

# 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



**SPARDHAA'24**



# 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



# KHO-KHO

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.
2. Qualified in all 3 events and selected for India team trials -10 mtr air pistol, 25 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
<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

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”**