

## Annual Report 2015-16

### Department of Physical Education and Sports Sciences

The Department of Physical Education and Sports marks itself as one amongst the most efficacious Department of Miranda House. It strives to excel at all levels and bring laurels to the college. Physical fitness is an empowering attribute and a key element for a healthy life. Hence to promote the cause of sports, in addition to nurturing the talent of acclaimed sportswomen, the department strives to reach out to each member of the Miranda community, through specially designed activities and events for the teachers and students.

With the beginning of the session, the tussle of performing the best started within the teams. The year started in the lush green monsoon-perched fields of Miranda House with all teams participating hard. The session began with Fresher's Cross Country race on 14<sup>th</sup> August 2015, witnessing mass participation by 1<sup>st</sup> year students with enthusiasm and zeal towards fitness and sports. This was followed by beginning of Aerobic, Taekwondo and Yoga classes. A certificate course in Foundation of Yogasana for beginners was organized in the month of September. Organizing a Cricket match for the non-teaching staff members is one of the annual features of the Department to promote health and sportsmanship among the Miranda House community. This year it was organized on 6<sup>th</sup> February 2016.

**EROBERN**, the Annual Sports Fest of Miranda House, was successfully organized for the fourth consecutive year from 10<sup>th</sup> to 12<sup>th</sup> February 2016. This year it was bigger and better as Basketball and Sports Quiz were included among the official events along with Ball Badminton, Chess, Netball and Taekwondo. Vibrant participation of sports teams across the university in all the six events had made it a grand success. The Department has also organized Shot Put event for the teaching staff and fun activities for Differently Abled students.

Miranda House sportswomen continued to excel in almost all disciplines of sports. Our player's performance were outstanding this year at International, National, All India/ North Zone Inter University, Inter College and other State level tournaments in Athletics, Archery, Ball Badminton, Basketball, Chess, Netball, Power Lifting/ Weight Lifting, Tennis, Soft Tennis, Taekwondo, Volleyball and Yoga.

Our students remained on the winning spree also in the open tournaments and events at the college fests organized by various colleges of Delhi University. The Basketball team had secured I Position in the 'EROBERN 2016' The Annual Sports Fest of Miranda House, II Position in the Kirorimal College Invitational Basketball Championship, III Position in the Delhi State Women Festival and III Position in the Delhi Olympic Games. The Chess team secured I Position in the Kirorimal College Invitational Chess Tournament, I Position in the 'EROBERN 2016' The

Annual Sports Fest of Miranda House and II Position in the Lady Shri Ram College Sports Fest. The Netball team had also secured I Position in the 'EROBERN 2016' The Annual Sports Fest of Miranda House. The archery Team won I place in the LSR Sports Fest. The Yoga team had won 1 Silver and 2 Bronze Medals in the Delhi State Yoga Championship. The athletics team had won 2 Gold, 2 Silver and 2 Bronze Medals in the Delhi State Athletics Meet, 1 Gold and 3 Bronze Medals in the Delhi State Women Festival and 3 Gold, 3 Silver and 1 Bronze Medal in the Festival of Youths and Sports, SRCC Sports Fest. The Taekwondo Team won 4 Gold Medals in the Delhi State Taekwondo Championship; 3 Gold, 2 Silver and 2 Bronze Medals in the 4<sup>th</sup> Ch. Ran Singh Memorial Taekwondo Grand Prix Championship and Winners Trophy in the Bharti Cup Taekwondo Championship with 5 Gold, 1 Silver and 2 Bronze Medals. Kanchan Pandey (B. Sc. (H) Physics) had won II place in the Uttrakhand State Rifle Shooting Competition.

Our students also participated and secured positions at International, National and Inter University level.

