

SPORTS ACTIVITIES

Department of Physical Education 2021-22

Sports Committee and Cultural Committee organised olympic trivia included poster making and quiz competition on 31st July 2021. Sports Committee and Cultural Committee also organised 21 days Surya Namaskar workshop 17th January to 06th February 2022 as a part of 75th anniversary of independence.

The Department of Physical Education and Sports Committee, Aditi Mahavidyalaya, University of Delhi organised online workshop on Yoga and Alternate Therapies in Pandemic Situation from 14th February to 18th February 2022. Dr. Bipin Accupressure Therapist, Ms. Anupama Director, Minacs, Ms. Varsha Yoga Therapist, Ms. Damini, C.E.O. Delhi Yog Studio took the sessions.

The Department of Physical Education along with NSS celebrated World Bicycle Day on 03rd June 2022.

The Department of Physical Education and Sports Committee, Aditi Mahavidyalaya, University of Delhi organised two day workshop on the occasion of International Yoga Day on 14th and 15th June 2022. Prof. Mamta Sharma, Principal Aditi Mahavidyalaya, University of Delhi has inaugurated the workshop with valuable words and blessing to the participants. Dr. Naveen Chandra Kandpal was the yoga expert along with Ms. Dajee Patel as yoga instructor on 14th June 2022. Ms. Varsha Gautam, a yoga and naturopathy therapist along with Ms. Priyanshu as yoga instructor were the experts on 15th June 2022. It was a very graceful and valuable session on both the days. Students and staff of the college have gained knowledge about getting fit through the means of yoga, naturopathy and acupressure. Students were very curious to get the knowledge from these sessions.

The Department of Physical Education and Sports committee, Aditi Mahavidyalaya, University of Delhi celebrated International Yoga Day on 21st June 2022. Acharya Ramgopal Dixit a renowned Yoga guru and meditation expert, advanced neurotherapy specialist and Health Consultant at Rastrapati Bhawan(ex.) was invited as an expert for the session. His mastery in yogic science and curing disease without medicine has benefited more than 50 lakh people across India.

The college will be happy to get associated with these kind of knowledgeable programs in the coming future.

Department provides opportunities to all students of the college to participate in different sports activities which run throughout the year.

ACHIEVEMENTS LIST 2021-22

S.NO.	NAME, CLASS, ROLL NO. OF THE PLAYERS	SPORTS	NAME OF THE EVENT	VENUE AND DATE	POSITION/ MEDAL
1	RITU B.A PROG. 2 nd YEAR	KABADDI	INVITATIONAL INTER-COLLEGE KABBBADI WOMENS TOURNAMENT	SHRI AUROBINDO COLLEGE, 29.4.22	3 rd POSITION
2	POOJA, B.A PROG. 2 nd YEAR 2001522	KABADDI	DELHI STATE KABBADI ASSOCIATION (REGD.) DISTRICT LEVEL INVITATIONAL INTER-COLLEGE KABBBADI WOMENS TOURNAMENT	SARITA VIHAR, 4 APRIL 2021 SHRI AUROBINDO COLLEGE, 29 APRIL 2022	3 rd POSITION 3 rd POSITION
3	RINKI B.A PROG. 1 st YEAR	KABADDI	INVITATIONAL INTER-COLLEGE KABBBADI WOMENS TOURNAMENT	SHRI AUROBINDO COLLEGE, 29.4.22	3 rd POSITION
4	KUSUM B.A PROG. 1 st YEAR	KABADDI	INVITATIONAL INTER-COLLEGE KABBBADI WOMENS TOURNAMENT	SHRI AUROBINDO COLLEGE, 29.4.22	3 rd POSITION
5	BEAUTY B.A PROG. 3 rd YEAR 1901406	KABADDI	DELHI STATE KABBADI ASSOCIATION (REGD.) DISTRICT LEVEL SENIOR DISTRICT CENTRAL KABBADI CHAMPIONSHIP	SARITA VIHAR, 4 APRIL 2021 JAGATPUR DELHI 5 DEC 2021	3 rd POSITION 2 ND POSITION
6	NISHA B.A PROG. 3 rd YEAR 1901403	KABADDI	SENIOR DISTRICT SENIOR STATE	SAHADHRA, 17-18 MARCH 2021 SARITA	FIRST POSITION THIRD

