEY,
    student_id INTEGER REFERENCES students(id) ON DELETE CASCADE,
    course_id INTEGER REFERENCES courses(id) ON DELETE CASCADE,
    registration_date TIMESTAMP DEFAULT CURRENT_TIMESTAMP,
    CONSTRAINT unique_registration UNIQUE (student_id, course_id)
);
```

```sql
INSERT INTO students (name, email, gpa) VALUES
('Alibi Bekov', 'alibi@mail.kz', 3.8),
('Aigerim S.', 'aigera@mail.kz', 3.5);
```

```sql
1  INSERT INTO courses (title, instructor, credits, capacity) VALUES
2  ('Object-Oriented Programming', 'Traxel Xeniya', 5, 30),
3  ('Database Systems', 'Zhandaulet Eldos', 4, 25);
```