

ADITI MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
SPORTS ACTIVITIES 2019-20

Interclass competitions are organized every year to identify the hidden talent. Three events were organized including Kabaddi, Kho-Kho and Badminton. The event was organized on 17th to 19th February 2020. All the winners are awarded with prizes. Department organized Run for Unity race on 31st October 2019 and awards were given to the position holders.

To have healthy interaction amongst the students, teacher and non-teaching, we bring them under one umbrella by organizing various sports activities on Annual Sports Day such as Sprint races, Shot Put, Tug of war, Musical Chair, Baloon Burst etc . Various Adventure activities such as Rippling, Flying fox, Commando Net, V-Shape Bridge, and Rope Ladder etc. steal the show. Smt. Santosh Yadav (Padmashree Awardee) the first women in the world to climb Mount Everest twice, was invited as Chief Guest on the Annual Sports day which was held on 20th February, 2020.

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

ACHIVEMENTS OF THE PLAYERS IN 2019-20

INTERNATIONAL					
S.NO	NAME, CLASS AND ROLL NO. OF THE PLAYERS	SPORT	NAME OF THE EVENT	VENUE AND DATE	POSITION / MEDAL
1	NISHA BA (PROG.) 1 ST YEAR 190	KABADDI	SOUTH ASIAN CHAMPIONSHIP (2019)	SOUTH ASIA	GOLD
2	PRIYANSHU BA (PROG) 3 RD YEAR 1701351	YOGA	INTERNATIONAL YOG SPORT CHAMPIONSHIP	SEC- 22 ROHINI, DELHI 13,14 JUNE 2019	GOLD
3	SANJANA BHJ 2 ND YEAR 1801114	YOGA	INTERNATIONAL YOG SPORT CHAMPIONSHIP	SEC-22 ROHINI, DELHI 13,14 JUNE 2019	GOLD

4	KUSUM BA (PROG) 2 ND YEAR 1801114	YOGA	INTERNATIONAL YOG SPORT CHAMPIONSHIP	SEC-22 ROHINI, DELHI 13,14 JUNE 2019	GOLD
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NATIONAL					
S.N O	NAME, CLASS AND ROLL NO. OF THE PLAYER S	SPORT	NAME OF THE EVENT	VENUE AND DATE	POSITION / MEDAL
1	MANISH A BA (PROG) 1 ST YEAR 1901401	KABADDI	1. NATIONAL STELI KABADDI 2. NATIONAL STELI KABADDI	AMBALA (2019) LUCKNOW	GOLD SILVER
2	SHIVANI BA (PROG) 1 ST YEAR 1901412	KABADDI	1. NATIONAL STELI KABBADI 2. NATIONAL STELI KABADDI	AMBALA (2019) LUCKNOW	GOLD SILVER
3	PUNITA B A (PROG) 1 ST YEAR 1901349	KABADDI	1. NATIONAL LEVEL(2019) 2. JUNIOR NATIONAL 3. NATIONAL LEVEL(2020) 4. JUNIOR NATIONAL 5. INTER SAI	DELHI KOLKATA DELHI HARIYANA GUJARAT	GOLD PARTICIPATI ON GOLD PARTICIPATI ON GOLD

4	KHUSHI B A (PROG) 1 ST YEAR	WRESTLING	NATIONAL LEVEL		GOLD
5	PRIYANS HU BA (PROG) 3RD YEAR 1701351	YOGA	NATIONAL YOG SPORT CHAMPIONSHIP	UTTARAKHA ND 16 - 18 NOV 2019	BRONZE
6	SANJANA B A(PROG) 2 ND YEAR 1803003	YOGA	NATIONAL YOG SPORT CHAMPIONSHIP	UTTARAKHA ND 16 – 18 NOV 2019	BRONZE
7.	POONAM B.A (PROG) 1 ST YEAR 1901405	KABADDI	1. NATIONAL L 2. JUNIOR NATIONAL L 3. INTER SAI 4. JUNIOR NATIONAL L	DELHI KOLKATA GUJARAT HARYANA	GOLD PARTICIPATI ON GOLD PARTICIPATI ON
8.	NISHA B.A (PROG) 1 ST YEAR 1901403	KABADDI	1. NATIONAL L (U-19) 2. JUNIOR NATIONAL L (2019) 3. SENIOR NATIONAL L 4. INTER SAI 5. JUNIOR NATIONAL L (2020)	DELHI KOLKATA PATNA GUJARAT HARYANA	GOLD GOLD PARTICIPATI ON GOLD SILVER

