

Report of Physical Education Department (2018-19)



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Department Name: Physical Education

Session: 2018-19

Names of Programmes/Courses/ offered:

- B.A

Faculty Publications /Awards/Achievements/Activities:

- **FacultyActivity1**

1. Dr. Anju Lata:

- **FacultyActivity2**

2. Dr. Veena Rani:

Students Publications /Awards/Achievements/Activities:

- Students Awards and Achievements in Sports Activities

a) Awards at International level:

- 1) Tanya Bhatia: Participated in T-20 BCCI world cup held at Australia.
- 2) Harleen Kaur Deol: Participated in team India warm up series against England.
- 3) Romila Devi Ningthoujam: Participated in world university canoe sprint championship held at Hungary.
- 4) Himanshika: 13th rank in all India Tennis ranking.
- 5) Mumtaz: 3rd position in junior commonwealth games held in England in fencing.

b) Awards at National Level:

- 1) Palak Kaur Bijral: Declared as best gymnast in senior national gymnastic held at Mohali.
- 2) Parul and Sanchi: Participated in All India inter university Squash Championship.
- 3) Himanshika: Bronze medal in north zone tennis championship.
- 4) Chahat Arora: 2 gold medals in all India inter university swimming championship.
- 5) Mumtaz and Grace: Bronze medal in all India inter university fencing competition.
- 6) Priyanka Banerjee: Best diver of all India inter university diving competition held at Bangalore.
- 7) Palak Kaur Bijral: Best gymnast with 2 gold medals and 1 silver medal in all Indian inter university Rhythmic tournament.
- 8) Shayona: Silver medal in all Indian inter university Rhythmic gymnastics championship.
- 9) Anika: best artistic gymnast with 2 gold medals and 1 silver medal in all Indian inter university Artistic tournament.
- 10) Susmita: 3rd best artistic gymnast with 3 bronze and 1 silver medal all Indian inter university artistic tournament.
- 11) Nimrat, Aditi and Princee: Gold medal in all India inter university soft tennis tournaments.
- 12) Ishita: Silver medal in north zone badminton inter university competition.
- 13) Usha: Bronze medal in weight lifting in all India inter university championship.
- 14) Divya: Gold medal in all India wushu championship.

- 15) Gurleen: Silver medal in all India inter university championship.
- 16) Gurleen Kaur: Silver medal in all India inter university championship.
- c) Awards in inter college and state level championship.

Winners:

- 1) Soft tennis team
- 2) Badminton
- 3) Gymnastic
- 4) Weight lifting
- 5) Handball
- 6) Kabaddi
- 7) Swimming
- 8) Diving
- 9) Wushu
- 10) Yachting
- 11) Canoeing

Runner-up

- 1) Cricket
- 2) Fencing
- 3) Karate
- 4) Table Tennis

3rd Position

- 1) Tennis
- 2) Squash
- 3) Hockey
- 4) Football
- 5) Netball
- 6) Softball
- 7) Rachna and Mansi: Bronze medal in judo inter college competition.
- 8) Rachna: Silver medal in wrestling in inter college competition.
- 9) Himanshi, Kavita and Nidhi: Bronze medal in wrestling inter college.

● **Student Activity 2**

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.
2. Department celebrated national sports day with on the spot debate competition and with oath taking ceremony to stay fit.

● **Student Activity 3**

1. Special lecture was organized for the students on the topic diet and nutrition. Eminent speaker prof. J.S. Gill interacted with the student.
2. Annual athletic meet were also organized and more than 400 participants including staff members participated.