

GARGI COLLEGE



Department of Physical
Education and Sports Sciences

Looking Back


2021

ABLAZE

2022

Looking Forward

XII Edition




THE THEME

Let's look back to claim the embers from glowing experiences but not the ashes. The past is to be learned from for a new and better experience in future. Let's look back at our accomplishments and at our strengths that helped us overcome challenges and look forward towards our future goals and work for them. Let's feel grateful for the past and look forward to a better future.

The Theme- **LOOKING BACK, LOOKING FORWARD** is inspired by the reflections of past and our hope for next year.

The past is like using your rearview mirror in your car- it's good to glance back and see how far you have come. There is a proverbial expression "hindsight is 20/20," meaning that one can perfectly see what should have transpired in the past. Foresight doesn't exist without hindsight; thus, we can benefit from the lessons learned from looking back.

The practice of looking back to look forward affords us an opportunity to gain a better understanding of connections between the past and present as we envision the future.



Acknowledgement

The magazine was completed successfully under the guidance of Dr. Sheela Kumari, Associate Professor; Department of Physical Education and Sports Sciences, and Dr. Rakesh Kumar, Assistant Professor; Department of Physical Education and Sports Sciences.

We thank Ms. Aarushi Gupta for the cover page. We appreciate the Creative Team of Student Sports Council, 2021-2022, for helping us with the layouts.

We thank Tanya Vajpayee- President of Student Sports Council, Sarakshi Kapoor and Ananya Lohani - Vice Presidents (2021-22) for their constant support.

Last but not the least, the Ablaze edition 2021-2022, 'Looking Back, Looking Forward' was ceaselessly worked on and compiled by the Editorial Team of Student Sports Council, 2021-2022, namely

Yashika Singh [Editor] and Tavleen Singh [Co-Editor] and Assistant editors namely Aarushi Gupta, Aditi Kaushik, Alsa Mohsin and Stuti Agnihotri.

From the Principal's Desk



It gives me great pleasure to write for the XII edition of ABLAZE brought out by the Department of Physical Education and Sports Sciences of Gargi College. This year has been an extraordinary challenge on account of Covid-19. But it has also inspired creativity,

critical reflection, transformation and renewal. Now we are back again offline with so many new challenges to face and experiences to have.

This magazine is important to chronicle the achievements of the sportspersons. It is appreciable that the challenging times of Covid-19 have not dampened the spirit of our sportspersons who have participated as well as won in various competitions this year. Their creative abilities are also being brought to the fore by this magazine. On a deeper level, we try to instil the values of respect and trust in relationships that are the foundation of real success.

What we want for our students is the holistic development and wisdom that is crucial to stand on one's own feet. I wish to convey my best wishes and congratulate the Department, the Editors and the Student Sports Council for having completed this task efficiently in spite of so many challenges.

Prof. Promila Kumar

Principal

Gargi College

The Teacher In Charge writes



The very appropriate theme of this year's Ablaze 'Looking Back, Looking Forward' (ideated by the editorial team), which can also be seen as a pre-corona and post-corona reflection, has actually taken me back in time to the days that I was a student of Botany H in this college. My alma mater has always been a positive influence on me. I remember my teachers most fondly and the spots that all of us friends used to frequent mostly are still so fresh in my mind. Taking part in the music society under the

convenorship of Dr. Asha Juneja, being a part of 'Kaagpanth' a musical performed at Pearey Lal Bhawan, the innumerable Volleyball matches played during the three years of my stay at Gargi have been the most enjoyable moments of my college life. My teachers were the most enthusiastic and passionate teachers that I have had the good fortune to have studied under, always ready to go that extra mile for a student who had to miss classes due to sports. I would like to name the most favourite ones but this list is in no particular order: Dr. Chintamani, Dr. Sehgal, Dr. Kumar, Dr. Markandan, Dr. Asha Juneja, Dr. Walia, Dr. B. Bhattacharya, Mrs. Manorma Narang, Dr. Veena Bharti, Dr. Paramjit Khera, Dr. Rastogi, Dr. Bhanumathi, and Dr. Indu Tucker. Other teachers were also equally sincere but my interaction with them was on a slightly lesser scale. And then fast forward 4 years after I graduated, I found myself back in the college but now on the other side i.e. as a teacher doing my most favourite thing- playing and most importantly teaching and working with my students 😊

Along with some tangible contributions like setting up systems to run sports efficiently, enjoying being a part of various committees, convener in some; the

intangible bond with my colleague friends and students have been my most precious accruals.

Setting up the Student Sports Council, working with them, giving them autonomy to function so that they use their creative juices to come up with great events and learn the art of management; the Mental health initiative for sportspersons- Saarthi, which is a team of 16 persons this year!! functioning fantastically well; the Annual Sports Magazine 'Ablaze' to chronicle the achievements of the year as well as exploring the literary aspirations of sportspersons, have been very close to my heart and like miracles happened at the right moments .In 2019-20, before the lockdown, we had positions in almost all the teams in tournaments and I hope that we regain that happy position next academic session. Looking forward to that delightful circumstance. Our Cricket, Volleyball, Judo, Ball Badminton, Athletics, Aerobics, Basketball, Tennis, and Wrestling have always been teams of pride. All those students who have represented at the College, state, University, National and International level are hereby acknowledged with heartfelt affection and gratitude for having blessed us with their presence.

When I look back it's been a good journey and I hope to make it better for the students/sportspersons in the coming years with the support of the helpful departmental staff. A small tip for my students and juniors: enjoy your college life, participate in as many activities as you can because this phase is never going to come back and also study hard. There are miracles happening all around us, we just need to be able to recognize them. Best wishes to all students!!! Best wishes to the Editors. Best wishes to all students who are going to appear for the exams coming up soon.

Incidentally, I am also trying to manifest the miracle of a Discipline course in Physical Education and an indoor play and gym area in the basement of the new block that is coming up, with the support of the Principal of the College. May it happen soon!!

Dr. Sheela Kumari. S

Associate Professor

Assistant Professor



Exercise helps decrease your chances of developing heart disease. It also keeps your bones healthy and strong. Physical activity and Sports Participation may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness. Exercise makes you feel healthier and more energetic. It can help you feel better about yourself.

Yoga asana and Pranayama also have been proven to improve the immunity system. Health is directly connected with physical activity and diet. Anulom -Vilom and Suryabhedan Pranayama will improve the respiratory and circulatory health of the

Individual.

Coronavirus vaccination comes with many side effects that need to be managed with proper care and medications. While it is not as serious as COVID-19 infections, negligence may cause grievous complications.

Although some people remain asymptomatic and others develop mild side effects that vanish in a day or two, proper rest and care is needed post vaccination. Recently, even Singapore's Health Ministry provided guidelines urging people to avoid strenuous activities like intense workout so as to steer clear of any serious complications.

As per Singapore's health officials, vaccinated people should avoid strenuous physical activity for a week after getting their first and second dose of vaccine, as a few cases have been reported where mostly young men have experienced heart problems after receiving the jabs.

Experts told India today.in there is no evidence so far to suggest exercising after inoculation can be harmful to health or affect the vaccine's efficacy. "It is difficult to tell how a person will respond to the vaccine. There is no evidence of the vaccine being less effective owing to exercising before or after inoculation. In fact, those who exercise regularly and embrace a healthy lifestyle have enhanced responses to vaccines. Their bodies tend to create more antibodies when compared to those who are not following a healthy lifestyle," Dr. Pritam Moon, consultant physician, Wockhardt Hospital. However, experts cautioned that one should take note of immediate side effects and modify their workout plan accordingly. Pain or swelling at the injection site, weakness, nausea, headache and fever are some common side effects that people may experience after being inoculated.

No two people will have identical vaccination experiences. While some people may be ready to hit the gym immediately after getting their dose, others may need a few days to rest and recover. It is important to listen to the body's natural signals. This may mean skipping a workout or adjusting its intensity. For example, instead of going for a run, a person could go for a walk. Equally, they could replace a high intensity gym session with yoga and stretching. The last word is that each person has to analyse his/her capacity to follow a fitness regimen after getting inoculated and stop when the body asks you to stop!!

Dr. Rakesh Kumar

Assistant Professor

From the Editorial Board



The Editorial team is proud to present the twelfth edition of “ABLAZE: LOOKING BACK, LOOKING FORWARD”.

The idea behind the theme was inspired by Reflections of the past year, what we're proud of, what brought us joy, what motivated us to work together and our hope for next year. LOOKING BACK to all the meetings, events, speeches, people, we feel happiness and gratitude for this experience. Boosting our feelings of self-worth and confidence by thinking back on our accomplishments

and reflecting on the regrets and disappointments and what we've learned, we LOOK FORWARD to a better future.

We would like to take this opportunity to thank Dr. Sheela Kumari Ma'am and Dr. Rakesh Kumar Sir for their guidance and constant support and motivation. We also extend our gratitude and love to all our council members who worked with us tirelessly to make this magazine and this year a successful one.

Stay safe and best wishes.

Signing off

Yashika Singh (Editor)

Tavleen Singh (Co-Editor)

Our Assistant Editors



AARUSHI GUPTA

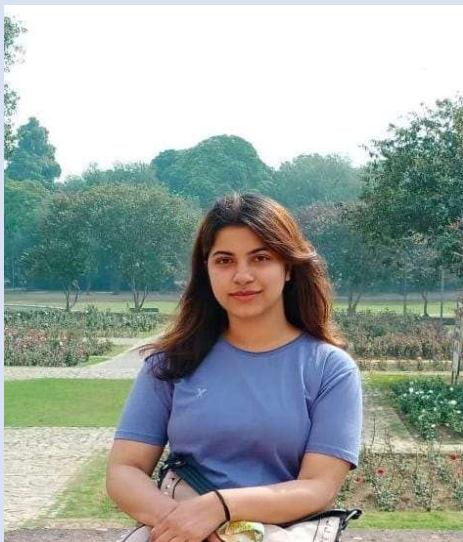
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"To write is human, to edit is divine" – Stephen King



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**STUDENT
SPORTS COUNCIL
2021-22**

PRESIDENT SPEAKS



“How lucky I am to have something that makes saying goodbye so hard.” – A.A. Milne

Well, I’m in tears writing this because it feels like my tenure is finally coming to an end. It’s like I’m leaving a piece of my heart here at Gargi. Maybe because it felt like home on the very first day or because of the love that I’ve received from this Department. Today I can surely say that Gargi turned out to be the best decision of my life. It has shaped me into the person I am today. From being a student of the Department in my 1st year to being the Joint Secretary of the Student Sports Council in my 2nd year and to finally being the President of the Student Sports Council, this journey has given me stories

for a lifetime. This journey has now become a part of me, a part that will stay with me for the rest of my life. The post of Sports President comes with a lot of responsibility and since the day I took over there has not been even a single day where I have stopped learning and growing.

My motto was Together We Can because it is very rightly said, United We Stand; Divided we Fall. Together We Can was a vision of unity because I firmly believe that We the Department of Physical Education and Sports Sciences can do wonders together with so many talented students who represent their states and districts, and aspire to one day represent their nation. It fills my heart with happiness to know that Together We Can is now something that the whole department connects with and nothing could have mattered to me more. The year was indeed a unique one because we started with online events but ended up organising some beautiful offline events. And all of this was possible because of Sheela ma’am’s indispensable belief and guidance, Rakesh sir’s abiding support and motivation for

doing better, Xavier sir's constant help and Rajesh bhaiya and Dharamdas bhaiya who were always there for us, every time.

A big thank you to my team of 13 wonderful women who knew everything except how to give up no matter what the situation is. You all have my heart! What Student Sports Council 21-22 has achieved this year could not have been possible without their will to do the best. I managed to keep my spirit high throughout the year because of them and today after 1 year I can proudly say that Together We Did it!!! We have grown together as a team, a team like no other!!!

To my extended union, Thank you for making all this possible. Each and every one of you are truly amazing. I'm grateful to each and every student of this department for all the love and support. You all will be missed! Thank you to all my friends who stood by my side through thick and thin.

I owe so much to this department and the people here. It was my absolute pleasure to serve as the Sports President of the Department of Physical Education and Sports Sciences.

To all the hard work done, to the mistakes made, to new learnings, to giving your everything just to make a event successful, to some wonderful memories, to organising events in just 3 days, to countless meetings, to never giving up, to always backing each other, to celebrating each other's success, to strongly believing that Together We Can and to finally proving that Together We Did It!!! I have learnt so much this year. Thank you to the Department of Physical Education and Sports Sciences, it has been a magical journey!

I hope that the list of achievers keeps growing every year and the students of the Department keep bringing laurels to this prestigious institution and I hope that initiatives like Saarthi – Mental health initiative for sportspersons, Together We Can – Collaboration of Student Sports Council × Saarthi and Team of the Year keep growing every year.

With this I Tanya Vajpayee, President of Student Sports Council 21-22 sign off for the one last time with a heavy heart but a bag full of memories which I am going to cherish for the rest of my life!

See you all in the next wave.

Regards

Tanya Vajpayee

VICE – PRESIDENT SPEAKS



It has been a privilege to serve as vice president of student sports council. I've been a member of this union for two years and have learned a lot of new things, gotten through a lot of stressful situations, and most importantly, found a safe space in the council, on a larger scale, the department of physical education and sports sciences. My first year as a member of the student sports council, was the beginning of a new journey for me. It took me time and

efforts to break out of my shell as I had never met anyone of that council before and it got even more difficult because of the online tenure. In 2019-20, I was a member of the council's creative team. It not only improved my teamwork abilities, but it also allowed me to explore my creative side further. Working with Sheela ma'am, Rakesh sir, and my seniors aided my formal and informal growth.

When it came to sports, i had no fear. I wasn't scared of missing, looking bad, or being embarrassed. If I saw something new, I would try to implement it, be it in my sport or the management around it. I had this constant craving, a yearning, to improve. Basketball has provided me with numerous opportunities to learn new skills.

"rebound" is a basketball term that means to catch/take possession of the ball after attempting a shot; in other words, to have each other's back if the outcome does not turn out as expected. As the

vice president, i did everything in my power to support every member of the student sports council and the department of physical education and sports sciences at all times. I was fortunate to be able to serve in this council for two years and to have the opportunity to function both online and offline.

Sports are such a great teacher. It has taught me humility, how to resolve differences, it has taught me how to appreciate every person, has given me confidence, reasons to believe in me and has taught me how to finish a job and move forward. The past few years in Gargi college, Delhi university have been a delight. The college has given us a lot to remember and a lot of instances to learn from.

“It’s the one thing you can control. You are responsible for how people remember you-or don’t. So don’t take it lightly.”

26th January 2020, with the news of Kobe Bryant’s helicopter crash, my life took a great leap. Kobe Bryant was a teacher I never met who was a constant source of motivation and inspiration for me. After this day my only aim was to prove myself and to make sure that people know I’m here, I AM HERE FOR REAL.

