

Sports in Gargi: Know us more

Quote

“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair.”

Nelson Mandela, Nobel Peace Prize Winner

Mission

That every interested student in Gargi College be given an opportunity to engage in mass participation as well as competitive activities that would enable her to gain knowledge to stay away from lifestyle diseases and improve her physical health which will in turn also positively influence her mental health as well as of her family. That information on maintaining fitness be provided so that she stays healthy and fit lifelong. In addition, support for a talented, hardworking and achieving player be provided and as a result be honoured with public recognition and commensurate incentives.

Vision

Sports is an integral part of Physical Education and Education. Gargi College believes in the twin objectives of mass participation and promotion of excellence in sports. It is an important objective to provide an opportunity and facility to each and every interested student to participate in physical activities and Sports. Sports and Fitness facilities also need to be expanded so that each student can take advantage of fitness and sports facilities free of cost.

Sports Facilities in the college

Any student who wishes to take part in games and sports has access to the following sports facilities at present: -

<u>Indoor Facilities for a limited period of time in a day</u>	<u>Outdoor facilities</u>
Judo	Aerobics area
Chess	Athletics <ul style="list-style-type: none">• 200 M Grassy Track (Marked as per requirement)• Long Jump pit• Shot put/Discus circle
Yoga	Ball Badminton Grassy Court
	Basketball
	Cricket Ground with practice and match pitches <ul style="list-style-type: none">• Full size cricket field with score board and boundary rope• Turf and cemented pitches• Bowling machine
	Tennis Courts (Synthetic)
	Volleyball Court

- The college provides refreshment coupons to the team members of various teams during practice sessions and for the competitions, to be availed in the college canteen and Nescafe stall.
- College Sports Kit is also provided to the teams which represent the college in any respective competitions.
- Fee concessions are provided to achieving sportspersons.
- Cash Prizes, Tracksuits and sweatshirts are provided to sportspersons who achieve positions or participate in state/national/university/ international level competitions, commensurate with the level of achievement.
- Some sponsored scholarships on merit-cum-means basis are also available, to students who are instrumental in bringing glory to the college by their individual efforts. These scholarships are decided by the sponsors who are provided the details of the sportspersons by the department.

With a firm belief that a sound mind resides in a sound body, it is hoped that the new building which is being constructed will accommodate a dedicated indoor sports facility with a state-of-the-art gym for academic & non-academic staff and students of the college.

Scientific Coaching Programme for Specific Games

Game-specific Experts are engaged in training sportspersons in the below-mentioned games. Coaching sessions take place in the morning from 7.30 a.m. to 9.30 a.m. for some games and in the afternoon from 2.00 p.m. to 4.00 p.m. in other games. Any student in the college can take part in these coaching sessions during these timings, even if they have no prior experience in the chosen game. The only requirement would be regularity and sincerity during the coaching sessions.

S. No.	Game	Coach Name
1.	Aerobics	Mr. Vipin Kumar, Aerobics and Zumba Specialist
2.	Athletics	Mr. Vipin Kumar till 2022, To be decided for 2022-23
3.	Basketball	Mr. Nishant till 2022, To be decided for 2022-23
4.	Chess	Mr. Sameer Kumar till 2022, To be decided for 2022-23
5.	Cricket	Mr. Surjeet Verma, Former Ranji Trophy Player
6.	Judo	Mr. Ravinder Dahiya, National Judoka and International Judo Judge
7.	Tennis	M/s Team Tennis Academy Coaches
8.	Volleyball	Mr. Deep Singh Rathi

Some teams are fielded occasionally when the college has sportspersons in disciplines like Taekwondo, Kurash, Cross-country, Fencing, Squash and Wrestling. Students are free to approach the Teachers in the Department of Physical Education and Sports Sciences to take part in the coaching sessions and competitions in the above games. Even if their game is not in the above list, they will be provided with all possible support with the consent of the college principal. Sportspersons are encouraged to participate in coaching sessions and competitions as per college-specific rules and principal's consent.

Fitness Camp

A general Physical Fitness Camp is organised every year for all interested students in the morning from 7.30 a.m. in the month of July for fifteen days, partially to help the sportspersons get back in shape after examination and vacation breaks and partially to support anyone wanting to maintain fitness.

Scholarships/Award on Merit-cum-means basis for sportspersons in the order of institution of the scholarship/award

These scholarships and award have been instituted to recognise the meritorious sportspersons or to help the meritorious but financially weak sportspersons. They are usually awarded on the Annual Sports Day and /or College Day.

S.No.	Name of Scholarship	Sponsor	Number	Amount @	Year Initiated	Recipient
1.	Sh. S.K. Sood Memorial Scholarship	Ms. Monika Sood, Alumna	4	Rs. 6000/-		Meritorious sportspersons
2.	R.P. Cricket Academy Scholarship	R.P. Cricket Academy located at Gargi College	2	Rs. 6000/-		Meritorious sportspersons
3.	Ms. Madhu Kumar Scholarship	Ms. Madhu Kumar, Alumna and Former Section Officer, Accounts	2	Rs.6000/-		Meritorious sportspersons
4.	Ms. A. Malathi Memorial Scholarship	Dr. Sheela Kumari. S., Alumna and Teacher in the college	1	Rs. 6000/-	2021-22	Sportsperson of the Year

Award

S.No.	Name of Scholarship	Sponsor	Number	Amount @	Year Initiated	Recipient
1.	Dr. Shashi Tyagi Award	Dr. Shashi Tyagi, Former Principal	1	Rs. 5000/-	2019-20	Best Sportsperson (All the Three Years)