

Report of Physical Education Department (2017-18)



**Mehr Chand Mahajan
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Sector-36, Chandigarh

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Department Name: Physical Education

Session: 2017-2018

Names of Programmes/Courses/ offered:

- B.A
- Faculty Publications /Awards/Achievements/Activities:

1. Dr. Anju Lata
2. Dr. Veena Rani

Paper Published

❖ Designing and Validation of Socio-psychological and sexual Constraints Questionnaire for female athletes in International Journal of Advance Research and innovative ideas in education, Vol-3, Issue-2 2017, ISSN (O):2395-4369

❖ Prevalence of Indecent Behaviour of Male Spectators in Sports in International Journal of Physical Education, Sports and health 2017: 4(3), pg. no. 306-307

Book Publication

- Methods in Physical Education by Khel Sahitya Kendra New Delhi. issn 978-81-7524-906-6 (2017)
- Recreation by Khel Sahitya Kendra, New Delhi. 978-81-7524-906-9 (2017)

Students Publications /Awards/Achievements/Activities:

- **Student Activity 1**
- Student Awards and Achievements in Sports activities:

a) Awards at International level:

1. Chahat Arora : 3rd place in International Swimming Asian Championship held at Uzbekistan.
2. Natasha : 1st Place in south Asian roll ball championship held at Nepal.
3. Tanya Bhatiya : The only women from Chandigarh who participated in BCCI women's world cup.

b) Awards at National level:

1. Bhavika : 1st place in Senior national Taekwondo Championship.
2. Palak : Best gymnast in the national Artistic gymnastics championship.
3. Rosy : Participated in senior national women championship.
4. 4 Players of college kabaddi team participated in 64th senior national women championship held at Patna.

c) All India Inter University Championship:

1. Palak kaur : 1st place in Rhythmic gymnastics inter university competition held at Kurukshetra.
2. Sushmita : 1st place in Artistic gymnastic inter university competition held at Kurukshetra.
3. 7 Players won 2nd position in handball All India inter university championship.
4. Chahat : 2 gold medals and one bronze medal in all India inter university swimming competition.

- **Achievements in Inter college and State level:**

1) Rhythmic gymnastics:

1st position in Panjab University inters college championship with 4 gold medals and 4 silver medals.

2) Swimming:

1st position in Panjab University inter college tournament.

3) Handball:

College team won Panjab University inter college tournament.

4) Kabaddi:

College team won Panjab University inter college tournament.

5) Cricket:

College team won Panjab University inter college tournament.

6) Roll Ball:

College team won Panjab University inter college tournament.

7) Artistic gymnastic:

College team won Panjab University inter college tournament.

8) Badminton:

College team won second position in Inter college tournament.

9) Ball Badminton:

College team won second position in Inter college tournament.

10) Fencing:

College team won second position in Inter college tournament.

11) Football:

College team won second position in Inter college tournament.

12) Table Tennis:

College team won second position in Inter college tournament.

13) Canoeing:

College team won second position in Inter college tournament.

14) Rowing:

College team won second position in Inter college tournament.

15) Athletics: 1 silver medal in Steeple chase Panjab university athletic tournament.

16) Wrestling: 1 silver medal in Panjab University wrestling tournament.

17) Sepak takraw:

College team won third position in Inter college tournament.

18) Shooting:

College team won third position in Inter college tournament.

19) Wushu:

3 gold medals and 1 bronze medal in Panjab University wushu championship.

20) Diving:

1 bronze medal in Panjab University diving championship.

21) Kick boxing:

2 gold medals, 2 silver medals, 2 Bronze medals in Panjab university championship.

22) Judo:

1 silver medal and 2 bronze medals in Panjab university judo championship.

- **Student Activity 2**

1. Yamini Gupta: Participated in Indian taekwondo team and made a Guinness World Record.
2. College team Won Women's general Efficiency Sports trophy.

- **Student Activity 3**

1. One month yoga classes were organized for physical education students and hostler to improve the physical and mental wellbeing of students. More than 300 students attended the classes.