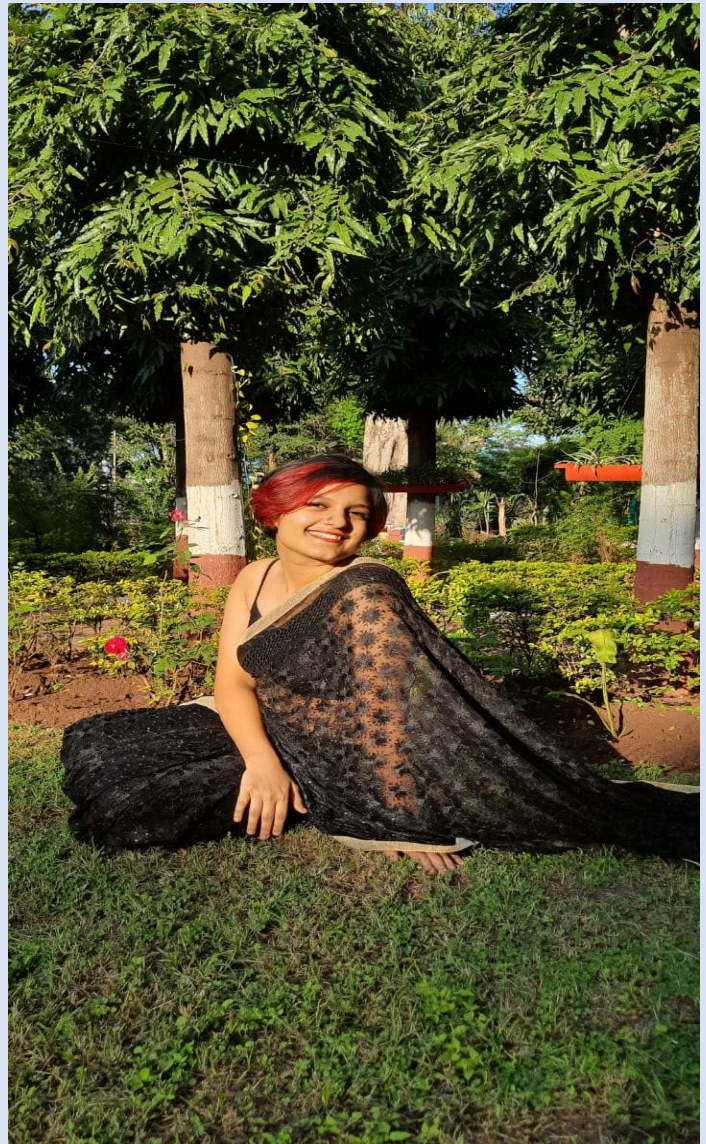
Regards

Sarakshi Kapoor

VICE- PRESIDENT SPEAKS

The scorching heat of a mid July summer shone on my face as I sorted my documents for admission. As my face melted in the Delhi sun, so did my facade of a cool and calm DU fresher. Everything came crashing down at once. From my parents' expectations after having taken up science, clearing Jee mains and thereafter rejecting Engineering altogether, to my uncertainty towards my future and what I wanted to make of it. From my fluctuating self worth, to my limited options of college. I was in the middle of nowhere. The twisted roads of North Campus made me feel helpless with every turn and it was visibly contorting my face with displeasure. Yet, I persisted and pushed these feelings down.

Weeks down the lane, life had taken a drastic change. Gargi had sheltered me and the very dreaded unfamiliarity of commerce subjects loomed over my head. I was still very clueless, but at least I had a 6a.m. basketball practice to look forward to everyday. I figured it would only get better from hereon. What a massive miscalculation on my part that was! Days turned into weeks, weeks into months, and I still felt out of place. Something just wasn't sitting right with me. That was, until, my then Team Captain, and fellow Student Sports Union President, Shivani Mehta, said something that stayed with me ever since, and only materialised in the weeks leading up to the Annual Sports Day 2022. "Gargi isn't built like other colleges. It doesn't provide

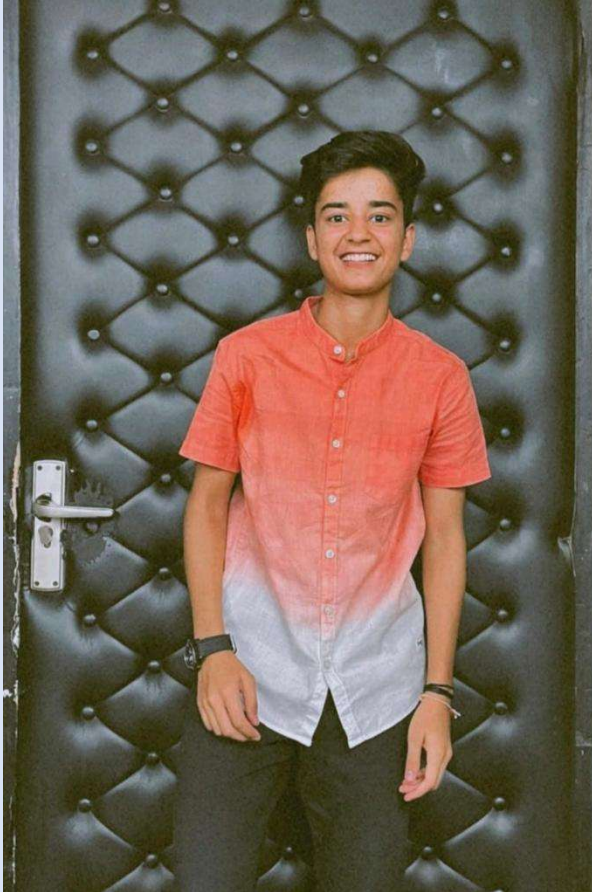


you love immediately. Only when you give it your love and work, stay back for hours, and see the sun set on the basketball court post hours of classes/meetings/assignments later, does it settle in - The omnipresent warmth of Gargi." It was there all along. A dash of self love, and immense personal growth, was all it wanted to extract from you before giving you the comfort of its warm embrace, much like a mother's love. How beautiful is that? As I stand on the last step of this stairwell and look back at the numerous highs and lows, I find that there isn't one thing that I'd like changed. It took me three years to realise the slow but sure rose coloured tint that was growing over the lenses I viewed Gargi with. I hope all future Gargians are patient enough to experience the same. A love that doesn't hit you like a truck or sweeps you off your feet, but instead, one that grows on you like rays catching a hold of your skin gradually during a sunrise.

Regards

Ananya Lohani

GENERAL SECRETARY



“Every person is unique in his own way” as said by the famous poet Milton.

I am Parkhi Saini, general secretary of student sport council. Being a cricketer, I have learned how to work as a team how to be more punctual, efficient, discipline towards everything in life. Working with the council has taught me to be proficient, hard-working and has given me a whole new outlook on life.

I am proud of the person I have transformed into, With the help of Sheela ma’am and Rakesh sir ofcourse. I am grateful for this family, for all the people I have met on this journey, for all the

experiences, good or bad, for everything I have learned, has made me a better human being.

I have had this opportunity to meet so many amazing people, to present myself in so many

ways, and so much more. Thank you for this wonderful chapter of my life. I will cherish it forever.

Regards

Parkhi Saini

TREASURER



Being a member of Sports Council 2021-22 was a memorable journey for me. I was a prefect in my school time as well but it was never this much thrilling. I handled so many responsibilities ahead of my comfort zone and it brought me a complete individual in myself. The sudden transition from working in online mode to then switching to offline was

challenging but I never felt burdened.

My peers in the council helped me in every task. I learnt teamwork, multitasking and sportsmanship by just stepping into the shoes of treasurer. It was really a great journey. I will remain thankful to Gargi College and Student Sports Council for believing in me. My best wishes to the sports council and loads of love and wishes to the juniors.

Regards

Anshika Kumari

EDITOR

I am so grateful that I have been a part of this wonderful family, to all the friends I have met here and people I have encountered along the way. I am deeply grateful for the unwavering support and motivation I have always received from this family.

So THANK YOU, Sheela ma'am, Rakesh Sir and ofcourse Student Sports Council- Thank you for allowing me to see from another person's point of view. Thank you for opening my mind to new ideas and new ways of thinking. Thank you for making me a more cultured individual and thank you for continuous positivity and so much more.



Thank you for reminding me that a leadership position is not necessary to make changes. Regardless of titles, if we put our minds to something we are passionate about, we are able to “be the change we want to see in the world”, as Gandhi said.

You will always hold a special place in my heart and the hearts of many!

Regards

Yashika Singh

CO- EDITOR

“It’s not set and done, until it’s set and done”

..... is what I’ve learned from this council. I am a firm believer that anyone who sets out to accomplish something outperforms those who do not even try. I have worked hard and given all to this council and in return I have received so much support, constant guidance and motivation from each and every team member, teachers.

This family, that I have been a part of has provided me with all the warmth, given me all the good memories and experiences, and has taught me so many things.



I am thankful to each and every day that I got to spent with the teammates, thankful towards Sheela Ma’am, Rakesh Sir and Xavier Sir for this very chapter of my life.

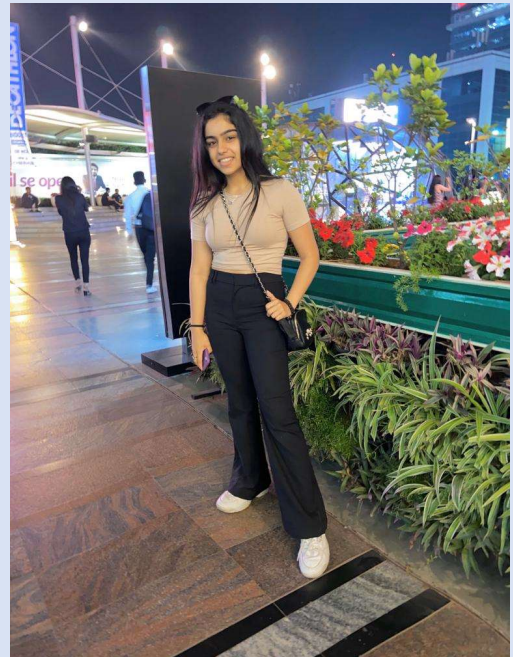
“Together We Can” – the motto of this year will always stay with me, in my heart. Lots of Love.

Regards

Tavleen Singh

JOINT SECRETARIES

“It has been an amazing journey all along, becoming a part of the student sports council 2021-22 is one of the best things that has happened with me so far in Gargi college. Working under the guidance of Sheela ma’am and Rakesh sir as a joint secretary has been a privilege and has helped me learn new things and given me a great exposure. I’ve made a lot of memories and the best part is that I got the opportunity to work with a bunch of amazing people. I always wondered how we all were gonna organise events online as this was something that was a very different experience for everyone but we as a team of 14, together made it possible. I will cherish each and every moment I’ve spent working as a sports council member as it has helped me to become a much better version of me. Cheers to council 2021-22, and to all the people who have made my college life so much better.



Regards

Asmita Kaur



I have been privileged enough to be a part of the Student Sports Council as the Joint Secretary. Being a part of the council has been challenging and an incredible experience at the same time. Learning from each other and organising successful online events has been an experience for us all. I’m thankful to Sheela ma’am and Rakesh Sir for giving me this opportunity to be a part of the Student Sports Council. This council will always have a special place in my heart.

Regards

Divya Aggarwal

Gargi made me feel like at home on the very first day. I have made a whole new family here.

It gives me immense pleasure to be a part of the Student Sports Council and I feel honoured to have served as the Joint Secretary and worked with an amazing and supremely talented group of people. The motive of the sports union "Together We Can" motivates me every day to give my 100%.

We have grown as a team and this council will always have a special place in my heart. It fills me with immense pride to have been able to contribute to this council. I was privileged that I got a chance to work under the guidance of our always supportive teachers Dr. Sheela Kumari and Dr. Rakesh Kumar and extend my sincere gratitude to them.

Looking forward to another year of working and growing together.

Regards

Kanika Tyagi



CREATIVE TEAM HEAD

“Simplicity is the ultimate sophistication.” - Leonardo Da Vinci

A quote that reflects my personality and my work and something that I truly believe in.

First of all I'm proud to be a Gargian and privileged to be a part of this dynamic Student Sports Council, 2021-22, a team that feels more like a home where everyone is so loving, caring and supportive of each other.

It has been a great ride from online events to offline events, which also was a huge challenge to overcome, but it became an easy and seamless sail through with my team and other council members, as we say and believe that

Together We Can. Thank you for the wonderful time we have all spent here together, over the past year which has been so enriching, enjoyable and a whole new different kind of experience.

And at last I would like to thank Sheela Ma'am, Rakesh Sir and Xavier Sir for their constant support and guidance. As an alumni of this prestigious institution, I would never shy away from contributing whatever I can to this college.

Regards

Osho Bhargava



CREATIVE TEAM MEMBERS

I have always been thankful to this council, grateful for all the memories we have shared together. I am thankful to Sheela ma'am and Rakesh sir as well. All of them have always motivated me to do better and to have a positive outlook.

This year's experience has been overwhelming, and I can't thank enough. I thank you all for your guidance and constant support.

I am surely going to miss this council.

Regards

Bharti Kashyap



I would like to start by expressing how grateful I am for this very family. They have always been by my side in whatever way possible. There is so much that I have learned in the past year as well as transformed into a much better person.

I am thankful to both Sheela Ma'am and Rakesh Sir for their constant support and motivation.

Regards

Shivani Raheja



Every opportunity which I came across whether it was academics, sports or being a member of Council makes me feel very grateful. The post of creative team member has taught me the value of teamwork and finishing a job on time. I have learnt a lot from each one of 14 amazingly creative and wonderful women in our team. I'm delighted to be a part of this prestigious department and I'm thankful to Sheela Ma'am and Rakesh Sir, for always supporting us. And lastly to my team, I really admire each and every one of you.

Regards

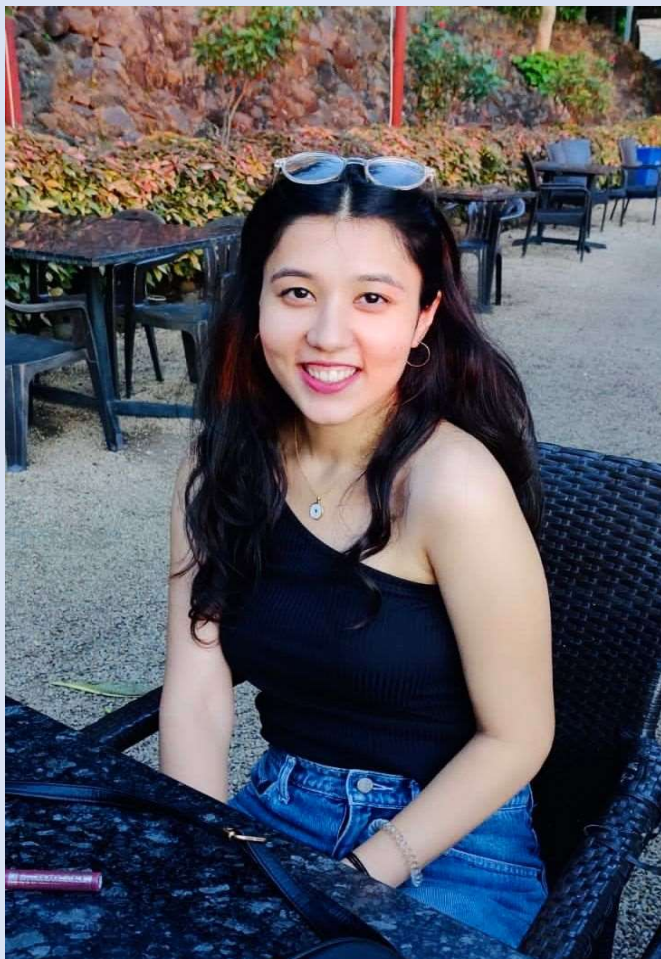
Sudiksha Bhatt



**A YEAR
BEFORE**

President 2020-2021

Shruti Upadhaya



Yet another successful year has come to an end. Many of you will start a new journey and witness new faces but for those who have time left here just make the most out of it. It's always a pleasure to be a part of this department. It has truly been my second home because I have not only learned some great lessons here but I have gained an extended family which matters more than anything else. I'm really grateful to Sheela Ma'am, Rakesh Sir and Xavier Sir for being a constant support and for providing us with utmost guidance. Love and respect always. Thank you for always believing in me.

