

Report of Physical Education Department (2021-22)



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Keeping with the tradition of our institution the Physical Education Department of our college has participated in various games and tournaments at International, National, Inter University, Inter College and State Level Tournaments. Detailed report of the achievements of players is as given.

- Parinazz Kaur Dhaliwal won Silver Medal in National Shooting Championship she also won Silver in World Shooting Championship.
- Footballer Manisha represented India in Football 7 nation series. She is the first women from India to score the goal against Spain.
- Harleen Kaur Deol represented BCCI India Team against UK. Her outstanding fielding was appreciated by honorable Prime Minister and many other leaders of the nation.
- Fencer Mumtaz and Sayna participated in Junior World Fencing Championship

Our college team bagged many positions in various Inter College Tournaments held at Panjab University Chandigarh.

1. The college WUSHU team won the Panjab University Inter College Championship by winning following medals
 - Divya won three Gold Medals in Taulu Event
 - Razina won two Gold Medals in Taulu Event
 - Bhawana won Silver Medal in Taulu Event
 - Gunjun won Silver Medal in fight Event.
2. College Football team won championship in Panjab University Inter College Championship. Five players from our college Bulbul, Harveer, Nikita, Karamjeet, Mandeep, Janant, Komil also represented Panjab University in North zone and All India Inter University Competition.
3. The college Hockey team won silver medal in Panjab University Inter College Competition. Our five players Amrit Pal, Poonam, Poonam Olla, Tanu and Geeta also represented Panjab University in Inter University North Zone Competition.

4. The college Badminton team also got the second position in Panjab University Inter College Competition. The college player Nikita was selected in Panjab university team for Inter University Competition.
5. Our college swimming team got second position in Panjab University Intercollege competition. Swimmer Bhavjot Kaur got the following medals in the competition.

Sr.No	Distance(in mtr.)	Events	Medals
1	50	Butterfly Event	Gold Medal
2	100	Butterfly Event	Silver Medal
3	50	Free Style	Silver Medal
4	100	Free Style	Silver Medal
5	200	Butterfly	Silver Medal
6	100	Back Stroke	Bronze Medal

Swimmer Bhavjot participated in All India Inter University competitions and got bronze medal in the relay competition.

6. The college shooting team got third position in Panjab University Intercollege competition. Players got following medals in the competition
 - Vanshika-two Silver Medal and three Gold Medals.
 - Nazreen-Silver Medal
 - Gurnoor_two Gold Medal and three Silver Medals.
7. The college team got Gold in 10 m Shooting Rifle Competition.
8. The College tennis team got third position in Panjab University Inter College Competition.

Our player Himanshika also represented Panjab University in North Zone Inter University competition and team got gold medal in the competition.

9. The college Kabaddi team got third position in Panjab university Intercollege competition.

10. College Cricket team got third position in Panjab university Intercollege competition.

11. The college Fencing team got the following medals in Panjab University Intercollege competition

➤ *Sayna -Gold Medal*

➤ *Mumtaz -Bronze Medal*

➤ *Team EPPEE got Bronze Medal.*

Fencer Sayna got Silver Medal in Senior National Completion. She also got Gold Medal in Panjab State Competition.

Fencer Mumtaz also got Silver Medal in Senior National Competition and Silver in State Championship.

Apart from team events the students participated in various individual events and got following position.

➤ Gunjan - Silver medal in *Wrestling Panjab University Inter College Competition.*

➤ Pankit - Silver medal in *Athletics Panjab University Inter College Competition.*

➤ Simranjeet- Gold medal in *Karate Panjab University Inter College Competition.*