

REPORT 2019

1. Priya secured a bronze medal in 100mtr (H), and 400mtr (H) in Inter-college Athletics Competition 2019.
2. Srishti Rana, Chetna Singh, Priya and Garima Singh secured 3rd Position in the 4x100 Relay in Inter-College Athletics Competition 2019.
3. Shweta kumari secured Silver Medal in 20 km Walk in Inter-College Athletics Competition 2019.
4. Football team (Khyati Bhalotia, Neha Sharma Sangma, Yachika Garg, Dhara Sharma, Farheen, Akshita Dutt, Ishita Tanwar, Samridhi Bhardwaj, Gauri Singh Kshetry, Sanchita Gupta, Laavanya Raturi, Vishakha Bhandari, Ekambara T. Subramaninan, Shama N. H. Khan, Khushi Chetwani, Nenghochong, Hashita Thakran, Anju Priya) secured III position in Inter College Football Tournament 2019.
5. Cricket Team (Sonal, Pallavi, Pratiksha Rishi, Kranti Devi, Anshika Singh, Kirti Choudhary, Amisha Sharma, Shivangi Singh, Ambika Alagh, Srishti, Khushboo, Urja Nayyar, Km. Deepti Kataria, Soniya Rathi, Nidhi Sharma, Arushi Pandey secured 2nd position in Inter College Cricket Tournament 2019.
6. Saakshi Bisht (49 kg), Medha Saini (57kg), Janvi (62 kg) secured 3rd position in Inter-College Taekwondo Competition 2019.
7. Kirti secured silver medal in trap women in the All India Inter-University Shooting Championship and Secured Gold Medal in trap Mixed organized by Manav Rachna University from 12th to 15th Nov 2019 at Dr.Karni Singh Shooting Range, New Delhi.
8. INTER-UNIVERSITY REPRESENTATION -2019

Ishita Tanwar-	Football
Vishakha-	Football
Khyati Bhalotia	Football
Anju Priya	Football
Shivangi Singh	Cricket
Ambika	Cricket
Amisha	Cricket
Kirti Choudhary	Cricket
Kranti	Cricket
9. Kirti Gupta participated in the **9th Asian Shotgun Championship** in Kazakhstan from 20-00-2019 to 30-09-2019 and obtained the result as under:
Trap Junior Women Individual- Gold
Trap Junior Women Team- Silver
Trap Junior Mixed Team- Bronze
10. Shivpreet Pannu participated in IFSC-ACC **Asian Youth Championship-** Sport Climbing held at Bengaluru from 12 to 15th December 2019. She won Gold Medal in the Speed category.

11. Medha Saini secured Bronze Medal (Under 57 Kg weight) in KYORUGI SENIOR 12TH OPEN NATIONAL TAEKWONDO CHAMPIONSHIP-2019, held at Divisional sports complex, Aurangabad, Maharashtra, from 15th to 18th April 2019.
12. Yachika Garg represented DELHI STATE SENIOR WOMEN'S TEAM in the NFC held at Arunachal Pradesh, from 10th Sept to 24th September 2019.
13. Kirti Chaudhary represented Haryana State in 12th NORTH ZONE SOFTBALL CHAMPIONSHIP at Punjab from 20th Sept to 22nd Sept 2019 and secured II Position.
14. Kirti represented Delhi state in 63rd National Shooting Championship held at New Delhi from 16th Nov to 25th Nov'19 and obtained the following results:
Trap Shooting JR. Women Team- Bronze Medal
Trap Mixed Junior Team- Silver Medal
15. Kirti Gupta has participated in the 35TH DELHI STATE SHOOTING CHAMPIONSHIP (SHOTGUN), held at New Delhi from 30th August to 1st September 2019 and obtained the following results:
Trap Shooting Women (Individual)- Gold Medal
Trap Shooting Junior Women (Individual)- Gold Medal
16. Priya won Gold Medal in 100 mts Hurdle in 79TH DELHI STATE ANNUAL ATHLETICS CHAMPIONSHIP-2019, held at JLNS from 2nd to 5th August 2019.
17. Medha Saini won Gold Medal in Delhi State Taekwondo Championship, held at Tyagraj Stadium from 12th to 13th August 2019.
18. Mehakpreet received 3 Gold (Ball, Clubs, Ribbon) and 1 Silver medal (Hoop) in the 59th Delhi State Gymnastics Championship 2019 from 10th December to 15th December.
19. Harpreet secured 2 Bronze medals (Ribbon and Hoop) in the 59th Delhi State Gymnastics Championship 2019 from 10th December to 15th December.
20. Shivpreet secured III Position in SPEED CLIMBING COMPETITION (Women Category) held at Indian Himalayan Centre For Adventure & Eco-Tourism, Chemchey, Sikkim from 6th to 8th Sept 2019.
21. Anjali Rawat participated in the 32 Federation Cup National Basketball Championship held at Chittor, Andhra Pradesh.
22. Priya secured Gold Medal in 100mts (Hurdles) in Reliance Foundation College Athletics 2019-20.

DEPARTMENT ACTIVITIES

- Organized Leg Cricket Match for Academic Female Staff on 16-01-19
- Organized Athletic Events for 1st year, 2nd year, and 3rd-year students on 15-01-19, 24-01-19 and 25-01-19.
- Organized Fun Races for NSO students on 22-01-19.
- Department of Physical Education organized Annual Sports Day on 21st February 2019.
- Organized a lecture on "Doping in Sports" on 8th February 2019.
- Organized Brisk Walk competition for NSO students on 24th, 26th and 28th September 2019.

- Organized a workshop “Fitnessista” on Health and Wellness on 3rd October 2019.