Final year students, you are probably wondering where the years have gone. Well congratulations on graduating, finally an offline farewell. Get your share of hugs and cry out

loud, goodbyes are incomplete without that. This year wasn't easy at all keeping in mind the challenging times of covid-19. We have all had our share of ups

and downs but a special shoutout for the Sports Council 2021-22 who did an amazing job pulling off some great events. Switching from online to offline must not have been easy at all. I can proudly say that I passed on my duties to the right bunch of people. You all deserved it. I would like to congratulate the Sports President, Ms. Tanya Vajpayee and the Saarthi Team Head, Ms. Parkhi Saini for their tremendous work throughout the year.

Looking back at my tenure as the President of Student Sports Council 2020-21 fills me with immense joy and pleasure. Every little encounters and experiences gained here has been enriching and will remain within my memories for life long and it would have been incomplete without the support of the council members who worked day and night. You all have my heart.

I will never forget the smiling, spirited faces that brightened each and every day. The experiences that I got here of course does not imply that I did not have to face my share of discomfort and challenges, but it's these challenges that has made me a stronger and more confident person today.

I have learned invaluable lessons here and wish the same for the upcoming batches. Hold on to every last second of your college life, do crazy stuff, make mistakes, fight your fears and just don't forget to ENJOY!!

"Life at Gargi is a never ending adventure"

It's been a privilege.

Loads of love and warm hugs.

Regards

Shruti Upadhyay

Vice – President 2020-2021

Kashish Puri



Reflecting back on my time as the Vice President for the council 2020-21, I am always reminded of some of the most amazing memories of my college life. We all started out our college as strangers entering a new place with great aspirations, ending our beautiful journeys with a bag full of fondest memories and even greater friendships.

The department of Physical Education and Sports Sciences has and will always remain an integral part of my life , it has been a whirlwind learning experience for me . The Department not only became my safe space it has given me some of the greatest lessons on life, and a bunch of cherished friendships.

Unlike other councils we started off with the online farewell, the experience of working online was daunting and new to each of us, but the efforts put in by the team made it a much smoother journey . I feel privileged to have got the opportunity to work for our department under the constant guidance and support of Dr. Sheela ma'am and Dr. Rakesh si , and the group of 14 wonderfully talented council members!

My journey as the Vice President and Saarthi head was certainly filled with great learning experiences and these have helped me shape the kind of person I am today. I would like to wish the best for the Department and the future councils to come, and may they keep achieving greater heights always!

Regards

Kashish Puri

Vice – President 2020-2021

Divya Sangwan

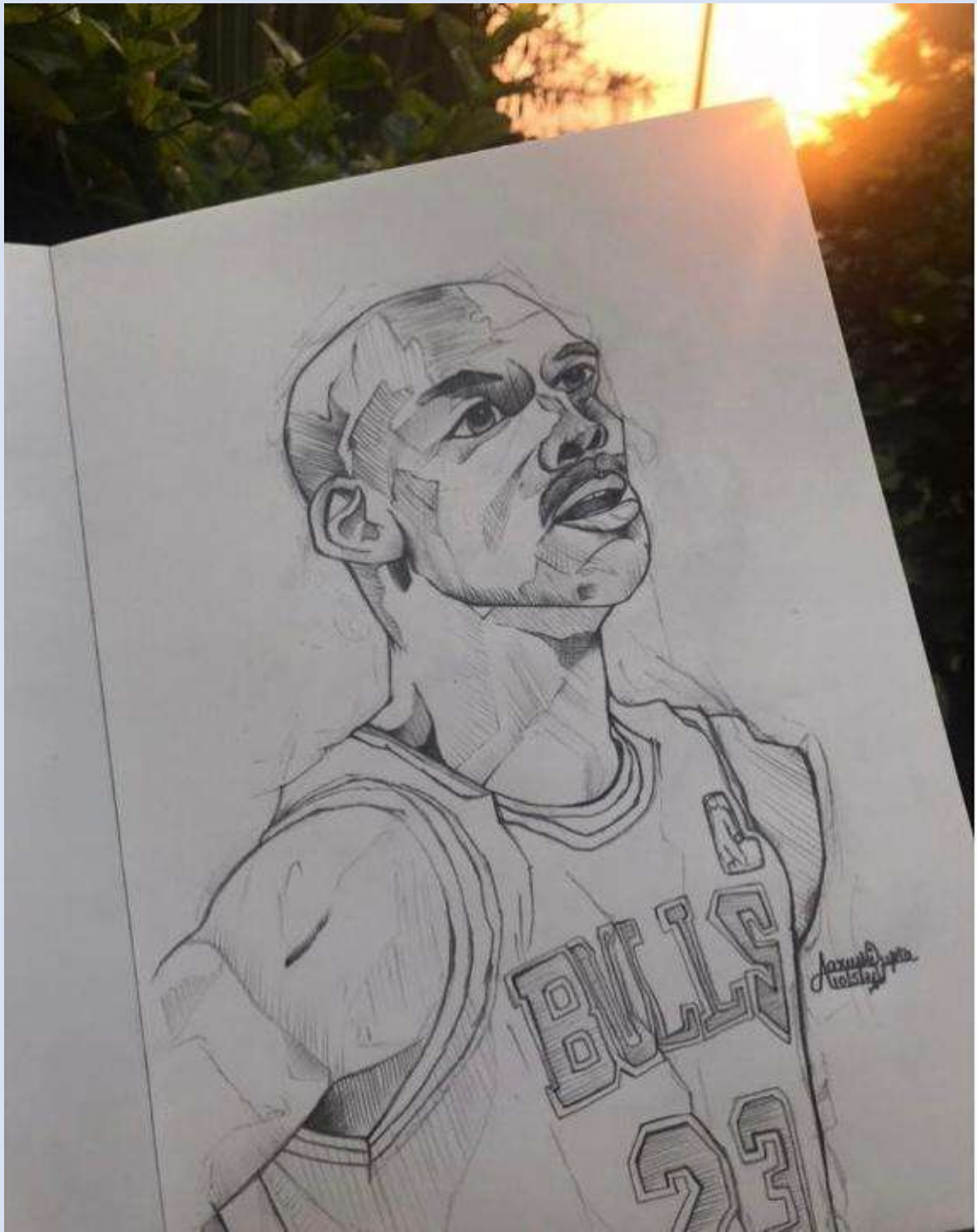
Sports has always been an inseparable part of my life since I began my academics. But Gargi College became the wind beneath my wings when I joined the sports council as the post of Vice President. The experience which I gathered during these golden lace days of my Vice-Presidentship will forever be a glittering part of my life. It has not only groomed my personality but has also strengthened different arenas of my personal life too. Despite being online, this made me part of many beautiful events which were truly engaging, encouraging and proved to pull up my team spirit and leadership skills. It all will have a promising effect on me and my personality for life for which I'm thankful from the core of my heart. It is really admirable to see the forthcoming councils to be so hardworking and splendid which will definitely become a more bolster pillar for sports council. The legacy is being carried well forward by the current team and teams which will be lucky enough to hold this responsibility in the future.



Moreover, I would love to extend my thanks to Sheela Ma'am, Rakesh Sir and Xavier Sir without whose constant guidance I wouldn't have been able to fulfill the requirements of this post with flying colours. The lessons of this beautiful experience will stay with me for life and I'm grateful to be a part of the council.

Regards

Divya Sangwan



“I am not good at everything, I just do my best at everything.” – MICHAEL JORDAN

ARTWORK BY AARUSHI GUPTA

B.A.(HONS.) APP. PSYCHOLOGY

CAPTAINS AND VICE CAPTAINS

ATHLETICS



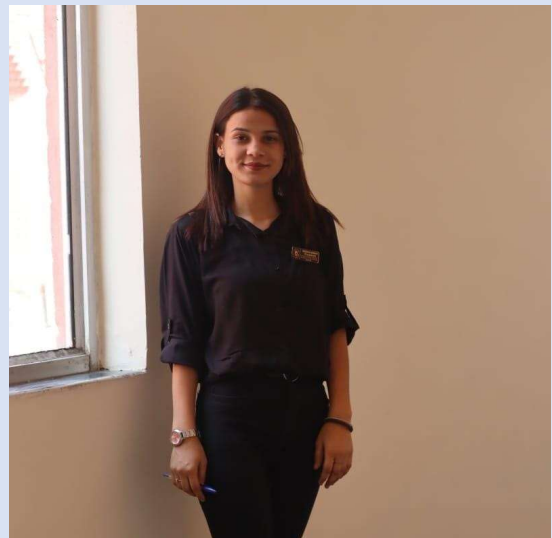
OSHO BHARGAVA

CAPTAIN

John C Maxwell rightly said A leader is one who knows the way, goes the way and shows the way.

I am not exaggerating but yes being the captain of athletics team gave me all such opportunities to showcase my leadership qualities and to learn a lot from upcoming challenges. Online mode was easier but somehow monotonous. Things became a bit challenging when offline session started. But the real learning and experience came from this mode only. I learned life lessons such as time management, communication skills, team work and team building. All juniors and mates were supportive all the time. Best of luck to juniors and all my love to the fellow companions. Love and warm hugs!

“Discipline is doing what has to be done, when it has to be done, as well as it can be done, and doing that way all the time.”



ANSHIKA KUMARI

VICE- CAPTAIN

BASKETBALL



ANANYA LOHANI

CAPTAIN

“If you do not believe in yourself, no one will do it for you.”

- Kobe Bryant

It is an honour for any sportsperson to have worked hard and played for their college. But it is a blessing to have led a team of such amazing sportswomen and played alongside them. Dripping sweat and blood together, yet laughing it off in a second. It is indeed a once in a lifetime experience.

From the first time I stepped on the Gargi basketball court, to the last time I rubbed shoulders with my team on it, it has been a journey that will stay with me throughout my life.

Here's hoping that the future of this team finds themselves feeling the evergreen Gargian camaraderie that I had the privilege of experiencing.



SARAKSHI KAPOOR

VICE- CAPTAIN

CHESS



VAIBHAVI KASHYAP

CAPTAIN

“The principle is competing against yourself. It’s about self-improvement, about being better than you were the day before.”

- Steve Young

A trophy carries dust. Memories last forever. You must not only have competitiveness but ability, regardless of the circumstance you face, to never quit

Never give up, never give in, and when the upper hand is ours, may we have the ability to handle the win with the dignity that we absorbed the loss.

I may fall short of words to express my emotions and my gratitude for the opportunity I have received to be the captain .I extend my sincere thanks who inculcated such capabilities in me that I felt confident to be able to discharge my duties and responsibilities as the captain. Also I thank all the team members who trusted me and have put their faith in me.

A team is like a tool set, not one tool can do all the jobs, but together it can....

All the best



SNEHAL

VICE- CAPTAIN

CRICKET



TANYA VAJPAYEE

CAPTAIN

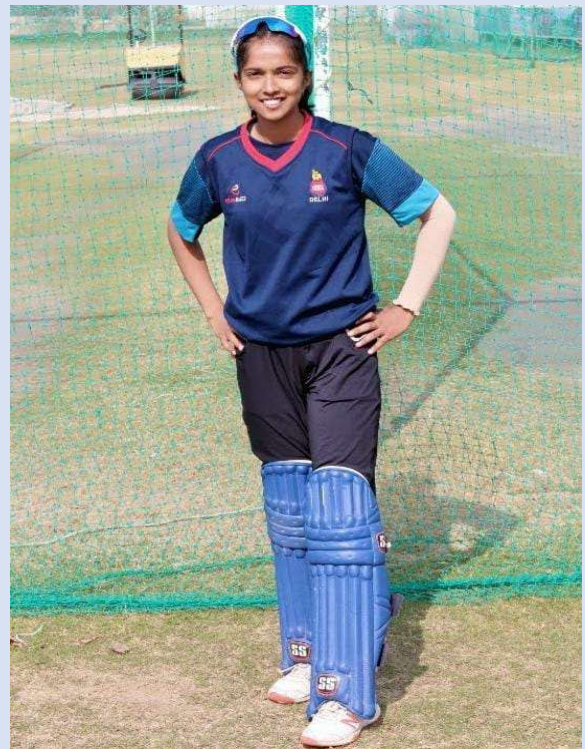
Persistence can change failure into extraordinary achievement.

- Marv Levy

"The things you're passionate about are not random, they are your calling"

It is an absolute honour to lead the team of so many talented players who aspires to represent their nation one day and I would really like to thank Sheela ma'am and Rakesh sir for giving me this opportunity and for always supporting us and guiding us towards the right path. It is a very big responsibility as Gargi's cricket team is known for winning the champions title every year. I would also like to thank our mentor and coach Surjeet sir who is always there to support us and motivate us to push our limits everyday into making us a true champion. This year we won the Title of "Team of the year" and I hope that the title remains with us in future competitions also. Cricket is my passion and it has together ,we win together, we motivate each other, we taught me a lot in life but more than anything else it has taught me how to work in a team and I'm so grateful that I've got a chance to lead a team of so many talented players. We eat together, we learn together, we cry together, we laugh enjoy each other's success and the best quality of my team is we play to win. The zeal to win in their eyes is commendable and leading a team like this really fills my heart with pleasure. I'm so proud to be a part of this team and I hope and pray that the legacy continues by the future teams also.

Here is to the best team!!!



POOJA SINGH

VICE – CAPTAIN

JUDO



VISHAKA PATHAK

CAPTAIN

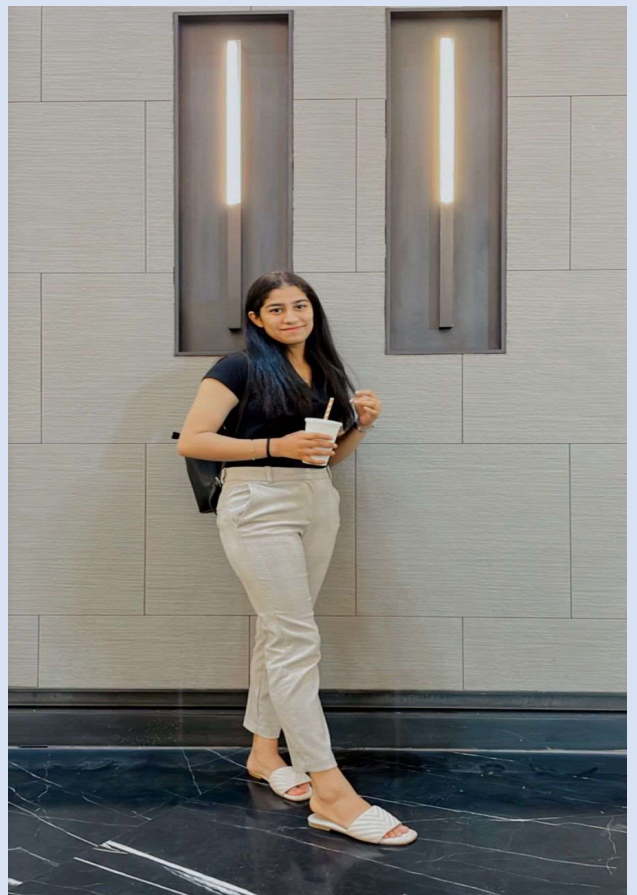
You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy.

- Arthur Ashe

First Let us all look forward to our future and bring laurels to our collage who has given us knowledge and wisdom and helped us for bring our personality and as a sports person college has helped me a lot.

all the memories are wonderful for me and I will miss all the great and unforgettable moments of this college.

Thank you so much



ANSHIKA SOLANKI

VICE- CAPTAIN

TENNIS



My experience as a captain of my college's Tennis team has been a great journey for me and I have learned so much in these past 3 years. In this college life of mine, I've played many roles, the role of a student, of a hyper active junior to my senior teammates, a friend who's always there to help, a senior to my amazing juniors, and last but not the least, the role of a captain to my teammates. I like to think of this journey of mine as one of the best phases of my life, and time spent here is something I'm going to cherish for the rest of my days. Precious memories made with precious people is what this beautiful journey has been and I'm extremely grateful and thankful for it. I'm going to miss playing on the college courts, going to miss blasting kpop while chilling by the bleachers, going to miss drinking coffee with my favourite humans, going to miss the old classrooms, going to miss the greens of the gardens, going to miss the beautiful red walls, and most importantly, going to miss all of the amazing people that I met here.

