

# 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**



**Dr. Punita Saxena**  
**(Associate Professor)**  
**Ph.D. (Mathematics)**



# DEPARTMENTAL ACTIVITIES

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



# SPARDHAA: THE ANNUAL SPORTS FEST



SPARDHAA'23



# SPORTS DISCIPLINES

- Athletics
- Aerobics
- Basketball
- Badminton
- Chess
- Carrom
- Kho-Kho
- Table-Tennis
- Volleyball



# GAME WISE ACHIEVEMENTS



# AEROBICS

YEAR	EVENTS	POSITION
2022-23	Aerobics Competition in Miranda House	1st Position
2022-23	Ramanujan Inter - College Aerobics Tournament	2nd Position
2022-23	Spardhaa SRCASW Sports Tournament	2nd Position
2022-23	Kalindi Inter -College Tournament	3rd Position



# BADMINTON

YEAR	EVENTS	POSITION
2022-23	Spardhaa SRCASW Sports Tournament	2nd Position
2022-23	SPORTIKON(Bennet University)	Participated
2022-23	Smash it up ( Lady shree ram )	Participated



# KHO-KHO

YEAR	EVENTS	POSITION
2022-23	Spardhaa SRCASW Sports Tournament	2nd Position
2022-23	Delhi State Kho-Kho Championship	3rd Position



# BASKETBALL

YEAR	EVENTS	POSITION
2022-23	Indraprastha College Women's Open Basketball Tournament	Participated
2022-23	Agrasen Cup Meet in Maharaja Agrasen College	Participated
2022-23	Sports fest of Miranda House College	Participated
2022-23	Sports fest of DTU	Participated



# YOGA

YEAR	EVENTS	POSITION
2022-23	Spardhaa SRCASW Sports Tournament	1st Position
2022-23	Miranda House Inter-College Yoga Competition	2nd Position
2022-23	Delhi State Yogasana Sports Cup	Participated



# TABLE TENNIS

YEAR	EVENTS	POSITION
2022-23	Kalindi Inter-College Tournament	2nd Position
2022-23	Spardhaa SRCASW Sports Tournament	Participated
2022-23	LSR Sports Tournament	Participated
2022-23	Aahvaan (Dtu )	Participated



# VOLLEYBALL

YEAR	EVENTS	POSITION
2022-23	Spardhaa SRCASW Sports Tournament	3rd position
2022-23	Kalindi College	4th position
2022-23	Christ University	3rd position
2022-23	IGNITE Sport fest (IGDTUW)	Participated
2022-23	Aahvaan - DTU sports fest	Participated



# SPORTS ACHIEVERS



# SONALI SINGH

- 1) Khelo India Youth Games (2020)-  
3<sup>rd</sup> position
- 2) All India Jr. Ranking Badminton  
Tournament- Winner
- 3) East Zone Inter State Badminton  
Championship (2019)- 3<sup>rd</sup> position
- 4) Khelo India Youth Games (2019)-  
3<sup>rd</sup> position



# RITIKA DABAS

- 1.) All India senior ranking tournament Hyderabad 2022.**
- 2.) All India senior ranking tournament vishakhapatnam 2022.**
- 3.) All India senior ranking badminton championship pune-Maharashtra 2022.**
- 4.) Open Delhi state badminton tournament 2022 (quarterfinal).**



# NANCY SINGH

- 1) Secured first position in ICSE National Kho-Kho Tournament held in Noida.**
- 2) Participated in SGFI Kho-Kho Championship held at Indore.**
- 3) Secured Third position in 200m race in ASISC Athletic Meet held at Allahabad.**
- 4) Secured second position in Open district Kho-Kho**



# NITYA BHATIA

- 1) Participated in 65TH National Shooting Championship in Rifle Events held at THIRUVANTHAPURAM, KERALA.**
  - 2) NATIONAL PLAYER IN SHOOTING, qualified nationals in 2022.**
  - 3) Secured GOLD MEDAL in Haryana state shooting competition.**
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# ANCHAL PATEL

