

## Golden Jubilee Year Celebration – Physical Education and Sports Sciences 2016-17

To celebrate the Golden Jubilee year the Department of Physical Education organised two events in 2016-17.

1. **Golden Jubilee Year Invitational Tournament for Women in selected sports** of Aerobics, Ball Badminton, Chess and Volleyball from **5<sup>th</sup> to 7 October, 2016**. This was an invitational Inter-College tournament for Delhi University students. A total of about 700 sportspersons from 23 colleges of Delhi University registered in all four sports. All the winning teams received certificates, medals, sports kits, team trophies and discount vouchers for sports equipment to 1<sup>st</sup> and 2<sup>nd</sup> Position holders. Refreshment and participation certificates were also provided to all the participants. **Results**
  - 1<sup>st</sup> position in the Aerobics competition was secured by Gargi College-A team, 2<sup>nd</sup> Position by Kamala Nehru College and 3<sup>rd</sup> Position secured by Mata Sundari College.
  - A total of 10 teams registered in the Chess competition and Gargi College was the winner with Miranda House and Gargi B bagging the 2<sup>nd</sup> and 3<sup>rd</sup> position respectively.
  - In the Ball Badminton competition, a total of 16 teams participated and was officiated by the Ball Badminton Association of Delhi. 1<sup>st</sup> Position was secured by Jesus and Mary College, 2<sup>nd</sup> Position by Gargi College-A team, and 3<sup>rd</sup> Position by Maitreyi College.
  - In the Volleyball competition, a total of 13 teams participated and was officiated by the Delhi Volleyball Association officials. 1<sup>st</sup> Position was secured by Lakshmi Bai College, 2<sup>nd</sup> Position by Mata Sundari College and 3<sup>rd</sup> Position by Indira Gandhi Institute of Physical Education and Sports Sciences.



Figure 1 College Aerobics team champion in Golden Jubilee Aerobics Inter College Championship 2016-17



College Ball Badminton team secured 2nd position in Golden Jubilee Invitational Tournament 2016-17

2. **“Mental Health and Lifestyle”, A seminar in collaboration with the Department of Psychology on 21<sup>st</sup> October 2016.**

Under the aegis of the Golden Jubilee year celebrations of Gargi College, Department of Physical Education and Department of Psychology collectively organized a seminar on the theme of ‘**Mental Health and Lifestyle**’. A panel discussion on *Mental Health and Life style* followed by lectures on *Nutrition and Lifestyle* by Dr. Pushpesh Pant, Historian; *Plants and Mental Health* by Dr. Shashi Tyagi. The other expert panelists were Dr. Om Tucker, Specialist in Molecular and Regenerative Medicine; Dr. Manveer Bhatia, Neurologist; Dr. Madhusudan, Psychiatrist. Demonstration of *Aerobics, Yoga* and on-site practice of *pre meditative exercises* conducted by Sh Sharad Munde, Yoga Practitioner were scheduled for about 300 students from Department of Physical Education and Department of Psychology. Prof. Rajender Singh, Sports Psychologist and Head of the Department of Physical Education, Jiwaji University, Gwalior was the chairperson of the panel discussion.



Figure 2 Mental Health and Life Style Seminar