S No	Name	Achievements at International/ National/ All India/ North Zone University Tournaments
1	Himani Mor (B. A. Prog. I Yr)	<ul style="list-style-type: none"> <li>➤ Represented India (A Team) in World Soft Tennis Championship held at Delhi.</li> <li>➤ Winner in Singles and Doubles in the All India Men/ Women Tennis Championship held at Yamuna Nagar.</li> <li>➤ Participation in Women National Tennis Championship, Patna.</li> <li>➤ First position in the Haryana State Women Festival</li> <li>➤ Semi Finalist in the All India Men/ Women 13lac held at Mumbai.</li> <li>➤ Semi Finalist in Singles and Doubles in the All India Men/ Women 5 lakh Tennis Tournament held at Hyderabad</li> <li>➤ Runners Up in Singles in the All India Men/ Women 50k held at Karnal.</li> <li>➤ Quarter Finalist in Singles in the Adidas Nationals held at Chennai</li> <li>➤ Quarter Finalist in Singles in the Fenesta Nationals.</li> </ul>
2	Harshita Chugh (B.Sc. (H) Mathematics II Yr)	<ul style="list-style-type: none"> <li>➤ Represented India (B Team) in World Soft Tennis Championship held at Delhi.</li> <li>➤ Pre Quarter Finalist in Singles in the AITA National Ranking Tournament.</li> <li>➤ Participated in the Inter State Women's Tennis Tournament.</li> </ul>
3	Tapasya Changkakati (B.Sc. (H) Zoology III Yr)	<ul style="list-style-type: none"> <li>➤ Gold Medal in All India Inter University Taekwondo Championship, Amritsar.</li> <li>➤ Bronze Medal in the 34<sup>th</sup> Senior National Taekwondo Championship, Jalandhar.</li> </ul>
4	Deepika Sehrawat (B. A. Prog. I Yr)	<ul style="list-style-type: none"> <li>➤ Finalist in the 12<sup>th</sup> South Asian Games Trials, Guwahati, Assam.</li> <li>➤ Gold Medal in the 34<sup>th</sup> Senior National Taekwondo Championship, Jalandhar.</li> <li>➤ Participation in All India Inter University Taekwondo Championship, Amritsar.</li> </ul>
5	Arshdeep Kaur (B.A. (H) Geography II Yr)	<ul style="list-style-type: none"> <li>➤ Silver Medal in All India Inter University Taekwondo Championship, Amritsar.</li> <li>➤ Participation in the 34<sup>th</sup> Senior National Taekwondo Championship, Jalandhar.</li> </ul>
6	Saumya (B. A. Prog. I Yr)	<ul style="list-style-type: none"> <li>➤ Silver Medal in the 34<sup>th</sup> Senior National Taekwondo Championship, Jalandhar.</li> <li>➤ Participation in All India Inter University Taekwondo Championship, Amritsar.</li> </ul>
7	Julie Boruah (B. A. (H) Pol. Sc. I Yr)	<ul style="list-style-type: none"> <li>➤ Bronze Medal in All India Inter University Taekwondo Championship, Amritsar.</li> </ul>
8	Iftesam Khan (B. Sc. (H) Botany I Yr)	<ul style="list-style-type: none"> <li>➤ Gold Medals (Pair and Team) in the 8<sup>th</sup> Senior Taekwondo Poomsae National.</li> <li>➤ Bronze Medal (Individual) in the 8<sup>th</sup> Senior Taekwondo Poomsae National.</li> <li>➤ Participation in the 34<sup>th</sup> Senior National Taekwondo Championship, Cuttack.</li> </ul>
9	Jaya Bhandari (B. A. Prog. I Yr)	<ul style="list-style-type: none"> <li>➤ Runners Up in the AITA 50 K National Ranking Tournaments, Karnal.</li> <li>➤ Participation in the AITA 50 K National Ranking Tournaments, Delhi.</li> </ul>

10	Chinu (B. A. Prog. II Yr)	➤ Participation in the All India Inter University Archery Championship, Patiala. ➤ Participation in the XXXVIII Junior National Championship, Jamshedpur.
11	Saloni Shokeen (B. A. (H) English II Yr)	➤ Participation in the All India Inter University Taekwondo Championship, Amritsar.
12	Konpal Patni (B.A. (H) Geography III Yr)	➤ Participation in the All India Inter University Squash Championship, Haridwar.
13	Dipti Dahiya (B.A. (H) Geography I Yr)	➤ Participation in the All India Inter University Volleyball Championship, Kurukshetra.
14	Ayushi Bolia (B. Sc. (H) Botany II Yr)	➤ II Position in the Senior National Netball Championship, U.P. ➤ Participation in the All India Inter University Netball Championship, Chandigarh.
15	Akanksha Kapur (B. Tech. Comp. Sc. III Yr)	➤ Participation in the All India Inter University Netball Championship, Chandigarh
16	Meenakshi Shekhawat (B. A. (H) English II Yr)	➤ Participation in the All India Inter University Netball Championship, Chandigarh
17	Kritika (B. A. (H) History II Yr)	➤ Participation in the All India Inter University Netball Championship, Chandigarh
18	Purvika (B. Sc. (H) Chemistry III Yr)	➤ Participation in the All India Inter University Ball Badminton Championship, SRM University, Chennai.
19	Ezaboo Beniwal (B. A. Prog. I Yr)	➤ Participation in the 61 <sup>st</sup> Junior National Ball Badminton Championship, Chhattisgarh.
20	Gazala Afreen (B. Sc. (H) Physics I Yr)	➤ Participation in the 61 <sup>st</sup> Junior National Ball Badminton Championship, Chhattisgarh.
21	Ujwala (B. A. Prog. II Yr)	➤ Participation in the 61 <sup>st</sup> Junior National Ball Badminton Championship, Chhattisgarh.
22	Preeti Choudhary (B. Sc. (H) Chemistry III Yr)	➤ Fourth Position in All India Invitation Ball Badminton Tournament, M.P.