- 1) Participated in the Cultural Program at the Prime Minister's Rally 2023, held at New Delhi, on 28 January 2023.**
- 2. Secured first position in State level Yoga Competition U-17 held in, Haryana.**
- 3. Secured second position in U-17 held at G.D. Goenka Public School, Haryana**
- 4 Secured first position in Yoga**



# ABHILASHA TARIYAL

**1) Winner in 4 Km Marathon held at New Delhi**

**2) Represented Delhi State at SGFF Football Nationals held at Andhra Pradesh**

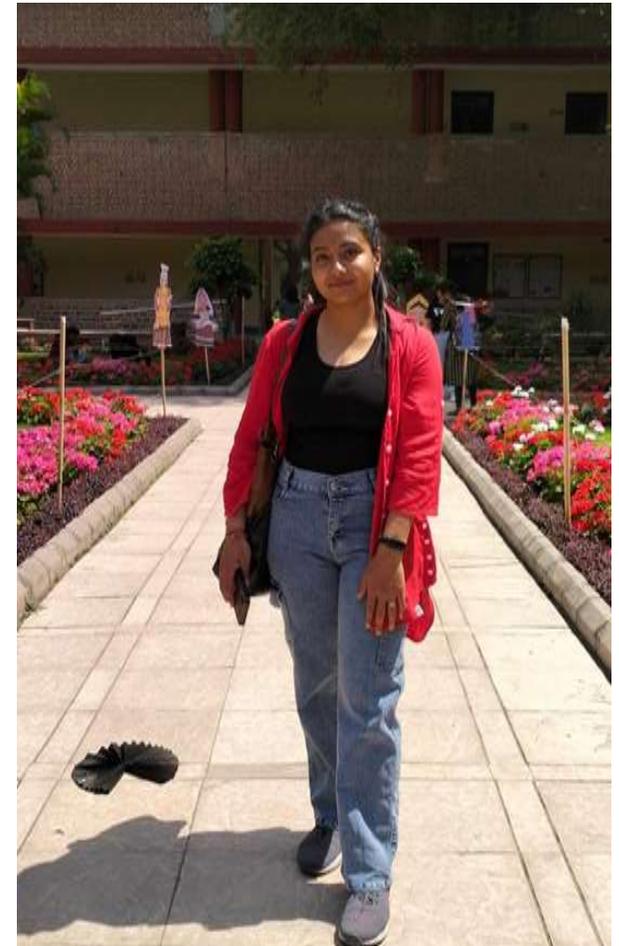
**3) Secured Third position in Football Nationals held at Uttar Pradesh**

**4) Secured Second position in Delhi Central Zone Football Competition**



# SAKSHI SINGH

- 1) 3rd position in SPARDHA'22 inter college Aerobics Competition**
- 2) 3rd position in EROBERN'22 organized by Miranda house (inter college Aerobics Competition)**
- 3) 2nd position in Inter college Aerobics Competition organized by Arogya fitness club of kalindi college[ 12th April 2022]**



# GYANENDRI

**1) Winner in 10th National Yoga Meet-2017 in UNDER-17 Yoga Asana event held at Chandigarh.**

**2) Participated and secured 4th position in 38th Delhi State Yoga Championship held at Najafgarh, New Delhi from 10 October to 12 October, 2022.**



# PRITEE

- 1) Participated in 63rd NATIONAL SCHOOL GAMES BASKETBALL GIRLS UNDER 19 PANCHKULA, HARYANA.**
- 2) Participated in 64th NATIONAL SCHOOL GAMES 2018-19 BASKETBALL GIRLS UNDER-19 NCT OF DELHI, DELHI**



