

Report of Physical Education Department (2016-17)



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Department Name: Physical Education

Session: 2016-17

Names of Programmes/Courses/ offered:

- B.A

Students Publications /Awards/Achievements/Activities:

- **Student Activity 1**

- Student Awards and Achievements in Sports activities:

- a) Awards at International level:**

- 1) Sanya Sethi: Participated in world university badminton championship held at Russia.
- 2) Tavleen Kaur Brar: Among top 8 Indian golfers.
- 3) Palak kour bijral and Mitali: Attended training camp for rhythmic gymnastics at Thailand.
- 4) Kanupriya: Represented India in 15th AKF Asian cadet junior and under 21 karate championship held at Indonesia.

- b) Awards at National level:**

- 1) Sanya Sethi: Won silver medal in Panjab university north zone senior badminton championship.
- 2) Mitali: declared as best gymnast in all Indian inert university rhythmic championship.
- 3) Palak kour Bijral: declared as 2nd best gymnast in all Indian inert university rhythmic championship.
- 4) Urvashi : won gold medal in all India Squash inter university competition.
- 5) Reshma: won bronze medal in all India Tug of War competition.
- 6) Baljeet Kaur: won gold medal in all India inert university yachting competition.
- 7) Ishpreet Kaur: 2 silver medals in all India inter university competition.

- c) Awards at State and inter college Level:**

- 1) Ball Badminton: Gold medal in Panjab University inter college championship.
- 2) Rhythmic Gymnastics: Gold medal in Panjab University inter college championship.

Runner-up

- 1) Badminton
- 2) Cricket
- 3) Football
- 4) Handball
- 5) Kabaddi
- 6) Tug of war
- 7) Yatching
- 8) Rowing
- 9) Sepak takraw
- 10) Swimming

3rd Position

- 1) Squash
- 2) Yoga

Other Achievements:

- 1) Ishpreet: 6 gold medals in Punjab senior state swimming Competition.
- 2) Yamini and Priyanka: Bronze medal in taekwondo in Panjab University Inter College tournament.
- 3) Babita: silver medal in judo in Panjab University inter college tournament.
- 4) Babita: Gold medal in senior state wushu tournament.

- **Student Activity2**

1. Department Celebrated national sports day on 29 august. Many sports completion like athletics, table tennis and chess intramurals were organized. Special inter class rangoli competition based on sports theme were organized. Prof. J.S. Gill was invited to deliver the lecture on importance of sports. In the month of February annual athletic meet were also organized in which more than 200 participants competed.