DELHI STATE

S.N	NAME,	SPORT	NAME OF	VENUE AND	POSITION \
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O	CLASS AND ROLL NO. OF THE PLAYERS		THE EVENT	DATE	MEDAL
1	BEAUTY B A (PROG) 1 ST YEAR 1901406	KABADDI	DELHI STATE COMPETITION	GANGA SPORT CLUB MAIDAN GARHI CHATTARPU R 8-9 NOV 2019	PARTICIPATIO N
2	PUNITA B A (PROG) 1 ST YEAR 1901349	KABADDI	1DELHI STATE COMPETITION 2DELHI STATE	.DELHI 2019 .DELHI 2020	GOLD SILVER
3	SEEMA BA (PROG) 2 ND YEAR 1801385	JUDO	DELHI STATE JUDO INDEPENDEN T CHAMPIONSH IP		BRONZE
4	GEETA BA.(PROG) 2 ND YEAR 181495	JUDO	DELHI STATE JUDO INDEPENDEN T CHAMPIONSH IP	DELHI 21-23 AUG 2019	SILVER
5	JYOTI RANA B.A.(PROG) 3 RD YEAR 1701416	ATHELETI C	DELHI STATE	DELHI	BRONZE
6	SANJANA B.H.J 2 ND YEAR 1803003	YOGA	DELHI STATE	DELHI	SILVER
7	PRIYANSH U B.A(PROG.) 3 RD YEAR 1701351	YOGA	DELHI STATE	DELHI	BRONZE

8	CHAMAN B.A. (PROG) 3 RD YEAR 1901139	YOGA	DELHI STATE	DELHI	BRONZE
9	KUSUM B.A (PROG) 2 ND YEAR 1801114	YOGA	DELHI STATE	DELHI	BRONZE
10	POONAM B.A(PROG) 1 ST YEAR 1901405	KABADDI	1.DELHI STATE 2019 2. DELHI STATE 2020	.DELHI .DELHI	GOLD SILVER

INTER COLLEGE & INTER – UNIVERSITY

S.NO	NAME,CLASSAND ROLL NO.THE PLAYERS	SPORT	NAME OF THE EVENT	VENUE AND DATE
1	KOYAL BA.(PROG) 2 ND YEAR 1801386	JUDO	INTER COLLEGE	
2	SEEMA BA.(PROG) 2 ND YEAR 1801385	JUDO	INTER COLLEGE	
3	GEETA B.A.(PROG) 2 ND YEAR 1801495	WRESTLING	INTER COLLEGE	27 NOV 2019
4.	POOJA B.A.(PROG) 1 ST YEAR	WRESTLING	INTER COLLEGE	25 NOV 2019
5.	KHUSHI B.A. (PROG)	WRESTLING	INTER COLLEGE	25 NOV 2019

	1 ST YEAR			
6.	PRIYA B.A.(PROG) 1 ST YEAR 1901145	WESTLING	INTER COLLEGE	25 NOV 2019
7.	KIRTI B.A.(PROG) 1 ST YEAR	WRESTLING	INTER COLLEGE	25 NOV 2019
8.	VARSHA B.A (PROG) 2 ND YEAR 1801461	BOXING	INTER COLLEGE	KMC COLLEGE
9.	DEEKSHA B.A (PROG) 2 ND YEAR 1801429	BOXING	INTER COLLEGE	KMC COLLEGE
10.	JYOTSNA B.A (PROG) 3 RD YEAR	BOXING	INTER COLLEGE	KMC COLLEGE
11.	ANJALI B.A (PROG) 3 RD YEAR	BOXING	INTER COLLEGE	KMC COLLEGE

