

Aditi Mahavidyalaya
Department of Physical Education
Sports Activities 2018-19

This year under Silver Jubilee celebration of our college the Department tries its best to involve every member of the college to gain enriching experiences of maintaining healthy lifestyle through various workshops and activities.

Like every year Department organized 3 km Cross Country Race on 21 August 2018 in the memorial of Late Dr. Anita Ghosh. Approximately 150 students participated in the event. Winners were awarded with attractive prizes. The event was made successful by the cooperation of Delhi police.

On 25th October 2019 a blood donation camp was organized by the department in collaboration with WDC & NSS. A team from Jan Jagriti Blood Bank led by Dr. N. K. Bhatia helped students in donating their blood for good cause.

Interclass competitions were organized every year to identify the hidden talent among the students. Four events were organized including kabbadi, kho-kho, badminton and athletics. The event was organized on 6th and 7th February 2019. The event was a grand success which catches the eye of almost every student of the college by its funfair and attractive prizes.

Under silver jubilee celebration the department organized three workshops. The first workshop was organized on 6th February in collaboration with the department of B.El.Ed about “Enhancement of learning through PE Cards” by Dr. Mukesh Kohli, CEO, PEC India, NGO. This workshop highlights the importance of physical activity in our day to day life and how our life can be enriched by including small physical activities. This workshop left every participant with tears in eyes.

The second workshop was organized on 8th March 2019 by Dr. Vikram Singh, Asst. Director, J.N.U. This workshop focuses on “Fitness and Sports Nutrition”. This session was a life changing experience as it helped participants in learning combo benefits of healthy diet and fitness in maintaining ideal body weight.

Third workshop was on 9 March 2019 taken by Mr. Ambuj Jain, Director, Innovative Brainz-The Finishing School. The workshop was entitled “Handshake with Life”. The soul shaking stories of real time motivational heroes left no stone unturned in inspiring students.

Finally the department organized the Annual Sports Day on 29th March 2019 which is one of the most awaited events of the year. Mr. Joginder Singh was invited as Chief Guest on the event who was awarded with the lifetime achievement award by the Government of Delhi in his commendable achievements in the field of Marathon Running in Athletics. Various events were organized such as Sprint races, Shot Put, Javelin Throw, obstacle race etc. for all students, teaching and non-teaching staff. 21 sports achievers were also awarded for their outstanding performances throughout the year.

Students participated in various competitions including open/state level, intercollegiate, interuniversity national and Inter-national level. The achievements of the students are as follows-

Achievements of the Players in 2018-19				
International				
Name, class and roll no. of the Players	Sport	Name of the Event	Venue & Date	Position/Medal
<i>Koyal, BA (Prog.)I Yr., 1801386</i>	Judo	<i>Commonwealth Judo Championship 2018</i>	Sawai Man Singh Indoor Stadium, Jaipur, Rajasthan, India, 4-11	Gold

			Nov 2018	
Seema, BA (Prog.)I Year, 1801015	Taekwondo	2nd Open International Taekwondo Championship 2018	Amritsar, 29- 31 Dec. 2018	Silver
National				
Name, class and roll no. of the Players	Sport	Name of the Event	Venue & Date	Position/Medal
Seema, BA (Prog.)I Year, 1801385	Judo	National Cadet and Junior Judo Championship	PAP Campus, Jalandhar, Punjab, 28 March-31 March 2018	Bronze
Seema, BA (Prog.)I Year, 1801385	Judo	Junior and Cadet National Kurash Championship 2018-19	Department of Youth Empowerme nt & Sports, District Stadium, Belgavi, Karnataka, 15-18 October 2018	Participation
Nisha, BA Prog. II Year, 1701045	Wrestling	Junior National	Gujrat, 1-5 Feb. 2018	Participation
Nisha, B.Com. Prog. I Year, 1805081	Taekwondo	1 st Late Sh. Sonu Kadyan Open National Tournament	Panipat, 26- 28 Sep. 2018	Bronze
Anjali BA (Prog.)2 nd year 1701397	Wushu	27 th senior national wushu championship 2018 (men & women)	Assam regimental center , 10-14 october 2018	Participation
Seema BA (P) 1 Year,	Judo	National Cadet and Junior Judo Championship	Bhagat Singh Judo Championship	Bronze

