

MATA SUNDRI COLLEGE FOR WOMEN
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES
ANNUAL REPORT 2019-2020

Mata Sundri College for Women has always been dedicated towards all round development of the students. The sports department provides fruitful opportunities in numerous fields of sports. Students of our college excelled in sports and brought laurels to the college by winning medals and by participating in **INTERNATIONAL, ALL-INDIA UNIVERSITY, NATIONALS, INTER-COLLEGE AND STATE-LEVEL** tournaments/competition. Mata Sundri College is acknowledged for producing sports person of high caliber. It is possible by regular and disciplined practice sessions under trained coaches of various sports like JUDO, WRESTLING, VOLLEYBALL, TAEKWONDO, KHO-KHO, KABADDI, etc.

This year our various teams won championships and medals in different games at INTERNATIONAL, ALL-INDIA UNIVERSITY, NATIONALS, INTER-COLLEGE AND STATE-LEVEL. And it is a matter of immense pride that our college has 2 international representative, 5 Khelo India representatives, 10 all-India and inter-universities, 26 national and state representatives.

Sports department has also organized the following activities to promote sports:-

1. seminar on shastar vidhya, "JAI TE GANG, RABAB TON NAGARE TAK"
2. Annual Invitational INTER-COLLEGE Tournament in JUDO (w), KABADDI (w) and ATHLETICS (M & W) for PH/VH students of DELHI UNIVESITY.

and for Women.

3. Annual sports day 2019-20

SEMINAR ON SHASTAR VIDHYA, "JAI TE GANG, RABAB TON NAGARE TAK"

Commemorating 550 anniversary of Sahib Sri Guru Nanak Dev ji, The Department Of Physical Education Of Mata Sundri College For Women organized a seminar on “**SHASTAR VIDHYA**”- "JAI TE GANG, RABAB TON NAGARE TAK" in association with **Delhi Gatka association (DGA), Delhi Sikh Gurudwara Management Committee (DSGMC)** and **Tegh Sikh Martial Arts Academy, Delhi(TSMAAD)**. The distinguished guests for the seminar included, **chief guest** - Dr. Sukhpreet Singh Udhoke , **Guest Of Honour** - Paramjeet Singh Rana (President, Delhi Gatka association), Principal ma'am and honourable GB members

The seminar commenced with kirtan, celebrating the creation of Khalsa,
ਖਾਲਸਾ ਮੇਰੇ ਰੂਪ ਹੈ ਖਾਸ ॥ ਖਾਲਸੇ ਮਹਿ ਹੈ ਕਰੈ ਨਿਵਾਸ ॥ ਖਾਲਸਾ ਮੇਰੇ ਮੁਖ ਹੈ ਅੰਗਾ ॥ ਖਾਲਸੇ ਕੇ ਹੋ
ਸਦ ਸਦ ਸੰਗਾ ॥

Seeking blessings of Guru Gobind Singh ji Maharaj, the seminar started off with the first performance by JAI TE GANG KAVISHARI JATHA.

Furthermore audience savoured the falavours of bravery stirred by the ballads recited by the jatha.

After that the Principal ma'am spoke to the audience a word of kindness and welcomed everyone.

Next in line was the **NAGARA** performance staged by the students of Tegh Sikh Martial arts Academy, Delhi showcasing how the needful message was conveyed when there were fewer sources of communication

followed the lecture of our distinguished and renowned scholar of Sikh artefacts and history, **Dr. Sukhpreet Singh Udhoke** whose influential presence the audience were privileged to enjoy.

. Audience were much delighted to have an insight into his knowledge. In a very short span of time, Dr. Sukhpreet Singh ji managed to pack the audience with priceless facts and stories about Sikh Gurus and shastar vidhya.

Following the lecture **the students of Mata Sundri College** displayed a wonderful **shastar act**, spinning weapons, kirpans, jamdarh, gurj and bhala. It was a treat for the eyes and the ears to watch the girls smartly dressed in gurumukhi bana

deliver such a daring act alongside the recitation of Chandi di vaar by shaheed Akaali baba Foola Singh ji.

with a vote of thanks by **Ms. Charanjeet Kaur (Convenor)**, the seminar reached to a close.

Annual Invitational INTER-COLLEGE Tournament in JUDO and KABADDI for Women.

Mata Sundri College for Women organised **53rd Annual invitational inter college tournament** on **12th- 13th February, 2020**. Our purpose is to encourage and promote sports among the enthusiasts from all the colleges of Delhi therefore colleges from all over delhi university were invited to participate. Our tournament includes following sports/events-

Judo (W), Kabbadi (W), Athletics (for visually challenged – M & W) the tournament was held at Mata Sundri College **Sports Complex**. More than 30 colleges participated .

Annual sports day 2019-20

53rd Annual Sports Day of **Mata Sundri College** was organised on **14th February, 2020** by **Department of Physical Education**. The talents of the athletes and staff of the college were showcased. Many eminent personalities graced this occasion with their presence. The **Chief Guest** for the day was Mr. M.S.Tyagi (General Secretary Of Kho Kho Federation-India), **Guest of Honour**, Dr. Masroor Ahmed Beg (Principal, Zakir Hussain College,D.U.) and Ms. Priya Raghav (International Shooting World Record Holder).The programe began on a high note with a well-orchestrated Opening Ceremony, done by NCC unit of the college along with physical education and B.El.Ed students. The **Sports President** Ms.Pathika Sharma , took the Oath on behalf of all the students of the College . The sports day Meet was declared open by **The Principal- Dr. Harpreet Kaur**. The yoga team of alumni students and the College teams demonstrated their skills in front of the audience. All the performances were treat for the eyes. The gathering was then addressed by the Chief Guest and Guest of Honour. In their speeches they emphasized on the importance of women in society and sports. They laid emphasis on the need for character-building to develop through perseverance and competition, which

motivated the students, a lot. Thereafter, the fun Races for all the students and staff followed. Innovative races like sack race, balloon race, obstacle race etc. kept the entire audience enthralled. Our sports achievers were awarded by our eminent guests and the Principal during the celebrations.