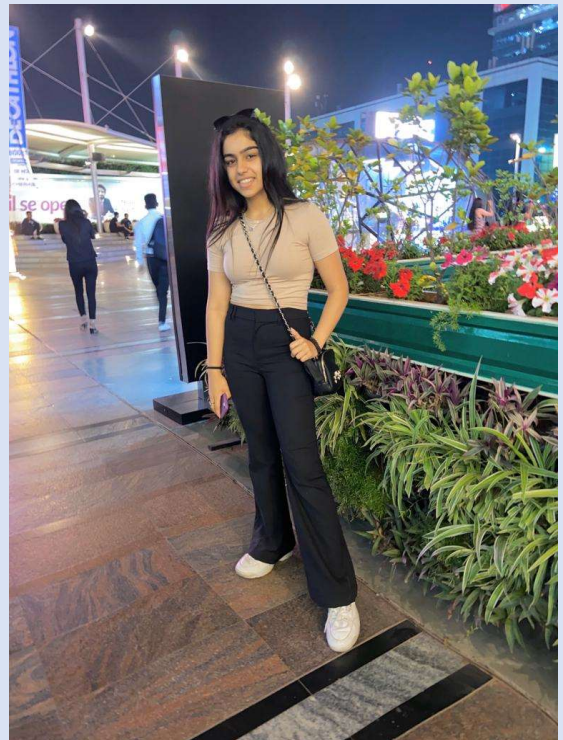
Gargi, you'll be missed

KIRTI ARYA

CAPTAIN

You can motivate by fear, and you can motivate by reward. But both those methods are only temporary. The only lasting thing is self-motivation.”

—Homer Rice



ASMITA KAUR

VICE- CAPTAIN

VOLLEYBALL



The giddiness I felt in my knees the day before entering the college and meeting my whole team feels like yesterday. I have no clue where these 3 years have passed by, and where life is going to take me, and the whole lot of people I know right now. All I know is that the amazing journey of being carefree junior to becoming the captain of my team will always stay with me throughout my life, and it will be cherished. My game, and the people I have crossed paths with gave me new experiences and lessons I would remember my whole life.

Cheers!!

SHREYA THUKRAL

CAPTAIN

The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.

- Ken Doherty

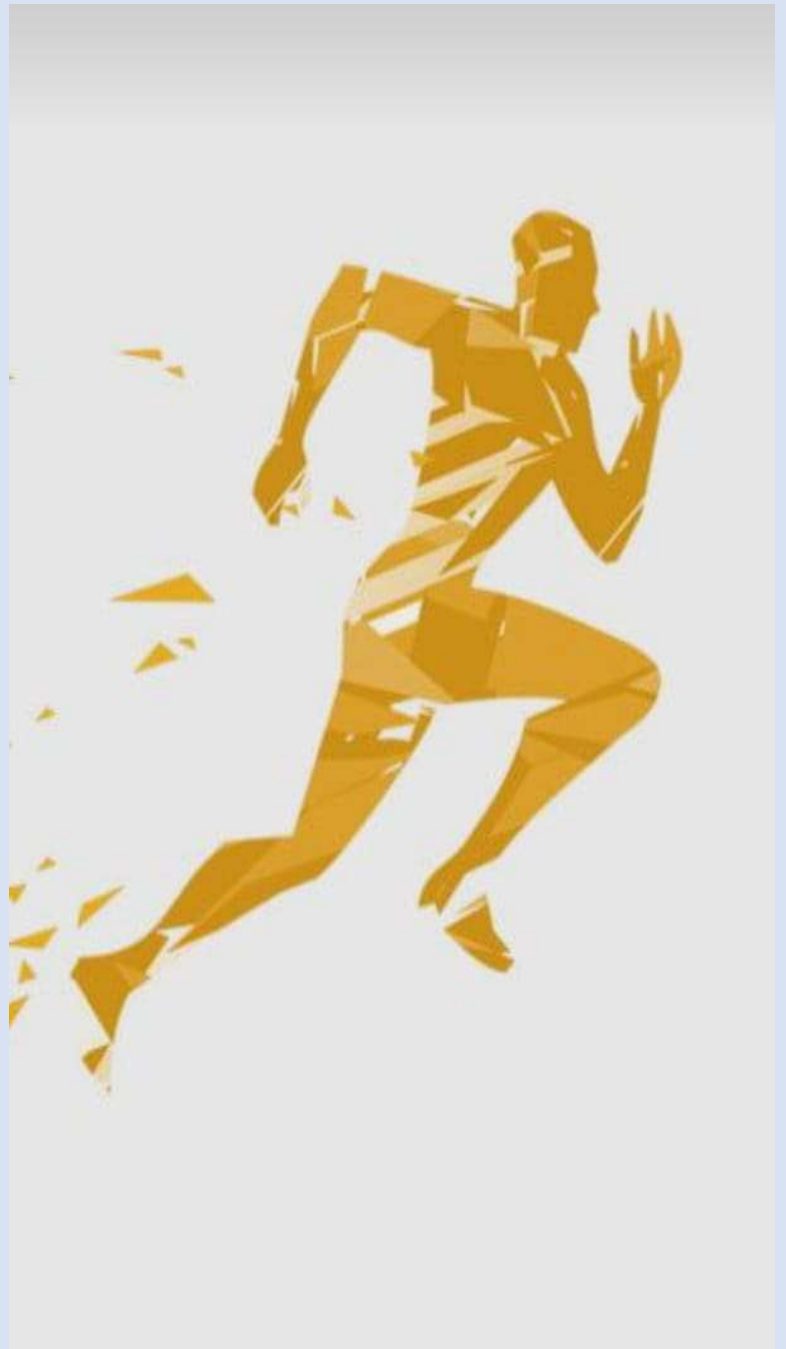


NISHA JHAKMOLA

VICE- CAPTAIN

Physical fitness

Live the happiness
And bring smile to face
Life may be full of chase
But we have to lead beautiful phase.
Healthy body and healthy mind
Both you can find
And create internal awareness
With healthy forwardness .
So concentrate and start
It must be your part
To remain healthy and strong
To dance and sing a song.
Meditation brings everything at rest
You are in another world to test
And link with hidden facts
That is reflected in your acts.
You are one of the sturdy figures
Full of charm and trimmed flashes
Body as in art form
As if it is carved out from stone.
So you look as if from Ajanta caves
which gives beautiful appearance
Of an age old awareness
Towards physical fitness.



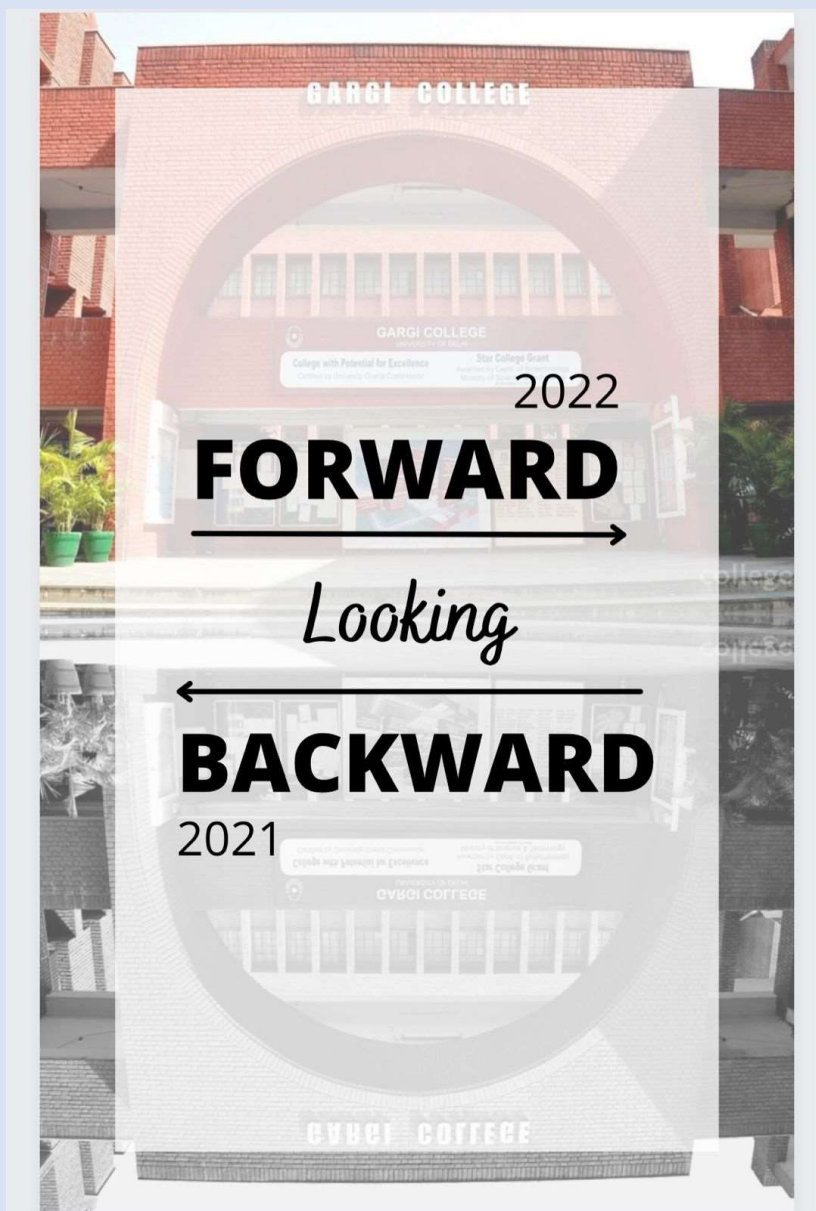
Gunjan (BA honours political science, Second year)

To a Virtual Year

We saw a lot of changes on the virtual front throughout the world ever since the pandemic and now with the world recovering from its wounds and people again going out there some of the changes seem to be here to stay.

Even though major changes were made in every single field out there, the changes made in sport related aspects seemed to have a major impact and were in fact a tinge creative as well.

We all know sports is nothing without the fans and we saw a lot of fun and



creative ways how managements all around the world brought the action right to our living rooms through state of the art services and even tried to relive the atmosphere in the arenas, for example in the annual and insanely popular wrestling event which is the wrestle mania there were screens installed all around the wrestling ring on which people watching the action from home were visible and it really relived the euphoric atmosphere a tiny bit.

Many football and basketball clubs all

around the world started their own streaming services in which the audience got the entire stadium tour to a closed insides into their favourite clubs, this

received very positive feedbacks from the fans and even though the stadiums are packed all around the globe once again some of the changes like these are here to stay.

Aside from just competing, Covid also made players pay a lot more attention to both their physical and mental fitness, making them adapt to unfavourable training conditions.

Olympics swimmer Ryan Murphy found innovative ways to train during the pandemic by pushing his car on an inclined slope, and doing pull-ups on trees because gyms and pools were shut. Five-time karate World Champion Alexandra Recchia managed to train without a partner, as her boyfriend built her a substitute with a lamp. And Norwegian wrestler Stig-André Berge, instead of using weights during a push-up session, just used his child.

There was a lot of discussion on mental health and mental fitness in addition to the physical aspect of training. Athletes described how they sought help from sports psychologists and therapists during this trying time, as they struggled to cope with the disappointment of not being able to compete in the Olympics. Robin Uthappa, an Indian cricketer, has spoken out about his sexuality.

The pandemic made everyone, especially those aspiring to be sportspersons, see that athletes are not infallible, and how only when you take care of your mental health can you become physically fit and ready to compete at the highest levels. There is also something about seeing your sports heroes opening up and showing their vulnerable side. It gives you an odd kind of courage.

This is why in 2020, our virtual year, sports have not just survived, it has thrived. It created a much more inclusive and empathetic platform, and made athletes and audiences realise their true power to initiate change and stand up for what is right.

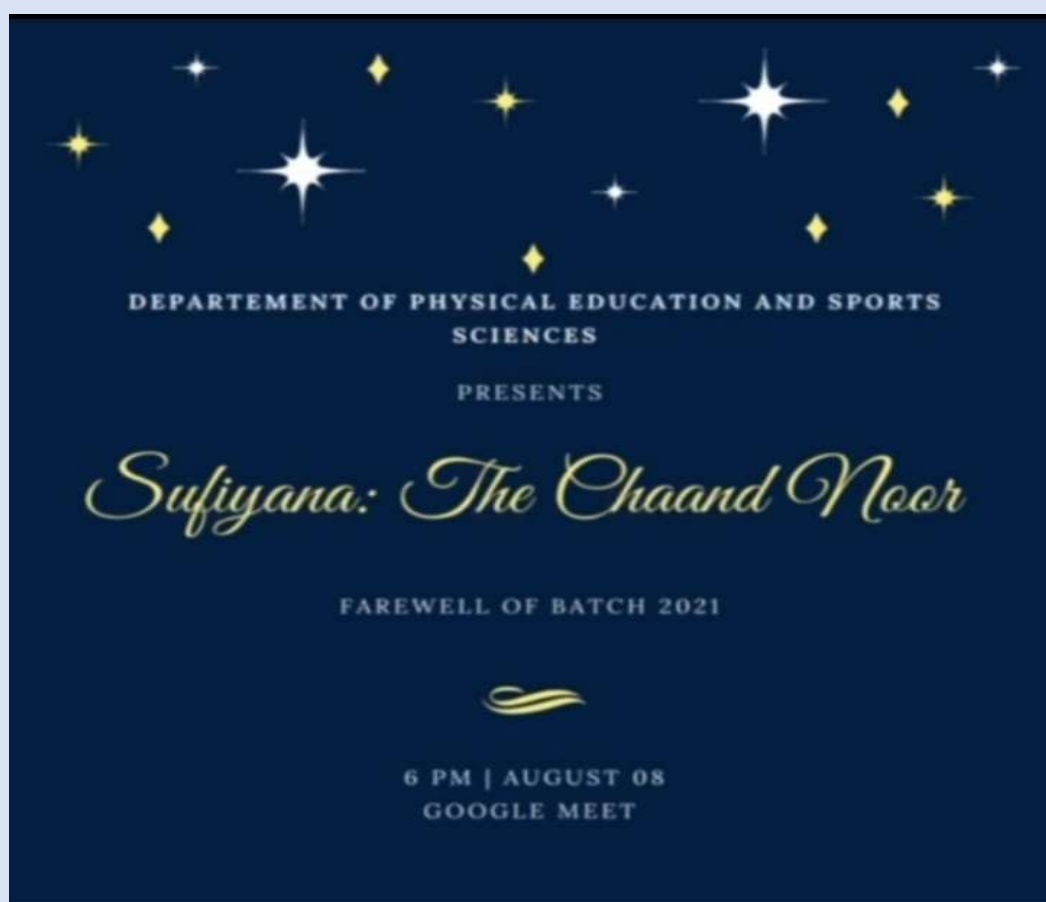
-Stuti Agnihotri

(First Year, B.A. Applied Psychology Honours)

