

Annual Report 2017-18
Department of Physical Education and Sports Sciences

The broad objective of NSO programme is to raise the college or university sports standards in general along with achievements of excellence in sports performance by the talented students in particular. To achieve these objectives coaching camps are organized and financial assistance is also given in some of the cases. In line with the objectives of NSO programmes, to promote the cause of sports, in addition to nurturing the talent of acclaimed sportswomen, the Department of Physical Education and Sports 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 11th August 2017, witnessing mass participation by 1st year students with enthusiasm and zeal towards fitness and sports. This was followed by beginning of Yoga and Taekwondo classes.

Erobern, the Annual Sports Fest of Miranda House, was successfully organized for the sixth consecutive year from 7th to 9th February 2018. Total five sports viz. Ball Badminton, Chess, Rhythmic Yoga, Taekwondo and Tennis were organized. Vibrant participation of sports teams across the university in all the five events had made it a grand success. Events for the general students and especially abled students of Miranda house were also organized. Total six events such as lemon and spoon race, shot put and discus throw were organized for the students.

The department also organized athletic meet for the non teaching staff of the college on 19th and 20th March 2018. The competitors competed in various track and field events viz. 60 mts. Race (for male), lemon and spoon race (for female) and shot put (for male and female). The event witnessed enthusiastic mass participation from the staff.

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, Shooting, Table Tennis, Tennis, Taekwondo and Yoga. Our students remained on the winning spree also in the open tournaments and college invitational tournaments organized. The Chess team won Silver medal in SRCC sports fest and Gold medal in Erobern sports fest of Miranda House; Rhythmic yoga team won gold in in Erobern sports fest of Miranda House and sports fest of Shaheed Rajguru College of Applied Sciences, Ball Badminton team won bronze medal in sports fest of SRCC and Erobern Miranda House. Taekwondo team won the championship in Erobern by winning 04 gold and 03 silver medal. In tennis we won one silver in Invitational Tennis Tournament organized by Indraprastha College for Women and along with that one silver and one bronze at Erobern 2018. In Delhi State Taekwondo Championships -2017 Iftesam Khan, Vibhuti and Deepika Seharawat won gold medals;, and in Delhi State Yoga Championship Rohini won bronze and Taranpreet ranked fifth.

Our students also participated and secured positions at International, National and Inter University level. The details are as follows:

Himani Mor, B.A. Program- III

- Participated in the World University Games (Tennis)- 2017 held at Chinese Taipei
- Participated in International Tennis Federation (ITF) – 15K held at Sri Lanka
- Won Gold in All India Tennis Association -1 Lac held at Gwalior
- Won Gold in All India Tennis Association -50 K held at Jaipur
- Participated in All India Tennis Association -1 Lac held at Mumbai
- Participated in All India Tennis Association -22 Lac held at Mumbai
- Participated in All India Tennis Association -50k held at Karnal (single's runner up), Winner in doubles.
- Quarter finalist in AITA Interstate nationals held at Bhilai, Chhattisgarh
- Participated in All India Tennis Association -50 K held at Karnal
- Participated in All India Tennis Association -50 K held at Sonipat

Neeru, B.A. Program-I

- Participated in Fenesta National Women's Participation held at Delhi
- Won Gold in All India Tennis Association-50 K held at Karnal (August 2017)
- Won Gold in All India Tennis Association-50 K held at Karnal (September 2017)
- Won Gold in All India Tennis Association-50 K held at Karnal (October 2017)
- Won Gold in All India Tennis Association-50 K held at Karnal (November 2017)
- Participated in All India Tennis Association -22 Lac held at Mumbai.(February 2017)

Ruchi, B.A. Program-II

- Participated in 10th Youth Asian Netball Championship Held at South Korea.
- 3rd position in All India University held at Manglore Karnataka.

Meena, B.Sc. (H) Chemistry III

- 3rd position in All India University held at Manglore Karnataka.
- Participated in 68th Junior National Basketball Championship held at Noida, UP.

Komal, B.Sc. (H) Zoology III

- 3rd position in All India University held at Manglore Karnataka.
- Attended the camp organized for Senior National Basketball Championship held at Delhi, 2017.

Khushboo B.Sc. (H) Physics II

- 3rd position in All India University held at Manglore Karnataka.

Kajal Tyagi , B.A. Program-II

- 3rd position in All India University held at Manglore Karnataka.
- Attended the camp organized for Senior National Basketball Championship held at Delhi, 2017.

Bindu, B.Sc. (H) Chemistry III

- Participated in All India Basketball Championship held at Chennai, 2017.
- Won gold medal in North Zone Basketball Championship held at Kanpur 2017

Iftesam Khan, B. Sc. (H) Botany III

- Participated in Canada Open Taekwondo Championship 2017 held at Canada
- Participated in Commonwealth Taekwondo Championship 2017 (Senior (individual) Poomsae) held at Canada
- Won silver medals in Open National Taekwondo Championship 2017 held at Shimla
- Won silver medals in Open National Taekwondo Championship 2017 held at Srinagar

- Participated in All India University Taekwondo (Women) Championship 2017-18 held at Amritsar.

