

RAM LAL ANAND COLLEGE

UNIVERSITY OF DELHI

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

ANNUAL SPORTS REPORT 2021-22

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 studying or working alone makes us exhausted. We are no longer efficient at doing 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 the 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 test one's physical capability. These competitions 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 the Inter-college championship 2021-22 in the above mentioned game.

OUTSTANDING ACHIEVERS IN SPORTS (2021-22)

S.NO.	NAME	GAME	ACHIEVEMENT	VENUE
1.	Kajal	Judo	Participation In North Zone Inter University Tournament	AIU Kanpur
2.	Shravan	Kho-Kho	Gold Medal In Delhi State Kho-Kho Championship	JLN Stadium
3.	Satish	Kho-Kho	Silver Medal In Delhi State Kho-Kho Championship	JLN Stadium

SPECIAL PRIZE IN SPORTS (2021-22)

S. No.	Name	Course	Year
1.	Shweta Tiwari	B.A (P) Economics.+ Computer science	3 rd year
2.	Dusyant	B.A (P) History +Political science	3 rd year
3.	Harkesh	B.A (P) History +Political science	3 rd year
4.	Sachin	B.A (P) History +Political science	3 rd year
5.	Soni	B.A (P) History +Political science	3 rd year
6.	Sheela	BA (H) History	3 rd year
7.	Suraj	BA (H) History	3 rd year
8.	Sahil	BA (H) History	3 rd year
9.	Parul	B.Com (P)	3 rd year
10.	Jatin	BMS	3 rd year

INTER DEPARTMENT BADMINTON (MEN) TOURNAMENT 2021-22

S.N	NAME	COURSE	YEAR	POSITION
1.	Harsh Singh	B.A. (P)	1 ST year	1 st
2.	Rishav Nagule	BMS	3 rd year	2 nd
3.	Jai Attri	B.Com.(H)	2 nd year	3 rd

INTER DEPARTMENT BADMINTON (WOMEN) TOURNAMENT 2021-22

S.No.	Name	Course	Year	Position
<u>1.</u>	Maanya	B.Com (H)	2 nd year	1st
<u>2.</u>	Chahak	Pol. Sci. (H)	1 st year	2 nd
<u>3.</u>	Shweta	B.A. (Prog.)	3 rd year	3 rd

INTER-DEPARTMENT CHESS (MEN) TOURNAMENT 2021-22

S.NO.	NAME	COURSE	(YEAR)	POSITION
1.	Lokesh	BA(P) HIS+POL	3 rd Year	1 st

2.	Aryan Singh	BA(H) POL SCI	2 nd Year	2 nd
3.	Chaitanya Bansal	BA(P) ECO+MATHS	1 st Year	3 rd

INTER-DEPARTMENT CHESS (WOMEN) TOURNAMENT 2021-22

S.NO.	NAME	COURSE/	YEAR	POSITION
1.	Muskan Mohindroo	B.Sc.(H) Statistics	1 st year	1 st
2.	Tanishka	B.Sc.(H) Statistics	1 st year	2 nd
3.	Khushi Tokas	BA (H) History	1 st year	3 rd

INTER-DEPARTMENT VOLLEYBALL (M) TOURNAMENT 2021-22

WINNER: B.A (H) POLITICAL SCIENCE

S.NO.	NAME	YEAR
1.	Aditiya Anand	3 rd Year
2.	Kunal Kaushik	1 st Year
3.	Shreenidhi	3 rd Year
4.	Vikas Kumar	3 rd Year
5.	Monu Tiwari	2 nd Year
6.	Mohit Yadav	3 rd Year
7.	Dibya Prakash Hota	2 nd Year
8.	Manish Kumar	2 nd Year