**EVENTS CONDUCTED IN
THE YEAR 2021-22**

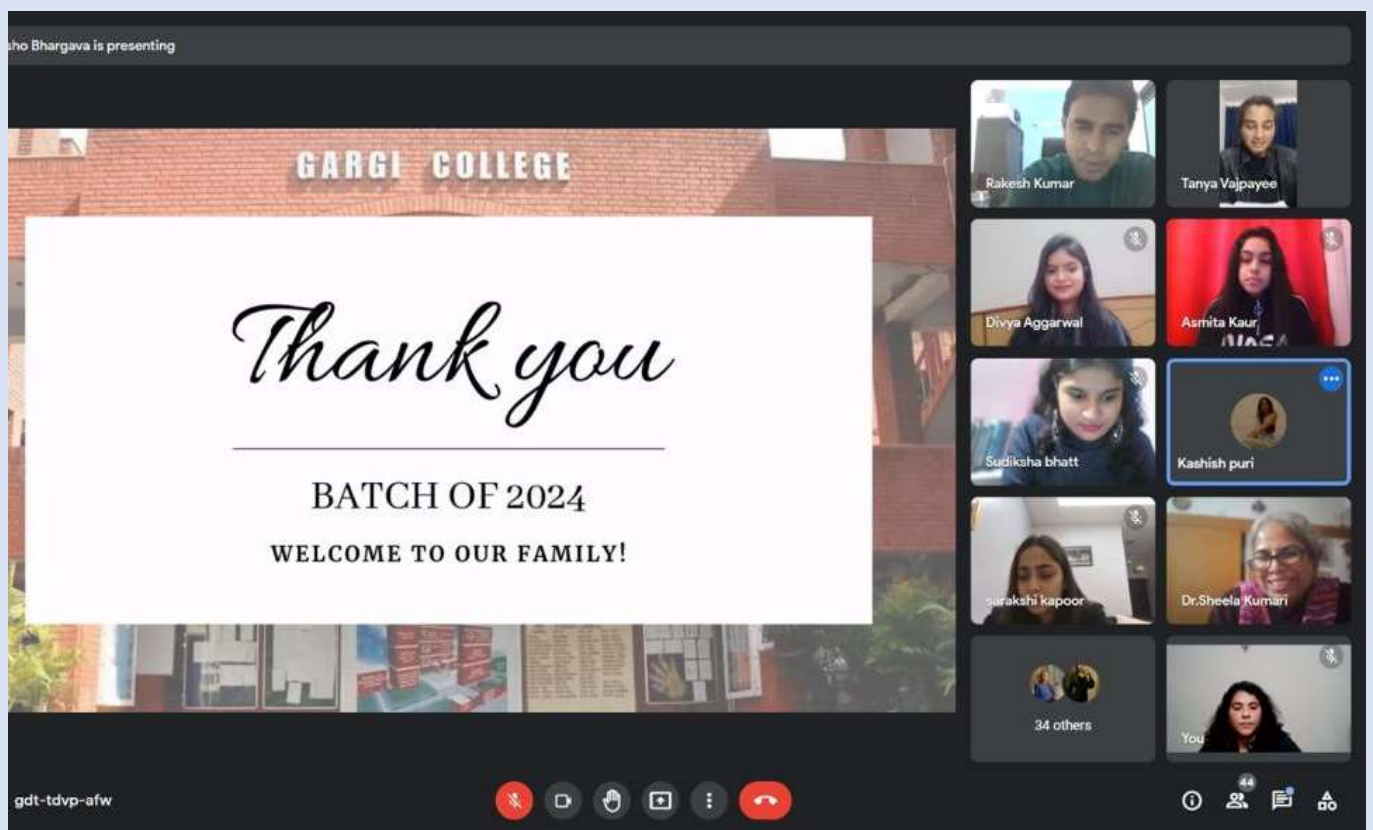
Farewell- Sufiyana: The Chand Noor

The Department of Physical Education and Sports Sciences in collaboration with Student Sports Council organised virtual Farewell for the Batch of 2021, on 8th August, (Sunday), 2021. The theme of the event was SUFIYANA - THE CHAND NOOR (Sufi night). The farewell was an emotional rollercoaster ride which included cherishing memories of happiness and the unhappiness of seniors leaving college friends and the beautiful campus of our college. This year we gave farewell to 36 students of our department. A total of 62 students joined the virtual farewell including the seniors. The seniors really loved the event and it ended on a cheerful note.



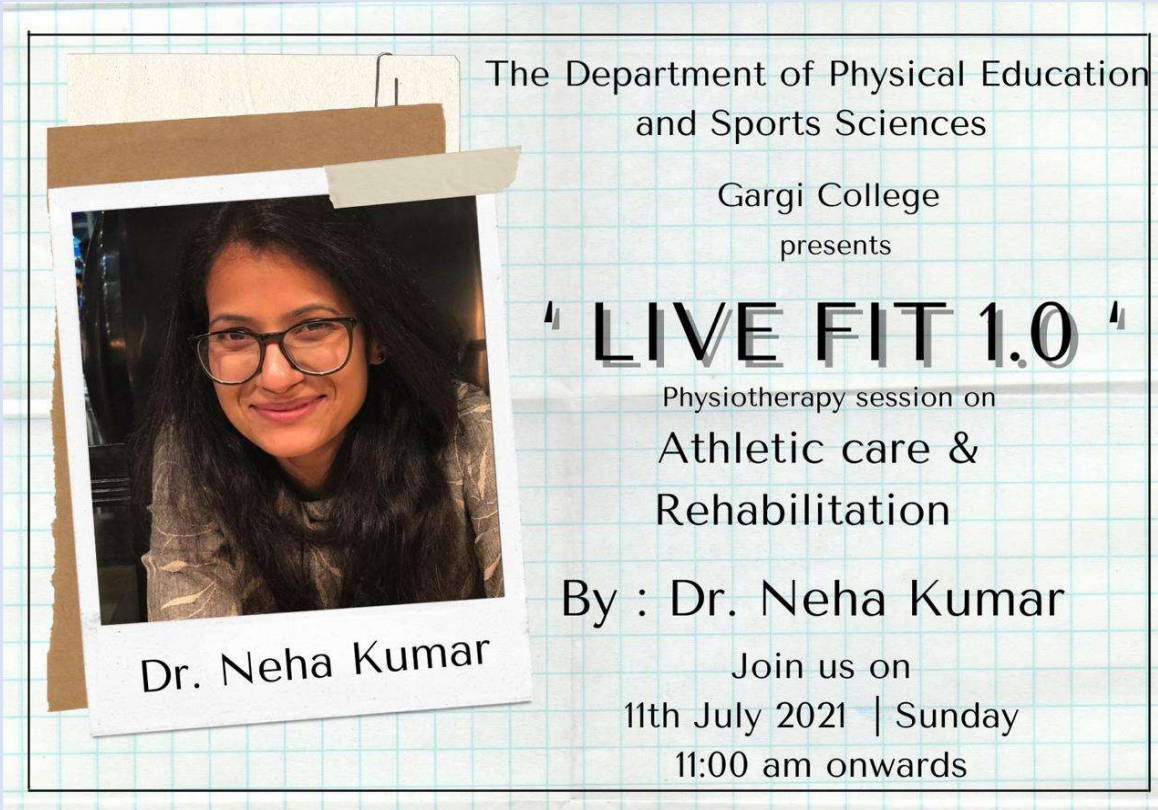
New beginnings, Freshers 2021- 2022

The Department of Physical Education and Sports Sciences organised virtual fresher for the "Batch of 2024" on 19th of January 2022. The theme was "New Beginnings" that aimed at celebrating the new phase of life by making some joyful memories. A total number of 64 students attended the event. The crowd was thrilled and the event ended on a cheerful note.



Liv Fit 1.0

To enhance the knowledge of Sports injuries, prevention and rehabilitation, The Department of Physical Education and Sports Sciences organized a virtual session with Dr. Neha Kumar, a seasoned physiotherapist who has been dealing with sportspersons and their injury issues for a long time. A total number of 91 students attended the session and it was an interactive session. The session helped the students to get to know more about the injuries and enhanced their knowledge of prevention. All the participants were provided with E-certificates.



The Department of Physical Education
and Sports Sciences

Gargi College
presents

“ LIVE FIT 1.0 ”

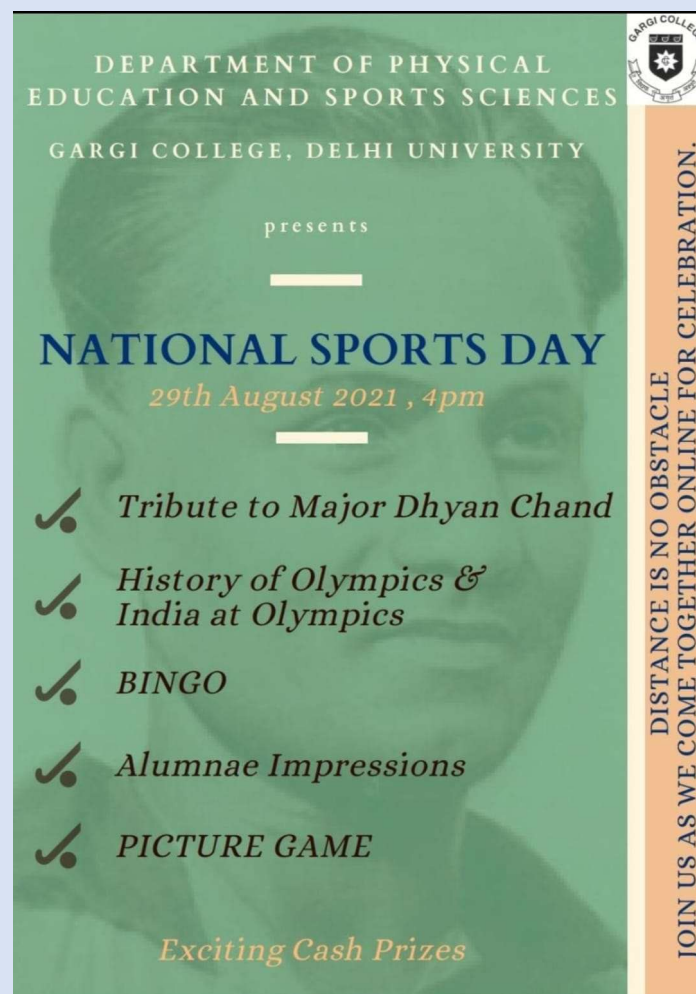
Physiotherapy session on
Athletic care &
Rehabilitation

By : Dr. Neha Kumar

Join us on
11th July 2021 | Sunday
11:00 am onwards

National Sports Day

On 29th August 2021, The Department of Physical Education and Sports Sciences celebrated National Sports Day virtually in order to pay Tribute to The Legendary Hockey Player, Major Dhyan Chand. A total number of 77 participants attended the event which included a tribute video to Major Dhyan Chand, a description of all the medals won by team India at Olympics was given. On this occasion online games like bingo and picture game were also organised. Cash prize was given to all the winners and E – certificates were also provided to all the participants.

The poster features a green background with a faint portrait of Major Dhyan Chand. At the top, it reads 'DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES' and 'GARGI COLLEGE, DELHI UNIVERSITY'. Below this, it says 'presents' followed by a horizontal line. The main title is 'NATIONAL SPORTS DAY' in large blue letters, with the date and time '29th August 2021, 4pm' in orange below it. A list of activities follows, each preceded by a hockey stick icon: 'Tribute to Major Dhyan Chand', 'History of Olympics & India at Olympics', 'BINGO', 'Alumnae Impressions', and 'PICTURE GAME'. At the bottom, it says 'Exciting Cash Prizes'. On the right side, there is a vertical orange banner with the text 'DISTANCE IS NO OBSTACLE JOIN US AS WE COME TOGETHER ONLINE FOR CELEBRATION.' and the Gargi College logo at the top.

Together We Can

The first ever collaboration of The Student Sports Council and Team Saarthi. “Together we can”. A virtual session for mental health in sports was conducted on 10 October 2021 on the occasion of World Mental Health Day. The session covered different activities on three aspects of Mental Health i.e., Emotional, Physical and social Support.

Some animation videos were also displayed for better understanding of importance of Mental Health in Sports. The overwhelming response from the students made the event even more interactive and indeed helped them to know more about the importance of mental health. A total number of 67 students participated in the event.



Gargi Olympiad

The Department of Physical Education and Sports Sciences organised series of activities under Gargi Olympiad Inter Stream Competition. The winners were awarded with certificates, medals and their videos were also featured on our official Instagram page that is “gargi_sports_official”.

The following activities were organised: -

1. BICYCLE CRUNCHES COMPETITION [10th JANUARY 2022]



The Student Sports Council 2021-2022 successfully conducted its first virtual competition under Gargi Olympiad. An online bicycle crunches competition was announced on 10th January 2022. The participants were required to send their online entries in the form of 30 seconds videos. The participants who performed the maximum number of crunches in 30 seconds were declared as winners. In total 29 entries were received. Ms. Shalu, BA History Hons. 3rd year from Arts Stream

secured 1st position with 48 repetitions, Ms. Ananya Nagpal, B.Com Programme 2nd year from Commerce Stream secured 2nd position with 45 repetitions and Ms. Anushka, B.Com Programme 2nd Year from Commerce stream secured 3rd position with 42 repetitions.

2. PLANK COMPETITION [24th JANUARY 2022]

The second challenge was Plank competition. The participants were required to hold the plank position for as long as they can. A total of 33 students participated in which Ms. Gurmehar Kaur Thind, BA Hons Applied psychology 1st Year from Arts Stream secured 1st position with hold of 5 minutes and 30 seconds, Ms. Aarti Dhawan



B.El.Ed 3rd year from Arts Stream secured 2nd position with hold of 4 minutes and 32 seconds and Ms. Ananya Nagpal B.com programme 2nd year from Commerce Stream secured 3rd position with hold of 4 minutes and 8 seconds.

3. POSTER MAKING COMPETITION [4th FEBRUARY 2022]



The 3rd challenge was Poster Making Competition on the topic Physical fitness vs Lifestyle diseases. The idea was to provide a platform to the students to portray their thoughts as how they observe, perceive and reflect to the challenges in today's scenario. We received a total of 16 entries for poster making competition out of which 12 were hand-made and 4 were digital. The winners of hand-made competitions, Ms. Yashika B.El.Ed 1st year from Arts Stream and Ms. Yashika Thakran Bsc Life

Sciences 3rd year from Science Stream had a tie for 1st position, Ms. Rushda Bsc Hons. Mathematics 3rd year from Science stream secured 2nd position, Ms. Shubhi Srivastava B.Sc (H) Botany 2nd year from Science stream secured 3rd position. On the other hand, the winners of digital poster competition were, Ms. Isha Aggarwal Bsc Physical science 3rd year from Science stream secured 1st position, Ms. Sonal Arun BA Hons Economics 2nd year from Arts stream secured 2nd position and Ms. Khusboo Sharma Bsc Hons Zoology 1st year from Science stream secured 3rd position.

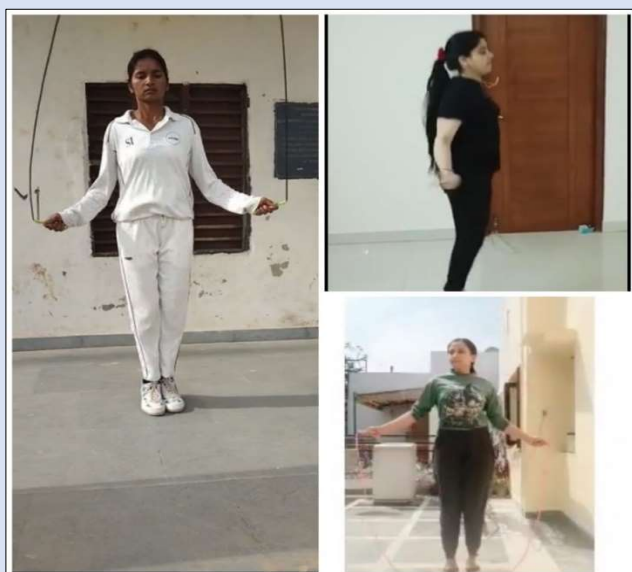
4. SQUAT JUMPS COMPETITION [20th FEBRUARY 2022]

The 4th challenge was Squat Jumps Competition in which the participants were required to perform maximum number of squats in 30 seconds. A total number of 12 students participated in the activity in which Ms. Neha Parmar BA Hindi honours. 1st year from Arts Stream secured 1st position with 38 squats, Ms. Anushka Patanjali BA (H) App. Psychology 1st year from Arts Stream secured 2nd position with 32 squats and Ms. Bharti Kashyap BA History



hons. 2nd year from Arts Stream secured 3rd position with 30 squats.

