

## Annual Report 2016-17

### 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 12<sup>th</sup> August 2016, witnessing mass participation by 1<sup>st</sup> year students with enthusiasm and zeal towards fitness and sports. This was followed by beginning of Yoga and Taekwondo classes. The 2<sup>nd</sup> edition of the one month certificate course in Foundation of Yogasana for beginners was organized in August.

**EROBERN**, the Annual Sports Fest of Miranda House, was successfully organized for the fifth consecutive year from 9<sup>th</sup> to 11<sup>th</sup> February 2017. This year it was bigger and better as Archery, Rhythmic Yoga and Tennis were included among the official events along with Ball Badminton, Netball and Taekwondo. Vibrant participation of sports teams across the university in all the six events had made it a grand success.

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, Korfball, Netball, Power Lifting/ Weight Lifting, Tennis, Taekwondo and Yoga. Our students remained on the winning spree also in the open tournaments and college invitational tournaments organized. The Basketball team had secured I position in the 'Enthusia 2016' I.H.E. Invitational Basketball Tournament, II position in the NSUI Invitational Basketball Championship. The Chess team secured II position in the Gargi College Sports Fest, III Position in the Lady Shri Ram College Sports Fest. The Netball team had secured I Position in the 'EROBERN 2017'. The archery Team won II place in the Ramjas College Sports Fest and in the 'EROBERN 2017'. The taekwondo team had won 4 Gold medals in the state taekwondo championships. The athletic team had won 2 Gold medals in the state athletic meet. The Yoga team had won 1 Silver and 1 Bronze medal in the State Yoga Championship. Our students also participated and secured positions at International, National and Inter University level. The details are as follows:

Harshita Chugh, B.Sc. (H) Mathematics III

- Runners Up (Singles) in the Asia Tennis Tour of Sri Lanka, Colombo.
- Quarter Finalist in the Asia Tennis Tour of India, New Delhi.
- Winner (Doubles) in the AITA 50K Tournament, Yamuna Nagar
- Runner's Up (Singles) in the AITA 50K Tournament, Yamuna Nagar.
- Participation (Doubles) in the Fenesta Open, Delhi.

Meena, B.Sc. (H) Chemistry II

- Attending the National Camp for U-19 Korfball World Cup to be held at Netherland.

- VI Position in the 4<sup>th</sup> IKF Asian Korfball Championship, Jaipur.
- Participated in the 67<sup>th</sup> Senior National Basketball Championship, Puducherry.
- Participated in the North Zone Inter University Basketball Championship, Murthal.

Himani Mor, B. A. Prog. II

- I Position in the All India Inter University Tennis Championship, Jaipur.
- I Position in the North Zone Inter University Tennis Championship, Noida.
- Participation in the All India Inter University Ball Badminton Championship, Chennai.
- Participation (Singles & Doubles) in the Fenesta Open, Delhi.
- Winner (Singles) in the AITA 50K Tournament, Yamuna Nagar.
- Winner (Singles) in the AITA 1Lac Tournament, Karnal.
- Winner (Singles) in the AITA 3Lac Tournament, Chandigarh.
- Winner (Singles) in the AITA 1Lac Tournament, Gurgaon.

Shriya Kandpal, B. A. Prog. I

- Attended National Camp for WTF World Taekwondo Junior Championship, Aurangabad.
- II Position in the 35<sup>th</sup> National Senior Taekwondo Championship, Vishakhapatnam.
- II Position in the 36<sup>th</sup> National Junior Taekwondo Championship, Ludhiana.
- Participated in the All India Inter University Taekwondo Championship, MDU, Rohtak.

Aashna Rojh, B. A. Prog. II

- III Position in the All India Inter University Korfball Championship, Tamil Nadu.

Krati Girhotra, B. A. (H) Sociology I

- IX Position in the National Junior Athletics Championship, Coimbatore.

Deepika Sehrawat, B. A. Prog. II

- Participated in the 35<sup>th</sup> National Senior Taekwondo Championship, Vishakhapatnam.
- Participated in the All India Inter University Taekwondo Championship, MDU Rohtak.

Julie Boruah, B. A. (H) Political Science II

- Participated in the 35<sup>th</sup> National Senior Taekwondo Championship, Vishakhapatnam.
- Selected for All India Inter University Taekwondo Championship, MDU Rohtak.

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

- Participation in the 35<sup>th</sup> National Senior Taekwondo Championship, Vishakhapatnam.
- Participated in the All India Inter University Taekwondo Championship, MDU Rohtak.

Ayushi Bolia, B. Sc. (H) Botany III

- Participated in the North Zone Inter University Basketball Championship, Murthal.
- Selected for All India Inter University Netball Championship, Nanded.
- Selected for 34<sup>th</sup> Senior National Netball Championship.

Chinu, B. A. Prog. II

- Participated in the 39<sup>th</sup> Junior National Archery Championship, Maharashtra.