Vibhuti, B. Sc. (H) Zoology II

- Won gold medal in Open National Taekwondo Championship 2017 held at Srinagar
- Selected for Invitational Asian Games 2018.
- Participated in Senior National Taekwondo Championship 2017 held at Jammu
- Won Silver medal in Senior National Taekwondo Championship 2017 (group Poomsae) held at Jammu.
- Won gold medals in Delhi State Taekwondo Championship 2017;
- Participated in All India University Taekwondo (Women) Championship 2017-18 held at Amritsar.

Shriya Kandpal, B. A. Prog. II

- Participated in All India University Taekwondo (Women) Championship 2017-18 held at Amritsar.
- Participated in Senior Taekwondo World Championship selection trials held at Delhi,
- Participated in Asian Indoor Games Selection trails of Taekwondo held at Aurangabad
- Attended the India camp for Asian Indoor games (Taekwondo) held at Aurangabad.

Deepika Sherawat, B. A. Prog. III

- Won gold medal in All India University (Women) Taekwondo Championship 2017-18 held at Amritsar.

Meghna CH, B.A. (H) English I

- Participated in Aeroflot Open held at Moscow in 20th to 28 February 2018.
- Won All India Inter University Chess Championship held at Punjab.
- Won North Zone Intervarsity Chess Championship held at Punjab.

Himani Sharma, B.El.Ed.- IV

- Won All India Inter University Chess Championship held at Punjab.
- Won North Zone Intervarsity Chess Championship held at Punjab.

Sweta Priyadarshini B. Sc. (H) Zoology I

- Won All India Inter University Chess Championship held at Punjab.
- Won North Zone Intervarsity Chess Championship held at Punjab.
- Participated in senior national team championship 2018 held at Bhuvneshwar.

Snigdha, B.A. (H) Economics II

- participated in Junior National Chess Championship held at Bihar
- Participated in senior national team championship 2018 held at Bhuvneshwar.

Sakshi, B. Sc. (H) Zoology III

- Participated in senior national team championship 2018 held at Bhuvneshwar.

Sumedha, B. Sc. (H) Zoology I

- participated in National Shooting Championship held at Kerala and qualified 1st and 2nd rounds for international competitions
- participated in 17th KSS Shooting Championship held at Delhi
- Participated in International Rifle Shooting trials held at Dr. Karni Singh Shooting Range

Sweta Kakkar, B. A. Prog. I

- participated in National Shooting Championship held at Kerala and qualified 1st and 2nd rounds for international competitions
- participated in 17th KSS Shooting Championship held at Delhi

Diksha, B. A. Prog. I

- participated in NSCC in shotgun events held at Kerala

Sumita Solanki, B. A. Prog. I

- participated in NSCC in shotgun events held at Kerala

Vishakha Ahlawat, B. A. (H) Geography I

- participated in NSCC in shotgun events held at Kerala

Sukanya, B. A. (H) History II

- Participated in Inter University ball badminton tournament held at Kuppam, Andhra Pradesh

Aanchal Poonia, B.A. (Hons.)-English-III

- Participated in Inter University ball badminton tournament held at Kuppam, Andhra Pradesh

Mannu Sharma, B. A. Prog. III

- Participated in 63rd Ball-badminton Senior National held at Gurgaon, Haryana.

Anjali Rathore, B.A. (Hons.)-Hindi -II

- Participated in 63rd Ball-badminton Senior National held at Gurgaon, Haryana.

Kajal Singh, B. A. Prog. I

- Participated in 63rd Ball-badminton Senior National held at Gurgaon, Haryana.

The taekwondo team had continued their winning spree for the fifth consecutive year by becoming the Winner's in the Delhi University Inter College Taekwondo Championship 2017-18 with 5 Gold medals, 1 Silver medal and 1 Bronze medal. The team members were:

| | |
|------------------|-----------------------|
| Lovely Singh | B. A. Prog. I |
| Sapna | B. Sc. (H) Zoology I |
| Sweta Yadav | B. A. (H) English I |
| Iftesam Khan | B. Sc. (H) Botany III |
| Deepika Sehrawat | B. A. Prog. III |
| Saumya | B. A. Prog. III |
| Shriya Kandpal | B. A. Prog. II |
| Vibhuti | B. Sc. (H) Zoology II |

The Tennis team secured second position in the Delhi University Inter College Tennis Championship 2017-18. The team members were:

| | |
|-------------------|--------------------------|
| Himani Mor | B. A. Prog. III |
| Jaya Bhandari | B. A. Prog. III |
| Neeru | B. A. Prog. I |
| Jagriti Choudhary | B. A. (H) English II |
| Ankita Hoon | B. A. (H) Pol. Science I |