5. SKIPPING COMPETITION [1ST MARCH 2022]



The next challenge was Skipping competition, where participants were required to perform maximum number of skips in 30 seconds. A total of 13 students participated in the activity in which Ms. Bharti Kashyap BA History honours. 2nd year from Arts Stream secured 1st position with 99 skips, Ms. Priya Chaudhary BA program 1st year from Arts Stream secured 2nd position with 96 skips and Ms.

Anushka Patanjali BA (H) App. Psychology 1st year from Arts Stream secured 3rd position with 93 skips respectively.

6. SPORTS PHOTOGRAPHY COMPETITION [13th MARCH 2021]

The 6th challenge was Sports Photography in which the participants were required to capture sports, games, exercises, and other activities through photography. A total number of 12 students participated in this activity in which Ms. Rishita Joshi Bcom Programme 1st year from Commerce stream secured 1st position, Ms. Yashika Thakran Bsc. Life Sciences 3rd year from Science stream secured 2nd position and Ms. Prerna Parewa BA Sanskrit Hons. 2nd year from Arts stream secured 3rd position.



7. 100 METER RACE [7th MARCH 2022]

The Department of Physical Education and Sports Sciences organised 1st offline activity after two years. A google form was circulated and the participants were selected on first come first serve basis. From each stream 10 participants were selected in order to maintain equal participation from all the streams. The activity was conducted on time trial basis. Ms. Anusha Shrivastava B.A. Political Science Hons. 1st year from Arts Stream secured 1st position with the timing of 14.23 seconds, Ms. Priyanshi B.com. Programme - 1st year from Commerce Stream secured 2nd position with the timing of 14.29 seconds and Ms. Shreya Jain B.Sc. Mathematics Hons.2nd year from Science Stream secured 3rd position with the timing of 15.88 seconds.

8. FROG JUMP+DUCK WALK [7th MARCH 2022]

Another offline Inter-stream event was Frog Jump + Duck Walk. A google form was circulated and the participants were selected on first come first serve basis. From each stream 10 participants were selected in order to maintain equal participation from all the streams. The activity was conducted on time trial basis. Ms. Riya Sharma B.A. Political Science Hons. 1st

year from Arts Stream secured 1st position with the timing of 16.20 seconds, Ms. Kripa Chaudhary B.Sc. Chemistry Hons. 1st year from Science stream secured 2nd position with the timing of 16.63 seconds, and Ms. Aarti Dhawan B.El.Ed. 3rd year from Arts stream secured 3rd position with the timing of 21.67 seconds.



GARGI OLYMPIAD -TEACHERS ACTIVITY



The Department of Physical Education and Sports Sciences organised an activity for teachers under Gargi Olympiad. The activity was “Cross Arm Crunches” in which they were required to perform maximum number of crunches in 30 seconds. A total number of 7 teachers participated in the which Dr. Soni Jaiswal from Psychology Department secured 1st position, Dr. Surabhi Shrivastava from Microbiology Department secured 2nd position and Dr. Neha Sharma from Chemistry Department secured 3rd position. The objective was to encourage teachers to take out time from their busy schedule and get involve in

physical activities.

ACTIVITY FOR ESSENTIAL STAFF

A fun activity, FUNATHON, was conducted by the department for the non-academic members of college. In the women's category, the winners, in order, were: Ms. Manju Sati from the Chemistry department. Ms. Rajni Athwaal from the Botany department. Ms. Sabina Ekka from the Medical department.

In the men's category, a cricket match and a volleyball match were conducted for the non-academic members of the college. The non-teaching members from the Lab won the cricket match.



AEROBICS WORKSHOP

A 15 days Aerobics workshop was organised by the Department of Physical Education and Student Sports Council on 22nd March 2022, in the Gargi college auditorium basement, to motivate general students for physical activities. The workshop was attended by both general and sports students. The workshop started at around 12:40 pm and went on till 2:00 pm. The instructor Mr. Vipin Kumar taught 3 turnsteps - warmup, training and the cool down to participants.

The workshop was attended by 64 students in total among which 17 were selected for performance on Sports day- SPIN'22. The performance was 5 minutes long on the song "ONLY YOU" which included 26 steps and 4 formations. The best Aerobics performer trophy was awarded to Ms. Rashmi Joshi by Principal ma'am Prof. Promila Kumar escorted by Dr. Sheela Kumari and rest were given mementos for their performance by Sports President Ms. Tanya Vajpayee and Vice President Ms. Sarakshi Kapoor and Ms. Ananya Lohani.



Achievers



Ms. Pooja Singh Kushwaha B.A. Programme 2nd Year participated in Inter State Women Senior One Day Trophy from Delhi Women Senior Cricket Team, Vishakhapatnam from 31 October to 16 November 2021.



Ms. Nitika B.A. Programme 2nd Year participated in Inter State Women Senior One Day Trophy from Haryana Women Senior Cricket Team, Vishakhapatnam from 23 October to 6 November 2021



Ms. Pragya Rawat BA (H) English 2nd Year participated in Inter State Women Senior One and Day AND T-20 Trophy from Delhi Women Senior Cricket Team



Ms. Aarushi Gupta BA (H) Applied Psychology 1st Year participated in U-19 Junior National in Basketball.



Ms. Bharti Kashyap BA (H) History 2nd Year participated in Inter State Women Senior One Day Trophy from Haryana Women Senior Cricket Team, Vishakhapatnam from 23 October to 6 November 2021



Ms. Anchal Rai BA (H) Sanskrit 2nd Year participated in U-19 Women's One Day Trophy from 20 September to 18 October 2021 at Visakhapatnam from Haryana Team.



Ms. Vandana BA (H) Hindi 1st Year participated in U-19 Women's One Day Trophy from 20 September to 18 October 2021 at Visakhapatnam from Haryana Team.



Ms. Kashish BA (H) Applied Psychology 1st Year participated in Online Senior National & National Junior Girls Chess Championship from 26-28 July 2021 at Online Torneo App. She also participated in Gurugram District Under 20 Girls Chess Championship on 19th December 2021 at Vibgyor School, Gurugram.



Ms. Jyoti BA (H) Sanskrit 1st Year participated in U-19 Women's One Day Trophy from 20 September to 18 October 2021 at Visakhapatnam from Haryana Team.



Ms. Ria Kondal B.A. Programme 1st Year participated in Delhi U 19 Women's one day trophy from 30 September to 13 October 2021.



Ms. Vanshika Phagetra B.A. Programme 1st Year participated in J & K U 19 Women's one day trophy from 27 September to 30 October 2021.



Ms. Jyoti Tokas B.A. Programme 2nd Year won silver medal in all India Inter University In Judo and Quality for Khelo India Games 2022.



Ms. Prerna Tokas B.A. Programme 3rd Year won silver medal in Senior National Kurash Tournament from 24-27 December 2021 at Jammu.



Ms. Anshika Solanki B.Com P 2nd Year participated in Senior National Kurash Tournament from 24-27 December 2021 at Jammu.



Ms. Bhawna Tokas B.A. Programme 3rd Year won silver medal in Senior National Kurash Tournament from 24-27 December 2021 at Jammu, She also won bronze medal in Cadet and Junior National Trials from 9-11 September 2021 at IGI Stadium, Delhi.



Ms. Vanshika Choudhary B.A. (H) English 2nd Year won Gold medal in single and Double event in AITA Women's 1 lakh Prize money from 27th September to 1st October 2021, Jhajjar, she also participated in All India Tennis Association 1 lakh Women's Tournament from 13-20 September 2021 and Women's 2.5 lakh National ranking Tennis Tournament from 8-12 November 2021 at Jaipur.



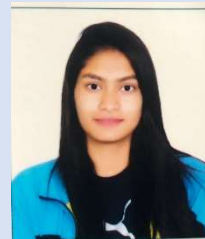
Asmita Kaur B.Com P 2nd Year participated in All India Tennis Association 1 lakh Women's Tournament from 13-20 September 2021, she also participated in AITA Women's 1lakh held in Jhajjar from 17-22 January 2022.



Ms. Shreya Thukral BA (H) Economics 3rd Year participated in 23rd Youth National Championship at Rudrapur, Uttarakhand .



Ms. Nisha Jakhmola B.Sc (H) Chemistry 3rd Year participated in Senior National Volleyball championship, KIIT, Bhubaneswar, Odisha from 7-12 February 2022, she also participated in 23rd Youth National Championship at Rudrapur, Uttarakhand



Ms. Muskan Tanwar B.A. Programme 2nd Year won silver medal in Delhi Senior Volleyball State from 9-12 November 2021 at V.N. Academy, Najafgarh Delhi.



Ms. Nainu B.A. (H) Hindi 1st Year won Gold medal in Delhi Senior Volleyball State from 9-12 November 2021 at V.N. Academy, Najafgarh Delhi



Ms. Kirti Isharwal BA (H) English 3rd Year won Gold medal in Javelin Throw in 81st Delhi State Annual Athletics Championship held at Jawaharlal Nehru Stadium New Delhi from 3-6 September 2021.



Ms. Prachi Soam B.A. Programme 2nd won silver medal in High Jump in 81st Delhi State Annual Athletics Championship held at Jawaharlal Nehru Stadium New Delhi from 3-6 September 2021.



Ms. Stuti Agnihotri BA (H) Applied Psychology 1st Year won Bronze medal in 71st M.P. State Junior Basketball Championship from 21-24 October 2021 at National Basketball Academy, Indore

The World Remade by Covid-19

December 2019. The entire world came to a standstill as they watched in shock, the beginnings of something that would change *everything*. Who knew then, that one virus would alter the world as we knew it, its effects still prominent years later.

There isn't one aspect of society that can claim to be immune to the effects of Covid-19. Not one area has remained untouched, from politics to the corporate world, to socialistic facets, to sports. Whichever direction one looks, one can quite clearly see a distinctive change.

The abundant use of the internet and social media has revealed the cracks present in our society. From inequality, discrimination, corruption and so much more, the reality faced by so many people has now become evident to the world at large. But in doing so, it has triggered an immediate outcry in support of the marginalised, and united strangers across the globe under one common cause.

We can't return to 'the normal'. The normal we were used to belongs to a different world than the one we currently reside in. The world we occupy right now is one where strangers have fought together, stood in solidarity with one another, and helped each other grow. Covid-19 may have devastated and unveiled the cracks in our society, but it has also kick-started the trying process of healing and reconciliation.



It's been two years since. The only way is to move forward with the 'new normal.' The pandemic has changed our perceptions drastically. Our priorities have altered. We are more cognizant of the needs of others, more empathetic with their plights, and more accepting of our differences.

Indeed, the world has been remade. It has been broken down to its foundations, tested to its zenith, and faced challenges that were once unfathomable. But the world we remake, the one we build, for ourselves and the ones after us, is in our hands now. It's *ours* to create, *ours* to remake, and *ours* to claim.

Change is constant. Change is inevitable. But the direction that change takes is our choice now. We've learned from the mistakes of our past, and now we work together to create a future of our own. This is *just* the beginning.

-Aditi Kaushik

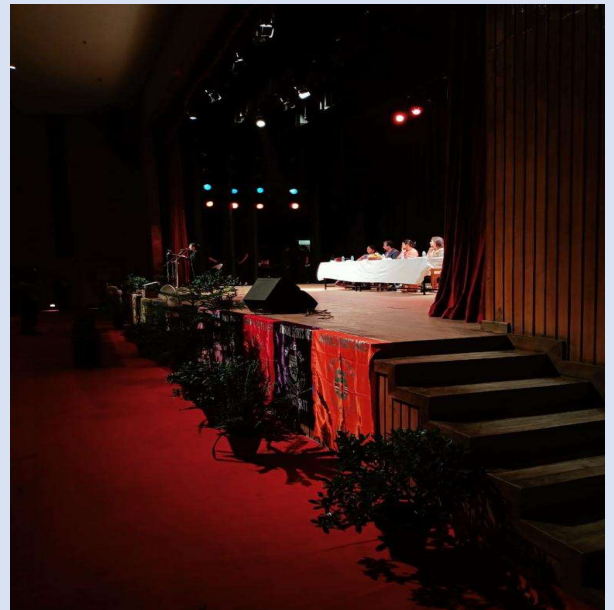
(First Year, B.A. Applied Psychology Honours)

SPIN'22

RESURGENCE: IT'S JUST THE BEGINNING

With the return to some semblance of normalcy and the shift back to offline mode, the Student Sports Council conducted the annual Sports Meet – Spin'22 with the theme “Resurgence: It's Just The Beginning”.

The theme refers to the path of recovery we all walked, and the new beginnings we now face. The event was conducted with a renewed vigour, and the cheer and enthusiasm of the students was visible throughout the meet.



Ms. Tavleen Singh and Ms. Aarushi Gupta, the hosts for this event, warmly welcomed everyone and started the event off on a cheerful note.

Following this, the guests for the day were provided a sapling as a symbol of gratitude and welcome. The Student Sports Council 2021-22 and Team SAARTHI were then introduced to them by Dr. Suchitra Bharti.

To begin the occasion on a harmonious note, samranjani, The Indian Music Society of the college gave a melodious performance.

A video that perfectly reflected the situation and the unbeatable spirit of the sports community was presented, showing the way sportspersons across the world, and in Gargi itself, rose up to the challenges in front of them and faced them head on.

A warm welcome was extended by Ms. Ananya Lohani and Ms. Sarakshi Kapoor, the vice presidents of the Student Sports Council, to the guests.

Ms. Tanya Vajpayee, President of the Student Sports Council gracefully conducted the sports roundup for the year 2021-22.

Professor Promila Kumar, Principal, Gargi College, gave an enlightening speech, and extended a welcome to the chief guest, the guest of honor and the special guest.

Ms. Yashika Singh and Ms. Aditi Kaushik presented the awards to all the achievers for the academic year 2021-22.



Mr. Amitav Virmani, the chairperson of the college gave a heartwarming speech that motivated and gave the students a sense of empowerment.

Ms. Swati Sehgal, an alumna of Gargi College was the special guest for this event. She shared with us her beautiful college journey and inspired us all to work diligently towards our goals and dreams.



An inspirational figure to many, Ms. Anita Angon Chanu was the chief guest for the event. It was a matter of pride and honour to have her among us.

Several awards were given and the students who participated in various state and national level championships were facilitated.

The Team of The Year award, which is a series of competitions between the various sports teams in college was given to the Team Cricket.



The Stream of the Year award, which is presented to the stream that showed the maximum amount of participation and winners was given to the Humanities Stream.



The Ms A. Malathi Award for “Best Sports Person of the Year ” was awarded to Ms. Jyoti Tokas.

The Dr. Shashi Tyagi Award for “Best Sportsperson of all the Three Years” was awarded to Ms. Nisha Jakhmola.

“Yoga is the artwork of awareness on the canvas of body, mind, and soul.” With this an excellent Yoga performance was presented by the performers.

A beautiful and moving performance was performed by the dance society of our college, Nazakhat who showed their art in motion.