Jaya Bhandari, B. A. Prog. II

- Awarded as the Upcoming Player in the 62<sup>nd</sup> National Junior Ball Badminton Championship, Bellampalli.

Sukanya, B. A. (H) History I

- Participated in the 62<sup>nd</sup> National Junior Ball Badminton Championship, Bellampalli.

Arshdeep Kaur, B.A. (H) Geography III

- Participated in the All India Inter University Taekwondo Championship, MDU Rohtak.

Saumya, B. A. Prog. II

- Participated in the All India Inter University Taekwondo Championship, MDU Rohtak.

Ruchi, B. A. Prog. I

- Selected for All India Inter University Netball Championship, Nanded.
- Selected for 34<sup>th</sup> Senior National Netball Championship.

Meenakshi Shekhawat, B. A. (H) English III

- Selected for All India Inter University Netball Championship, Nanded.

Rashi Daga, B. A. (H) English III

- Selected for All India Inter University Netball Championship, Nanded.

Kritika, B. A. (H) History III

- Selected for All India Inter University Netball Championship, Nanded.

The taekwondo team had continued their winning spree for the fourth consecutive year by becoming the Winner's in the Delhi University Inter College Taekwondo Championship 2016-17 with 6 Gold medals and 1 Silver medal. The team members were:

Arshdeep Kaur	B. A. (H) Geography III
Saloni Shokeen	B. A. (H) English III
Julie Boruah	B. A. (H) Pol. Sc. II
Iftesam Khan	B. Sc. (H) Botany II
Deepika Sehrawat	B. A. Prog. II
Saumya	B. A. Prog. II
Shriya Kandpal	B. A. Prog. I
Pratibha Mogha	B. A. Prog. I

The Tennis team had emerged as the Winner's in the Delhi University Inter College Tennis Championship 2016-17. The team members were:

Harshita	B. Sc. (H) Mathematics III
Himani Mor	B. A. Prog. II
Jaya Bhandari	B. A. Prog. II
Manu Sharma	B. A. Prog. II
Jagriti Choudhary	B. A. (H) English I

The Netball team had emerged as the Winner's in the Delhi University Inter College Netball Championship 2016-17. The team members were:

Akanksha Kapur	B. Tech. (CS) IV
Ayushi Bolia	B. Sc. (H) Botany III
Kritika	B. A. (H) History III
Meenakshi Shekhawat	B. A. (H) English III
Rashi Daga	B. A. (H) English III
Meena	B. Sc. (H) Chemistry II
Bindu	B. Sc. (H) Zoology II
Komal	B. Sc. (H) Zoology II
Sonali Sharma	B. A. (H) Pol. Sc. II
Ruchi	B. A. Prog. I
Khushboo Gupta	B. Sc. (H) Physics I
Kajal Tyagi	B. A. Prog. I

The Archery team had secured II Position in Indian Round in the Delhi University Inter-College Archery Championship 2016-17. The team members were:

Bhavna	B.A. Prog. III
Chinu	B.A. Prog. III
Pratishtha	B.A. Prog. III
Tanya Khullar	B. Sc. (H) Physics I

The Yoga team had secured III Position in the Delhi University Inter College Yoga Championship 2016-17. The team members were:

Rishu	B. A. (H) Economics III
Shalini Thakur	B. Sc. (H) Chemistry II
Pooja	B. A. Prog. II
Pooja Sah	B. A. (H) Economics II
Taranpreet	B. A. Prog. I
Priyanka	B. A. (H) History I

The Athletics team had secured IV Position in the 92<sup>nd</sup> Delhi University Inter College Athletics Meet 2016-17 by winning 2 Gold, 4 Silver and 1 Bronze medal. The team members were:

Akanksha Kapur	B. Tech. (CS) IV
Shruti Chandran	B. Tech. (CS) IV
Bharti	B. Sc. (H) Chemistry III
Raveena Kumari	B. Sc. (H) Life Sciences III
Sween Kullar	B. A. Prog. III
Khyati Sahni	B. A. Prog. III
Tamanna Bhadauria	B. A. (H) English II
Dimple	B. Sc. (H) Botany II
Anju Panghal	B. Sc. (H) Zoology I
Urja Bhuyan	B. A. (H) Economics I
Geetika	B. A. Prog. I
Krati Girhora	B. A. (H) Sociology I
Taru Tomar	B. Sc. (H) Chemistry I

The Weight Lifting team had won 1 Silver and 1 Bronze medal in the Inter College Weight Lifting Championship. The Power Lifting team had won 3 Bronze medals in the Inter College Power Lifting Championship. The team members were:

Sween Kullar	B. A. Prog. III
Dimple	B. Sc. (H) Botany II
Anju Panghal	B. Sc. (H) Zoology I
Urja Bhuyan	B. A. (H) Economics I
Krati Girhora	B. A. (H) Sociology I
Taru Tomar	B. Sc. (H) Chemistry I