The Netball team had emerged as the Winner's in the Delhi University Inter College Netball Championship 2017-18. The team members were:

| | |
|-------|--------------------------|
| Meena | B. Sc. (H) Chemistry III |
| Bindu | B. Sc. (H) Zoology III |
| Komal | B. Sc. (H) Zoology III |

| | |
|------------------------|--------------------------|
| Ruchi | B. A. Prog. II |
| Khushboo Gupta | B. Sc. (H) Physics II |
| Kajal Tyagi | B. A. Prog. II |
| Priyadarshini Sehrawat | B. A. Prog. II |
| Joshika Taneja | B. A. (H) |
| Renu | B. A. Prog. I |
| Prachi | B. A. (H) |
| Anjali Poonia | B. Sc. (H) Mathematics-I |
| Kajol | B. A. (H) |

The Athletics team participated in the 93rd Delhi University Inter College Athletics Meet 2017-18 and won 2 Gold, 3 Silver and 1 Bronze medal. The team members were:

| | |
|-------------------|--------------------------|
| Tamanna Bhadauria | B. A. (H) English III |
| Anju Panghal | B. Sc. (H) Zoology II |
| Urja Bhuyan | B. A. (H) Economics II |
| Geetika | B. A. Prog. II |
| Krati Girhora | B. A. (H) Sociology II |
| Aradhana Singh | B. A. (H) Pol. Science I |
| Dimple | B. Sc. (H) Botany III |
| Taru Tomar | B. Sc. (H) Chemistry II |
| Komal | B. Sc. (H) Physics I |
| Gauri Kandpal | B. A. Prog. I |
| Ekta | B. A. Prog. I |
| Shriya Kandpal | B. A. Prog. II |
| Neeru | B. A. Prog. I |

The Ball Badminton team participated in Inter College Ball Badminton Championship 2017-18 and secured IV position. The team members were:

| | |
|-------------------|--------------------------|
| Ankita Hoon | B. A. (H) Pol. Science I |
| Jaya Bhandari | B. A. Prog. III |
| Gazala Afreen | B. Sc. (H) Physics III |
| Jagriti Chaudhary | B. A. (H) English II |
| Neeru | B. A. Prog. I |
| Anjali Rathore | B. A. (H)- Hindi II |
| Aanchal Poonia | B. A. (H) English III |
| Mannu Sharma | B. A. Prog. III |
| Sukanya | B. A. (H)- History II |
| Kajal | B. A. Prog. I |

Achievements in Sports of Differently Abled Sports

The college has a large number of differently abled students. The department endeavors to provide them varied opportunities to participate in sports and physical fitness activities. They

are encouraged to participate in competitions where they routinely excel and sweep the prizes and awards. This year again, several differently abled students won medals at the national as well as the state level championships. The achievements of the students are as follows:

Gulshan, MA. Hindi-I

- 17th Senior National Para Athletic Championship 2017 held at Delhi- 100 mts. (gold), Long Jump (silver) and Discus Throw (silver)
- Delhi State Para athletic Championship- 100 mts. (Gold), Long Jump (bronze), Discus Throw (bronze)
- IBSA National Kabaddi Tournament 2017 held at Delhi -Team work- Gold
- Indrarastha College for Women Sports Fest- 100 mts. (Gold), Shot Put (bronze)
- Acharya Narendra Dev College Sports Fest- 100 mts. (Gold), Shot Put (bronze)
- Kirori Mal College Sports Fest- 100 mts. (Gold)
- Erobern -2018 Sports Fest of Miranda House- Discus Throw(Silver), Shot Put (silver)

Homeshwari (M.A. Hindi -I)

- Delhi State Parathletic Championship- Discus Throw(gold), Discus Throw(gold)
- Indrarastha College for Women Sports Fest- Shot Put (gold)
- Kirori Mal College Sports Fest- Shot Put (gold)

Pooja (B.A. Prog.-III)

- Delhi State Parathletic Championship- Javelin Throw (Silver), Long Jump (gold), Discus Throw(silver)
- IBSA National Kabaddi Tournament 2017 held at Delhi -Team work- Gold
- Acharya Narendra Dev College Sports Fest- 100 mts. (bronze)
- Kirori Mal College Sports Fest- 100 mts. (silver)
- Erobern -2018 Sports Fest of Miranda House- Discus Throw(Bronze), Shot Put (bronze)

Nisha Devi (M.A. Hindi- I)

- IBSA National Kabaddi Tournament 2017 held at Delhi -Team work- Gold
- Indrarastha College for Women Sports Fest- 100 mts. (Gold), Shot Put (bronze)

Chunzin Angmo (B.A. Prog.-III)

- IBSA National Kabaddi Tournament 2017 -Team work- Gold
- Erobern -2018 Sports Fest of Miranda House- Discus Throw (Second), Shot Put (gold)

Prarthna (B.A. Hon- Pol. Sc.-I)

- Delhi State Parathletic Championship- 400mts (bronze)