There's nothing like the sound of your heart beating its best. With this idea Team Aerobics presented an energetic performance which was the last performance of the event

Paulo Coelho once said, "It is always important to know when something has reached its end. Closing circles, shutting doors, finishing chapters, it doesn't matter what we call it; what matters is to leave in the past those moments in life that are over." With this in mind Ms. Parkhi Saini delivered 'The Vote of Thanks' that marked the end of the Sports Day for the session 2021-2022.







FRESHERS GUIDE

Dear freshers of Gargi College

"Going through things you never thought you would, will only take you to the places you never thought you would get to."

No other lines can better describe the unprecedented situations you all have been through to make it till here. And we, the Students Sports Council, heartily welcome you all to Gargi College.

You all must be overwhelmed with the newness of things but, we urge you to look forward to this new journey that would certainly bring great opportunities, and let you all experience life's one of the most memorable years.

Life as a sports student includes both double efforts as well as a chance to become versatile.

Lets have a college tour now



The red brick walls of Gargi College feels delighted with your presence.



We wish you all the best for this journey.



TEAMS
2021-22

TEAM ATHLETICS



Osho Bhargava



Anshika Kumari



Sudiksha Bhatt



Kanika Tyagi



Abhilasha



Kanika Bisht



Ishika Surya



Kirti Isharwal



Sakshi Yadav



Isha Balhara



Alsa Mohsin



Prachi Soam



Shivangi Chauhan



Ritika Thakur



Fairy Singh



Anjana

TEAM BASKETBALL



Ananya Lohani



Sarakshi Kapoor



Diya Tikoo



Ritika Deswal



Tavleen Singh



Meenakshi



Aarushi Gupta



Aditi Kaushik



Stuti Agnihotri



Sakshi



Sania Pal

TEAM CHESS



Vaibhavi Kashyap



Snehal



Priyanshi Gautam



Dorri Sharma



Vanshika Gupta



Muskan Jindal



Kusum lata



Kashish



Navya Gupta

TEAM CRICKET



Tanya Vajpayee



Pooja Singh



Parkhi Saini



Shivani Raheja



Yashika Singh



Roopshika



Jyoti Yadav



Riya Shanker



Sapna Rawat



Vandana Sain



Nitika



Riya Kondal



Megha Kumari



Anjali



Umeshwari



Sanskriti



Anvi



Munni

TEAM CRICKET



Prerna Parewa



Neha Parmar



Nikita Singh



Bharti Kashyap



Pooja Toppo



Pragya Rawat



Tannu Dahiya



Anchal Rai



Vanshika



Nandini Giri



Khushi

TEAM JUDO



Vishakha Pathak



Anshika Solanki



Faiza



Prerana Tokas



Jasmine



Amrita



Riya Chauhan



Manvi



Bhawna Tokas



Manvi



Surya



Amisha



Shally Solanki



Swaita



Akansha Choudhary



Aditi Tiwari



Jyoti Tokas



Niharika



Komal



Simran maan



Sonam

TEAM TENNIS



Kirti Arya



Asmita Kaur



Muskan



Vanshika



Sanjami

TEAM VOLLEYBALL



Shreya Thukral



Nisha Jharmola



Pragati



Shruti



Rakhi



Nirmal



Divya Agarwal



Geetanjali



Bheeni



Prachi



Jigyasa



Jahanvi Sood



Dakshita



Naina



Tulika



Siddhi



Muskan



Tamanna

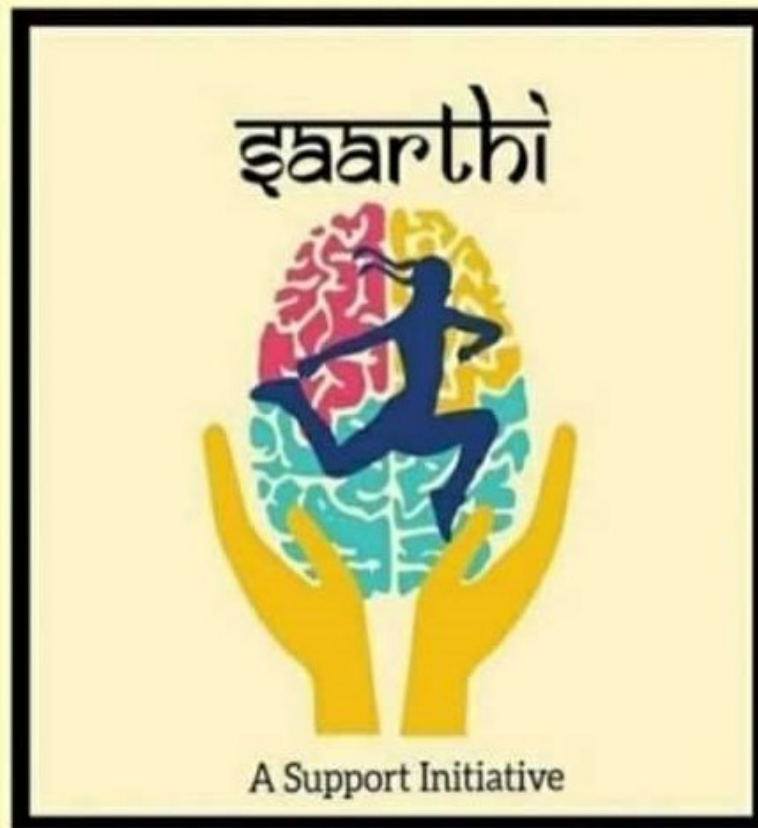


Drishti



Yaashika

TEAM SAARTHI



Saarthi: A mental health initiative by Sports Council

As the name suggests, Saarthi, is a friendly initiative by Sports Council that works towards peer to peer support for sports students. This mental health initiative was started last year based on personal experiences of students concerns upon coping up with the stress of maintaining their studies along with their performance in their respective games.

The transition from school to college suddenly burdens the students with too many responsibilities at once. Hence, Saarthi aims at lending a helping hand to adapt to the changing environment.

This initiative helps students in coming forward to talk about anything and everything with their seniors or teammates.

Unlike counselling, Saarthi provides a safe space for sharing individual thoughts. The experience of seniors helps new students become comfortable with their teammates.

The goal is to create awareness among students about the existence of Saarthi and to organise relevant workshops for them.

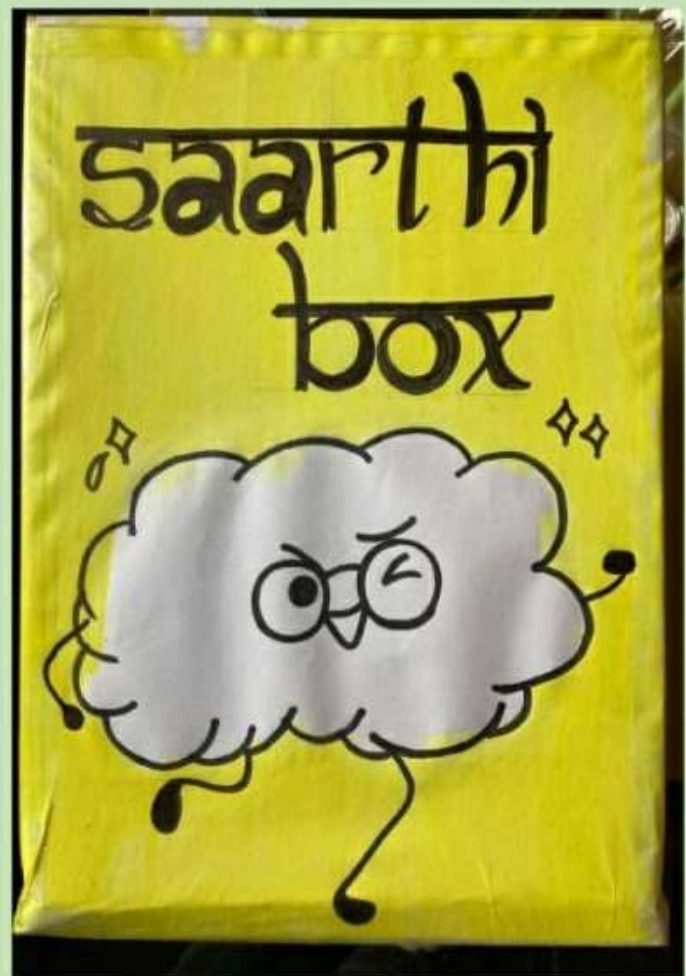
With the aim, to hear and to be heard, we want students to know that this group is always accessible and a safe space for their thoughts and feelings.

Team saarthi organises various events and workshops which might work as a stress buster for some and aims to provide comfort and smiles to everyone attending them. These events help in bridging the gap between the students and the department . Trying to provide a sense of belongingness to the students in the sports department .

Saarthi box - The aim of the saarthi box is to make students comfortable with sharing thoughts and feelings during situations of distress that they might be going through. It can be done with a name or even anonymously.

Virtual saarthi box - THE VIRTUAL SAARTHIBOX

With a shift to the online semester the saarthi box is also shifted to a virtual platform and the Link to the box is now in the Instagram bio of our official saarthi handle @saarthi__official and serves the same purpose through online medium.



Saarthi Team 2021-2022

TEAM HEAD (2021-22)

Im a lot more confident person today than i was a year back.Saarthi has been a very thoughtful initiative that has become an important part of the department and also for the students. From been a member in social media team to become a Saarthi head it's been a long journey. Saarthi taught me a lot like how to work in a team, how to lead a team, how to interact with more than one person, how to communicate better and to prioritize your own mental health. I being in Saarthi got my firsthand experience to host an event, to give and take interview that could never being happened as it be online. I am filled with the deepest gratefulness to be allowed to lead this team this year. I feel being a part of Saarthi has given me opportunity to self-introspect, self-love, optimistic approach towards life and to be patient. It has also taught me that life is hard sometimes but its ok to keep moving and sometimes it's better to vent and talk to someone. I can proudly say that it has made me stronger and wiser.It has definitely changed my journey within the college and has been a huge part of my overall development as a better individual. With coming year saarthi as an initiative has grown far better than before as in online, we conducted various event and games like mind games, express over expresso, together we can saarthi with council a great and successful event so far and as in offline we conducted small small activities like pick a chit with a great success, helping hands, an interview for woman's day. It could never be this successful with just one person's effort as I am forever grateful for my 14 amazing members who have worked towards it and of the support and guidance from Sheela ma'am and Rakesh sir it could never become this possible



It is always a great and learning journey with every step I take with every activity I conduct and with every person I met Saarthi has become close to my heart and have special place in my heart. With the hope that with each coming year Saarthi as an initiative and a thought continues to grow to greater heights, I Parkhi saini, Team Head Saarthi sign off with lots of love and great power to the coming team.

Regards

Parkhi Saini

LOGISTICS TEAM

TEAM HEAD

With great power comes great responsibility, this quote best represents the idea behind my journey . Team Saarthi has been a real stepping stone in building my personality. Starting as a team member and now as the team head, this journey has been full of great learnings and experiences.

Saarthi has taught me qualities such as team work, time management and leadership skills. I am deeply connected with the team and its motive to help others. Saarthi has not only been a learning experience but a place that is close to my heart. It is my privilege to have worked under the constant guidance of Dr. Sheela ma'am and Dr. Rakesh sir, together with a group of wonderfully talented individuals as my team.

I wish that Saarthi continues to grow as in the coming years and wish they achieve greater heights.

Regards

Kanika Tyagi



TEAM MEMBERS:



Aarushi Gupta



Jahanvi Sood



Sania Pal

RESEARCH TEAM

TEAM HEAD

Robert Frost once said "A poem begins as a lump in the throat." ... I think a journey begins that way, too.

A journey of two years, the time I joined in here and today, Needless to say - SAARTHI has given me so many beautiful memories and has taught me so many wonderful lessons.

Saarthi has shown me a totally different perspective of life - A life with gratitude and forgiveness, kindness, peace, warmth and love and acceptance. Honestly, Saarthi is an escape for me, escape from all the negatives. It has taught me that healing comes in waves & maybe the wave can sometimes hit the rocks, but it's okay because you're still healing.

I have met these wonderful people in this journey, who now hold this very special place in my heart. Working with my team and other Saarthi members, Organising events, trying to bring a smile on people's face, is without a doubt the best thing in the premises.

I am always ready to give my all to Saarthi, just like Saarthi has always given its all to me .

Regards

Yashika Singh



TEAM MEMBERS:



Sudikhsha Bhatt



Stuti Agnihotri



Aditi Kaushik

SOCIAL MEDIA TEAM

TEAM HEAD

It is rightly said that it doesn't get easier. You just get stronger.

And this is what team Saarthi instilled in me during the journey of 3 whole years. When I joined team Saarthi I was just a member, I participated in the events organised by team and got to know more about mental health and the issues and taboo associated with it. With time I saw a change in myself. I became more sensitive towards such issues and I understood the importance of mental health and well being in our lifestyle. This change and impact made by Team Saarthi made me to join the core team. Hence, I joined the core team as Social Media head. My journey from a member to social media head was filled with so much learning and experiences. This responsibility improved my communication skills to greater extent. I came to know the power of social media to bring up issues such as mental health and self love. All this change and learning was not just a single day experience but every single day contributed to the change within me. The whole team was so helpful and supporting. They instilled in me the feeling of self love and appreciation. Saarthi and all the members have my heart. I may not be a member of Saarthi in near future but team Saarthi will be a part of mine forever. Best of luck to juniors and warm hugs to all my mates



Reagrds

Anshika Kumari

Team Members:



Asmita Kaur



Alsa Mohsin



Tulika Dahiya



Isha Balhara

BUDDY MENTOR – INITIATIVE BY TEAM SAARTHI

Adapting to the new environment is not easy for the freshers, so team Saarthi came up with the idea of the buddy mentor where each fresher gets paired with a senior. This initiative was previously named as 'Buddy system' but now it has changed to 'Buddy mentor'. The initiative has been proposed to promote friendship, better support of coursework, behavioural and social needs and can foster a greater sense of belongings with more connected individuals who learn respect each other.

Events by Saarthi

EXPRESS OVER ESPRESSO



In the continuation of previous year Saarthi conducted a series of E.O.Es that is "Express over Espresso". The events provide students a platform to express themselves. This year three E.O.Es have been successfully conducted. The E.O.E. 5.0 was conducted on 15th august 2021. The theme of the event was Freedom to be yourself 'my life my choice'. The E.O.E 6.0 was conducted on

19th September with the theme of "Peace". The E.O.E 7.0 was conducted on 14th November with the theme of "Embrace the child in you".

MIND GAMES

Team Saarthi has come up with a new activity to help the students interact with the team more. In this new activity, team saarthi post different kinds of activities twice a month on their official Instagram page. The activities and games are both competitive and non-competitive.

The motive behind this is to make the student feel more connected, enhance their mental health, to spread awareness about different mental health problems and how to tackle them and off course to keep them engaged.



Pick - A - Chit



This activity is a small contribution from "Team Saarthi" to spread optimism and smiles all around the college campus.

To be a part of this activity be present in our college campus .

**FEBRUARY 28 , 2022
COLLEGE CAMPUS
12:40PM-1:05PM**

Regards
Team Saarthi



PICK A CHIT

The activity was conducted on 28th February 2022, which included circulation of small chits with positive Messages on each of them. The students were asked to pick one chit for themselves and then pass it on to someone else. Team Saarthi thought that people don't always need a particular occasion to feel good and positive about themselves and thus lies the motive behind this activity. The cause was to spread positiveness and make people smile.

HELPING HANDS

With the intention of building a safe space for all, Helping Hands, Team Saarthi promised to always be there for all in their time of need. Helping Hands is more than just a theme. It is a willingness to extend yourself for others. It is a community of people who believe in each other. It is a light in the dark for someone. It is a reassurance that no-one is ever alone. It is safety, hope, love, and faith. And Team Saarthi hope we can create a place of happiness and joy for all.



