

PHYSICAL EDUCATION AND SPORTS SCIENCES

Welcomes You



SHAHEED RAJGURU COLLEGE OF APPLIED
SCIENCES FOR WOMEN UNIVERSITY OF DELHI

FACULTY MEMBERS

Dr. Bimla Pawar
(Assistant Professor)
Ph.D, PG DSM, M. Phil



MRS.VENIKA GUPTA
(Associate Professor)



DEPARTMENTAL ACTIVITIES

- **Sports Activities**
- **Academic Teaching**
- **Community Activity**





SPARDHAA '26

The Annual Sports Fest

SPORTS DISCIPLINES

- Athletics
- Aerobics
- Basketball
- Badminton
- Chess
- Carrom
- Handball
- Kho-Kho
- Softball
- Shooting
- TT
- Volleyball



Game wise Achievements



AEROBICS

YEAR	EVENTS	POSITION
2025-26	Maharaja Agrasen College	1st Position
2025-26	Sri Guru Nanak Dev Khalsa College.	1st Position
2025-26	Spardha SRCASW Sports Tournament	2nd Position



BADMINTON

YEAR	EVENTS	POSITION
2025-26	NDIM	1st Posititon



KHO-KHO

YEAR

EVENTS

POSITION

2025-26

·Don Bosco institute of
technology

2nd Position



BASKETBALL

YEAR	EVENTS	POSITION
2025-26	·Don Bosco Institute of Technology	1st Posititon
2025-26	New Delhi Institute of Management	2nd position



YOGA

YEAR	EVENTS	POSITION
2025-26	Spardhaa SRCASW Sports Tournament	1st Posititon
2025-26	Ram Lal Anand College Inter- College Yoga Competition	1st Posititon
2025-26	Spardhaa Shaheed Rajguru College of Applied Sciences for Women	2nd position



TABLE TENNIS

YEAR	EVENTS	POSITION
2025-26	DCBA	1st Posititon
2025-26	DBA	1st Posititon
2025-26	DTU	1st Posititon
2025-26	SRCASW	1st Posititon



VOLLEYBALL

YEAR	EVENTS	POSITION
2025-26	GD Goenka University, Gurgaon	2nd Position
2025-26	GD Goenka University, (Sportopia'26)	2nd position
2025-26	Spardhaa Shaheed Rajguru College of Applied Sciences for Women	2nd Position



SPORTS ACHIEVERS



KRITI DUBEY

- Young Achievers Awardee in Bhajan Clubbing on 13th February 2026 organised by Delhi Tourism at Ram Lal Anand College
- Presented a paper titled “Breaking Barriers: Gender Equality and Empowerment of Women in Sports” in National Conference on “Bhartiya Drishti Se Khel Srishti: Building a Viksit Bharat through Sports, Yoga, Physical Activity and Wellness”, on 24th March 2026 organised by Indira Gandhi Institute of Physical Education & Sports Sciences, University of Delhi



PAYAL

- Won 1st position in intercollege yogasana tournament of Ram Lal Anand college on 25 March 2026
- Secured 3rd position at Shaheed Bhagat Singh College on 12 April 2025.
- Achieved 1st position in the Interdepartmental Competition at Shaheed Rajguru College of Applied Sciences for Women on 15 September 2025.
- Won 1st position at the National Yogasana Sports Federation (NYSF), Gurugram on 18 August 2025.
- Secured 3rd position at NYSF, Gurugram on 18 August 2025.
- Participated in the Haryana Olympics (18–21 age category) held in Kurukshetra from 3–5 November 2025.
- Achieved 1st position in Spardhaa, organized by Shaheed Rajguru College of Applied Sciences for Women on 5 February 2026.
- Secured 1st position in national yogasana tournament held in Maharishi University Ayodhya by Yoga Sports federation on 11-12th April, 2026
- Secured 2nd position in the Spardhaa Rhythmic Yogasana Competition at Shaheed Rajguru College of Applied Sciences for Women on 5 February 2026



