

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



Report of initiatives taken by Department of Physical Education Session: 2017-18

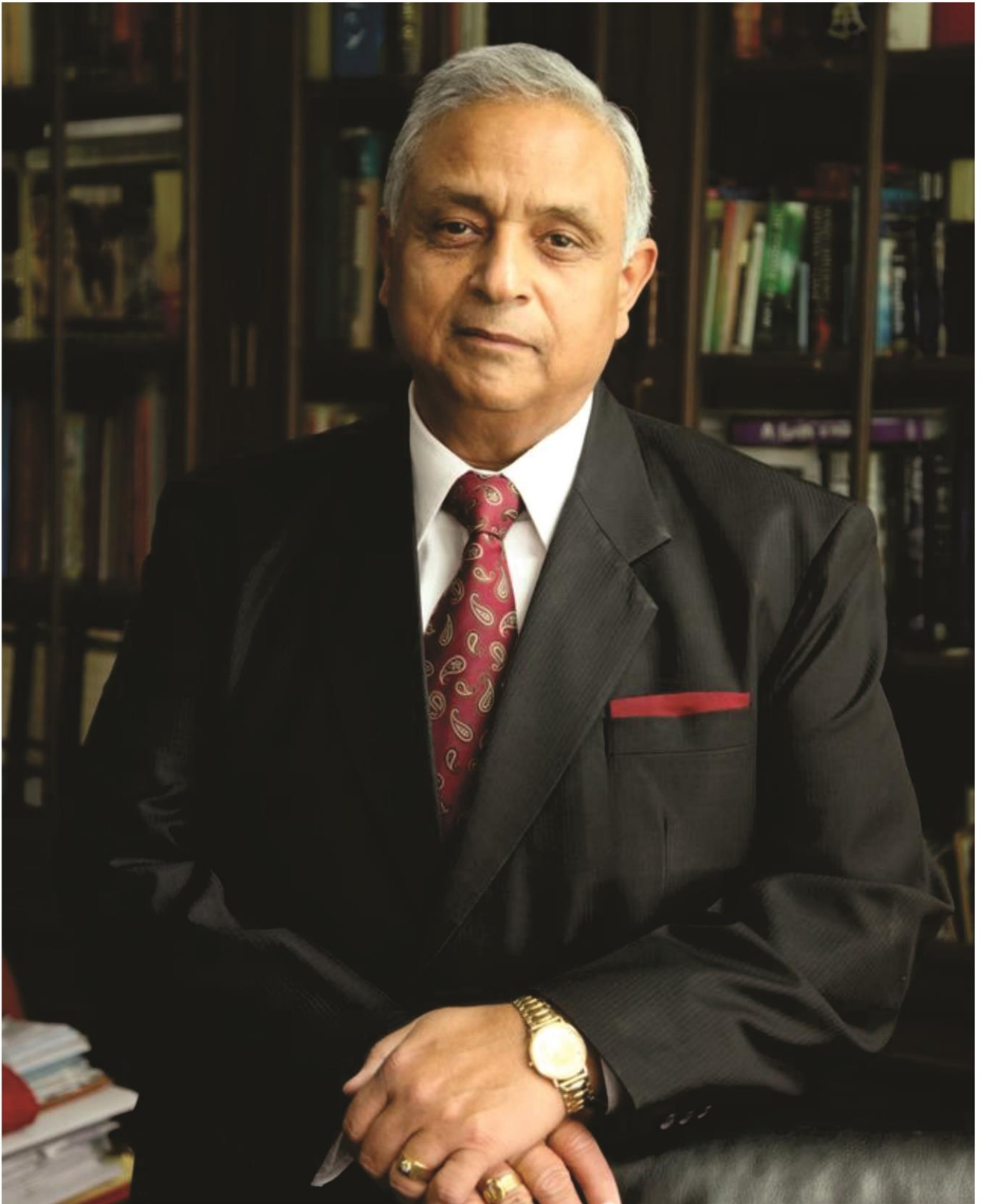


Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

Hon'ble President

DAV College Managing Committee

New Delhi

**"If you fail to prepare,
you're prepared to fail."**

Mark Spitz

Nine-time Olympic champion in swimming.

