



Institute of Home Economics
University of Delhi
Accredited 'A' Grade by NAAC
'Star College Scheme' by DBT
DST-FIST Awardee



Department of Physical Education and Sports Sciences

Institute of Home Economics

University of Delhi



Sports Annual Report

2016-2021

The Department of Physical Education & Sports Sciences at IHE contributes meaningfully to College life by delivering **enjoyable, inclusive, and varied sports/health/fitness-related** activities beyond the notions of winning and losing. **The well-equipped Sports Centre and Gym facility** are other steps toward a nurturing and healthy campus. The college has an **Air Conditioned Gymnasium, well equipped with the latest equipment to cater to the needs of students interested in fitness workouts.**

College does provide facilities for **Badminton, Basketball, Chess, Carom, Judo, Table-Tennis, Taekwondo, and Yoga.** While recreational, **Inter-House**, and **competitive sport** constitutes the highest levels of participation **at College, Inter-College, University, and National levels** in different sports activities as mentioned above.

The heartbeat of sport at the third level are the **Zumba, Self-Defense, and Yoga classes organized for students regularly, along with Meditation, Stress Management, and Diet Counseling sessions.**

Department also organizes many competitions on the occasion of college Sports-Fest “**ENTHUSIA**,” like **Inter-College Basketball & Yoga Championships, Sports Quiz, Sports Debate, etc. Fun races, Tug of War, Throw ball, Chess and Carrom** competitions for the Students, and Teaching and Non-Teaching staff are the main attractions of “Enthusia”. Eminent sports personalities and sports scientists are invited to inspire the students.

Seminars/Workshops/Webinars related to **Physical & Mental Wellbeing, Sports Nutrition, Sports Management, Sports Journalism, Obesity Management, Yoga & Stress Management, and Fitness (Fat to Fit)** are organized regularly for staff & students.

Important events like **Independence Day, Olympic Day, National Sports Day, and International Yoga Day** are celebrated with full enthusiasm.

IHE Teams and individuals continued a proud tradition of involvement and success at various competitions. Student Sport thrived through many achievements mentioned below:

IHE Sports Achievements 2016-2019 at Glance

Recognition of excellence was achieved through the following competitions:

- MONA HOODA of Food Technology won a **GOLD MEDAL** in Delhi University Inter-College Boxing Championship 2018-19.
- Represented Delhi University at the All India Inter-Varsity Boxing Championship 2018-19.
- Won **GOLD MEDAL** IN District Level Khel Mahakhmbh 2017-18

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- ANJALI GAUR- B.Sc. Biochemistry (H) won GOLD and SILVER MEDALS in Delhi University Taekwondo Tournament 2016-17 and 2017-18, respectively.
 - Represented DU at the All India Inter-Varsity Taekwondo Tournament 2017.
 - Secured 1st Place (Gold Medal) National Junior Taekwondo championship 2016

GARIMA TOKAS - B.Sc.H.Sc (H) was selected for **Asian Kurash Championship 2017-18**

- Secured 1st POSITION (Gold Medal) in Junior National Judo Championship 2017-18
- Won a GOLD MEDAL in Delhi University Judo Tournament in 2016-2017 & 2017-18
- Represented DU in All India Inter University Judo Championship 2017-18
- Secured 1st POSITION (Gold Medal) in Senior National Kurash Championship 2017
- Secured 1st POSITION (Gold Medal) in open Delhi State Judo Championship 2018
- Secured 1st POSITION (Gold Medal) in North Zone Kurash Championship 2018-19
- Secured 3rd POSITION in Rev. Tytler International Kurash Championship 2019
- Secured 1st POSITION in LSR open Women Inter College 2017, 2018, 2019

YOGA TEAM

- Won GOLD MEDAL in Yoga Federation Cup 2017-18 at Ujjain.
- Won GOLD MEDAL in Delhi State Yoga Championship at Panipat 2017-18.
- Won GOLD MEDAL in Delhi State Yoga Championship at Maharaja Agrasen Institute of Management and Technology 2017.
- The college teams participated in the Delhi University Inter-college Athletics, Badminton, Basketball, Boxing, Chess, Judo, Power Lifting & Weight Lifting, Table Tennis, Taekwondo, and Yoga Competitions.
- Our students participated in Inter-university Trials 2016 (Basketball, Judo)
- Our students participated in the “Dr. Bharat Ram Sports Meet” organized by Lady Shri Ram College and won GOLD, SILVER, and BRONZE MEDALS in Athletic Events and Judo.
- The college teams also participate in the invitational tournaments organized by other DU colleges and have won many positions in different sports events.

