

Major Games	Achievements 2016-17
• Aerobics	• Good Performance in all Competitions.
• Archery	• First position in Cricket at Delhi University Inter College Cricket Tournament.
• Athletics	• First Position at Delhi University Inter College Judo Championship.
• Basketball	• First position in Miranda House and Kalindi Sports Festival and Third Position in Delhi University Inter College Ball Badminton Championship.
• Ball Badminton	• In Delhi University Inter College Athletics Championship:
• Chess	– First Position in Javelin Throw.
• Cricket	– Second Position in Shot put.
• Cross Country	– Third Position in 100 M hurdle.
• Judo	– Third Position in Long Jump.
• Netball	– In Delhi State Athletics competition, 2 silver and 2 bronze medals .
• Tennis	• Fourth Position in Delhi University Inter College Chess Championship.
• Volleyball	• Fourth Position in Delhi University Inter College Tennis Championship.
• Wrestling	• Second Position in Volleyball at Kalindi invitational Tournament, Fourth in Delhi University Inter College Volleyball Championship and Third at Khelo Delhi.
• Yoga	• Team championship at Zakir Hussain Sports Fest; 4 Golds, 2 Silvers and 1 bronze in Judo at LSR Sports Festival and Team championship at MSC Judo competition; 2 golds, 3 silvers, 1 bronze in Swabhimani Open Delhi State competition.

The Introduction to Physical Education in the Contemporary Context is offered as Generic Elective to the other Honours courses in Semester-I.

Outstanding Sportswomen 2016-17

- **Shubh Gulati** represented India in Soft Tennis at the 8th Asian Soft Tennis Tournament; 6th Thailand Cup International Championship.





- **Pincky Balhara**, Silver medal in Judo at Word School Games at Turkey and Senior National Competitions in Judo; Bronze medalist in World Kurash Championship at Kochi; and Gold medal in Junior National Judo competition; Gold medal in All India Interuniversity Judo competition; **Rajbala**, represented Delhi University in Wrestling Inter-university.
- **Akansha**, Bronze medalist in World Kurash Championship at Kochi; 4 Judo Team members participated in interuniversity competitions and claimed various medals in Delhi University and Delhi State Judo and Wrestling Competitions.
- **Sadhvi Bhadhauria, Anjali, Nazma, Neha Rajawat, Aishwarya** and **Sakshi Yadav** represented D.U. in the Inter University Cricket Competition; **Arti Dhama, Neha Rajawat, Sakshi Yadav** and **Shweta** represented Delhi and Haryana respectively in Rani Jhansi.
- **Arti Dhama, Ahmeda** and **Neha Rajawat** represented Delhi State in the U-23 cricket championship; **Aarti Dhama** participated in ZCA coaching camp; **Monika, Akanksha, Sakshi Yadav** represented Delhi State in U-19 Delhi State Cricket championship.
- **Riya Sisodia**, Gold medal in All India 4 Star Squash Championship; **Vaani Bisht**, Silver medal in All India Women Rugby-7 competition.
- **Manya** represented Delhi University at the All India Ball Badminton Championship; **Jyoti Yadav** represented Delhi State in the Junior National Ball Badminton Championship and **Laxmi, Tanu, Shubh Gulati, Pooja Mehla, Payal, Rozi** represented Delhi State in the Senior National Ball Badminton Championship; Priyanka played in the Federation Cup.
- **Kritika Sharma** represented Delhi University at the North Zone Volleyball Inter-university Championship as a Captain of the team; **Divya Singh, Sakshi Upreti** and **Kritika Sharma** played for Delhi at Youth National Volleyball Championship.
- **Arti Sharma**, played in the Yoga National competition.





Coaching in the above-mentioned games takes place in the morning from 7.30 a.m. to 9.30 a.m. and in the afternoon from 2.00 p.m. to 4.00 p.m. Any student in the college can take part in these coaching sessions during these timings, even if there is no prior experience in the chosen game. The only requirement would be regularity during coaching sessions. Books on sports, games, fitness and health are available in the Department of Physical Education for reference.

Scholarships are available for outstanding sportswomen on need basis. They are:

- S.K. Sood Memorial Scholarship to two sportswomen @ Rs. 6000/- per annum.
- R.P. Academy Scholarship to two sportswomen @ Rs. 6000/- per annum.
- Fee concession at the time of admission is granted only to outstanding sportswomen.

Awards

- Best Sportswoman of the year.
- Prizes for Outstanding Sportswomen.
- Best Stream Award.

Departmental Activities

- Annual Sports Day.
- Gargi Olympiad Inter Stream Sports Excellence Championship.

