

# **RAM LAL ANAND COLLEGE**

## **UNIVERSITY OF DELHI**

### **DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES**

#### **ANNUAL SPORTS REPORT 2019-20**

Physical Education is an integral part of the total education system. It helps in the attainment of the ultimate aim of education i.e. the achievement of holistic development. Games and Sports play a vital role in the student's life. A student should study hard to be successful in competitive examinations. But, he should also play games and sports to enjoy the health and vigour of life. Along with bookish learning, a student should spend his time on games and sports also.

Either study or work alone makes us exhaust. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Education without sports is incomplete. The Department of Physical Education and Sports marks itself as one amongst the most efficacious Department of Ram LalAnand College. It strives to excel at all levels and bring laurels to the college. With the help of college faculty we are continuously improving in sports field.

Considering the concept of "SPORTS FOR ALL" throughout the entire session we organized Inter-department tournaments for students as well as some sports activities for staff (teaching and non-teaching). It is one of the largest co-curricular activity programs that offer an extensive opportunity to all the students and staff. This venture shall enable the students and staff to have fun, learn new sports, enhance social interaction and tests one's physical capability. These competition also offer a break from the daily routine tasks and recreate or re-energetic them.

The following events have been organized for the inter-department sports tournaments for students:

- **VOLLEYBALL**
- **TABLE TENNIS** (Men & Women)
- **CHESS** (Men & Women)
- **BADMINTON** (Men & Women)
- **KHO-KHO** (Men & Women)
- **CRICKET**
- **FOOTBALL**

For Teaching and Non-Teaching Staff

- **TABLE TENNIS** (Men & Women)
- **CHESS** (Men & Women)

From the beginning of session our college sports person of respective games (Football, Judo(Men & Women) , Cricket, Volleyball, Chess (Men & Women) , Table-Tennis, Athletics (Men & Women), Badminton (Men & Women), kho-kho (Men & Women) and Taekwondo (Men & Women) start their practice session and they work very hard for converting their sweat in winning trophies for the fame of our college. Our college participated in theInter-college championship 2019-20 in the above mentioned game.

**OUTSTANDING ACHIEVERS IN SPORTS (2019-20)**

S.NO.	NAME/ PHONE NO.	GAME	ACHIEVEMENT	DATE & VENUE	PRIZE AMOUNT	BANK DETAILS
1.	Satisht Pol.sci (H) I <sup>ST</sup> YEAR/ R.No. / 2096/ 9534334237	Kho-Kho	Participation In North Zone Inter University Tournament	PAU  Punjab	10000+5000= 15000/-	Union Bank of India IFSC - U8IN0921351 ACCOUNT NO. - 520101006684277 branch - ASHOK VIHAR
			Bronze Medal in Inter College tournament	Satyawati college		
2.	Munesh Pol.sci (H) I <sup>ST</sup> YEAR/ R.No. / 2097/9818105149	Kho-Kho	Participation in north zone Inter university tournament	PAU  Panjab	10000+5000= 15000/-	Union Bank of India AC. No. =520481001643626  Ifsc code =UBIN0921351
			Bronze Medal in Inter College tournament	Satyawati college/ 30/10/19		
3.	SHWETA TIWARI B.A (PROG.) I <sup>ST</sup> YEAR/ ROLL NO.132/ 82853554322	Taekwondo	Participation in north zone Inter university tournament	Punjabi University, Patiala	10000+5000= 15000/-	State bank of India A/C 38507284010 IFSC code SBIN0051188
			GOLD Medal in Inter College tournament	MPH,DU		
4.	DUSHYANT B.A (PROG) IST YEAR/ ROLL NO.133/	Taekwondo	Participation in north zone Inter university tournament	Punjabi University, Patiala	10000+5000= 15000/-	Punjab National Bank palam village , new delhi 110045 Account no - 04642341000224 IFSC CODE - PUNB0046410
			GOLD Medal in Inter College tournament	MPH,DU		
5.	Suraj History (H) I <sup>st</sup> Year/R.No. 1599/ 7669491944	Kho-Kho	Bronze Medal in Inter College tournament	Satyawati college / 30/10/19	2000/-	Union Bank of India A/C 578302010006729 IFSC CODE UBIN 0557838
6.	Ajay B.A(H)HINDI/YEAR 3 <sup>RD</sup> /ROLL NO. 1023/	Kho-Kho	Bronze Medal in Inter College tournament	Satyawati college / 30/10/19	2000/-	PNB A/C NO 0162001500075759 IFSC CODE PUNB0016200
		handball	Participate in 29 <sup>th</sup> Delhi state handball championship			
7.	Sabir B.A(H)HINDI/YEAR 3 <sup>RD</sup> /ROLL NO. 1022/9910182816	Kho-Kho	Bronze Medal in Inter College tournament	Satyawati college / 30/10/19	2000/-	State bank of india a/c 33299780073 IFSC SBIN0001758
		Handball	Participate in 29 <sup>th</sup> Delhi state handball championship			
8.	Pradeep B.Sc. (H) Mathematics IST YEAR 8115756886	Kho-Kho	Bronze Medal in Inter College tournament	Satyawati college / 30/10/19	2000/-	State Bank India A/C NO 38537590804 IFSC CODE SBIN0012003
9.	Vishal/ B.A(PROG.)/IST YEAR	Kho-Kho	Bronze Medal in Inter College tournament	Satyawati college / 30/10/19	2000/-	Punjab national bank  Account no. 07802121028740  IFSC - PUNB0002910
10.	Rahul/B.A(PROG.)/IST YEAR/ROLL.NO. 139	Kho-Kho	Bronze Medal in Inter College tournament	Satyawati college / 30/10/19	2000/-	BANK OF BARODA KAJHWALA BRANCH A/C 51800100004030 IFSC CODE BARBOKANJHA
11.	Himanshu / B.A(H) HINDI /IIIRD YEAR/ROLL.NO. 66	Kho-Kho	Bronze Medal in Inter College tournament	Satyawati college / 30/10/19	2000/-	Kotak Bank A-C no. 0445234084  IFSC Code:- KKBK0000811