Glimpses of Sports Events and Activities



Picture: Inauguration of Sports Event



Picture: Felicitating the Guest



Picture: Inter-House Oath Ceremony



Picture: Towards Fitness with Yoga



Picture: Fitness through Dance Movement



Picture: Yoga Performance at Enthusia



Picture: Participation by Non-Teaching Staff



Picture: Students at Badminton Court



Picture: IHE Fitness Gym

2016-2017

The Department of Physical Education & Sports Sciences continued to contribute meaningfully to college life via the delivery of enjoyable, inclusive, and varied sports/health related activities. Over a hundred of our students and staff are enrolled to use the Sports Centre and Gym facility. The newly constructed basketball ground was inaugurated on 24th October 2016. This year, the IHE Inter-college basketball tournament was organized. Students also received training in Self- Defense by trainers of the Delhi police. In addition, regular Yoga, Zumba and Aerobic classes were organized. Department organized a workshop ‘Effect of Exercise on Various Systems’ for the students. A significant highlight of the year was ‘Enthusia,’

first Annual Sports Fest 2017, a one-week sports festival imparting and ensuring an all-round sporting and recreational experience to every student and staff member. The chief guest for the opening ceremony was Mr. Yashpal Solanki (Sr. Intelligence Officer, Punjab Police and Arjuna Awardee for Judo) and the guest of honor was Prof. NS Mann (Punjab University and Ex-President, SPAI). A seminar on 'The Role of Exercise Science on Health Awareness' was conducted by Padamshree Dr. Yash Gulati. Lectures were delivered by Dr. Asmita Patil on Exercise Physiology, Dr. Monika Wasuja on Sports Nutrition, Ms. Sumiran Tandon on Sports Psychology and Prof. KP Kochhar on Obesity Epidemiology. Workshops were also organized on 'Stress Management and 'Health and Well-being'. In the closing ceremony, the chief guest Mrs. Rashmi Rani (Commonwealth medalist Judo and Inspector in Police) graced the occasion and gave all the winners medals, trophies, and prizes.

Achievements in Sports

- Anjali Gaur won a Gold medal in Delhi University Taekwondo Tournament 2017 and will represent Delhi University at the All India Inter-Varsity Taekwondo Tournament 2017 to be held at MDU, Rothak.
- Garima Tokas won a gold medal in Delhi University Judo Tournament 2017.
- Students participated in 'Dr. Bharat Ram Sports Meet' organized by Lady Shri Ram College and bagged several medals
- Pooja Chaudhary won Silver medals in Triple Jump and Long Jump and Bronze medal in 100 meters.
- Garima Tokas won a gold medal in Judo – 70 kg.
- Usha Dagar won a Bronze medal in High-jump.
- Anjali Gaur of B.Sc. Biochemistry (H) secured 1st place (Gold medal) in the National Junior Taekwondo Championship 2016.
- The Women Empowerment Cell, KMC Pahal 2016 girls athletic meet was held on 29-30th September 2016, and students participated and won in Shot Put, Broad Jump and Relay Race events.

2017-2018

An exciting and fun-filled Sports Fest 'Enthusia', the second Annual Sports Fest 2017-18 has been the major highlight of the year. Inter-house Basketball, Table Tennis, Badminton, and Chess,

Athletic events and fun races for students and staff members were conducted. This year also, the IHE Invitational Inter-college basketball tournament, Yoga Championship, and Sports Debate competition have been organized. It was a two-day sports festival that emphasized imparting an all-around sporting and recreational experience to every student and staff member. Over five hundred participants from different institutions of the Delhi participated and made the event a grand success. Eminent sports personalities and experts were invited to inspire the students with their diverse and enriching experience.

Achievements of the Year

- Anjali Gaur won the gold medal in the Delhi university inter-college taekwondo tournament 2016-17.
- She represented Delhi University at the All India Inter-University Taekwondo Tournament 2017 held at MDU Rohtak.
- Garima Tokas won a gold medal in Delhi University inter-college judo tournament 2017-18 and secured 1st position in the junior national judo championship 2017-18. She participated in all India interuniversity judo championships 2017-18.
- Drishti won a gold medal at the district level in basketball, Khel mahakumbh 2017.
- Mona Hooda won a gold medal at the district level in the boxing championship 2017-18
- The yoga team won a gold medal in the Delhi state yoga sports championship held at Maharaja Agrasen Institute of Management and Technology on 15 th October 2017.

2018-2019

- The department lays great emphasis on shaping the overall personality of students, not limiting itself to a mere matter of winning and losing on the sports field. It improves the health, fitness, and wellbeing of the staff and students at I.H.E. The main characteristic of the department is its multidisciplinary approach. Inter-house competitions in various sports events are organized. College teams participated in the Inter college Tournaments organized by University of Delhi in Badminton, Basketball, Boxing, Chess, Judo, Power Lifting/ Weight Lifting, Table-Tennis and Yoga. IHE sports completed many milestone of success.