1801385			27 march 2018	
Priyanshu BA(prog.) 3 year, 1701351	Yoga	3 rd National yog sports championship 2018-19	Akhil Bhartiya Shree ,Samaj ,Haridwa, (U.K), 7-9 Dec. 2018	Silver
Sanjana BA(H.) Hindi Patrikarit a, I year, 1803003	Yoga	3 rd National yog sports championship 2018-19	Akhil Bhartiya Shree ,Samaj ,Haridwa, (U.K), 7-9 Dec. 2018	Gold
Manisha BA (prog.) 3 rd year 16001396	Taekwondo	1 st challenger trophy prize money open national taekwondo championship 2018	Faridabad (HR) 30 Nov- 20 Dec 2018	Bronze
Seema, BA (Prog.)I Year, 1801015	Taekwondo	Champions Trophy Open National Taekwondo Championship 2018	Karnal, 4-6 May 2018	Bronze
Seema, BA (Prog.)I Year, 1801015	Taekwondo	Ist Goodwill Cup Prize Money National Taekwondo Championship	Karnal, 10-12 August 2018	Gold
Kalpana, BA Prog. I Year, 1801383	Kabaddi	Inter-SAI	Gandhi Nagar, Gujrat, 26-30 August 2018	Silver
Intercollege & Inter-University				
Name, class and Roll no. of the Players	Sport	Name of the Event	Venue & Date	Position/Medal
Nisha , BA Prog. II Year,170 1045	Wrestling	All India Inter-University	Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra, 2	Bronze

			Nov.2018-5 Nov. 2018	
Kalpana, BA Prog. I Year, 1801383	Kabaddi	All India Inter-University	MDU, Rohtak, 15-18 November	Participation
Nisha , BA Prog. II Year,170 1045	Wrestling	Inter-college	Chattrashal stadium, Delhi, 29-30 Oct. 2018	Gold
Koyal, BA (Prog.)I Yr., 1801386	Judo	Intercollege	Multipurpose hall, Delhi University,13- 14 Nov, 2018	Bronze
Seema, BA (Prog.)I Year, 1801385	Judo	Intercollege	Multipurpose Hall, Delhi University,13- 14 Nov, 2018	Bronze
Varsha saini BA (prog.) 1 st year 1801461	Powerlifting	Intercollege	Deshbandhu College, 30 th Oct. to 02 nd Nov. 18	Silver
Varsha saini BA (prog.)1 st year 1801461	Wrestling	Intercollege	Chattrashal Stadium , 29 and 30 october, 2018	Silver
Seema BA(p) Ist year	Judo	Intercollege	Multipurpose hall Delhi 14- 15 Nov.2018	Bronze
Vandana BA (prog.) 2 nd year 1269	Powerlifting	Intercollege	Deshbandhu College ,30 th Oct. to 02 nd Nov. 18	Silver
Neetu BA (prog.) 1 st year 1801189	powerlifting	Intercollege	Deshbandhu college 12-13 Nov. 2018	Bronze
Geeta, BA Prog.	Judo	Intercollege	Multipurpose hall Delhi 14-	Bronze

I Year, 1801495			15 Nov.2018	
Geeta, BA Prog. I Year, 1801495	Wrestling	Intercollege	Chattrashal stadium, Delhi, 29-30 Oct. 2018	Bronze
Pooja, BA Prog. II Year, 1701379	Powerlifting	Intercollege	Deshbandhu College, 12 Nov-14 Nov. 2018	Bronze
State /Delhi Olympic				
Name, class and roll no. of the Players	Sport	Name of the Event	Venue & Date	Position/Medal
Priyanshu BA (prog.) III year , 1701351	Yoga	Delhi states yog sports championship 2018	Maharaja Agrasen global school, Rohini, Delhi -85	Silver
Koyal, BA (Prog.)I Yr., 1801386	Judo	Delhi Olympic Games 2018	New Delhi, 10- 20 October, 2018	Bronze
Koyal, BA (Prog.)I Yr., 1801386	Judo	Delhi State Judo Championship	DD Palam Judo Academy, Delhi, 27 March-1 April 2018	Gold
Nisha, BA Prog. II Year, 1701045	Wrestling	Delhi Olympic Games 2018	New Delhi, 10- 20 October, 2018	Bronze
Nisha, BA Prog. II Year, 1701045	Wrestling	Ist under- 23 free style, Greco Roman Style & Woman Delhi State Wrestling Championsip 2018	Roshanara Bagh, Roshanara Road, Subzi Mundi, Ddelhi- 110007, 3-4 Sep. 2018	Silver

Manisha BA (prog.)3 rd year 16001396	Taekwondo	Delhi Olympic association (regd.) Delhi Olympic games-2018	New Delhi 10-20 Oct 2018	Bronze
Richa sharma B.com (prog)2 nd year, 1705093	Shooting	41 st UP state shooting championship	Nagar nigam shooting range nadarganj , Kanpur road ,lucknow , 23- 29 Jan. 2019	Silver
Harshita, BA prog. I year, 1801391	Archery	Hisar State	38 Hisar State Shooting Championship, 27-30 Nov. 2018	Individual-Gold & Silver (senior), Team- Silver & Bronze (Junior/senior)
Sanjana BA(H.) Hindi Patrikarit a, I year, 1803003	Yoga	3 rd Delhi State Sports Championship 2018-19	Maharaja Agrasen global school , Rohini, Delhi - 85	Bronze
Varsha saini BA (Prog.)1 st year 1801461	judo	Delhi Olympic Games 2018	I.G.I college, Delhi, 10-20 Oct. 2018	Bronze
Koyal, BA (Prog.)I Yr., 1801386	Judo	Kurash Delhi State	Tayagraj Stadium, Delhi, 8-9 Feb., 2018	Bronze
Jyostana BA (prog.) 2 nd year 1701115	Boxing	Delhi state	Dada Maldev Sports complex, Palam, October 2018	Bronze
Priyanka BA (prog.) 3 rd year 1250	Boxing	Delhi Olympic Games 2018	New Delhi 10-20 Oct 2018	Silver

