

Department of Physical Education & Sports Sciences and the Sports Committee

ACTIVITIES **(July 2022 to June 2023)**

The Department of Physical Education & Sports Sciences has worked towards creating awareness amongst the students, teaching, and non-teaching staff about the importance of physical activity in daily life to attain physical fitness and mental well-being. The Sporting calendar this year was once again filled with a wide range of Sporting opportunities available to our students and staff *under the aegis of the Centenary celebrations of University of Delhi and G20*. These activities enabled the students and staff to have fun, learn new sports, enhance social interaction and test their physical capability. These competitions also offered a break from the daily routine tasks and re-energised them.

The Department and the Sports committee initiated the opening of IHE Fitness Centre, where several sports facilities are available. The Gym was reopened in November 2022, for staff & students, and about 20 people are using the gym on a regular basis. Students were provided with Sports equipment like badminton racquets, shuttles, table tennis racquets and balls, basketballs, volleyball, carom, chess and taekwondo equipment. A professional coach was also provided for the Basketball and Taekwondo teams of the college.

National- and International Day

The Department of Physical Education and Sports Committee organized an event to celebrate the **Independence Day** at IHE, with great enthusiasm. The college was beautifully decorated with flags and balloons to commemorate the day. All the teachers, and the non-teaching staff gathered in the college premises at 10:00 a.m. The Department of Physical Education & Sports Committee also celebrated the **International YOGA Day on 21 June 2023**. This workshop was attended by students, teaching, and non-teaching staff. Ms. Kranti was the Resource Person. This workshop created awareness among the participants about the importance of Yoga, that is linked to numerous practices involving Mental and Spiritual health. The event was well appreciated by one and all. Women's Day celebration and Khelo India "DAS KA DUM" were also organized in March 2023.

INDEPENDENCE DAY



International YOGA Day on 21st june, 2023



Institute of Home Economics
University of Delhi
Department of Physical Education & Sports Sciences
and Sports Committee

Celebrates
International Yoga Day
21 June

Resource Person:
Ms. Kranti Devi
(Yoga Teacher in Morarji Desai
National Institute of Yoga (Ministry
of AYUSH).)

Time: 9 - 10am
Everyone is requested to assemble at 8:45am
Date: 21st June 2023
Venue: College Foyer
Dress Code- Comfortable fit with white Tshirt

Yoga for Harmony & Peace
Open for all students, teachers and non teaching staff

Patron Prof. (Dr.) Renu Arora (Director, Institute of Home Economics)	Convenor Dr. Namita Saini Co - Convenor Dr. Geeta Punhani	Coordinating Team Prof. Rachna Kapila Dr. Sneha Abhishek Dr. Pragya Singh Dr. Savita Bansal
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Inter- and Intra-College tournaments

Considering the concept of “SPORTS FOR ALL”, Inter- and Intra-College tournaments were organized for students, as well as some Sports activities for staff (teaching and non-teaching) *under the aegis of the Centenary celebrations and G20*. Some of the important events that were organized include competitions for **Badminton, Basketball, Relay Race, Yoga, Taekwondo, and some indoor games like Carom, Table tennis and Chess**. Intra-college table tennis tournament was organized in March 2023. This event was scheduled with 3 sets of 11 points, with each being held according to the seeding. The winner in the student category was Anushka Jain. The winners in the teaching, and non-teaching staff category were Dr. Imran Parray and Mr. Girish Bhatt, respectively. Intra-college Carom tournament was organized on 21 March 2023, and the student winners were Rajnandini and Anushka Sidhu. Amongst non-teaching staff, Mr. Kamal Kant was the winner. A Chess tournament was organized on 20 March 2023 and the winner was Anushka Sidhu. Intra-college badminton tournament was organized for teaching and non-teaching staff and for students on 20 March and 23 March 2023 respectively, under the headings of **SMASH IT TOURNAMENT** (for teaching and non-teaching staff), and **INTRA COLLEGE BADMINTON TOURNAMENT** (for students). This was the most awaited Sports event and more than 30 students participated. These tournaments included several interesting matches in the doubles and singles category, and ended with a felicitation ceremony.