OPEN TOURNAMENTS

12	MOHINI B.A.(PROG) 1 ST YEAR	POWERLIFTING	INTER COLLEGE	DESHBANDHU COLLEGE
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S.NO	NAME,CLASS, ROLL NO, OF THE PLAYER	SPORTS	NAME OF THE EVENT	VENUE AND DATE
1.	BEAUTY B.A.(PROG) 1 ST YEAR 1901406	KABADDI	BEST KABADDI LEAGUE 2019	KARNAL MUNAK 29-2 FEB
2.	TANNU B.A.(PROG) 2 ND YEAR 1801056	KABADDI	BIHARIPUR KABADDI ASSOCIATION 2 ND KABADDI TOURNAMENT	MAA SARASWATI MODEL PUBLIC SCHOOL C.R.P.F. CAMP DELHI -110095
3.	JYOTI PAL B.A.(PROG) 3 RD YEAR 1701414	ATHLETIC	2)INDIAN ARMY MARATHON 3) FORCE SPORTS CLUB	1) JAMIA MILLIA ISLAMIA UNIVERSITY 7 APRIL 2019 3)DELHI TECHNOLOGICAL UNIVERSITY 4) 15 AUG 2019
4.	JYOTI RANA B.P.(RPOG) 3 RD YEAR 1701416	ATHELETIC	2)INDIAN ARMY MARATHON 3) FORCE SPORTS CLUB	1)DELHI TECHNOLOGICAL UNIVERSITY 1FEB 2019
4.	MADHURI B.A.(PROH) 3 RD YEAR 1701475	ATHELETIC	1) 2)INDIAN ARMY MARATHON 3) FORCE SPORTS CLUB 4)	1)JAMIA MILLIA ISLAMIA UNIVERSITY 7APRIL 20194)DELHI TECHNOLOGICAL UNIVERSITY
5.	SEEMA B.A.(PROG) 2 ND YEAR 1801385	JUDO	1)ALL INDIA CASH PRIZE KURASH CHAMPIONSHIP 2)JUNIOR AND CADET NATIONAL KURASH CHAMPIONSHIP WELFARE ASSOCIATION OF INDIA 3)14 TH SWABHIMAN SPORTS FESTIVAL	
6.	KOYAL B.A.(PROG)	JUDO	1) 1)ALL INDIA CASH PRIZE KURASH	

	2 ND YEAR 1801386		CHAMPIONSHIP 2)JUNIOR AND CADET NATIONAL KURASH CHAMPIONSHIP WELFARE ASSOCIATION OF INDIA	
7.	GEETA B.A.(PROG) 2 ND YEAR 1801495	JUDO	1)14 TH SWABHIMAN SPORTS FESTIVAL	1)29 NOV 2019
8.	SEEMA B.A.(PROG) 2 ND YEAR 1801015	TAEKWONDO	1)NATIONAL MARTIAL ARTS FESTIVAL 2)GOODWILL CUP NATIONAL CHAMPIONSHIP 3) 1 ST QWAN KI DO INTERNATIONAL SEMINAR 2019	1)ROHTAK 26-28APRIL 2019 2) KARNAL 20-22 DEC 2019 3) MDU ROHTAK 15-17 NOV 2019
9.	ANJALI B.A (PROG) 3 RD YEAR 1701397	PANSAK SILAT	JAMMU UNIVERSITY	JAMMU

ADVENTURES SPORTS

NAME, CLASS, ROLL NO OF THE PLAYER	SPORTS	NAME OF THE EVENT	VENUE AND DATES	MEDAL/POSITION
GOLDY B.A.(PROG) 3 RD YEAR 1701214	MOUNTAINEERING Rock climbing	1)EXPIDITION 2)ROCK CLIMBING(ALL INDIA R.C CAMP)	1)THINCHENKHANG PEAK 2019 2) Gwalior 2019	1).6010.METER (19718) FEET peak submit 2)AS A INSTRUCTOR







RUN FOR UNITY