MCM sportspersons win laurels



Mehr Chand Mahajan DAV College for Women- a prestigious institution of the northern region, is known for instilling the aptitude for success in its students in various fields, be it academics, sports or any other area. The Department of Physical Education of the college once again proved the supremacy of the college in the field of sports by winning various competitions held at different occasions. During the inauguration of Inter College Athletic Meet at PU, the 30 member contingent lead by Harnoor Kaur won 1st prize in March-past. In various Inter College Tournaments held at PU, the students of MCM had proved their mettle by emerging winners in squash, boxing and swimming competitions. In Squash, MCM lifted the trophy in the Women's category, in boxing Sarita was declared the Best Boxer and won gold while in swimming, MCM won 8 gold medals, 1 silver and 7 bronze medals. MCM's golden girl Chahat Arora won Gold in 50m Butterfly Stroke, 50m Breast Stroke, 100m Breast Stroke, 100m Freestyle, 50m Freestyle, 200m Breast Stroke and 800m Freestyle and 200m Individual Medley while Ishpreet won Bronze in 100m Freestyle, 50m Freestyle, 800m Freestyle and 50m Butterfly Stroke; Anjali got Bronze in 50m Breast Stroke, 100m Breast Stroke, 200m Breast Stroke and 50m Backstroke. In Diving event, MCM won 4th position in 1m. Congratulating the winners on their stupendous performance, Principal Dr.Nisha Bhargava motivated the winners to keep striving for higher goals in life and not just rest on one's laurels.

**International achievers in sports were felicitated by
Hon'ble President of India, H.E. Shri Ram Nath Kovind
during Golden Jubilee celebrations of MCM**

Governors of 3 states also mark their presence



Mehr Chand Mahajan DAV College for Women, a premier multi-faculty postgraduate institution, ushered in the momentous 50th year of its establishment in an equally splendid Golden Jubilee Celebrations here today. Adding to the magnificence of the celebrations, His Excellency Shri Ram Nath Kovind, Hon'ble President of India graced the occasion as the Chief Guest. A galaxy of distinguished dignitaries including Shri. V.P. Singh Badnore, Hon'ble Governor, Punjab and Administrator, U.T., Chandigarh, Prof. Kaptan Singh Solanki, Hon'ble Governor, Haryana, Acharya Dev Vrat, Hon'ble Governor, Himachal Pradesh and Mrs. Kirron Kher, Hon'ble Member of Parliament partook in the celebrations as Guests of Honour. Making the celebrations memorable and meaningful, Dr. Punam Suri, President, DAV College Managing Committee, New Delhi presided over the function.

It was a euphoric moment for the college's International achievers in sports as they were felicitated by H.E. Shri Ram Nath Kovind. The achievers awarded included Taniya Bhatia (member of Indian Women's Cricket team for ODI series against South Africa in February 2018), National Meet Record holder Chahat Arora (Bronze Medalist, 9th Asian Age Group Swimming Competition, Uzbekistan), Nitasha (Gold Medal, South Asian Roll Ball Championship, Nepal), Guinness Book Record holder Yamini Gupta (Silver Medalist, Indian International Taekwondo Championship, New Delhi) and Palak Kaur Bijral (participant in World Cup Rhythmic Gymnastics, Uzbekistan).

Expressing gratitude to the esteemed luminaries for gracing the function, Principal Dr.Nisha Bhargava said that completion of 50 glorious years is a matter of sheer exhilaration and rightful pride for everyone associated with this prestigious institution that is a tribute to the great visionary Justice Mehr Chand Mahajan. She further reiterated that MCM continues to explore new vistas in its pursuit of excellence and contributing to the society by producing women of substance in various fields.



Member of Indian Women's Cricket team **Taniya Bhatia**



National Meet Record holder in Swimming **Chahat Arora**



Gold Medallist at South Asian Roll Ball Championship, Nepal **Nitasha**



Guinness Book Record in Taekwondo **Yamini Gupta**



International Gymnast **Palak Kour Bijral**

Winner of Women's General Efficiency Sports Shield 38th time



The Physical Education Department of the college added another feather in its cap by winning the Panjab University Women's General Efficiency Sports Shield 38th time since its inception. During the academic session 201-18, the sport stars of the department participated in various International, National and Panjab University Inter-College competitions.



Dr. Nisha Bhargava, MCM Principal congratulated the prize winners for keeping alive the inimitable tradition of excellence of MCM. Advising the students to never rest on

their laurels, Dr. Nisha exhorted them to work towards their goals with focused determination.