12.	Aaryaraj B.A (H)POL SCIENC IIND YEAR 8483962296	Kho-Kho	Bronze Medal in Inter College tournament	Satyawati college / 30/10/19	2000/-	State Bank India A/C 20446407827 IFSC CODE SBIN0011564
13.	Shubham/ B.A(PROG.)IIND YEAR/ROLL.NO. 52	Kho-Kho	Bronze Medal in Inter College tournament	Satyawati college / 30/10/19	2000/-	STATE BANK OF INDIA A/C 35583845875  IFSC CODE SBIN0010650
14.	Manas/B.A(H)POL.SCI./I st year/ ROLL NO. 2101	Kho-Kho	Bronze Medal in Inter College tournament	Satyawati college / 30/10/19	2000/-	SBI A/C 20446409937 IFSC CODE SBIN0009839
15.	Sheela B.A (HISTORY) 1 <sup>ST</sup> YEAR 9818953132	Judo	Silver Medal in Inter College tournament	MPH, DU	2000/-	BOI A/C 602610110006658 IFSC CODE BKID0006026
16.	Soni, B.A (PROG) 1 <sup>ST</sup> YEAR 9818939439	Judo	Bronze Medal in Inter College tournament	MPH, DU	2000/-	BOI A/C 602610110006728 IFSC CODE BKID0006026
		wrestling	Bronze Medal in Inter College tournament	MPH,DU		
17.	sachin/ B.A(PROG.)IST YEAR/ROLL NO. 135/8588915212	wrestling	Bronze Medal in Inter College tournament	MPH,DU	2000/-	PNB A/C 1504001500008628  IFSC CODE PUNB0150400
		Judo	Bronze Medal in Inter College tournament	MPH,DU		
18.	harkesh/ B.A (PROG.) IST YEAR/ROLL NO. 134	Judo	Bronze Medal in Inter College tournament	MPH,DU	2000/-	BANK OF MAHARASHTRA A/C 60040407512  IFSC CODE MAHB0000593
19.	Vijay Pal History (H)1 <sup>st</sup> Year  8375839346	Judo	Bronze Medal in Inter College tournament	MPH,DU	2000/-	Baroda bank A/c 73120100017906 IFSC BARBODBNAWA
		Wrestling	Bronze Medal in Inter College tournament	MPH,DU		
20.	Akansha Yadav B.COM(H) 3 <sup>RD</sup> YEAR/ROLL NO. 3579 /9711552621	Taekwondo	Bronze Medal in Inter College tournament	MPH,DU	2000/-	Bank of India A/C NO. 51780100006484 IFSC CODE BARBORAJGAO
21.	SHEKHAR / B.A (H)POL. SCL/ 1 <sup>ST</sup> YEAR/ROLL NO.	Taekwondo	SILVER Medal in Inter College tournament	MPH,DU	3000/-	BANK OF INDIA A/C NO 712510510001941 IFSC CODE: BKID0007125