The Athletics team had secured **II Position** in the 91<sup>st</sup> Delhi University Inter College Athletics Meet 2015-16 by winning 5 Gold, 2 Silver and 1 Bronze Medal. The team members were:

Akanksha Kapur	B. Tech. (CS) III Yr
Shruti Chandran	B. Tech. (CS) III Yr
Babli Rani	B. Sc (H) Physics III Yr
Neha Dhanda	B. Sc (H) Physics III Yr
Himani Pahwa	B. A. (H) Pol. Sc. III Yr
Minakshi	B. A. (H) Hindi III Yr
Bharti	B. Sc (H) Chemistry II Yr
Raveena Kumari	B. Sc (H) Life Sciences II Yr
Sween Kullar	B. A. Prog. II Yr
Khyati Sahni	B. A. Prog. II Yr
Tamanna Bhadauria	B. A. (H) English I Yr
Indu Nagar	B. A. Prog. I Yr
Dimple	B. Sc (H) Botany I Yr
Renu	B. A. Prog. I Yr
Manju	B. A. (H) Hindi I Yr

The Archery team had secured **II Position** in Recurve Round and **III Position** in Indian Round in the Delhi University Inter-College Archery Championship 2015-2016. The team members were:

Chanchal	B.A. (H) Hindi IIIYr
Bhavna	B.A. Prog. IYr
Chinu	B.A. Prog. IYr
Pratishtha	B.A. Prog. IYr
Tanya Jain	B. Sc. (H) Mathematics I Yr
Snigdha	B. Sc. (H) Mathematics I Yr

The Chess team had secured **II Position** in the Delhi University Inter College Chess Championship 2015-16. The team members were:

Archana Maurya	B. Sc. (H) Botany III Yr
Vidhya Arora	B. Sc. (H) Physics III Yr
Smriti	B. Sc. (H) Chemistry II Yr
Himani Sharma	B. El. Ed. II Yr
Sakshi Sharma	B. Sc. (H) Zoology I Yr
Ritu Mondal	B. A. (H) History I Yr
Yashika	B. A. (H) Geography I Yr

The Netball team had secured **II Position** in the Delhi University Inter College Netball Championship 2015-16. The team members were:

Akanksha Kapur	B. Tech. (CS) III Yr
Monika Sharma	B. Sc. (H) Mathematics III Yr
Ayushi Bolia	B. Sc. (H) Botany II Yr
Kritika	B. A. (H) History II Yr
Meenakshi Shekhawat	B. A. (H) English II Yr
Rashi Daga	B. A. (H) English II Yr
Pragya Tomar	B. A. Prog. II Yr
Meena	B. Sc. (H) Chemistry I Yr
Bindu	B. Sc. (H) Zoology I Yr
Surabhi Shukla	B. Sc. (H) APS I Yr
Sonali Sharma	B. A. (H) Pol. Sc. I Yr
Aashna Rojh	B. A. Prog. I Yr

The Tennis team had secured **II Position** in the Delhi University Inter College Tennis Championship 2015-16. The team members were:

Harshita	B. Sc. (H) Mathematics II Yr
Himani Mor	B. A. Prog. I Yr
Ishika Yadav	B. A. Prog. I Yr
Manu Sharma	B. A. Prog. I Yr
Jaya Bhandari	B. A. Prog. I Yr

The Weight Lifting team had secured **II Position** in the Delhi University Inter College Weight Lifting Championship 2015-16 by winning 2 Gold and 2 Bronze Medals; and the Power Lifting team had secured **III Position** in the Delhi University Inter College Power Lifting Championship 2015-16 by winning 1 Silver and 2 Bronze Medals. The team members were:

Babli Rani	B. Sc. (H) Physics III Yr
Shruti Chandran	B. Tech. (CS) III Yr
Neha Dhanda	B. Sc. (H) Physics III Yr
Sween Kullar	B. A. Prog. II Yr
Dimple	B. Sc (H) Botany I Yr

