

**Spardha**, the Inter Hostel Sports Competition, provides platform for all sportsmen, experienced and amateurs, in the campus. With the pride of your hostel at stake, this time in the sporting arena, Spardha will let you push the boundaries of what you can do for your hostel. It stretches throughout the even semester, and sees by far the largest participation from the students at IIT Guwahati. From aquatics to soccer, you can follow any sport that you love. The SAC grounds are open till 9 P.M. at night and you can issue sports equipment from the security guard at the SAC desk by bringing your I-Card. The use of the swimming pool requires you to register permanently and get a separate pool card. Don't worry if you are a big zero in sports and never knew where to begin. There is a full-time dedicated team of professional coaches for various sporting activities. Physical fitness and mental alertness is a mantra for success in life. So, each one of you do make it a point to take some time out from your busy schedules for sports and extra-curricular activities.