**SPECIAL PRIZE IN SPORTS (2019-20) (WORTH 2000/-)**

S. No.	Name	Roll No.	Course	Year	Game	Signature
1.	Vijay	15	B.A PROGRAME	III <sup>RD</sup>	Football	
2.	Deepanshu	84	B.COM (H)	III <sup>RD</sup>	Football	
3.	Ritesh	4082	B.SC (H) COMPUTER SCIENCE	III <sup>RD</sup>	Football	
4.	Hitesh	124	B.A PROGRAME	III <sup>RD</sup>	Football	
5.	Nishant	2039	B.A POL. SCIENCE	III <sup>RD</sup>	Football	
6.	Jyotender	4081	B.SC (H) COMPUTER SCIENCE	III <sup>RD</sup>	Football	
7.	James	120	B.A PROGRAME	III <sup>RD</sup>	Football	
8.	Rahul	117	B.A PROGRAME	III <sup>RD</sup>	Football	
9.	Harshit	2098	B.A POL. SCIENCE	III <sup>RD</sup>	Football	
10.	Deepak	101	B.A PROGRAME	III <sup>RD</sup>	Volleyball	
11.	Rahul	1050	B.A(H) HINDI	III <sup>RD</sup>	Cricket	

**INTER DEPARTMENT BADMINTON (MEN) TOURNAMENT 2019-20**

S.N	NAME	COURSE	YEAR	ROLL NO.	CONTACT NO.	POSITION	SIGNATURE
1.	KHASWANT SONDHI	B.M.S	1ST	6592	9416292988	FIRST	
2.	ANIKET SRIWASTAVA	C.S	2ND	4039	8929555669	SECOND	
3.	HARESH GODARA	B.A(PROG.)	2ND	37	7678374579	THIRD	

**INTER DEPARTMENT BADMINTON (WOMEN) TOURNAMENT 2019-20**

S.NO.	NAME	Course	YEAR	ROLL NO.	CONTACT NO.	POSITION	Signature
1.	Aastha Sharma	B.sc (H) Statistics	Ist	5022	8800443636	First	
2.	DeeptiMayeeSahoo	B.A(H) Pol Science	Ist	2089	9013684261	Second	
3.	Sakshi Lather	B.A (H)History	III <sup>rd</sup>	1510	9650220181	Third	

**INTER -DEPARTMENT CHESS (MEN) TOURNAMENT 2019-20**

S.NO.	NAME	COURSE	(YEAR)	ROLL NO.	CONTACT NO.	POSITION	Signature
1.	Lokesh	B.A (Prog)	Ist Year	08	9877993876	first	
2.	Jai Gupta	B.Sc Computer Science	IInd year	4090	7905587457	second	
3.	AdhityaYadav	B.A (H) English	IInd year	596	7011965691	third	

## **INTER DEPARTMENT CHESS(WOMEN) TOURNAMENT 2019-20**

S.NO.	NAME	COURSE/	YEAR	ROLL NO.	CONTACT NO.	POSITION	Signature
1.	Neha Sharma	B.A (H) English	IInd	616	6006189622	first	
2.	SanikaVelankar	B.Sc (H) Statistics	IInd	48	7073550016	second	
3.	Sajal Jain	B.Sc (H) Statistics	Ist	5027	9716453995	third	