# HANSIKA RAI

**Secured 2nd Position in  
Tournament held at DDA Sports  
complex**



# DARSHITA DIMRI

**Secured 3rd position in the  
tournament held at Institute of  
Home Economics**



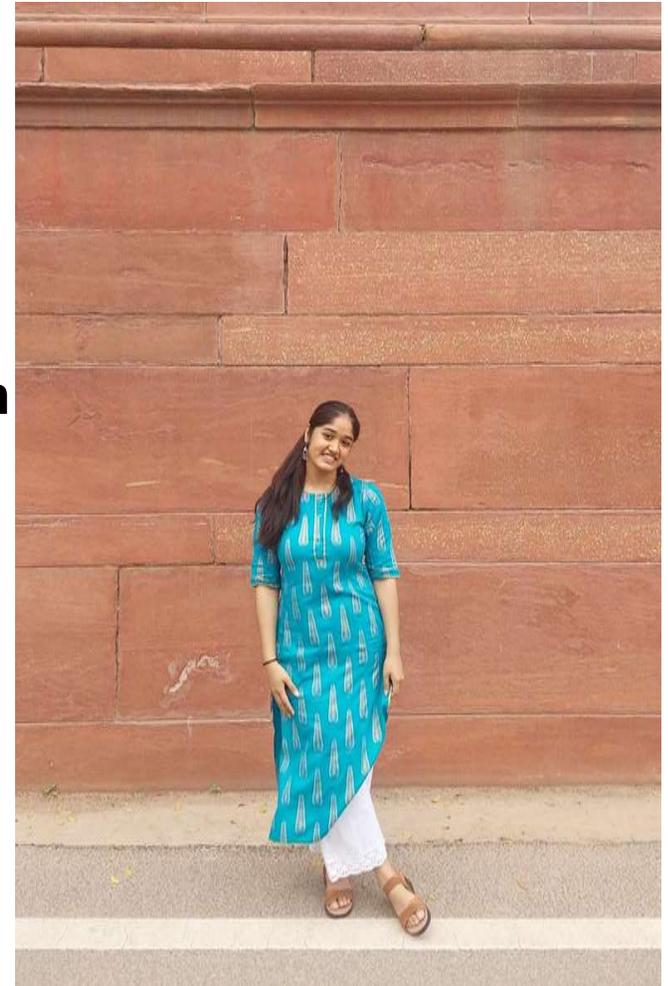
# KHUSHI JAISWAL

**Secured 2nd position in inter-college women's doubles tournament at Delhi University on 20th January 2023.**



# HARSHITA RAWAT

- 1) Secured 2nd Position in CBSE Inter school sports and games competitions 2019-20 in Girls U-17 events held in Delhi, India.**
- 2) Secured 1st Position in 19th INTER PUBLIC SCHOOL SWIMMING AND BADMINTON COMPETITION 2019- 20 in Girls UNDER 19 EVENTS in Delhi.**
- 3) Participated in 4th PRADEEP VIRENDRA SINGH MEMORIAL OPEN DELHI STATE RANKING BADMINTON CHAMPIONSHIP (UNDER THE AEGIS OF DCBA) 2019- 20 in Girls Single UNDER 17 EVENTS from 14th to 22nd May 2019 held at Delhi.**
- 4) Participated in 4th PRADEEP VIRENDRA SINGH MEMORIAL OPEN DELHI STATE RANKING BADMINTON CHAMPIONSHIP (UNDER THE AEGIS**



## FACILITIES PROVIDED

- **Daily Refreshment after sports practice session.**
- **Match Refreshment.**
- **Entry fee Reimbursement.**
- **Game specific kits. The kit comprises T-shirt and shorts, yoga costumes, leggings as per the game requirement.**
- **All required equipment.**
- **Transport for outside tournaments/competitions**

# PRACTICE SCHEDULE

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

# GENERIC ELECTIVE IN PHYSICAL EDUCATION

<b>Semester</b>	<b>Paper Name</b>	<b>Theory/Practical</b>	<b>Code No.</b>
<b>I</b>	<b>Yoga &amp; Stress Management</b>	<b>Theory + Pr.</b>	<b>12555101</b>
<b>II</b>	<b>Obesity Management</b>	<b>Theory + Pr.</b>	<b>12555261</b>
<b>III</b>	<b>Aerobics Training</b>	<b>Theory + Pr.</b>	<b>12555324</b>
	<b>Fitness &amp; Exercise</b>		

# 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**



Thank  
you