



Report of initiatives taken by
**Department of
Physical Education**

**Session:
2016-17**

**Mehr Chand Mahajan
DAV College for Women**
Sector 36-A, Chandigarh (U.T.)

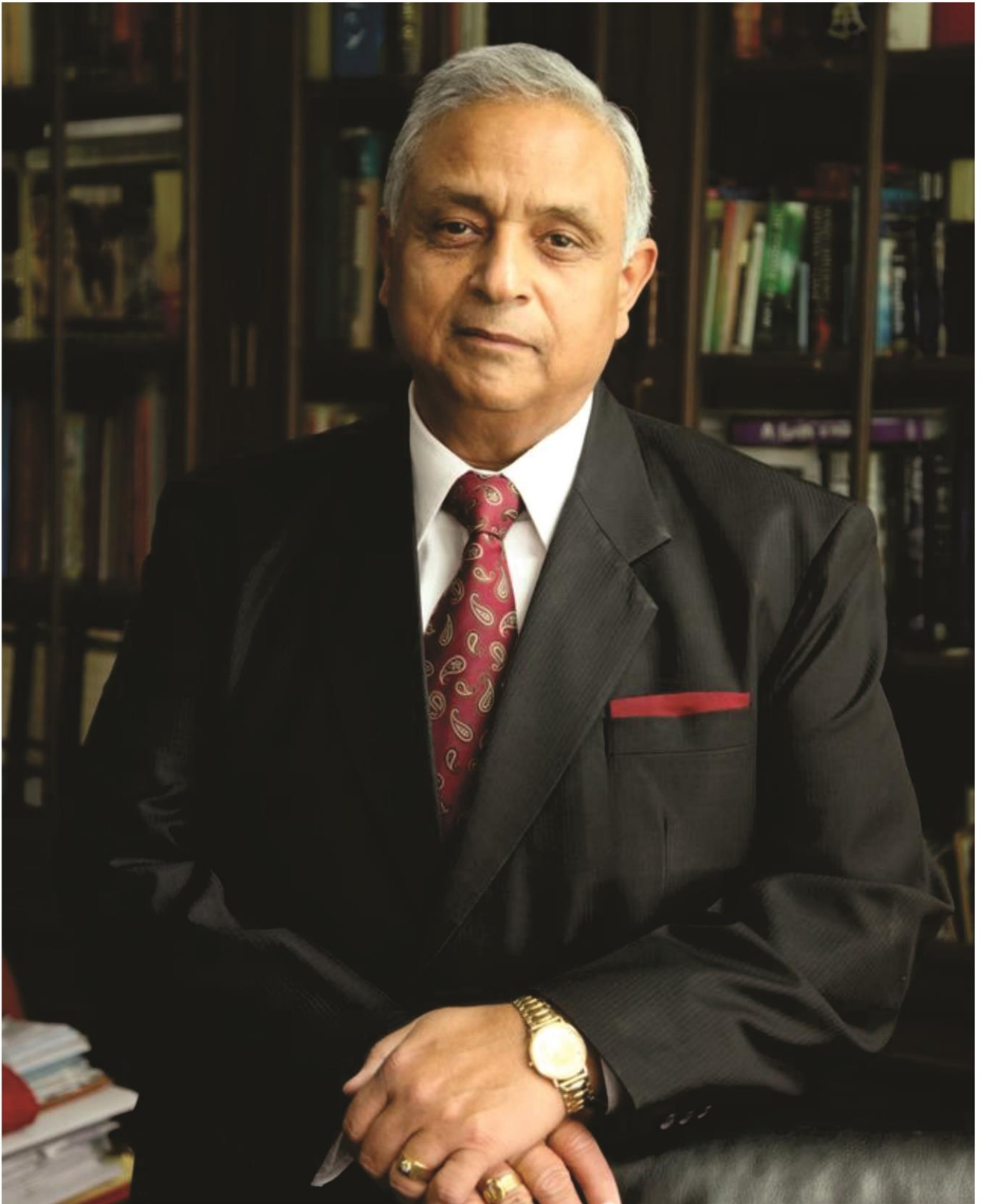


Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

Hon'ble President

DAV College Managing Committee

New Delhi

"I've failed over and over again in my
life. And that is why I succeed."

Michael Jordan

The world-renowned, inspirational, Basketball Player

Yoga and Lifestyle Diseases Workshop held at MCM

The Physical Education Department of Mehr Chand Mahajan DAV College for Women, Chandigarh organized a Workshop on Yoga and Lifestyle Diseases, here today.



Dr. Mohinder Singh, Principal, Govt. College of Yoga and Health Education, Chandigarh, sensitized the participants about the rising incidence of life style diseases and the role of yoga in curbing the menace. The workshop, attended by over 200 students from different colleges around

chandigarh, comprised of demonstration of Yogasannas for diseases like obesity, cervical, back pain, skin problems and stress.

In a highly informational lecture, Dr. Mohinder made the participants aware about Yogic Diet and various meditation techniques for leading a healthy life. Demo was also given for Artistic Yoga, i.e. Yogasanaas incorporating dance. The participants found the workshop very beneficial.

Principal of the college, Dr. Nisha Bhargava commended this endeavour of the Physical Education Department and added that modern lifestyles have made lifestyle diseases a common place ; but yoga can be used to reverse this trend and promote healthy generations.



