Department of 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)



Ms Venika Gupta (Convenor)

DEPARTMENTAL ACTIVITIES

- Sports Activities
- Academic Teaching
- Community Activity



SPARDHAA: THE ANNUAL SPORTS FEST



SPORTS DISCIPLINES

- Aerobics
- Basketball
- Badminton
- Chess
- Handball
- Kho-Kho
- Table-Tennis
- Volleyball
- Yoga









GAME WISE ACHIEVEMENTS



AEROBICS

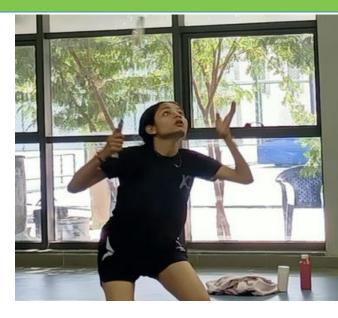
YEAR	EVENT ORGANISED	POSITION
2023-24	SRCASW	2nd Position





BADMINTON

YEAR	EVENT ORGANISED	POSITION
2023-24	SRCASW	3rd Position





BASKETBALL

YEAR	EVENTS ORGANISED	POSITION
2023-24	Inter-College Basketball match, organized by New Delhi Institute of Management in Jasola Sports Complex, Delhi.	3rd Position
2023-24	Agrasen Cup Meet in Maharaja Agrasen College	Participated





CHESS

YEAR	EVENT ORGANISED	POSITION
2023-24	SRCASW	2nd Position





КНО-КНО

YEAR	EVENT ORGANISED	POSITION
2023-24	SRCASW	3rd Position





TABLE TENNIS

YEAR	EVENT ORGANISED	POSITION
2023-24	SRCASW	3rd Position





VOLLEYBALL

YEAR	EVENT ORGANISED	POSITION
2023-24	SRCASW	3rd Position





YOGA (Non-Rhythmic)

YEAR	EVENT ORGANISED	POSITION
2023-24	SRCASW	1st Position





YOGA (Rhythmic)

YEAR	EVENT ORGANISED	POSITION
2023-24	SRCASW	3rd Position



SPORTS ACHIEVERS



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 Championship.



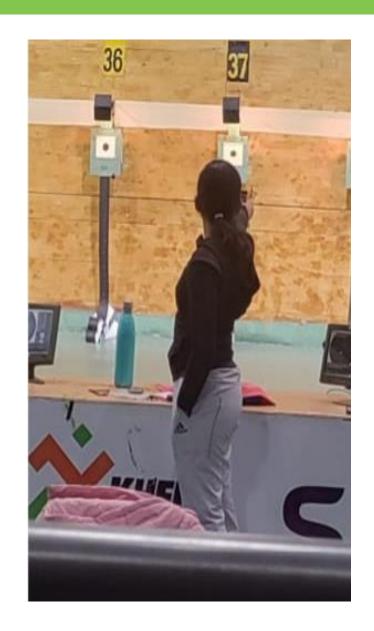
Nitya Bhatia

- 1. Participated in 65TH National Shooting Championship in Rifle Events held at Thiruvananthapuram, Kerala.
- 2. National player in shooting, qualified nationals in 2022.
- 3. Secured Gold medal in Haryana state shooting competition.



MUSKAN CHAHAL

- 1. 66th National Shooting Champion Competitions (Pistol Events) held at Bhopal, MP.
- Qualified in all 3 events and selected for India team trials -10 mtr air pistol,
 mtr sports pistol and standard pistol.
- 3. Secured 4th position in 10 meter air pistol in KHELO INDIA UNIVERSITY GAMES 2023-2024.
- 4. SGFI District -1st position (Gold Medal).
- 5. SGFI State 1st position (Gold Medal).
- 6. First position in Delhi University Inter College Shooting Championship.



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 Competition held at BRCM, Haryana.



ABHILASHA TARIYAL

- 1. Winner in 4 Km Marathon held at New Delhi.
- 2. Represented Delhi State at SGFI 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



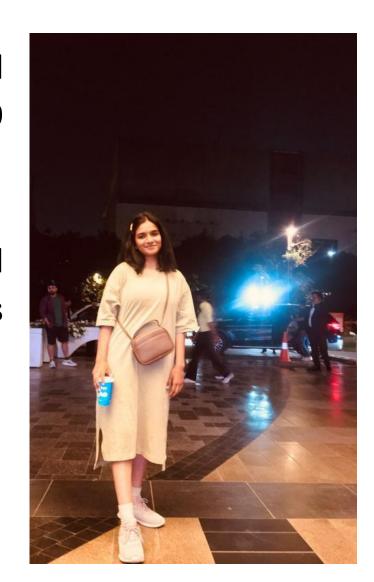
GYANENDRI

- 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, Delhi



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

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

GENERIC ELECTIVE IN PHYSICAL EDUCATION

Semester	Paper Name	Theory/Practical
I	Fitness and wellness	Theory + Pr.
II	Stress Management	Theory
III	Olympic Education	Theory
IV	Yoga and Stress Management	Theory + Pr.
V	Lifestyle Management through Physical Education	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"