Report of Initiatives taken by Department of Physical Education (2017 to 2018)
Mehr Chand Mahajan DAV College for Women, Chandigarh

एमसीएम कॉलेज की प्रिंसिपल पंजाब यूनिवर्सिटी में सम्मानित

जगमार्ग न्यूज

चंडीगढ़। एमसीएम डीएवी कॉलेज फॉर वूमेन चंडीगढ़ ने शिक्षा, सांस्कृतिक और खेल सहित कई क्षेत्रों में उत्कृष्टता के लिए एक अनोखी प्रतिष्ठा अर्जित की है।

अपनी शानदार उपलब्धियों की इस श्रंखला को आगे बढ़ाते हुए कॉलेज ने मंगलवार को पंजाब यूनिवर्सिटी के वार्षिक खेल पुरस्कार वितरण समारोह में- पंजाब यूनिवर्सिटी वूमेंस जनरल एफिशिएंसी शील्ड भी अपने नाम की। एमसीएम डीएवी कॉलेज ने यह शील्ड अपने 50 वर्षों में 38

वीं बार हासिल की है। पंजाब यूनिवर्सिटी में आयोजित इस पुरस्कार वितरण समारोह के दौरान एमसीएम डीएवी कॉलेज की प्रिंसिपल डॉ. निशा भार्गव को भी स्पोर्ट्स में उनके खास योगदान के लिए सम्मानित किया गया।

खेल में उत्कृष्टता को बढ़ावा देने के लिए और एमसीएम के प्रयासों की सराहना के लिए कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने पंजाब यूनिवर्सिटी के प्रति, कृतज्ञता व्यक्त की। उन्होंने कहा की एमसीएम खेल सहित विभिन्न क्षेत्रों में छात्राओं के समग्र विकास के लिए प्रतिबद्ध है।

एमसीएम ने जीती पंजाब यूनिवर्सिटी वूमेंस जनरल स्पोर्ट्स एफिशिएंसी शील्ड

कालेज की प्रिंसिपल स्पोर्ट्स के क्षेत्र में योगदान के लिए सम्मानित

चंडीगढ़, 27 मार्च (पठानिया) : एमसीएम डीएवी कॉलेज फॉर विमेन, चंडीगढ़ ने ने शिक्षा, सांस्कृतिक और खेल सहित कई क्षेत्रों में उत्कृष्टता के लिए एक अनोखी प्रतिष्ठा अर्जित की है। अपनी शानदार उपलब्धियों की इस श्रंखला को आगे बढ़ाते हुए कॉलेज ने आज पंजाब यूनिवर्सिटी के वार्षिक खेल पुरस्कार वितरण समारोह में पंजाब यूनिवर्सिटी वूमेंस जनरल एफिशिएंसी शील्ड भी अपने नाम की। एमसीएम डीएवी कॉलेज ने यह शील्ड अपने 50 वर्षों में 38वीं बार



पंजाब यूनिवर्सिटी वूमेंस जनरल स्पोर्ट्स एफिशिएंसी शील्ड 38वीं बार जीतने पर प्रिंसिपल डॉ. निशा भार्गव के साथ शील्ड लिए खुशी के पल सांझा करती छात्राएं। (छाया : गुरिन्दर सिंह)

हासिल की है। पंजाब यूनिवर्सिटी में आयोजित इस पुरस्कार वितरण समारोह के दौरान एमसीएम डीएवी कॉलेज की प्रिंसिपल डॉ. निशा भार्गव को भी स्पोर्ट्स में उनके खास योगदान के लिए सम्मानित किया गया। खुशी से भाव विभोर कॉलेज के फिजिकल एजुकेशन डिपार्टमेंट की अध्यक्ष डॉ. अंजू ने अपनी इस उपलब्धि को प्रिंसिपल डॉ. निशा भार्गव के आदर्श नेतृत्व को समर्पित किया तथा अपने डिपार्टमेंट के सहयोगी शिक्षक गण, डॉ. वीणा और डॉ. सोनिया के समर्पित प्रयासों की भी भरपूर सराहना की। खेल में उत्कृष्टता को बढ़ावा देने के लिए और एमसीएम के प्रयासों की सराहना के लिए कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने पंजाब यूनिवर्सिटी के प्रति कृतज्ञता व्यक्त की।

