

Department of Physical Education
SPORTS ACTIVITIES 2022-23

The Department organized ***Freedom Run*** on 13th August 2022 under Azadi Ka Amrit Mahotsav. Many students inculcated the spirit of freedom on the roads of bawana and involved many citizens in this cause. The department organized Inter House competition of kho-kho, kabaddi, badminton & chess along with cultural committee under Azadi ka Amrut Mahotsav from 23-25 January 2023. Approximately 300 students participated in different events with full zeal. The department has organized workshop on yoga day on 14-15 June 2022 under expertise of Dr Naveen Kandpal and Miss Varsha Gautam which focuses on yogic asanas remedial effects in various lifestyle disorders. The department has also celebrated International Yoga Day on 21st June 2022 with Acharya Ramgopal Dixit who focused on Neurotherapy role in curing various disorders.

The department has started skill development course with skill development committee such as Yoga and Nutrition with the goal of inculcating healthy lifeskills among students.

Through out the year various laurels were brought by our sportsman who participated in various competitions including open/state level, Inter-collegiate, Inter- University, All India University, National and Inter-National level. The achievements are as follows:-

ACHIEVEMENT 2022-23-

S NO.	NAME	CLASS AND ROLL NO	GAME	EVENT NAME	VENUE AND DATE	POSITION
1	Swati saini	Bcom(prog.) 2005184	Powerlifting	Deadlift championship	Chennai, 14 to 18 sep2022	2nd
				Delhi state powerlifting, bench press and deadlift championship	Delhi 30 to 10 feb,2022	1st
				Delhi state powerlifting, bench press and deadlift championship	Delhi 27July, 2022	1st
				National powerlifting	Raigarh 5 – 8 Jan , 2023	1st
				All india open deadlift and bench press championship 2022	Muradnagar 7 april, 2022	1st
2	Radhika	BA (hons.)Social	Powerlifting	Sub junior deadlift championship	Chennai, 14 to 18 sep2022	Participated

		Work 2004044		Delhi state powerlifting, bench press and deadlift championship	Delhi 30 -10-2022	2nd
				Delhi state powerlifting, bench press and deadlift championship	Delhi 24July, 2022	2nd
				Subrata classic national powerlifting and bechpress compitition	Rajgarh 5 – 8 jan , 2023	2nd
				All india open deadlift and bench press championship 2022	Muradnagar 7 april, 2022	1st
3	Khushi	BA (Prog.)3rd year 2001644	Wrestling	Delhi state senior championship	Chatrasal stadium 2march, 2022	1st
				All India Inter University games	Bhiwani 14-16 march, 2022	participated
				All India Inter University tournament	Pune, 6-10 feb,2023	Participated
4	Manju	BAProg. 2101657	Wrestling	All india inter University tournament	Pune, 9 jan, 2023	3rd
				2nd WFI grand prix wrestling tournament	Bahadurgarh,5 to 6 dec 2022	3rd
				1st WFI grand prix wrestling tournament	Haridwar, 2023	1st
				Khelo india university games 2022	Banglore	3rd
				1st wfi grand prix wrestling tournament under 2022	gonda	2nd
				Under 23 senior national wrestling	kerela	3rd

				championship 2022		
				Senior state national wrestling championship 2022	chhatersal stadium, Delhi	1st
				2022 under 23 FS,GR and women national wrestling championship	kochi,1 to 4 sept 2022	3rd
				2022 federation Cup (senior) in FS,GR and Women wrestling	rachi,17 to 19 April 2022	3rd
				First under 20 national open ranking wrestling tournament	Delhi,26 to 29 may 2022	2nd
5	Rinki	2nd year 2101624	kabaddi			
				Invited inter college tournament	Shri Aorbindo college	3rd
				3rd senior district championship	Delhi (rohini,sec-20),11oct2022	3rd
				3rd senior district championship	Jagatpur, 28-1-2022	1st
6	Kusum	2nd year 2101653	kabaddi	Junior state uttrakhand	Uttrakhand, 22-23jun, 2022	participation
				Senior Delhi state championship	Delhi,2 to 10 July 2022	participation
				Senior district championship	Delhi,11-10-22	1st
				Invited inter college tournament	Shri aorbindo college, 29-4-2022	3rd
				Senior state Uttrakhand	rudrpur city,4-5 feb	participation
7	Nikita	BA (hons.) Social Work	Kabaddi	3rd central district kabaddi	Delhi, 16 and 17 oct 2022	1st

				championship		
8	Palak	B.com Prog. 2205040	Athletics	12th national junior and sub junior para athletics championships	Gujrat,27-29 jan, 2023	1st
				21st national Para-Athletics Championship	Pune,16 to 20 March 2023	selected
9	Ridhika Sharma	B.EL.ED 1907072	Powerlifting	Delhi state powerlifting,bench press deadlift championship	Delhi, 12 feb, 2022, 2023	1st
10	Megha sharma	B.A (prog.) 2101654	Judo	38th Delhi state judo championship 2022	Dada Dev Mandir Judo Academy Palam,1 dec2022	3rd
				All India University games 2022-23	Jalandhar,8 to 12 Jan 2023	Selected
				Khelo India University Games 2022-23	Lucknow, 6-9 May	Selected
11	Vidhi	BA (Hons.)Geography 2202023	Powerlifting	Delhi state powerlifting,bench press and deadlift championship	Delhi,12-2-2023	1st



MANJU (WRESTLING)



PALAK (ATHLETICS)



KHUSHI (WRESTLING)



Megha Sharma



RADHIKA (POWERLIFTING)



SWATI (POWERLIFTING)



RINKI (KABBADI)

FREEDOM RUN



YOGA DAY



INTERHOUSE COMPETITION

