

**ACTIVITIES ORGANISED BY THE DEPARTMENT OF PHYSICAL
EDUCATION
(January 2022 to December 2022)**

- Department of Physical Education organized the practice of Suryanamaskar for 21 Days from 12th January to 4th February 2022 to support 75 crore Surya Namaskar project on Amrit Mahotsav Celebration.
- Organized Prize Distribution Ceremony for Sports Students on 20th April 2022.
- Organized Online One Week Workshop on “**Yoga Asanas For Postural Deformities**” from 14th **June to 18th June 2022.**
- Organized Common Yoga Protocol Session to celebrate the **INTERNATIONAL DAY OF YOGA** on 21st June 2022 on the college ground.
- Organized Strength and Conditioning Camp to celebrate National Sports Day to commemorate the Birth Anniversary of Hockey Legend Major Dhyan Chand in the college ground on 29th August 2022.
- Organized an Online Lecture on “**Introduction to First Aid**” on 2nd November 2022.
- Organized Inter Department Throw Ball Competition in the month of November 2022.
- Organized Leg Cricket Match for Academic Female Staff Members on 9-11-22.
- Organized Cricket Match between Teaching and Non-Teaching Staff members.
- Organized Fitness Camp in Athletics, Basketball, and Taekwondo for all Ist Year students from 13th December to 22nd December 2022.

SPORTS ACHIEVEMENTS:

- Shivpreet Pannu of B.A (Prog.) 3rd-year student has participated in TATA Steel Sport Climbing Championship 2022 and secured a silver Medal in Speed Climbing Open Women and Bronze Medal in Combined (Lead and Bouldering) from 22nd February to 26th February 2022.
- Mehakpreet Kaur of Gymnastics B.A (Prog.) final year student has participated in All India Inter-University and secured Bronze Medal in Clubs event from 29th to 31st March 2022.
- Hansika Singh of Taekwondo Journalism 3rd year student has represented Delhi University in All India Inter-University from 28th to 31st March 2022.
- Kirti Gupta of B.A (Prog.) 3rd year has participated in All India Inter-University and secured First position in Shooting in Trap Women Team Event. from 7th April to 9th April 2022.
- Kirti Gupta of B.A (Prog.) 3rd year selected to participate in Khelo India University Games 2021 held in Bengaluru from 24th April to 3rd May 2022 and secured First position in Shooting in Shotgun Trap team event.
- Mehakpreet Kaur of Gymnastics has been selected to represent India in FIG World Cup, Portugal from 27th to 29th May 2022.
- Kanak Gusain of Psychology (H) 3RD Year, Shivani Rastogi of Journalism (H) 2nd Year, Samdarshini of B.A (Prog.) 2nd Year, Jeevanti of B. A (Prog.) 1st year has represented University of Delhi in the North Zone Inter-University Football Tournament from 21st November to 27th November 2022.

- Varsha of B.A (Prog.) 2nd Year and Tanuja of Political Science (H) 2nd Year has represented University of Delhi in North Zone Inter-University Cricket Tournament from 23rd to 30th November 2022.
- Romila Singh of Political Science 3rd Year student secured Bronze Medal in the 37th Delhi State Shooting Championship 2022 in 10M Rifle Pistol Junior Women Individual from 19th July to 27th July 2022.
- Priyanka Mohapatra of Psychology (H) 2nd Year has secured Gold Medal in the Odisha District Kyorugi Taekwondo championship under the 62-weight category held from 3rd to 4th December 2022.
- Our Football Team Secured Third position in Delhi University Sports Council Football (Women) Tournament held from 18-08-22 to 5-09-22. The Team Members were:

Dipti (Captain), Jasmine Jetly, Kanak Gusain, Isha Bhardwaj, Shirin Oberoi, Syeda Tuba, Manya, Aini Mandal, Nidhi Sati, Shivani Rastogi, Samdarshini, Yashika Bhadana, Achala Puri, Medha Verma, Varsha, Durga Rawat, Vandana and Manisha.

- Our Football Team secured 1st position in the Honob'22, The Annual Sports Festival of Jesus and Mary College held from 11 to 13th April 2022.
- Football Team secured 2nd Position in BITS Open Sports Meet held from 15to 18th October 2022.
- Jayasree of B.A (Prog.) participated in the Guinness World Records record attempt for Most people performing an abdominal plank simultaneously on 7th August 2022 in India.
- Our Basketball Team secured the first position in Varchas'22 organized by The Indian Institute of Technology Jodhpur held from 4th to 6th November 2022.