Priyanka BA (prog.) 3 rd year 1250	Boxing	Delhi State	Dada Maldev Sports complex, Palam, October 2018	Silver
Brijesh BA (Hons.) Hindi Journalis m 3 rd year , 1603017	Boxing	Delhi Olympic Games 2018	New Delhi 10-20 Oct 2018	Bronze
Anjali BA (Prog.) 2 nd year 1701397	Wushu	Delhi Olympic Games 2018	New Delhi 10-20 Oct 2018	Gold
Seema, BA (Prog.)I Year, 1801015	Taekwondo	Haryana State Quan Ki Do Championship 2018	Sonipat, 7-9 Sep. 2018	Gold
Seema, BA (Prog.)I Year, 1801015	Taekwondo	Distt. Qwan Ki Do Championship Sonipat 2018	Sonipat , 29 April 2018	Gold
Kalpana, BA Prog. I Year, 1801383	Kabaddi	Delhi State Kabaddi Championship 2018-19	Tanwar Sports Club, Asola, Fatehpur Beri Delhi, 31 August & 1-2 Sep. 2018	Silver
Kalpana, BA Prog. I Year, 1801383	Kabaddi	Delhi Olympic Games 2018	New Delhi 10-20 Oct 2018	Silver
Vaishali, BA Prog. 3 year, 1416	Vollyball	Delhi Youth State , Vollyball Championship	Dichaun Kalan Village Park, Najafgarh, New Delhi- 110043, 29	Silver

			Sep. -1 Oct. 2018	
Open Tournaments				
Name, class and roll no. of the Players	Sport	Name of the Event	Venue & Date	Position/Medal
Koyal, BA (Prog.)I Yr., 1801386	Judo	Swabhiman Sports Festival	Hari Nagar Ghantagar, Delhi, 12-13 Feb. 2018	Gold
Seema, BA (Prog.)I Year, 1801385	Judo	Bhagat Singh Judo Championship	Rajiv Ghandhi Stadium, Bawana, 28 - 29 Nov. 2018	Bronze
Neetu BA (prog.) 1 st year 1801189	powerlifting	Open tournament	Uttam nagar , Delhi, 21 october 2018	Bronze
Vandana BA (Prog.)2 nd year 1269	powerlifting	Open tournament	uttam nagar 21 st oct 2018	Bronze
Varsha saini BA (prog.) 1 st year 1801461	Powerlifting	Open tournament	Uttam nagar, Delhi, 21 st Oct. 2018	Silver
Seema, BA (Prog.) I Year, 1801015	Taekwondo	Independence Cup Open Taekwondo Championship 2018	Sonipat , 26 Jan. 2018	Gold
Seema, BA (Prog.)I Year, 1801015	Taekwondo	Ist Late Sh. Sonu Kadyan Memorial Taekwondo Tournament	Panipat, 26-28 Oct. 2018	Bronze

Chhaya BA(prog.) III year, 16001263	Taekwondo	Open Taekwondo championship 2018	Guru Harikrishna public school ,Delhi 21-jan- 2018	Silver
Goldy, BA Prog. II Year, 1701214	Adventure Sports	Completed Advance Mountaineering Course by Himalaya Mountaineering Institute, Darjeeling (West Bengal) India	15 Sep-21 Oct. 2018	Attitude Submit- 17500 ft. Grade-B (High Average)
Jyoti, BA Prog. II Year, 1701416	Athletics	Aahvaan 2019, Intercollege sports fest	22-24 January 2018, DTU, Delhi	100 meter-Silver 200 meter- Bronze
Jyoti Pal, BA Prog. II Year, 1701414	Athletics	Aahvaan 2019, Intercollege sports fest	22-24 January 2018, DTU, Delhi	400 meter- Bronze
Madhuri, BA Prog. II Year, 1701475	Athletics	Aahvaan 2019, Intercollege sports fest	22-24 January 2018, DTU, Delhi	800 meter-Silver
Pooja, BA Prog. II Year, 1701379	Powerlifting	Open Tournament, DTU	DTU, Delhi, 16-20 Dec. 2018	Silver
Richa Sharma, B.Com Prog. I Year, 1705093	Shooting	Beginner Shooting Championship	Siri Fort Range, Delhi, 29 Dec. 2018	Silver

Annual Sports Day



CROSS COUNTRY RACE



WORKSHOPS