Achievements of the Year

- Mona Hudda of B.Sc. (Hons.) Food Technology won the Gold medal in the inter-college boxing championship.
- College Powerlifting team participated in National Powerlifting championship held on 26-30 September 2018 at Lucknow. Team also won Gold medal in North India Bench Press Championship 2018.
- Priya Sinha of B.Sc.H.Sc.HONS won Gold medal in National Yog Championship, won Gold medal in UP State Championship and Silver medal in Delhi State Yog Championship in the year 2018-2019.

2019-2020

The Department of Physical Education and Sport Sciences contributed meaningfully to college life by delivering enjoyable, inclusive, and varied Sports/Fitness/Health-related activities. Yoga day was celebrated on August 29th 2019. The college teams participated in the inter-college tournaments organized by the Delhi University in Boxing, Badminton, Table Tennis, Shooting, and Basketball events.

Achievements of the Year

- The college had its moment of pride when Mona Hudda of B.Sc. (Hons.) Food Technology won the bronze medal in the inter-college boxing championship.
- Vanshika Dureja of B.Sc. H.Sc. Pass participated in 10 m Air Pistol Haryana shooting championship from 23-28 July 2019 in Delhi.
- Vanshika Dureja participated in XXIX All India GV Mavlaner shooting championship held in Gujrat from 13-29 September 2019.
- Vanshika Dureja participated in 63rd National shooting championship held at Bhopal from December 7th to January 4th 2020.
- The department organized an online webinar on 'Stress Management: Maintaining Mind-Body Synergy' on May 21st 2020.
- Dr. Namita Saini published a book on "Yoga and Stress Management" ISBN-978-93-88457-58-3 in January 2020. Dr. Namita Saini attended about 50 International and National conferences/webinars/FDP during the lockdown. She was also invited as a guest speaker by the Physical Education Foundation of India on June 28th, 2020.

2020-2021

The Department of Physical Education & Sports Sciences contributed towards creating awareness amongst the students about the importance of Physical Activity, Yoga, and Meditation in the difficult time of COVID. Students were motivated to do Suryanamaskar and other exercises to keep themselves fit and healthy and to do Pranayams and Meditation for Stress Management. Students were encouraged and trained online to participate in online Inter-College yoga competitions—more than 40 students from Elementary Education 2nd year & B.Sc. (H) H. Sc. Sem-2 was motivated to attend the one-month workshop on Yoga organized by JDMC from May 21st to June 21st 2021 and 7 days online Yoga Workshop on the occasion of International Day of Yoga organized at the Institute of Home Economics. Students were also motivated and trained online to participate in the online National Yoga Competition organized by Hindu Girls College, Sonapat, Haryana, on June 17th 2021. Dr. Namita Saini participated in the faculty development program "Online Teaching using Google classroom and Google meet" on August 22nd 2020, organized by the Website and Automation Committee & Department of Microbiology, Institute of Home Economics, University of Delhi. Dr. Namita Saini Completed Webinar Series (Basic) on "Transforming Teaching-Learning Process Using ICT Tools" organized by IQAC, PGDAV College, the University of Delhi from 23rd to 25th July 2020. Dr. Namita Saini attended a one-day Faculty Development Programme on "Advanced Concepts in Google Classroom & Google Meet" conducted by the Automation Committee and Department of Microbiology, Institute of Home Economics, University of Delhi, on January 30th 2021. Dr. Namita Saini attended the virtual International Workshop on "Promoting Physical Activity in Schools: An effort to establish Comprehensive School Physical Activity Programs" on January 24th 2021, Organized by the Physical Education Foundation of India (NSPO) and recognized by the Ministry of Youth Affairs & Sports, Govt. Of India. Dr. Namita Saini participated in many International and National Webinars/Conferences on Physical Education/Sports/Yoga/Mental and Physical well-being etc., from July 2020 to June 2021.

An online Webinar on "Relevance of Physical Activity during COVID-19" was organized by the Department of Physical Education & Sports Sciences and Sports Committee at I.H.E. April 20th 2021. An online International Workshop on "Sports and Physical Activities in Schools" was organized for the unprivileged students of MCD schools for 3 weeks. These were held as a collaborative activity of Physical

Education with the Sports Committee and the Department of Elementary Education. It was a Community Outreach Programme in which IVth year students from Elementary Education attended an online International Workshop. E-Quiz was organized by the Sports Committee and the Department of Physical Education and Sports Sciences for all the undergraduate students of the University of Delhi on June 23rd 2021 to Celebrate International Olympic Day.

Dr. Namita Saini was invited as a resource person by the Physical Education Foundation of India (PEFI) and recognized by the Ministry of Youth Affairs & Sports to speak online on “Psychology Interface with Sports” in June 2020. In addition, she was a resource person and guest speaker for the Yoga and Health themes webinars. The faculty also co-authored a book and a chapter during 2020-2021.