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MCM observes National Sports Day

The Sports Department of MCM DAV College for Women celebrated National Sports Day with great enthusiasm to mark the birth anniversary of the great hockey legend Major Dhyan Chand.



Dr. Jagtar Singh Gill, Director, Physical Education, PEC delivered a highly informative lecture on the importance of physical activity and sports in our lives, highlighting the fact that technology has resulted in highly sedentary lifestyles. Various competitions like poster presentation, sports rangoli, aerobics zumba and relay race were organized as part of the celebration in which over 150 students participated. The non-teaching staff of the college thoroughly enjoyed musical chairs which was organized exclusively for them.

MCM Principal Dr. Nisha Bhargava motivated the students to adopt a healthy lifestyle as the future of the nation rests on their shoulders.





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MCM celebrates the best in sports at Annual Athletic Meet

In celebration of the spirit of sportsmanship, MCM DAV College for Women held its' 39th Annual Athletic Meet here today. Edifying the audience with his inspiring words on the importance of sports, Chief Guest Maj. Gen. I. P. Singh, Director, Mai Bhago Armed Forces Preparatory Institute, (Govt. of Punjab) Mohali declared the meet open.



The meet began with the ceremonial torch-lighting followed by March Past. The march past was lead by Priya Paudyal- a 2017 All-India Naval Best Cadet awardee. A total of 100 outstanding sports-persons of the college were given cash prizes for garnering accolades and carving a niche for themselves in various sports events at international, national, inter-zonal, zonal, university and inter-college levels. The college sports ground resonated with energetic vibes of sportsmanship and teamwork as students competed in 200m, 200m relay, Long jump, Shot Put, 3

legged race, Tug-of-War and 1500m. The sight of faculty members exhibiting their sports acumen in the events-100m, 3 legged race and Tug-of-Chair drew huge applause from the students as they got to witness another facet of their talented teachers.



Highlighting the importance of sports meets, MCM Principal Dr.Nisha Bhargava said that they not only commemorate victories but also impart lessons in sportsman spirit and camaraderie to students. She also congratulated the Sports Department of the college for keeping alive the MCM tradition of excellence by winning medals and nurturing sports-persons par excellence.





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International Achievers



- Palak kaur Bijral and Mitali attended International camp for Rhythmic Gymnastics at Thailand
- Kanu Priya represented India in the 15th Asian Cadet Junior and under 21 Karate Championship held at Indonesia
- Tavleen represented India among top 8 Indian Golfers



- Sanya Sethi represented India in world university badminton championship held at Russia
- Tanya Bhatia was selected to represent India team from BCCI.

National Achievers

- Manisha represented Panjab University in North Zone Ball Badminton Inter University Tournaments.
- Sanya represented Panjab University in North Zone Senior Badminton Championship and bagged the Silver Medal.
- Ridhima, Tanya, Harleen represented Panjab University Cricket Inter University Tournaments.
- Pooja, Kiran, Pushpa and Ankita represented Panjab University in all India Inter University Handball Competition.
- Pooja and Kiran participated in Senior National Handball Competitions.
- Rita, Maina and Manisha represented Chandigarh in Senior National Kabaddi Championship. They also participated in North Zone inter university competition.
- Neha represented Panjab University in Kho-Kho All India Inter University Championship.
- Urvashi represented Panjab University in all India Inter College Competition and won Gold medal in Squash.
- Sargam represented Panjab University in North Zone Table Tennis Competition.
- Reshma represented Tug of war team in All India Inter University Competition and won Bronze medal in Tug of War.
- Baljeet won Gold medal in 600 meter Yatching Competition in All India Inter University competition.

Inter College and state level Achievements

Athletics

Bhavana won the Silver Medal in Steeple Chase

Ball Badminton

The college team won championship in the Ball Badminton Tournament conducted by Panjab University

Badminton

The college team won the Silver Medal in Panjab University Badminton Tournament

Cricket

The college team won Silver medal in Panjab University competition

Fencing

The college team won two Gold Medals, 1 Gold medal and overall 3rd position in Panjab University Inter College tournaments.

Football

The college team won Silver Medal in Panjab University Inter College Competition

Handball

The college team won Silver Medal in Panjab University handball competition

Judo

Babita won the silver medal in 63 Kg weight category inter college championship

Kabaddi

The college team won silver medal in Panjab university Kabaddi competition.

Rhythmic Gymnastics

The college team won 4 Gold Medals and 4 Silver Medals in Panjab University Rhythmic Gymnastics Tournaments. The team also won championship.

Rowing

The college team won Bronze Medal in Coxless pair event and Gold medal in Coxless team event.

Sepaktakraw

The college team won Silver Medal in the said Inter College Competition.

Swimming

Ishpreet won 6 Gold medals in Panjab Senior State and also made 2 new meet records in 50 meters and 100 meter free style events.

Squash

The college team begged Bronze medal in Panjab University Inter College Tournaments

Taekwondo

Yamini and Priyanaka won Bronze Medal in 52 and 63 kg weight category.

Tug of War

The college team won championship in a joint mode by winning two Silver Medals in Panjab University Inter College Competitions.

Volleyball

The team won Silver Medal in Chandigarh Senior State Championship

Wushu

Babita won Gold medal in Senior State Wushu Tournaments

Yatching

The college team got 2nd position in Panjab University Yatching Championship

Yoga

The college team got 3rd position in Panjab University Yoga Championship



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