TUG OF WAR ON 15th NOVEMBER 2022

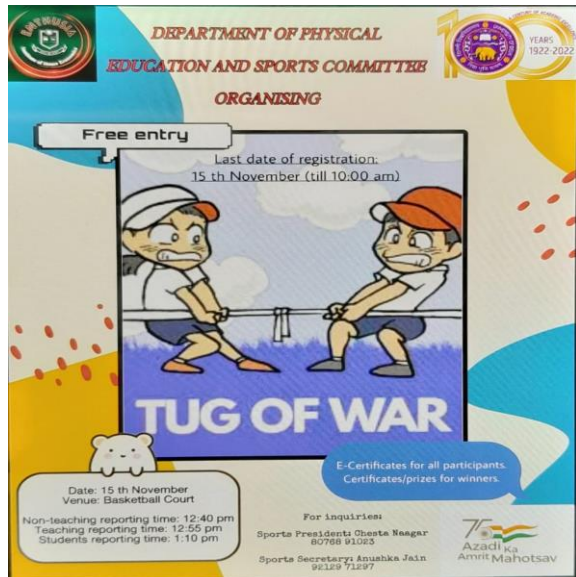



TABLE TENNIS, CHESS, AND CAROM (20TH MARCH 2023)






INSTITUTE OF HOME ECONOMICS
University of Delhi
The Department Of Physical Education And Sports Committee

Enthusia Invites our Teaching and Non- Teaching staffs
to participate in our Badminton event

SMASH IT

TOURNAMENT

Venue: Badminton Court
DATE - 20TH MARCH 2023
Reporting time: 9 AM TO 9:30 AM




Scan the above QR code to fill up the registration form

For further queries contact:
Shradha Jha (7004582211)
Isha Ranjan (9555407009)

Patron
Prof. Dr. Hemu Arora
Acting Director

Convener
Prof. Dr. Namita Saini

Co-convener
Prof. Dr. Geeta Punhani





RELAY RACE COMPETITION ON 14th OCTOBER 2022



IHE Basketball Team also participated in various **Inter-college tournaments** at Jesus and Mary College, LSR, and Miranda House and performed very well. The IHE Basketball Team secured 3rd position at Miranda House college. The team also secured 4th position at Jesus and Mary College. Our team also reached the quarterfinals in the tournaments held at Lady Shri Ram College. Inter-college Yoga competition was also organized by IHE, at which the 1st and 3rd positions were secured by Gargi College and 2nd position by SPM College. College students also participated in Basketball, Volleyball, and Taekwondo in the inter-university selection trials conducted by DUSC. Teaching and non-teaching staffs were also motivated by the Sports committee to participate in the selection trials of the Vice Chancellor's Cricket team. Mr. Akash, from the Department of Microbiology, was selected for the same.

INTER COLLEGE BASKETBALL TOURNAMENTS





INTER COLLEGE YOGA CHAMPIONSHIP 27 APRIL 2023



SPORTS DAY

The much-awaited **Sports Day** was held on Thursday, 27 April 2023, with great zeal and excitement. It was a one-day event hosted under the guidance of Prof. Dr. Namita Saini, Director Prof. Dr. Renu Arora, the Sports Committee and Enthusia (Sports Society of IHE). The chief guest panel consisted of **Mr. Aman Sharma (senior basketball coach of SAI)**, **Col. Rajinder Singh Bhanwala (Arjuna Awardee in rowing)** and **Mr. Rohit Thakur (FIBA international official and national coach of Delhi team)**. As part of the sports activities on this occasion, two inter-college tournaments, for Table Tennis and Yoga, were organised. Tennis tournaments were

also held, and several teams from colleges of University of Delhi participated. The 1st and 2nd position were secured by Kirorimal College and 3rd position by Shaheed Rajguru College of Applied Sciences for Women. An extremely interesting Zumba session, by BHANGRA ENERGIA team was also held.

