

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

ANNUAL REPORT 2024-25

The department of Physical Education of AditiMahaidyalaya is one of the most promising departments with vision of imbuing life skills in all the students and employees of the college by participation in multifarious sports, fitness and wellbeing activities. The department offers coaching in various games such as Archery, Athletics, Aerobics, Boxing, Badminton, Chess, Judo, Kho-Kho, Kabaddi, Taekwondo, Volleyball, Powerlifting, Weightlifting, Wrestling, Yoga, and above all ensuring a comprehensive approach to physical fitness and skill development.

The department of physical education, sports committee and NCC organized Yoga day on 21st June 2024 graced by renowned Yoga Shastri Dr. Naveen Chandra Kandpal. Department also organized freedom run on 14th August 2024 on the occasion of India's 78th Independence Day. All the sports man and NCC Cadets enthusiastically participated in the event. On the occasion of National Sports Day department organized tug of war, poster making competition and yoga session on 29 August 2024. The event was graced by the esteemed presence of respected principal madam. The department organized inter-house competition on 20 February 2025 in various games such as chess, badminton, volleyball and kho- kho. The theme was "come out and play" in which all college students are divided in various houses. Approximately 80 students participated in various games. The department of physical education and sports committee organized Annual sports day on 19 March 2025 various competitions were organized for students and staff of the college including three leg race obstacle race, tug of war, musical chair, ball balancing and volleyball. Approximate 300 students and staff make this event a mega event showcasing the spirit of sportsmanship.

The department of physical education is embedded with various sports gems who brought laurels by participating in various competitions including open/state level, Inter-collegiate, Inter-University, All India University, National and Inter-National level. The achievements are as follows:-

SPORTS ACHIEVEMENT 2024-25

S.NO.	NAME	COURSE & YEAR	GAME	DATE OF EVENT	EVENT AND VENUE	POSITION
1	Nishigandha Mudgal	BA PROG. II YEAR	Weight Lifting	21-11-2024	Weight Lifting- Inter collegiate / Ramanujan college	Silver (64 Kg)
2	Aishwarya	BA PROG. II YEAR	Weight Lifting	21-11-2024	Weight Lifting- Inter collegiate / Ramanujan college	Bronge (71 Kg)
3	Taniya	BA PROG. I YEAR	Weight Lifting	21-11-2024	Weight Lifting- Inter collegiate / Ramanujan college	Bronge (59 Kg)
4	Vanshikajakar	BA (Hons.) Hindi Patrikita, I year	Boxing	21-23 Nov-2024	Boxing Intercollegiate/ Dayal Singh College	Bronge (65-70 Kg)
5	Varsha	BA PROG. II YEAR	Kabaddi	24-25 Nov	Kabaddi – district/ Khel ground Jagatpur Delhi - 110084	Silver
6	Shweta	BA PROG. I Year	Kabaddi	24-25 Nov	Kabaddi – district/ Khel ground Jagatpur Delhi - 110084	Silver
7	RenuTomar	BA (Hons.) Hindi Patrikita , I Year	Kabaddi	24-25 Nov	Kabaddi – district/ Khel ground Jagatpur Delhi - 110084	Silver
8	Sonammeet	B.EL.ED I Year	Kabaddi	24-25 Nov	Kabaddi – district/ Khel ground Jagatpur Delhi - 110084	Silver
9	Sapna	BA PROG. III Year	Yoga	19/02/2025 20-23 march 2025	Delhi State Yogasana 10 National yoga sports championship/Surat-Gujrat	BRONZE BRONZE

10	ManishaYada v	BA PROG. III Year	Yoga	19/02/2025 20-23 march 2025	Delhi State Yogasana 10 National yoga sports championship/Surat- Gujrat	BRONZE BRONZE
11	SonamYadav	BA PROG. II Year	Yoga	19/02/2025 20-23 march 2025	Delhi State Yogasana 10 National yoga sports championship/Surat- Gujrat	BRONZE BRONZE
12	Sandhya	BA PROG. I Year	Yoga	19/02/2025 20-23 march 2025	Delhi State Yogasana 10 National yoga sports championship/Surat- Gujrat	GOLD PARTICIPATION

ANNUAL SPORTS DAY

ADITI MAHAVIDYALAYA (UNIVERSITY OF DELHI)

ANNUAL SPORTS DAY

Department of Physical Education
Sports Committee

Refreshment for all

INVITES YOU ALL TO COME AND PARTICIPATE IN VARIOUS COMPETITIONS FOR:-

Students	Male staff	Female staff
Three leg race	Tug of war	Musical Chair
Obstacle race	Volleyball	Ball Balancing

19 MARCH 2025
Time- 9 am / Venue- SPORTS GROUND
Attractive Prizes for winner

Prof. Mamta Sharma
Principal

Dr. Rashmi Gupta
Dr. Manish Kumar Vats
Department of Physical Education

Prof. Sunita Dhankhar
Convener
Sports Committee



ADITI MAHAVIDYALAYA
 (University of Delhi)
 Department of Physical Education
 &
 Sports Committee

