

Report of Department of Physical Education (2024-25)



**Mehr Chand Mahajan
DAV College for Women
Sector-36/A, Chandigarh**

www.mcmdavcw-chd.edu

0172- 2603355, 0172- 2624921

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

International Achievers

- **Raiza Dhillon** participated Paris Olympic Games, 2024. She is the first women from India to participate in *Skeet Shooting Championship*.
- **Mahit Sandhu** got 4 Gold medals in world *Deaf Shooting Championship*.
- **Purvasaha** Participated in Fencing Cadet *Commonwealth Games* and She got *Bronze medal* in said championship in New Zealand.
- **Ishroop** got *Bronze medal* and Navroop participated in *Asian Judo championship* at republic of Korea and she also selected in Indian Judo Team.
- **Mehak Singh** and **Sania Rai** also participated in *Asia Cup Kazakhstan*.
- **Kalpana** Participated in *World Taekwondo Poomsae Championship* in Hong Kong, Coliseum, China.

Raiza Dhillon Olympian Shooter



Kalpna Pencak Silat Player



Purvasha Fencing Player



Mahit Sandhu Shooter



Ishroop Narang judo Player

इंडिया टीम में हुआ इशरूप का चयन

चंडीगढ़, 2 अप्रैल (लल्लन): इशरूप नारंग का चयन सीनियर एशियाई जूडो चैंपियनशिप 2025 के लिए हुआ है। मुकाबले थाईलैंड में 25-27 अप्रैल तक खेले जाने हैं। इससे पहले इशरूप 3 से 23 अप्रैल तक जापान में एक प्रशिक्षण शिविर में हिस्सा लेंगी। एम.सी.एम.डी.ए.वी. कॉलेज सैक्टर-36 में बीए प्रथम वर्ष की छात्र 19 वर्षीय इशरूप जूडो के खेल की बेहतरीन खिलाड़ी हैं और सैक्टर-34 स्थित खेल विभाग के स्पोर्ट्स कॉम्प्लेक्स के जूडो सेंटर में कोच विवेक ठाकुर की ट्रेनी हैं। यह पहली बार है कि जब इशरूप सीनियर वर्ग में भारत के लिए अंतरराष्ट्रीय स्तर पर खेलने जा रही हैं। इस उपलिब्ध के लिए चंडीगढ़ एमेच्योर जूडो



इशरूप
एसोसिएशन के महासचिव एनएस ठाकुर ने इशरूप और उनके कोच विवेक ठाकुर को बधाई दी। (फोटो : राणा)

Our college won Runner up trophy of Panjab University general Efficiency Shield.



All India/ North Zone and National Achievers

1. Fencing

- **Purvasha** got **Gold medal** in team Fencing All India inter university competition held at jammu and also got Bronze medal in Senior National Competition.

2. Judo

- **Mehak Singh** got **2 Gold medals** at national Judo league and won Gold medal in North-East Judo Championship.
- **Ishroop** won **Gold medal** in senior national Judo Championship
- **Navroop** won **Gold medal** in senior national Judo Championship
- **Saniya Rai** got **Gold medal** in National Judo Championship.

3. Table Tennis

- **Tansiha** got **Bronze medal** in North Zone all India Inter University Competition.

4. Pencak Silat

- **Kalpana** got **Gold medal** in Senior National Competition.

5. Weight Lifting

- **Sumit** won **Bronze medal** in North Zone all India Inter University Competition.

6. Shooting

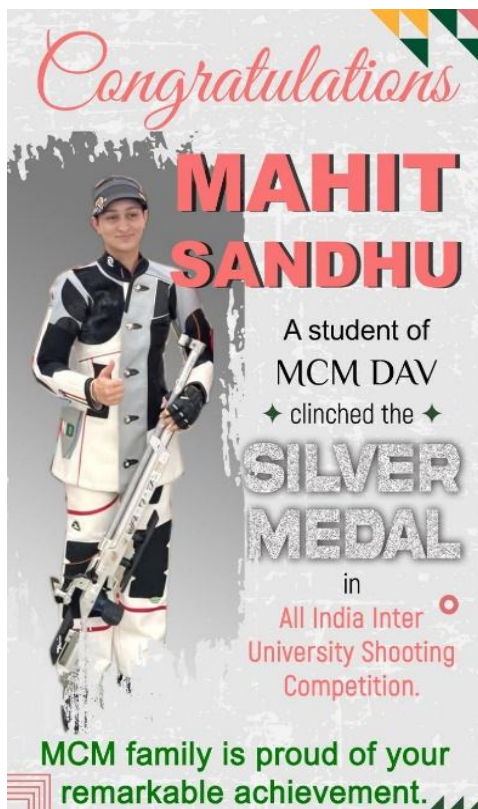
- **Mahit Sandhu** got Team **Silver Medal** in All India Shooting Championship.
- **Raiza Dhillon** got individual **Gold** in All India Skeet Shooting Championship.
- **Anmol** won team **Bronze** in skeet shooting all india championship .
-

7. Athletics

- **Rishita** won **Gold medal** in 4*100 meter in All India inter University Athletics Championship.