MCM College eves excel in sports



CHANDIGARH, MAR 27

MCM DAV College for Women- a premier educational institution, has earned an inimitable reputation for excellence in multifarious fields including academics, cultural and sports. Adding another feather to its cap, MCM was

awarded Panjab University Women's General Sports Efficiency Shield, for 38th time in its existence of 50 years; for its stupendous achievements in the field of sports during the Panjab University Annual Sports Prize Distribution here today. During the function, Principal Dr.Nisha Bhargava

was also felicitated in recognition of her immensely vital contribution in the promotion of sports. An elated Dr.Anju, Head, Department of Physical Education, MCM DAV credited this achievement to the exemplary leadership of Principal Dr.NishaBhargava, dedicated efforts of her

colleagues Dr.VeenaQureshi and Dr.Sonia and the prowess of students who have won laurels at International and National levels. Principal Dr.Nisha Bhargava expressed gratitude to the university authorities for recognising the sincere efforts of MCM to promote excellence in sports.

SGGS College, MCM DAV-36 pocket PU sports trophies

HT Correspondent

chdsportsdesk@hindustantimes.com

CHANDIGARH: SGGS Khalsa College, Sector 26, Chandigarh, won the Panjab University Men A-Division trophy for the 2017-18 session in the annual sports prize distribution function organised by Panjab University on Tuesday.

Olympic medallist Yogeshwar Dutt was the chief guest and, while IAS Jagdeep Singh was guest of honour.

Around 550 players from different affiliated colleges were awarded cash awards worth Rs 1.5 crore during the function.

Players who secured positions in international, national championships or all India inter-university events were also honoured. MCM DAV College for Women, Sector 36, Chandigarh, won the title in women A-Division.

The men C-Division overall trophy was won by DAV College



■ MCM DAV College-36, players with the winning trophy.

HT PHOTO

of Education, Abohar, while SDS College of Education (W), Lopon, won the women title.

Govind National College, Narangwal, won the men B-Division championship, while MBBGRGC College, Mansowal, won the women title.

Winners: A- Division Colleges (Men): SGGS College, Chandigarh; A-Division Col-

leges (Women): MCM DAV College for Women, Sector 36, Chandigarh; C-Division (Men): DAV College of Education, Abohar; C-Division (Women): SDS College of Education (W), Lopon; B-Division (Men): Govind National College, Narangwal; B-Division Colleges (Women): MBBGRGC College, Mansowal.

International Achievers



Yamini Gupta-Honoured by DAV College Managing Committee, New Delhi with a Gold Medal and Citation during Mahatma Hansraj Day Celebration.

- YAMINI GUPTA was a part of Indian taekwondo team that made a Guinness World Record with their performance.
- BHAVIKA won the gold medal in senior national Taekwondo championship and was selected for participation in the international tournament
- CHAHAT won the bronze medal in an international swimming tournament and was selected to participate in the Asian Championship held at Tashkent, Uzbekistan. She participated in the Asian Indoor games held at Ashgabat. She won four gold medals in the Senior Nationals held at Bhopal. She also made a new meet record in 50m breast stroke event.
- NATASHA won the gold medal in the South Asian Ball tournament held in Nepal.
- TANIYA BHATIYA became the youngest member of the Indian Women's Cricket Team.

Interuniversity, National, Intercollege, and State level Achievers



- PALAK was declared the best gymnast in the National Artistic Gymnastics Championship.
- ARTISTIC GYMNASTICS- The college team comprising Kiran, Lekha, Namita, Ritika, Susmita and Ankita won the P.U championship in Artistic Gymnastics Tournament. Susmita and Ankita were selected as the first and second best gymnast respectively. Palak Kaur Bijral won gold medal in All India Artistic Gymnastic competition. Susmita won the gold medal, inderpreet won the bronze medal and the college team got the third position in Artistic Gymnastics and the fourth position in All India Inter University competition held at Kurukshetra university.
- BADMINTON- The college team got the second position in P.U Annual Athletic meet.
- BALL BADMINTON- The college bagged the second position in the P.U inter-college tournament. Chandlerlata and Babita were selected for the All India Inter-university championship.

Star-studded MCM DAVC-36 women clinch PU inter-college cricket title



■ MCM DAV College for Women, Sector 36, team after winning the Panjab University Inter-College Cricket Tournament for Women at the PU ground in Chandigarh on Wednesday. (Right) All-rounder Ridhima Aggarwal emerged as the main performer for MCM DAV team.