## **INTER DEPARTMENT VOLLEYBALL TOURNAMENT 2019-20**

### **WINNER:B.A(PROG.)**

S.NO.	NAME	YEAR	ROLL NO.	CONTACT NO.	Signature
1.	DEEPAK (CAPTAIN)	III <sup>rd</sup>	101	9718884522	
2.	NAMAN	III <sup>rd</sup>	112	8417693502	
3.	HITESH	III <sup>rd</sup>	424	8527292902	
4.	RAJIV	III <sup>rd</sup>	126	9582130624	
5.	VIJAY	III <sup>rd</sup>	15	9968368879	
6.	NITIN	II <sup>nd</sup>	124	8375071494	
7.	VISHAL	I <sup>st</sup>	20	9354680319	
8.	DEEPAK KHATRI	III <sup>rd</sup>	128	8076607103	

## **INTER DEPARTMENT VOLLEYBALL TOURNAMENT 2019-20**

### **RUNNERS UP:B.A (H) HINDI**

S.NO.	NAME	YEAR	ROLL NO.	CONTACT NO.	Signature
1.	VARUN KUMAR	I <sup>st</sup>	1043	9711039747	
2.	RAJNESH (CAPTAIN)	II <sup>nd</sup>	1030	9518289097	
3.	PRETEM SINGH	III <sup>rd</sup>	1059	8178258864	
4.	MOHD. SABIR	III <sup>rd</sup>	1022	9910182816	
5.	AJAY SINGH	III <sup>rd</sup>	1023	9990439662	
6.	DIMPLE	III <sup>rd</sup>	1073	8130767470	
7.	NITIN SANKHLA	III <sup>rd</sup>	1031	8882542464	
8.	RITIK	II <sup>nd</sup>	1045	7838702825	

## **INTER DEPARTMENT CRICKET TOURNAMENT 2019-20**

### **WINNER:B.A(PROG)**

S.NO.	NAME	YEAR	ROLL NO.	CONTACT NO.	Signature
1.	DHARAM SINGH	III	121	9990721298	
2.	Krishanrajput	III	123	9634247753	
3.	Manish K.S	III	109	8076393254	

4.	Pradeepkumar	III	81	8512869038	
5.	Divyansh	II	93	9161061008	
6.	Nanumn	II	21	7669651456	
7.	Gaurav	II	117	8920004584	
8.	faijan	III	132	8800937095	
9.	Sharukh khan	III	142	9671577235	
10.	Rajiv	III	126	9582130624	
11.	Pushpendre pal	I	37	7836004756	
12.	Suhail	I	150	9717860419	

## **INTER DEPARTMENT CRICKET TOURNAMENT 2019-20**

### **RUNNERS UP: B.A(H)HINDI**

S.NO.	NAME	YEAR	ROLL NO	CONTACT NO.	Signature
1.	MohdSabir	III <sup>rd</sup>	1022	9910182816	
2.	Ajitkumar Raj	III	1054	8700376854	
3.	AnuragYadav	I	1058	9625081629	
4.	Sandeep	III	1045	9968973843	
5.	Khursheedahmed	III	1071	9582055347	
6.	Devender	III	1034	8700677123	
7.	Rahul	III	1050	7065982559	
8.	Ajay singh	III	1023	9990439662	
9.	Varun	I	1043	9711039747	
10.	Rizwan	II	1029	8802015255	
11.	Dimple	III	1073	844883519	
12.	Roshan	III	1037	8383934863	

## **INTER DEPARTMENT FOOTBALL TOURNAMENT 2019-20**

### **WINNER: B.A (PROG)**

S.NO.	NAME	YEAR	ROLL NO.	CONTACT NO.	Signature
1.	VIJAY ANAND	3	15	9968368879	
2.	HITESH KUMAR	3	124	8527292902	
3.	ANEESH ANAND	3	129	8860667491	
4.	ADITYA CHAHUN	3	115	9624403823	
5.	NIKHIL KUMAR	2	121	9540064412	
6.	ANIKET SRIVASTAVA	2	73	9140396499	
7.	DEEPAK	3	101	9718884533	
8.	SACHIN	1	135	8588915212	
9.	MANISH SANGWAN	2	24	7056222101	
10.	SHUBHAN KUMAR	2	52	8800931010	
11.	ELVIS LAMGINGIN	1	124	8837208489	
12.	SREY SHUKLA	1	11	8277813981	