8. Road Cycling

- **Jyoti** won **Bronze medal** in Cycling all India Inter University.



Ishroop Narang Judo Player



Raiza Dhillon Shooter



Purvasha Fencing player



Sumit kaur Weight Lifter



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

Team Positions

1. The college Fencing, Judo, Boxing, Artistic Gymnastics, Pencak Silat, Wushu and Cricket, Sailing team won **Championship** in the Panjab University Inter College Championship.
2. Our College Volleyball, Hockey, Kabaddi, Athletics, Rugby, Rhythmic Gymnastics, Badminton, shooting, Rowing and karate team won **second Position** in Panjab University Inter College Championship.
3. The college Table Tennis, Football, Swimming and Sepaktekraw, Dragon Boat team won Bronze **medal** in Punjab University Inter College Competition.

Individual Positions

1. Fencing

- Aman won *Gold Medal* in Sabre.
- Lavanya won *Bronze Medal* in sabre.
- Purvasha won *Bronze Medal* in Epee.

2. Judo

- Kamini Yadav won *Gold Medal* in -48 Kg
- Mehak Singh won *Gold Medal* in -52 Kg
- Saniya rai won *Gold Medal* in -63 Kg
- Ishroop Singh won *Gold Medal* in -78 Kg
- Navroop Kaur won *Silver Medal* in -67 kg
- Tamanna won *Silver Medal* in + 78 Kg

3. Artistic Gymnastics

- Tamanna won *Gold* in vaulting Table, Balancing beam, Uneven bar and she declared all round Artistic Gymanst.
- Sneha won *Bronze Medal* in Table Vault and uneven bar
- Khushi won *Bronze* in Floor and Beam and also declared all round 3rd Artistic Gymnast.

4. Rhythmic Gymnastics

- Ashanpreet Kaur got *Silver Medal* in Ribbon, Clubs, loop and ball events and she was declared all round best gymnast.

5. Swimming

- Ansha won *Bronze Medal* in 50 meter, Breast stroke and 100 meter

6. Weight Lifting

- Sumit won *Silver medal*
- Prabhgum won *Silver medal*
- Tulsi won *Bronze medal*

7. Boxing

- Harshita won *Gold medal*
- Komal won *Gold medal*
- Jyoti won *Gold medal*
- Anu won *Gold medal*
- Loveleen won *Silver medal*
- Anne lepchea won *Silver medal*
- Vani won *Silver medal*
- Janvi won *Silver medal*
- Kajal won *Bronze medal*
- Tamanna won *Bronze medal*

8. Pencak Silat

- Kalpana won *Gold Medal*
- Ruksar won *Gold medal*
- Harshita won *Silver medal*

9. Taekwondo

- Arshita won *Silver medal*
- Kalpana won *Silver medal*

10. Athletics

Sr.	Event	Name	Position
1	100 meter	Rishita	Bronze
2	200 meter	Rishita	Silver
3	1500 meter	Sadhana	Bronze
4	5000 meter	Latika Talwar	Silver
5	10,000 meter	Latika Talwar	Gold
6	100 meter Hurdles	Gurdeep kaur	Gold
7	20 km Walk	Antima	Silver
8	400 meter Hurdles	Komal	Bronze
9	Heptathlon	Gurdeep kaur	Silver
10	Heptathlon	Shreya	Bronze
11	4*100 meter Relay	Rishita	Silver
12		Shreya	Silver
13		Noorpreet kaur	Silver
14		Sneh	Silver
15	4*400 meter Relay	Gurdeep Kaur	Gold
16		Rishita	Gold
17		Noorpreet kaur	Gold
18		Sneh	Gold
19	Long Jump	Kamaljeet kaur	Gold
20		Hema	Bronze
21	Discuss Throw	Jyoti Vaishnav	Bronze
22	Triple Jump	Hema	Silver
23	High Jump	Kamaljeet Kaur	Silver

11. Karate

- Mehak won Gold medal in -61 kg
- Kalpana won Bronze medal in Kate
- Sneha won Bronze medal in -55 Kg
- Tamanna won Bronze medal in 68+ Kg

12. Track Cycling

- Jyoti won 2 Bronze medal

13. Road Cycling

- Jyoti won 1 Silver and 1 Bronze medal

14. Wushu

- Ankita won 3 Gold medals
- Kalpana won 2 Gold medals
- Manita won 3 Silver medal
- Rukhsar won 1 Bronze medal
- Japneet won 1 Bronze medal

Cricket



Pencak silat



Boxing



Judo



Artistic Gymnastics



Hockey