SIKANDER SINGH/HT

HT Correspondent

chdsportsdesk@hindustantimes.com

CHANDIGARH: Led by Ridhima Aggarwal's superb all-round show (31 no and 4/16), star-studded MCM DAV College, Sector 36, recorded a seven-wicket win over Guru Gobind Singh College for Women, Sector 26, in the final of Panjab University Inter-College Cricket Tournament for Women at the PU ground in Chandigarh on Wednesday.

It is after a gap of a decade that

MCM DAV College women clinched PU inter-college. In the match played for third position, PU Campus beat Khalsa College for Women, Ludhiana.

MCM team included Taniya Bhatia and Harleen Deol, who recently attended India camp.

PROTEST FILED BY KCW AGAINST GGSCW-26

In a late development, KCW, Ludhiana team filed a protest against Guru Gobind Singh College for Women, Sector 26, alleging that

the Chandigarh college fielded two non-eligible cricketers in the final match against MCM DAV College. Following the complaint, PU Sports Department has withheld the announcement for second and third position holders respectively.

Earlier, Guru Gobind Singh College for Women were bowled out for 63 runs in 33 overs. Off-spinner, Ridhima, who recently took part in the Bangladesh Premiere League in Dhaka and played for Gulshan Youth Club,

bowled well to take four wickets. In reply, MCM DAV achieved the target in 16.5 overs, losing three wickets. Opener Ridhima remained unbeaten on 31 runs for the winning team.

TRIALS FOR PU WOMEN'S TEAM TODAY

Trials to select Panjab University women cricket team for All-India Inter-University Cricket Tournament will be held on October 25 at 9:30 am at the PU grounds, Chandigarh. An entry fee of ₹50 each

OFF-SPINNER RIDHIMA AGGARWAL BAGGED FOUR WICKETS GIVING AWAY 16 RUNS. LATER, SHE SCORED UNBEATEN 31 RUNS FOR MCM DAV

will be charged from the interested cricketers. The All-India Inter-University Cricket Tournament would be held in Ambala in the second week of November.

CRICKET- The college cricket team won the gold medal in P.U inter-college tournament. Ridhima played the test series against Bangladesh. Harleen Kaur Deol was selected for India camp in the under-19 category. Divya won the bronze medal at the North-zone Inter-university level and also represented the Chandigarh team in a tournament conducted under the aegis of Punjab Cricket Association (affiliated to PCCI). Shefali, Jugnu, Muskaan and Shivani participated in the senior national championship held at Panchkula.

- **DIVING-** The college team won the bronze medal in the P.U Diving competition.
- **FENCING-** The college team won the silver medal and two bronze medals in P.U Inter-college competition. Sonika was selected to representing P.U in All India Inter-university competitions.

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- FOOTBALL- The football team of our college won the silver medal in P.U Inter-college tournament Poonam, Pooja, Poonam Rani, and Sonia were selected for representing P.U and were the team was declared the winner of the North Zone Inter-university tournament.
- HANDBALL- The college team won the Panjab University Handball Tournament. Seven handball players from our college were a part of Panjab University team that won silver medal in All India Inter University championship. Kiran also attended the National India Camp for Asian Women Club League.
- HOCKEY- Rosy participated in the Senior National Hockey Women Championship.
- JUDO- Judoka Babita won the silver medal in open weight category and bronze medal in 63kg weight category. Rachna won the bronze medal in 44kg weight category in P.U Inter-college championship.
- KABADDI- the college team won the P.U Kabaddi championship. Ruby, Meenu, Jyoti, and Arti represented Chandigarh at the State Junior National Championship held at Patna. Main, Ruby, Meenu, Arti and Anu represented Panjab University in North Zone Inter university competition.



- **KICK BOXING-** The college team won two gold medals, two silver medals and two bronze medals in Panjab University inter-college competition.
- **ROLL BALL-** The college Roll Ball team won the tournament conducted by Panjab University. Karen won two gold medals in the Rink -1 and -2 events. Nikita won the gold medal in 3km road race event. Karen, Sanjan, Nikita and Natasha were selected to attend the All India Interuniversity camp. They won the silver and bronze medal at the interuniversity tournament.
- **ROWING-** the college team got the overall second position in the P.U inter-college competition. The team won three gold medals and eight silver medals in various events.
- **RYTHMICS GYMNASTICS-** The college team won four gold medals and four silver medals at the P.U Rythmics tournament. They also won the championship in club, ribbon, hoop and ball events. Palak and Inderpreet bagged the highest points in their individual events.