			2 nd SHAHDARA DISTRICT KABADDI CHAMPIONSHIP	VIHAR, 4 APRIL 2021 BABA SHYAM GIRL PARK, USMANPUR, 2 nd PUSTA, DELHI 17-18 NOV. 2021	POSITION FIRST POSITION
7	PUNITA B.A 3 rd YEAR 1901399	KABADDI	SENIOR DISTRICT SENIOR STATE	SAHADHRA, 17-18 MARCH 2021 SARITA VIHAR, 4 APRIL 2021	FIRST POSITION THIRD POSITION
8	POONAM B.A 3 rd YEAR 1901405	KABADDI	JUNIOR NATIONAL JUNIOR STATE JUNIOR DISTT. SENIOR DISTRICT SENIOR STATE	SAHADHRA, 17-18 MARCH 2021 SARITA VIHAR, 4 APRIL 2021	PARTICIPATION GOLD MEDAL GOLD MEDAL FIRST POSITION THIRD POSITION
9	KIRTI B.A 3 rd YEAR 1901112	WRESTLING	INTER UNIVERSITY TRIALS, DU ALL INDIA INTER- UNIVERSITY GAMES	CHHATRASAL STADIUM, DELHI, 2-3 MARCH 2022 BHIWANI, 14-16 MARCH 2022	FIRST POSITION PARTICIPATION
10	KHUSHBU TYAGI B.COM PROG. I YEAR 2105236	KURUSH	U.P. STATE KURUSH CHAMPIONSHIP 2021-22	DR. AMBEDKAR SPORTS STADIUM, SAHARANPUR, 30-31 OCTOBER 2021	GOLD MEDAL

			IX JUNIOR NATIONAL KURUSH CHAMPIONSHIP 2021-22	DR. AMBEDKAR SPORTS STADIUM, SAHARANPUR, U.P. 11-13 MARCH 2022	PARTICIPATION
			SENIOR STATE KURUSH CHAMPIONSHIP 2021-22	PHYSICAL EDUCATION COLLEGE, NOIDA, 17-18 DEC. 2021	SILVER MEDAL
			SENIOR NATIONAL KURUSH CHAMPIONSHIP 2021-22	INDOOR STADIUM BHAGWATI NAGER, JAMMU, 25-28 DECEMBER 2021	PARTICIPATION
11	KHUSHI BA PROG. 2 YEAR 20001644	WRESTLING	DELHI STATE SENIOR CHAMPIONSHIP	CHATTRASAL STADIUM, 2 JAN 2021	FIRST POSITION
			INTER UNIVERSITY TRIALS WRESTLING	CHATTRASAL STADIUM, 2 MARCH 2022	FIRST POSITION
			ALL INDIA INTERUNIVERSITY GAMES	BHIWANI, 14-16 MARCH 2022	PARTICIPATION

ADITI MAHAVIDYALAYA
(UNIVERSITY OF DELHI)
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS COMMITTEE
INVITES YOU TO ATTEND

Workshop on Yoga and Alternate Therapies in Pandemic Situation

Varsha Gautam
Yoga Therapist
Naturopathy Therapist
National Player of Yoga

Dr. Bipin Payal
Acupressure
Therapist

Damini Bhargava
C.E.O
Delhi Yoga Studio

Anupma Kaushik
Director
Fitness Minacs

SESSION DATE
14/02/2022 TO 18/02/2022

VENUE:
GOOGLE MEET

Google Meet joining info
Video call link:
<https://meet.google.com/xdg-rueo-fa>

Prof. Sandhya Vatsyayana
Convener Sports Committee

Dr. Manish Kumar Vats
Teacher in Charge

Dr. Rashmi Gupta
Coordinator

Prof. Mamta Sharma
Principal

Aditi Mahavidyalaya
University of Delhi
Sports Committee and Cultural Committee

75TH ANNIVERSARY OF INDEPENDENCE

75 Azadi Ka Amrit Mahotsav

75 Crore Surya namaskar

LET'S DO 13 SURYA NAMASKAR FOR 21 DAYS 15 MINUTES DAILY SESSION
*be a part of World records!
get a certificate!*

Date: 17 January to 6 February
Time :- 8:00 AM to 8:15 AM

Priyanshu Soni
National Level
Yoga Player

Convener Sports Committee
Prof. Sandhya Vatsyayana

Convener Cultural Committee
Prof. Manisha Wadhwa

Principal
Prof. Mamta Sharma

ADITI MAHAVIDYALAYA
(University of Delhi)
Sports Committee & Cultural Committee
invite entries for the following events

TOKYO 2024

Olympic Trivia (Quiz Competition)
&
Poster Making
Tokyo Tokyo Olympics 2021
#cheerformdia

Attractive prizes for winners

For any query contact
Santima Singh :-
8866437874

Last date for POSTER SUBMISSION: 31ST JULY 2021

Quiz Competition Timing: 31ST JULY AT 12:00 PM

Convener Sports Committee
Dr. Sandhya Vatsyayana

Convener Cultural Committee
Prof. Manisha Wadhwa

Principal
Prof. Mamta Sharma



YOGA WORKSHOP



