

DEPARTMENT OF PHYSICAL EDUCATION

SPORTS ACTIVITIES 2020-21

The Department of physical education and sports committee organizes 5 days online workshop on Yoga for self-realization and Aerobics for conditioning for teaching, non-teaching staff and students of the college from 11 May-15 May 2020. The aim was to enhance the immunity of all to fight Covid and improve the concentration power of mind through pranayama session.

ADITI MAHAVIDYALAYA
University of Delhi

SPORTS COMMITTEE
presents
**Yoga for Self Realisation
&
Aerobics for Conditioning**

**For
Teaching, Non-teaching and students**

Resource Person :
Yogacharya - Dr. Navoon Shastri, Gen.Sec.
Yog sport association, India
Aerobics - Dr. Rashmi Gupta, Asst. Professor,
Dept. Of Physical Education

Date - 11 - 15 May 2020
Time - 5pm - 5:40pm

Sports Committee

Dr. Mamta Sharma
Principal

Online yoga competition was organized by the department on the occasion of yoga day on 21 June. Students participated with high enthusiasm and send their and their family videos on yoga asanas.



The Department of physical education and Sports Sciences organized online yoga sessions on regular basis from 21 July 2020 by the expert Dr. Parveen Saroha, Head of the Department NSIT, Dwarka.



ACHIEVEMENTS LIST 2020-21

S.NO.	NAME, CLASS, ROLL NO. OF THE PLAYERS	SPORTS	NAME OF THE EVENT	VENUE AND DATE	POSITION/ MEDAL
1	TANNU B.A 3 RD YEAR 1801056	KABADDI	STATE LEVEL WOMEN'S KABADDI COMPETITION DELHI STATE KABADDI ASSOCIATION (CHANDRAWAL KABADDI ASSOCIATION, DISST. CENTRAL) SENIOR DELHI STATE QUALIFIED	BADARPUR DELHI 23 JANUARY 2021 JAGATPUR DELHI 22 TO 23 MARCH 2021	1 ST POSITION 2 ND POSITION
2	POOJA B.A 1 ST YEAR 2001522	KABADDI	STATE LEVEL WOMEN'S KABADDI COMPETITION DELHI STATE KABADDI ASSOCIATION (CHANDRAWAL KABADDI ASSOCIATION, DISST. CENTRAL) SENIOR DELHI STATE QUALIFIED	BADARPUR DELHI 23 JANUARY 2021 JAGATPUR DELHI 22 TO 23 MARCH 2021	1 ST POSITION 2 ND POSITION
3	BEAUTY B.A 2 ND YEAR 2001522	KABADDI	STATE LEVEL WOMEN'S KABADDI COMPETITION DELHI STATE KABADDI ASSOCIATION (CHANDRAWAL KABADDI	BADARPUR DELHI 23 JANUARY 2021 JAGATPUR DELHI 22 TO 23 MARCH 2021	1 ST POSITION 2 ND POSITION

			ASSOCIATION, DISST. CENTRAL) SENIOR DELHI STATE QUALIFIED		
4	NISHA B.A 2 ND YEAR 1901403	KABADDI	JUNIOR NATIONAL KABADDI SENIOR DELHI STATE KABADDI ASSOCIATION DISST.	HARYANA ROHTAK 13 TO 16 FEBRUARY 2021 SHADRA, DELHI 19 MARCH	2 ND POSITION 1 ST POSITION
5	PUNITA B.A 2 ND YEAR 1901399	KABADDI	SENIOR DELHI STATE KABADDI ASSOCIATION DISST. SENIOR NATIONAL KABADDI	SHADRA, DELHI 19 MARCH JAIPUR, RAJASTHAN 3 RD MARCH TO 6 MARCH 2020	1 ST POSITION PARTICIPATION
6	KIRTI B.A 2 ND YEAR 1901112	WRESTLING	SENIOR NATIONAL WOMEN'S WRESTLING CHAMPIONSHIP 2021	AGRA (U.P) 30 TH TO 31 ST JANUARY	BRONZE MEDAL
7	KOYAL B.A (P) 3 RD YEAR 1801386	JUDO	11 TH NATIONAL CHAMPIONSHIP	CH. DEVI LAL UNIVERSITY, SIRSA HARYANA	1 ST POSITION
8	SEEMA B.A (P) 3 RD YEAR	JUDO	NORTH ZONE OPEN JUDO CHAMPIONSHIP JAMMU AND KASHMIR	JAMMU TAWI	3RD
9	SANJANA BHJ 3 RD YEAR 1803003	YOGA	DELHI YOG COMPETITION	DELHI 26 JANUARY DELHI 26 JANUARY	GOLD ININDIVIDUAL SILVER IN GROUP
10	KUSUM B.A 3 RD	YOGA	DELHIYOG COMPETITION	DELHI 26 JANUARY	SILVER IN GROUP

11	GEETA D/O MANOJ KUMAR (9729582247) B.A (P) 3 rd . YEAR 1801495	WRESTLING	INTERCOLLEGE WRESTLING	CHATTERSAL STADIUM 2020 TO 2021	SILVER
12	VARSHA D/O BHOOP SINGH (9717268975) B.A (P) 3 RD YEAR 1801461	WRESTLING	INTERCOLLEGE WRESTLING	CHATTERSAL STADIUM 2020 TO 2021	BRONZE
13	SEEMA (8397892922) Seemasaroha163 @gmail.com (1801015)	TAEKWONDO PLAYER	2021 PRIDE CUP ONLINE OPEN NATIONAL TAEKWONDO POOMSAE & SPEED KICKING CHAMPIONSHIP NATIONAL MARTIAL ARTS FESTIVAL – (2019- 20) AFFILIATED TO HARYANA ALYMPIC ASS. FIRST QWAN KI DO SEMINAR IN INDIA (INTERNATIONAL LEVEL) AFFILIATED TO – INTERNATIONAL QWAN KI DO FEDERATION	SAI SPORTS FOUNDATIONS 23-25 JUNE, 2021 VENUE: M.D UNIVERSITY, INDOOR SPORTS COMPLEX, RTX M.D UNIVERSITY, RTK, HR. 15-17 NOV. 2019-20	POSITION- FIRST, WEIGHT C.-> U-46 IN TAEKWONDO RANK-3RD

14	DEEKSHA D/O PURAN CHAND (8383946401) B.A (P) 3 RD YEAR 1801429	BOXING	INTERCOLLEGE	KMC 30 OCT TO 1 NOV (2019)	BRONZE
15	SANJU D/O JITENDER SINGH B.A (P) 3 RD YEAR 1701055	BOXING	INTERCOLLEGE	KMC 30 OCT TO 1 NOV (2019)	BRONZE