WOMEN'S CRICKET

Taniya first from city to make it to Indian squad

Shalini Gupta
 • chdsportsdesk@hindustantimes.com

CHANDIGARH: As soon as Taniya Bhatia landed at the Delhi airport from Indore on Wednesday to join Punjab for the T20 Senior Women's Cricket League in Chennai, her phone was bombarded with congratulatory text messages.

Reason: The wicketkeeper-batswoman from Chandigarh received her maiden call-up for India women cricket team, which will be travelling to South Africa for a three-match ODI series starting February 5.

With this, Taniya became the first woman cricketer from Chandigarh to bag a berth in the national team.

Daughter of a bank manager, a beaming 20-year-old Taniya could not hold back her thrill: "Finally, my dream has come true. I lived for this moment."

Taniya said she overcame many obstacles to reach this point in life.

"This is a good chance for me to showcase my abilities on foreign soil and cement my place in the Indian team," she said, while sharing her excitement about being in the same dressing room with the likes of Mithali Raj, Jhulan Goswami, Smriti Mandhana and Harmanpreet 'didi'.

Known for her aggressive strokes and sharp wicketkeeping skills, Taniya had made to the India A team, which took on Sri Lanka A team in a three-match T20 series last month. She was also part of the India Blue team that clinched the women's Challengers Trophy in Indore recently.

She impressed the selectors and Indian team coach Tushar Arothe with her skills in that tournament.

In fact, Taniya was the youngest at 13 to play for the Punjab senior women's team. A student of MCMDAV College, Sector 36, she is the second wicket-keeper in the team, Sushma Verma being the other.



• Taniya Bhatia, 20, is known for her aggressive strokes and sharp wicketkeeping. HT FILE

THE 20-YR-OLD WILL JOIN INDIAN TEAM FOR ODI SERIES AGAINST SOUTH AFRICA IN FEB

YOGRAJ'S FIND
 Taniya's brush with cricket started at DAV Senior Secondary School, Sector 8, at the age of nine, when Yuvraj Singh's father and former Indian cricketer Yograj Singh spotted her flair for the game.

She honed her skills under Yograj—a hard taskmaster—for a few years before joining Guru Nanak Dev Public School Cricket Academy in Sector 36 under coach RP Singh.

Yograj recalled the early years when a slim, young Taniya who had a "boy haircut" trained under him.

"I remember vividly Taniya would train so hard even at that young age. She was exposed to play with the boys. She would surprise everyone with her talent and commitment," he said.

Recalling one such incident, he said: "Once, Yuvi was playing in the nets and a match was going on in the ground. Taniya was batting in the match. Seeing her aggression and attacking shots, Yuvi asked me 'who is this young boy dad?' He was so impressed."

- SHOOTING- The college team won bronze medals in the 10m air rifle team event and 10m pistol team event in the P.U shooting competition. Members of the team of 10m air pistol were Hasrat, Navreen, Veronica and Erma, whereas members of the 10m air rifle were Mannat, Anchal and Harina.
- SEPAKTAKRAW- The college team got the third position in Panjab University inter college competition and Bhawna was selected in the Panjab University Team
- SWIMMING- The college team won the Panjab University Swimming tournament. Chahat won seven medals, Ishpreet won a silver medal and four Bronze medals and Anjali won two bronze medals. Chahat won two gold medals and one bronze medal in All India Interuniversity swimming competition.
- TABLE TENNIS- The college team bagged the second position in P.U Table tennis competition.
- TENNIS- The college team won the fourth place in the P.U Inter-college tournament.
- VOLLEYBALL- The college won silver medal in the Chandigarh Senior State tournament.
- WRESTLING- Babita won the silver medal in -63kg weight category in the P.U Intercollege championship.
- WUSHU- The college team won three gold medals and one bronze medal in Panjab University Intercollege competition.
- CANOEING- The college team was second in the Inter-college competition.

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Website: <https://mcmdavcwchd.edu.in/>
Email: principal_mcmdavcollege@yahoo.com