

**ACTIVITIES ORGANISED BY THE DEPARTMENT OF PHYSICAL  
EDUCATION**

**(January 2021 to December 2021)**

- DELHI STATE ATHLETICS ASSOCIATION conducted 80<sup>th</sup> Delhi State Annual Athletics Championship from 14<sup>th</sup> to 18<sup>th</sup> Jan 2021 at Jawaharlal Nehru stadium.

S.No	Name	Class & Roll no	Position	Event
1	Nikita Choudhary	B.A Prog II,1497	III	800 Mtrs Race
2	Nikita Choudhary	B.A Prog II,1497	III	1500 Mtrs Race

- Sejal Negi of B.A (H) Geography participated in 32<sup>nd</sup> North Zone Junior Athletics Championship 2020-21, held from 20<sup>th</sup> to 22<sup>nd</sup> March 2021 at Meerut (UP) SECURED GOLD MEDAL in 800M Under-20 (Women).
- Sejal Negi of B.A (H) Geography participated in 80<sup>th</sup> Delhi State Annual Athletics Championship held on 14<sup>th</sup> and 22<sup>nd</sup> January 2021 at J.L.N Stadium, New Delhi SECURED GOLD MEDAL in 800M Girls-20.

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Kankshi Yadav participated in 19<sup>th</sup> Rajasthan State Championship held at OASES, Jagatpura, Jaipur on 9<sup>th</sup> March 2021

S.No	Name	Class & Roll no	Position	Event
1	Kankshi Yadav	Geo (H) I 405	385/400 Score	10M Rifle shooting( Youth and Junior)

- Kirti Gupta of B.A (Prog.) IInd Year Rol No 1296 participated in World Cup Shotgun Championship held at Cairo Egypt from 22<sup>nd</sup> Feb to 5<sup>th</sup> March 2021 and secured Trap Team Women silver medal.
- Mehakpreet Kaur of B.A (Prog.) participated in 60<sup>th</sup> Delhi State Gymnastic Championship 2021 from 7<sup>th</sup> to 11<sup>th</sup> November 2021 at IG. Stadium Delhi, secured Gold Medal in Hoop, Ball and Clubs. Silver Medal in Ribbon. She was judged as All Round Best Gymnast (Gold).
- Harpreet Kaur of B.Com (H) participated in 60<sup>th</sup> Delhi State Gymnastic Championship 2021 from 7<sup>th</sup> to 11<sup>th</sup> November 2021 at IG. Stadium Delhi, secured Silver Medal in Clubs.
- Kirti Gupta of B.A (Prog.) participated in Delhi State Open Shooting Competition from 26 to 30<sup>th</sup> December 2021 at Dr. Karni Singh Shooting Ranges, secured Silver Medal in Trap Senior Women Individual.

- Kirti Gupta of B.A (Prog.) participated in 64<sup>th</sup> National Shooting Championship held at New Moti Bagh Gun Club, Village Main, Patiala secured Bronze Medal in Trap Senior Women Team and Gold Medal in Trap Junior Women Team.
- Gauri Singh of B.A (H) Sociology 20/1919 participated in Amrit Krida Mahotsav from 21- 23 October 2021 at Motilal Sports Stadium Raibarely in Taekwondo (59-63kg) and secured Gold Medal in women's open category.
- Navya Pathania of B.A (H) Psychology participated in Haryana Senior State Basketball Tournament from 17 to 20<sup>th</sup> November 2021, Gurugram Haryana.
- Samdarshni of B.A (Prog.) 89 represented Garhwal Women Football Club and participated in Football Delhi Women's League in the month of at JLN Stadium and Ambedkar Stadium.

**ACTIVITIES ORGANISED BY THE DEPARTMENT OF PHYSICAL EDUCATION**  
**FROM JANUARY TO DECEMBER 2021**

1. Department of Physical Education conducted virtual NSO class in Aerobics and yoga on 24<sup>th</sup> February 2021 at 1.00 pm to 2.00 pm.
2. Celebrated International Day of Yoga and conducted a Live Session on “Yoga For Total Fitness” on 21st June 2021 from 12:00 to 1:00 PM.
3. Organized 34 Hours Foundation Course in Yoga from 1<sup>st</sup> April 2021 to 17<sup>th</sup> May 2021.
4. Organized an activity for B.A (P) Physical Education Students on 29<sup>th</sup> August 2021 on the occasion of National Sports Day.
5. Organized a lecture on “Sports Psychology For Performance Enhancement” on 1st September, 2021 at 1.00 PM for Vth Semester NSO, Physical Education and Sports Students. The lecture was delivered by eminent speaker Dr. Lalit Sharma, Professor from Indira Gandhi Institute of Physical Education and Sports Sciences, University of Delhi.
6. Organized Fit India Freedom Run to commemorate Azadi Ka Amrit Mahotsav on 24<sup>th</sup> September at 9:00 AM in the college ground.
7. Organized Sports Prize Distribution Ceremony for the Academic Year 2019-20 and 2020-21 on 28<sup>th</sup> October 2021.
8. Department of Physical Education organised a workshop on “Enroute Happiness And Well Being” under the banner of Azadi Ka Amrit Mahotsav on 24<sup>th</sup> November, 2021 at 1.00 PM for 3<sup>rd</sup> Semester NSO, Physical Education and Sports Students. The workshop was conducted by Dr. Sonakshi Ruhela, Associate Registrar at Amity University Dubai.