**Invites you all to
 Come and participate
 in
 Inter House Competition**

TEAM(Course wise)

- Chess (Individual)
- Badminton (Individual)
- Volleyball (12 players)
- Kho-Kho(12 players)

Attractive prizes for winner

Refreshment for all

20th feb, 2025
 9am, Sports ground

Prof. Mamta Sharma
 Principal

Dr. Rashmi Gupta
 Dr. Manish Kumar Vats
 Department of Physical
 education

Prof. Sunita Dhankhar
 Convener
 Sports Committee

INTERHOUSE COMPETITION





ADITI MAHAVIDYALAYA
UNIVERSITY OF DELHI
 Department of Physical Education,
 Sports Sciences, Sports Committee
 and NCC

*On the Occasion of
 National Sports day*

Organises

- TUG OF WAR
- POSTER MAKING COMPETITION
- YOGA SESSION

29th August, 2024
 9:30 AM
 College Sports Ground

SENIOR UNDER OFFICER RUBY AHLAWAT	PROF. SUNITA DHANKHAR CONVENER SPORTS COMMITTEE	DR. RASHMI GUPTA DR. MANISH VATS DEPT. OF PHYSICAL EDUCATION	PROF. MAMTA SHARMA PRINCIPAL
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NATIONAL SPORTS DAY



ADITI MAHAVIDYALAYA
UNIVERSITY OF DELHI



**Department of Physical
Education and Sport Sciences
and NCC
celebrates**

INTERNATIONAL YOGA DAY

EXPERT



DR. RAVISH CHANDRA KISHORE
NATIONAL PRESIDENT
SHRI YOGMANTRAM YOGIJI
&
STATE SECRETARY
INDRAPRASTHA YOGAN SPORTS ASSOCIATION (DELHI)

**REFRESHMENTS WILL BE
GIVEN TO ALL THE
PARTICIPANTS**

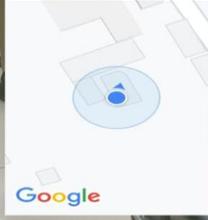
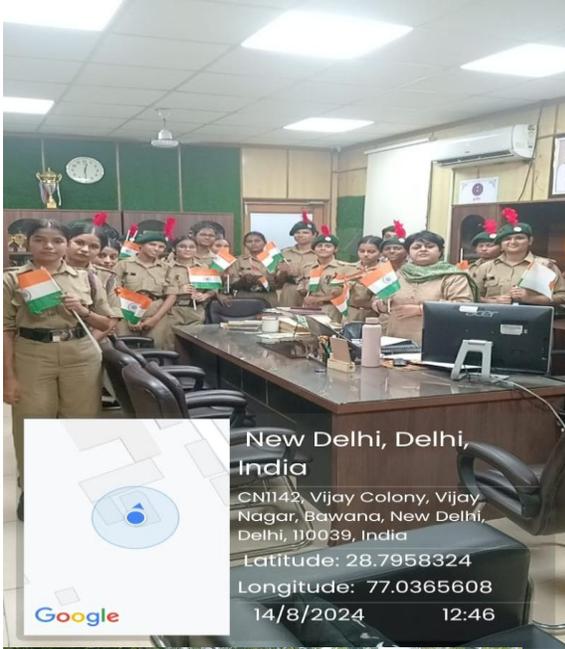
DATE: 21st June 2024
TIME: 9:00 am
VENUE: Sports Ground

RUBY AHLAWAT
SUD
NCC

DR. RASHMI GUPTA
DR. MANISH VATS
DEPT. OF PHYSICAL EDUCATION

PROF. MAMTA SHARMA
PRINCIPAL

YOGA DAY



New Delhi, Delhi,
India
CN1142, Vijay Colony, Vijay
Nagar, Bawana, New Delhi,
Delhi, 110039, India
Latitude: 28.7958324
Longitude: 77.0365608
14/8/2024 12:46




ADITI MAHAVIDYALAYA
 UNIVERSITY OF DELHI
 

**Department of Physical
 Education and Sport Sciences
 Sports Committee and NCC**
 organises
FREEDOM RUN
*on the occasion of
 India's 78th Independence Day*


**REFRESHMENTS WILL BE
 GIVEN TO ALL THE
 PARTICIPANTS**

 **14TH AUGUST, 2024**
 **10:00 AM**
 **COLLEGE SPORTS GROUND**

PROF. SUNITA DHANKHAR
 CONVENER
 SPORTS COMMITTEE
 DR RASHMI GUPTA
 DR MANISH VATS
 DEPT. OF PHYSICAL EDUCATION
 PROF. MAMTA SHARMA
 PRINCIPAL

NATIONAL YOGA CHAMPIONSHIP