INTERVIEW ON INTERNATIONAL WOMEN'S DAY

On the occasion of International Women's Day, Team Saarthi conducted interviews in the premises of Gargi College. The questions were related to mental health and women. This interview helped Team Saarthi to know more about what people think about the mental health in college premises and gave them an idea of what topics they need to cover in the future. The videos of the interview were posted on Saarthi's official Instagram page.



LET'S HAVE SOME FUN NOW

Do you know answers to these riddles? ;)

1. What has to be broken before you can use it?
2. I'm tall when I'm young, and I'm short when I'm old. What am I?
3. What month of the year has 28 days?
4. What is full of holes but still holds water?
5. What question can you never answer yes to?
6. What is always in front of you but can't be seen?
7. There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?
8. What can you break, even if you never pick it up or touch it?
9. You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?
10. A man dies of old age on his 25 birthday. How is this possible?

Answers: 1. An egg, 2. A candle, 3. All of them,
4. A sponge, 5. Are you asleep yet?, 6. The future,
7. There aren't any—it's a one-story house,
8. A promise, 9. The match,
10. He was born on February 29.

Hi!!

Come on.. let's find the words together

h n n l o v a b l e l h d n e t a g a c
o c h e e r f u l u s e u j r d g i i e
p g t a s n f a f i a s u o r d n o w e
e o e o d r t h l p y b e a u t i f u l
c o n t e n t e p g i t t o g g s b s g
t d t d z r r a r l h t a e b p u d s h
e i n v i g o r a t e d j e d o m b p r
e o a m g t r t e o a a a o y e a s a h
w a s z r g i e p a r i s a y n t d r l
s m a u e o n n c b t e n u u o i a k o
a g e w n s i i i n w t v i r a u i l v
n a p r e n t n l h a p p i n e s s e e
g n y i r s y g e i r r d t t g o g v l
r e l b a y o j n e m d e x c i t e d y
a d d t o p t m l p i s e b w p s z r f
t d n o d p p u e t n a t l u x e o e u
e a e l b a r o d a g k a a i x l r p n
f l i e a h l s e r l a i n e g e u k n
u g r a t i f y t i l l o j g r h e s y
l e f t a e r t o i w e n d l p g t r t

amusing
gladden
fantastic
awesome
glory
merry
beautiful
good
mirthful
buoyant
grateful
perky
cheerful
gratify
peasant
content
great
pleasure

delight
happy
radiant
elated
happiness
relish
energized
heartening
smiling
enjoyable
heartwarming
sparkle
entertaining
hope
sunny
excited
invigorated
sweet

positive
treat
exultant
joyous
upbeat
friendly
jubilation
wonderful
funny
jollity
wondrous
genial
lovable
zest
glee
lovely
adorable
exuberance

STUDENT WORKS

डिजिटल रिश्ते

डिजिटल से है रिश्ते सिो ,
कौन पिए , कौन अपने हमिो ?
दिखावे के इस खेल में है अक्वल सिो,
हकीकत की जिंिगी में हैं सब हिो।
यूँतो फ्रेंशिप ि पे िस्ती सब िताते,
पि िरूत के समय कॉल कोई न उठाते।
लव माई फै शमली के निो सब लगाते,
असल में ब ठे माँ-बाप का हाल तक न प छ पाते।
ककतने डिजिटल से हैं रिश्ते सिो,
कौन पिए कौन अपने हमिो।
बिल गए सभी तीके हमिो,
अब दिवाली में िही चमक कहूँ ?
अमिँन, जललपकाटट की हो िही मेगा सेल यहूँ।
घि के खाने का कहूँ बचा स्वा ?
िोमेटो, जस्वगी का िो हो गया आगाज़।
गली किकेट ने ख ब िब िला,
मोबाइल ने प िा गेम ही बिल िला
यिा है चलती क्लास में िब दटकफन खोल िला,
अब ऑनलाइन क्लासि ने सिा बचपन ही िला िला।
अब छुट्टयों का क्या इिँति
ग गल मीट ने सिा ककया इिँतिम,
दिखावे की हो गई है, जिंिगी हमिी
मिुह में िम बगल में छिी शलए िनुनया सिी।
खाने के पहले फोटो शलया िता है,
कहिँ िने से पहले पोस्ट ककया िता है।
ककतनी डिजिटल हो गई जिंिगी हमिी
इस्टा फेसबुक के बबना िया नहिँ िता,
मानते हैं, िरूत है हमें अभी
पि कुछ सीमा भी होती हैया नहिँ ?
बस यही बची हिनुनयिी
डिजिटल से है रिश्ते हमिो ,
कौन पिए कौन अपने हमिो ?
दिखावे के इस खेल में है अक्वल सिो,
जिंिगी की िड़ में है सब हिो।

प्रीति सराफ

बीएससी ऑनर्स जूलॉजी

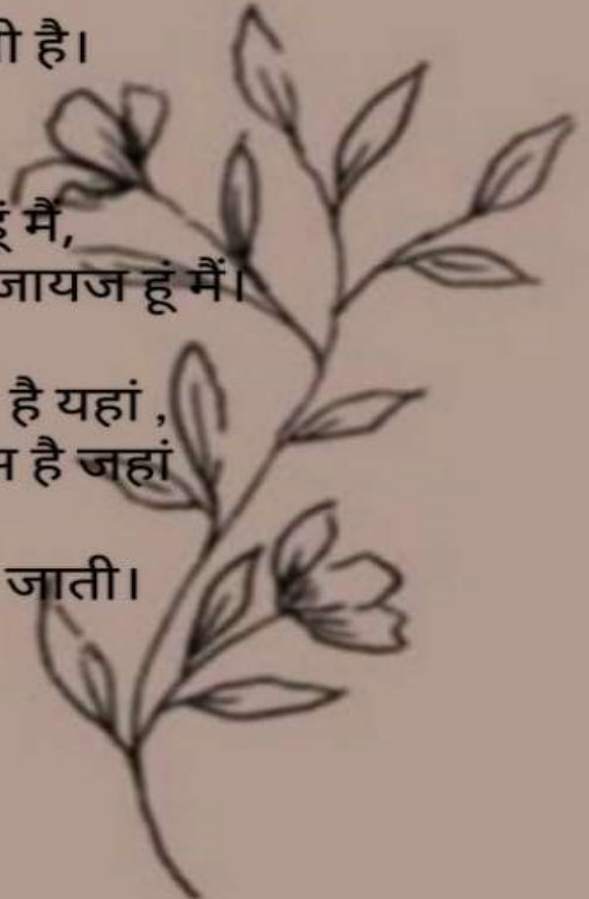
एक फूल हूं , कली हूं मैं

एक फूल हूं , कली हूं मैं
सुना है पापा की परी हूं मैं
जो संसार चलाने आती है पर
कोख में ही मारी जाती है।
हां सही सुना वही हूं मैं ,वही हूं मैं
स्त्री हूं मैं।

जिसके पैदा होते ही घर में सन्नाटा छा जाए ,
जो पढ़ना चाहे तो रसोई में कैद होजाए
हां सही सुना, दुर्भाग्यवती हूं मैं,
स्त्री हूं मैं।

जो पुरुष को जन्म देती है, हां वही हूं मैं।
आंचल में छुपा के जो दूध पिलाती है।
खुद आंसू पीजाती है, पर तुम्हे खिलाती है।
हां सही सुना स्त्री हूं मैं, स्त्री हूं मैं।
आपदा आए तो दुर्गा काली हूं मैं।
हक्र से अनजान हकीकत से वाकिफ हूं मैं,
जिसकी खुद की पहचान नहीं वही नाजायज हूं मैं।
हां सही सुना स्त्री हूं मैं।

बहु बेटी कहने वाले इज्जत लुटेरे बहुत है यहां ,
ऐसे अपराध देख के भगवान भी मायूस है जहां
अच्छा होता गर्भ में ही मारी जाती
संसार में जन्म लेने की सजा तो ना दी जाती।
हर गुनाह को सहना धर्म है मेरा,
ना जाने कब मिटेगा ये अंधेरा।।



'GROOVE ON '

People, don't sit back
Be ready with your kit
And do your bit
To keep yourself healthy and fit
Step up and don't give up on this chance
Groove on the moves of aerobic dance
With music and some steps
Dance until you start to sweat
Beecher , Cooper, Miller and more
Done their move to improve your health galore
Hope everyone will take a chance
To improve upon their stance
Balance your diet and weight
To get out from the unhealthy fate
Take a pledge to do the right
To keep your future healthy and bright 🌞

Gargi Samanta
B.Sc(H)Microbiology

PERFECTIONISM IN THE VEINS...

...SINCE 35 YEARS



*"NEVER REGRET A DAY IN YOUR LIFE;
GOOD DAYS GIVE HAPPINESS,
BAD DAYS GIVE EXPERIENCE,
WORST DAYS TEACH LESSONS, AND
BEST DAYS GIVE MEMORIES."*

Ma'am you being the heart of the Department, you have actually made what the Department of Physical Education and Sports Sciences of Gargi college is today. At times things might be complicated and tough also, so what kept you motivated to take this department to newer heights over 30 years now?

I joined in the year 1987 and I graduated from Gargi college in 1982, so I am very ancient for you guys. As gargi college began in 1967, during that time Mrs. Manorma Narayan was TIC back then, as she was my teacher too when I was a student, so when I joined it was a great help that she was there to guide me and help me through things. The Gargi college I inherited was kind of a place where we used to celebrate sports festivals quite oftenly but it needed a lot of management to streamline the entire process. This is also what I said about doing when I joined Gargi as a teacher.

In between I was made the student council advisor, life got hectic while managing 2 things at a time, it was a difficult task but I was a youngster and had very less responsibilities at home also, I used to live near college so I was able to manage.

What keeps me motivated is that i get to see new faces every year, all of you guys are so bright and cheerful, it keeps me young and I am young at heart. There is a lot of variety in the work I do starting from teaching to sports related activities, going out and meeting new people while tournament, preparing teams, motivating them ensuring them that we will win and when and we win it keeps me excited and motivated. Interacting with you guys is also very motivating, the fresh ideas that you bring and I do want our department to be the best in entire university, which is why there is constant innovation in our minds about what we should do next time, also when I joined there was only sports President and Vice President but gradually we expanded our team to include more posts and created entire managing team. My dream was that the student council should work on their own and be independent. Gradually I can see it happening, all of you guys have so many ideas and when tasks are accomplished, it amazes me.

Let me be honest there was a time when I got really bored of what I was doing but you have to turn your mindset and make yourself realise all the good points of your job, you think there are greener pasture somewhere else but doing what you like is the best place to be at, so my job keeps me motivated.

How do you think the sports family of the college has grown and evolved over the years?

Yes, we have grown. When I joined we used to have Kho-Kho, Kabaddi and Hockey teams only but gradually we introduced the cricket team. Things became difficult initially because larger teams required more people, then we had to decide which game was doing well so as to retain our pace we had to discontinue with Kho Kho and Kabaddi team.

In 1988, the cricket team started with 0, it has grown to the extent that we now have a very strong presence in the cricket circle. Our Judo team is the best in the university. Basketball team at one point of time used to be really good but somehow we lost track as every year team members and captain kept changing, only if we had the same team every year, it would be really excellent. Athletics team also did very well in 2020 when we were offline but now I think 2-3 of them are still doing very well. All our teams are very well in fact, I am very satisfied by the efforts they put in, our chest team is also doing very well.

Now that we've come back to offline mode what piece of advice or wisdom would you like to give to your students?

Well, I just want everyone to be consistent and be there if you have been inducted into the college, or if you have taken part in any sport, or are getting to be a member of any sport in the college, then regularity and consistency is the key, isn't it?

Excellence comes when you are regular and consistent. Getting late and getting absent every other day isn't going to serve the purpose. Whatever you're doing, regularity and consistency is the key. Even in academics, isn't it. Even in academics, if you're regular in studying, if you're revising whatever you're learning every day, that helps you out, that you know, keeps you in the top ten in your class.

It's the same in sports, as long as you're regular, dedicated, and you're committed, you're going to be the top of the class.

Yeah, so that is what I would recommend or suggest everyone, or would like everyone to follow. But then it doesn't always happen because there are so many circumstances with so many people, so yes. And the team. The team spirit, isn't it? If there is a team, then they should all be united, there shouldn't be three groups in a team or four groups in a team. That doesn't work, that doesn't lead to excellence in any event in fact.

Ma'am we all know that you have always been concerned and have prioritised the mental health of the students of our department. What are your views about the mental health of the students and about the initiatives that we have taken so far?

The initiative is excellent! Excellent. Nowhere in the university, I don't think this kind of an initiative is existing. There is an initiative in some other college, but then they began after we began, and I don't think they are continuing now. So, this initiative is really very nice.

And buddy mentor, I really liked the Buddy Mentor Initiative, wherein people coming from outside, people coming into a new environment get that kind of support and not feel like an alien in the college, and you know, have some friend to hang out with, have someone who will guide somebody. That is the best initiative that I like.

And then the pick-the-chit that happened just now was also very nice. I really liked it.

Do you think the upbringing of SAARTHI in our department has helped the students to perform better or has given them a new outlook? Have you felt that?

Well, the SAARTHI initiative began in 2019 and after that, we've been in lockdown, so we have to see now if it is going to produce results or not. Now, next year we should see, if we're offline, then next year we should be able to see that. I think that should be a research project for you all. That's helping.

Where do you see our college's future in sports and where do you see growing potential in our department?

I am yet to know the new people who have come as I haven't met everyone, isn't it? So yeah, you guys I know but some of them I haven't seen so I just can't predict that but I know that the Judo team is doing very well because they just now went for Inter-University selection trials and 5 of them got selected for Inter-University. So the Judo team is definitely going to do well for the next 3 years and the cricket team also I think. For basketball you assured me that you are going to do well.

So there is a potential in everyone, it's just that one has to realize the potential that is inside each of us. We have to be aware of that and there has to be a "go get it" kind of attitude to excel in anything. So unless we have that "go get it" attitude we will not excel. You can't instill that from outside it has to come from inside, 'my team my college' that kind of a feeling has to come in. So I expect each of the teams to and the captains of the team to instill that kind of attitude in the team members so that you know, the team plays as a unit and everyone should have each other's back and cover each other. That is how a team wins. So I expect that the "go get it" attitude gets instilled in our sports persons. I don't know what is to be done for that? Maybe we could have some lectures or some motivational speakers who are coming here, we can do all of that. The thing is that the burning desire to excel can come from inside; it can't come from outside; nobody can push it in. Isn't it?

Thank you so much ma'am, believe me your words are really inspiring and I don't think we need a motivational speaker for anything. So my last question for today is:

We all know that you have studied for this college and now you are teaching here! How would you describe the experience?

It's tremendously thrilling you know! When I was selected to work, I was so excited. It was really thrilling. I mean I knew everyone. Basically I knew all the non academic staff, I knew all the teaching staff. So it was not like I was in some strange place. I already had my buddy mentors there so I was right at home when I joined. It was exciting to plan out new strategies and new initiatives that really drives me even now, isn't it. So it's been a beautiful journey. In fact, when I look back I was a botany student so I go to the botany department and the botany teachers room and the practical labs and all and I look at the place where I used to sit LT3 was allotted to botany. So in LT3 I had this place, I go there and sit every once in a while and it's really beautiful. I mean the feeling that you get is very nice. Yeah, it's been an exciting journey. Otherwise there was a brief period in between where I really thought 'what I am doing' type but then I had to turn myself around and you know, put all the positives before me and then yeah and I thought that interacting with you guys is so exciting and so nice. That is the best thing that this job gives me, isn't it? Being with you all.

*"LIFE ISN'T ABOUT WAITING FOR
THE STORM TO PASS,
IT'S ABOUT LEARNING HOW
TO DANCE IN THE RAIN"*