The Basketball team secured **III Position** in the Delhi University Inter College Basketball Championship 2015-16. The team members were:

Monika Sharma	B. Sc. (H) Mathematics III Yr
Adrita Ballal	B. Sc. (H) Zoology III Yr
Ayushi Bolia	B. Sc. (H) Botany II Yr
Kritika	B. A. (H) History II Yr
Meenakshi Shekhawat	B. A. (H) English II Yr
Rashi Daga	B. A. (H) English II Yr
Meena	B. Sc. (H) Chemistry I Yr
Komal Ahlawat	B. Sc. (H) Zoology I Yr
Bindu	B. Sc. (H) Zoology I Yr
Srishti Sethia	B. A. (H) Economics I Yr
Srishti Singh	B. A. (H) History I Yr
Surabhi Shukla	B. Sc. (H) APS I Yr

The Yoga team performed at the opening ceremony of '**EROBERN 2016**' the Annual Sports Fest of Miranda House. The perfection of the performance drew a resounding applause.

Some of our especially abled students have won medals at the national as well as the state level championships. Their achievements are as follows:

S No	Name	Achievements at International/ National/ All India/ North Zone University Tournaments
1	Nisha Devi (B. A. Prog. II Yr)	<ul style="list-style-type: none"> <li>➤ I Position in 400 m, II Position in Relay Race and III Position in 100 m &amp; 200 m in the 16<sup>th</sup> Senior National Para Athletic Championship 2016, Haryana.</li> <li>➤ 'Best Athlete' in the EOC Sports Meet for PWDs.</li> <li>➤ I Positions in 100 m and 400 m in the EOC Sports Meet for PWDs.</li> </ul>
2	Gulshan (B. A. (H) Hindi II Yr)	<ul style="list-style-type: none"> <li>➤ I Position in Long Jump and III Position in 400 m in the 16<sup>th</sup> Senior National Para Athletic Championship 2016, Haryana.</li> <li>➤ I Position in Long Jump, II Position in Discus Throw and III Position in 100 m in the EOC Sports Meet for PWDs.</li> </ul>
3	Pooja Singh (B. A. Prog. I Yr)	<ul style="list-style-type: none"> <li>➤ I Position in 100 m and II Positions in Long Jump and Relay Race in the 16<sup>th</sup> Senior National Para Athletic Championship 2016, Haryana.</li> <li>➤ 'Best Athlete' in the EOC Sports Meet for PWDs.</li> <li>➤ I Positions in Long Jump, Discus Throw and Javelin Throw in the EOC Sports Meet for PWDs.</li> </ul>
4	Sanju Kumari (B. A. Prog. I Yr)	<ul style="list-style-type: none"> <li>➤ II Position in 200 m in the 16<sup>th</sup> Senior National Para Athletic Championship 2016, Haryana.</li> <li>➤ II Position in 200 m in the EOC Sports Meet for PWDs.</li> </ul>
5	Homeshwari (B. A. (H) Hindi III Yr)	<ul style="list-style-type: none"> <li>➤ Participation in the 16<sup>th</sup> Senior National Para Athletic Championship 2016, Haryana.</li> <li>➤ I Position in Shot Put and II Positions in Long Jump and Discus Throw in the EOC Sports Meet for PWDs.</li> </ul>
6	Kalpana (B. A. (H) Pol. Sc. I Yr)	<ul style="list-style-type: none"> <li>➤ I Position in 200 m and II Position in 100 m in the EOC Sports Meet for PWDs.</li> </ul>
7	Honey Sharma (B. A. Prog. I Yr)	<ul style="list-style-type: none"> <li>➤ I Position in 100 m and III Position in 200 m in the EOC Sports Meet for PWDs.</li> </ul>
8	Shehar Nigar (B. A. (H) History III Yr)	<ul style="list-style-type: none"> <li>➤ III Position in Discus Throw in the EOC Sports Meet for PWDs.</li> </ul>
9	Sapna Bhandari (B. A. (H) Pol. Sc. III Yr)	<ul style="list-style-type: none"> <li>➤ I Position in Shot Put in the EOC Sports Meet for PWDs.</li> </ul>
10	Indu (B. A. (H) Pol. Sc. III Yr)	<ul style="list-style-type: none"> <li>➤ II Position Shot Put and III Position in Discus Throw in the EOC Sports Meet for PWDs.</li> </ul>