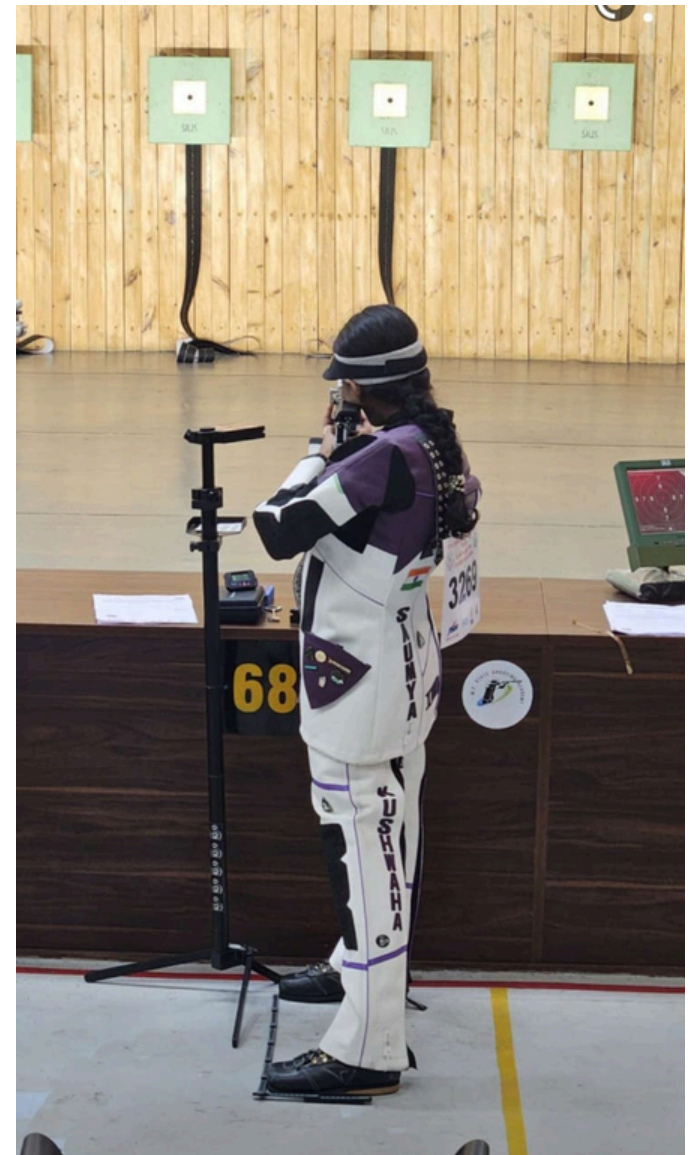
AYUSHI

- Women singles 1st position and Mix doubles 2nd position in Delhi districts 1st to 4th April 2025 organised by DCBA
- Women singles 2nd position Delhi state's 2nd to 11th June 2026 organised by DCBA
- Women singles 2nd position Delhi ranking 16th to 28th October organised by DCBA
- Women singles 1st position Smash it out Delhi ncr 10th to 12th April 2025 organised by DBA
- 1st position in Aavahan 11th to 13th April 2025 organised by DTU
- 2nd position in Jazba on 5th April 2025 organised by IHE
- 1st position woman doubles in Spardhaa on 6th February 2026 organised by SRCASW
- 2nd position women singles, Spardha on 11th-12th February 2026 organised by NDIM



SAUMYA KUSHWAHA

- Secured 2nd position in 50m Rifle Junior Women at 44th North Zone (Pre National) Shooting Championship in October 2025 organised by National Rifle Association of India
- Secured 2nd position in 50m Rifle Women at 44th North Zone (Pre National) Shooting Championship in October 2025 organised by National Rifle Association of India
- Secured 1st position in 50m Rifle Junior Women at 48th UP State Shooting Championship in September 2025 organised by Uttar Pradesh State Rifle Association
- Secured 1st position in 50m Rifle Junior Women at 28th Pre UP State Shooting Championship in July 2025 organised by Uttar Pradesh State Rifle Association



SMILE BANSAL

- 2nd best female in chess tournament organised by Shyam Lal College on 23rd February 2026.
- 1st prize in jazba'26 organised by IHE on 25th February 2026.
- 2nd prize in chess tournament organised by DME on 25th March 2026.
- 3rd prize in chess tournament organised by maharaja Agrasen college on 24th March 2026.
- 2nd prize in ignite organised by IGDTUW on 29th March 2026.
- 1st prize in ignite organised by IGDTUW on 30th March 2026



SHALU

- Selected in North Zone Inter University Kho Kho (Womens) Championship 2025-2026 on 02-04-2026 to 05-04-2026 organised by Chaudhary Devi Laal University, Sirsa



SHRUTI

- Secured 1st position in national yogasana tournament held in Maharishi University Ayodhya by Yoga Sports federation on 11-12th April,2026



Practice Schedule

	Session	Days per Week	No. of Trainee Enrolled	Sports Disciplines
	07:00 AM – 08:45 AM	05 days	90/100 around every year	10 Sports

GENERIC ELECTIVE IN PHYSICAL EDUCATION

Sem	Paper Name	Theory/Practical	
I	Fitness and Wellness	Theory + Pr.	
II	Stress Management	Theory + Pr.	
III	Olympic Education	Theory + Pr.	
IV	Injury Prevention & Rehabilitation in Sports	Theory + Pr.	

GENERIC ELECTIVE IN PHYSICAL EDUCATION

Sem	Paper Name	Theory/ Practical	
V	Lifestyle Management through Physical Education	Theory + Pr.	
VI	Obesity Management	Theory + Pr.	
VII	Sports for Leisure and Recreation	Theory + Pr.	

Community Activities

- Counseling
- Pep Talk
- Motivational Therapy
- Autogenic Training
- Mental Imagery
- Psychological Skill Training
- Community Outreach Programs

Opportunities

- Fitness / exercise workshops for general college students and teaching and non- teaching staff.
- Holding of Inter Stream Sports Competition Namely Rajguru Memorial Olympiad.
- Fitness Assessment Camp/Fair on the Psychological and Physiological Variables
 - For College Students
 - For College Teaching Faculty
 - For College Non-Teaching
 - For Society



Thank
you