ACHIEVER'S GALAXY

ARCHERY:-

Kaushiki participated in INTER-COLLEGE tournament and secured 2nd position, she also participated in ALL-INDIA. She is also selected for KHELO INDIA.

ATHLETICS:-

Our college team of 5 participated in INTER-COLLEGE and **Neha** secured 2nd position in 400m. She secured 3rd Position in DELHI STATE 100m&200m. She also participated ALL-INDIA.

BADMINTON:-

Our college team participated in INTER-COLLEGE and IP COLLEGE INVITATIONAL tournament.

BOXING:-

Our college team participated in INTER-COLLEGE and secured 6th rank out of 40 colleges.

Sneha of our college participated in DELHI STATE and secured 1st position; she also participated in INTER-COLLEGE and secured 1st Position. She was also selected in NATIONALS and ALL INDIA UNIVERSITY.

Komal participated in OPEN NATIONAL and secured 1st position. She also participated in INTER-COLLEGE.

CHESS:-

Introduced for the first time in college, our chess team participated in inter-college tournament and secured 8th rank all-over DELHI UNIVERSITY.

HANDBALL:-

Introduced for the first time in college, our HANDBALL team participated in INTER-COLLEGE tournament and secured 5th rank.

JUDO:-

Our college team is 3rd in the overall ranking of DELHI UNIVERSITY.

Our college team overall secured 4 gold, 1 silver and 5 bronze medals.

Akriti participated in JUNIOR-NATIONAL.

KABADDI:-

Our college team secured 4th rank in INTER-COLLEGE TOURNAMENT.

KHO-KHO:-

Our college team participated in INTER-COLLEGE TOURNAMENT and secured 4th rank.

Priya and **Tannu** participated in NATIONAL FEDERATION.

Meenakshi participated in SENIOR NATIONAL.

SHOOTING:-

Our college team participated in STATE, NORTH-ZONE, AND NATIONALS and all the three members **Hanshika**, **Neeshu** and **Gurveen** have qualified for INDIA TEAM SELECTION TRAILS and WORLD CUP SELECTION TRAILS.

SWIMMING:-

Priya participated in INTER-COLLEGE TOURNAMENT and secured 4th rank.

TAEKWONDO:-

Yashika participated in 3rd KATHMANDU INTERNATIONAL KYORUGI AND POOMSAE TAEKWONDO CHAMPIONSHIP and won 1 silver and a bronze medal. She also participated in JUNIOR STATE Wushu Championship and secured 2nd position.

Alisha participated in INTER-COLLEGE TAEKWONDO TOURNAMENT and won a bronze medal.

VOLLEYBALL:-

Our college team participated in BOSM, 2019 at BITS PILANI, Rajasthan and secured 2nd position.

Pathika participated in SENIOR-STATE, Delhi and secured 3rd position.

Sandeep participated in JUNIOR-STATE, Delhi and won Gold medal.

Bhoomika, Kajal and Aarti participated in YOUTH-STATE, Delhi and won bronze medal.

RUGBY:-

Archana participated in ALL-INDIA, Junior Rugby Tournament

Tannu participated in ALL-INDIA, Junior Rugby Tournament. She also secured 2nd Place Senior ALL-INDIA.

WEIGHTLIFTING:-

Our college team participated in INTER-COLLEGE TOURNAMENT.

WRESTLING:-

Our college team is ranked 2nd in overall DELHI UNIVERSITY. Wrestling also won 2 gold, 2 silver and 5 bronze medals.

Akriti participated in inter-college and secured 1st position. She also participated in ALL-INDIA and got selected in KHELO INDIA.

Anju participated in inter-college and secured 1st position. She also participated in ALL-INDIA and won a gold medal.

TARGET-BALL:-

Archana and **Shilpa** of our college participated in Target Ball, SENIOR STATE, Target Ball NATIONAL; NORTH ZONE Target Ball and won 2 gold and 2 silver medals.

BOULES:-

College Team of 6 girls participated in SENIOR NATIONALS WOMENS DOUBLES and won 3 gold and 3 bronze medals.

FRISBEE:-

Kalpana participated in ULTIMATE FRISBEE SECTIONAL and secured 1st Position. She also participated in ULTIMATE FRISBEE NATIONAL and secured 3rd Position. She Got Selected In INDIA Team.

GATKA:-

Mankeerat participated in NATIONALS and secured 1st Place and 2nd Place in SIKH NATIONALS. She also participated in DELHI STATE and secured 2nd Place.

Yashdeep participated in NATIONALS and secured 2nd Place. She also participated in DELHI STATE and secured 3rd Place.

Kamakhya participated in SIKH NATIONALS and secured 3rd Place

Parvinder participated in SIKH NATIONALS and secured 3rd Place

Kritneet participated in DELHI STATE and secured 2nd Place.

Amandeep participated in DELHI STATE and secured 3rd Place.