## **INTER DEPARTMENT FOOTBALL TOURNAMENT 2018-19**

### **RUNNER UP:**

S.NO.	NAME	YEAR	ROLL NO.	CONTACT NO.	Signature
1.	HARSHIT SEHRAWAT	3	2098	9971274363	
2.	NISHANT ARORA	3	2039	9582620600	
3.	SHUBHANKAR GAUR	2	2034	8178950030	
4.	AARYARAJ SHARMA	2	2063	84888369296	
5.	PRANJAL PRAKASH	3	2067	7065683741	
6.	SHUBHAM	1	2020	8303501069	
7.	RAHUL NEWAR	2	2104	8929714158	
8.	VARSHAK	3	2090		
9.	MANAS SINGH	1	2101		
10.	RUEL TRIPURA	1	2088		
11.	PRITHAVI GUPTA	2	2005	9695773734	

## **INTER DEPARTMENTTABLE TENNIS TOURNAMENT(M), 2019-20**

S.No	Name	Course	Year	Roll No	Phone No	Position	Signature
1	Malay bansal	b.com (P)	3rd	3082	9536437808	FIRST	
2	sumitnegi	BMS	1St	6548	7532928047	SECOND	
3	jatinchauhan	B.SC (COM. SCI.	IST	4058	9870373425	THIRD	

## **INTER DEPARTMENTTABLE TENNIS TOURNAMENT(W), 2019-20**

S.NO	NAME	COURSE	YEAR	ROLL.NO	PHONE NO	POSITION	Signature
1.	AARUSHI RAWAT	B.SC (H)GEOLOGY	3RD		9711168732	FIRST	
2.	ANSHIKA GREWAL	B.A (H) ENGLISH	2ND	549	9953466234	SECOND	
3.						THIRD	

## **INTER DEPARTMENT KHO-KHO(M) TOURNAMENT 2019-20**

**WINNER: POLITICAL SCIENCE (H)**

S.NO.	NAME	YEAR	ROLL NO	CONTACT NO.	Signature
1.	MANAS SINGH	1	2101	9877075208	
2.	MUNESH	1	2097	9818105149	
3.	SATISH	1	2096	9534334237	
4.	NITESH	1	2095	9990122608	
5.	RISHIKRSH	1	2016	7254957323	
6.	AARYARAJ	2	2063	8483962296	
7.	RAHUL SINGH	2	2090	7007570415	
8.	SHREE NIDHI	1	2076	8340701083	
9.	KARAN	1	2083	8448650122	
10.	RAHUL GIRI	1	2018	9571980663	
11.	VIKAS	1	2053	8587964072	

**INTER DEPARTMENT KHO-KHO(M) TOURNAMENT 2019-20**

**RUNNER UP : B.A(H) HISTORY**

S.NO.	NAME	YEAR	ROLL NO	CONTACT NO.	Signature
1.	SUNNY	1	1576	9643850324	
2.	DUSHYANT LOT	1	1559	9518075648	
3.	PINKU SINGH	1	1560	9718497807	
4.	SURAJ	1	1599	7669491944	
5.	SAHIL	1	1569	9871761986	
6.	DIVESH KUMAR	2	1505	8601480667	
7.	RAHUL SINGH	2	1586	7530808304	
8.	VIJAY PAL	2	1600	9582363899	
9.	AMIT KUMAR	2	1601	8447509498	
10.	LALIT PRAKASH YADAV	2	1585	8873156867	
11.	DHIRAJ KUMAR	1	1602	8076751258	

**INTER DEPARTMENT KHO-KHO(W) TOURNAMENT 2019-20**



**WINNER: B.A(H) HISTORY**

S.NO.	NAME	YEAR	ROLL NO	CONTACT NO.	Signature
1.	PRIYANK	1	1512	7217855005	
2.	SHEELA KUMARI	1	1594	9818953132	
3.	KALAL	1	1593	8826883297	
4.	MEENA	1	1582	8287843663	
5.	NEHA CHAUHAN	1	1570	9560861353	
6.	ANITA YADAV	2	1557	8505969929	
7.	MUSKAN CHODARY	1	1592	8368539645	
8.	SWARNLATA	2	1604	7042436520	
9.	MANU TYAGI	2	1554	7042252876	
10.	BHAVYA JHA	2	1560	9876889776	
11.	PRINCI	2	1598	9711914453	

**INTER DEPARTMENT KHO-KHO(M) TOURNAMENT 2019-20****RUNNER UP : B.SC. (H) GEOLOGY**

S.NO.	NAME	YEAR	ROLL NO	CONTACT NO.	Signature
1.	BHAWNA BISHT	2	5530	9758510440	
2.	HARSHITA GUPTA	2	5538	8881312216	
3.	MAUSAMI CHETRI	2	5510	8229589048	
4.	SUJATA PANDEY	3	5508	7355745309	
5.	SHREYA SHUKLA	2	5528	7987649040	
6.	NANDNI SHAHI	1	5538	7827396899	
7.	KASTUR PARIDA	3	5521	7008073263	
8.	TANU DALAL	2	5554	8057715967	
9.	CHAITANYA HOODA	2	5532	8750300899	
10.	ANANYA	2	5531	7530949236	
11.	DRISHTRI	3	5519	9416980845	
12.	SWATI	1	5510	6395763682	

**TABLE TENNIS TOURNAMENT, 2019-20****TEACHING STAFF (MEN)**

POSITION	NAME	SIGNATURE
<b>WINNER</b>	MR. ARUNKUMARGAUTAM	

<b>RUNNER UP</b>	DR. RAJESH SACHDAVA	
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<b><u>TABLE TENNIS TOURNAMENT, 2019-20</u></b> <b><u>TEACHING STAFF (WOMEN)</u></b>		
<b>POSITION</b>	<b>NAME</b>	<b>SIGNATURE</b>
<b>WINNER</b>		
<b>RUNNER UP</b>		

<b><u>TABLE TENNIS TOURNAMENT, 2019-20</u></b> <b><u>NON-TEACHING STAFF (MEN)</u></b>		
<b>POSITION</b>	<b>NAME</b>	<b>SIGNATURE</b>
<b>WINNER</b>	MR. AMIT KUMAR SHARMA	
<b>RUNNER UP</b>	MR. VIMAL	

<b><u>TABLE TENNIS TOURNAMENT, 2019-20</u></b> <b><u>NON-TEACHING STAFF (WOMEN)</u></b>		
<b>POSITION</b>	<b>NAME</b>	<b>SIGNATURE</b>
<b>WINNER</b>		
<b>RUNNER UP</b>		

<b><u>CHESS TOURNAMENT, 2019-20</u></b> <b><u>TEACHING STAFF (MEN)</u></b>		
<b>POSITION</b>	<b>NAME</b>	<b>SIGNATURE</b>
<b>WINNER</b>	MR. ARUNKUMAR GAUTAM	
<b>RUNNER UP</b>	MR. VINAY KUMAR YADAV	

<b><u>CHESS TOURNAMENT, 2019-20</u></b> <b><u>TEACHING STAFF (WOMEN)</u></b>		
<b>POSITION</b>	<b>NAME</b>	<b>SIGNATURE</b>
<b>WINNER</b>	MRS. MISHA SABREEN	
<b>RUNNER UP</b>	MS. SHIKHA	

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<b><u>CHESS TOURNAMENT, 2019-20</u></b>		
<b><u>NON-TEACHING STAFF (MEN)</u></b>		
<b>POSITION</b>	<b>NAME</b>	<b>SIGNATURE</b>
<b>WINNER</b>	MR. KRISHAN	
<b>RUNNER UP</b>	MR. SANJAYJAIN	

<b><u>CHESS TOURNAMENT, 2019-20</u></b>		
<b><u>NON-TEACHING STAFF (WOMEN)</u></b>		
<b>POSITION</b>	<b>NAME</b>	<b>SIGNATURE</b>
<b>WINNER</b>		
<b>RUNNER UP</b>		

<b><u>HONOR OF COACHES</u></b>		
<b>S.NO.</b>	<b>NAME</b>	<b>GAME</b>
1.	MR. SANJAYSINDHU	FOOTBALL
2.	MR. SHERSINGH	VOLLEYBALL
3.	MR. PRADEEP	TAEKWONDO