INTER DEPARTMENT VOLLEYBALL (M) TOURNAMENT 2021-22

RUNNERS UP: B.SC.(H) MATHEMATICS

S.NO.	NAME	YEAR
1.	Pradeep Kumar Yadav	3 rd Year
2.	Samir Ahmed	2 nd Year
3.	Ankit Yadav	3 rd Year
4.	Abhishek Choudhary	3 rd Year
5.	Mohit Kumar	3 rd Year
6.	Subhrat Kumar	2 nd Year

INTER DEPARTMENT VOLLEYBALL (W) 2021-22

WINNER: B.A (H) HISTORY

S.NO.	NAME	YEAR
1.	Disha Solanki	1 st year
2.	Hardika	1 st year
3.	Vishwani	1 st year
4.	Tanya Singh Bhaduria	2 nd year
5.	Anjali	1 st year

INTER DEPARTMENT VOLLEYBALL TOURNAMENT (W)2021-22

RUNNERS UP: B.A (H) ENGLISH

S.NO.	NAME	YEAR
1.	Harshita Gupta	1 st year
2.	Himanshita	1 st year
3.	Dalima	1 st year
4.	Rudrakshi	1 st year
5.	Megha	1 st year
6.	Manvi	1 st year

INTER DEPARTMENT CRICKET (M) TOURNAMENT 2021-22

WINNER: B.A (H) POLITICAL SCIENCE

S.NO.	NAME	YEAR
1.	Sarthak	3 rd year
2.	Pankaj	3 rd year
3.	Gulshan Kumar Sahu	3 rd year
4.	Rishitesh Kumar	3 rd year
5.	Aditya Anand	3 rd year
6.	Manas Singh	3 rd year
7.	Karan Kumar	3 rd year
8.	Vikas Kumar	3 rd year
9.	Jatin Kapoor	3 rd year
10.	Rishabh	2 nd year
11.	Aditya Aryan	2 nd year
12.	Harpreet Singh	1 st year
13	Ayush Ranjan Kanth	2 nd year

INTER DEPARTMENT CRICKET (M) TOURNAMENT 2021-22

RUNNERS UP: BMS

S.NO.	NAME	YEAR
1.	Jatin Chauhan	3 rd year
2.	Mehul ray	1 st year
3.	Sandeep Kumar	2 nd year
4.	Vastvik Anand	2 nd year
5.	Rishav Nagule	3 rd year
6.	Pranav Bhatia	2 nd year
7.	Yug Dutt Sharma	3 rd year
8.	Hunar Kapoor	2 nd year
9.	Ansh Wadhwa	1 st year
10.	Debasish Panda	2 nd year
11.	Arman	2 nd year
12	Md Modassir Muztaba	2 nd year
13.	Aayush Kumar	1st year
14.	Subham Kumar Singh	1st year
15	Prerit Kala	3 rd year
16.	Harsh Jajoria	3 rd year

INTER DEPARTMENT FOOTBALL TOURNAMENT 2021-22

WINNER: B.A(PROG.)

S.NO.	NAME	YEAR
1.	Arin Badoni	1 st
2.	Kushal Kumar	2 nd
3.	Yash Singhal	1 st Year
4.	Harshit Jurel	1 st Year
5.	Shrey Shukla	3 rd Year
6.	Vishwajit Kumar	1 st Year
7.	Sumit Kumar	1 st Year
8.	Elvis Lamgoungin	3 rd Year

9.	Shivam Kumar	3 rd Year
10.	Suyash Dubey	1 st Year
11.	Adil Hussain	1 st Year
12.	Aks Chauhan	3 rd Year
13.	Dhruv	3 rd Year

INTER DEPARTMENT FOOTBALL TOURNAMENT 2021-22

RUNNER UP: B.A.(H) POLITICAL SCIENCE

S.NO.	NAME	YEAR
1.	Abbiso Pul	2 nd Year
2.	Aryan Singh	2 nd Year
3.	Mohit Yadav	3 rd Year
4.	Sarthak Vij	3 rd Year
5.	Asgar Ali	1 st Year
6.	Shivam Verma	2 nd Year
7.	Abhishek Singh Chauhan	2 nd Year
8.	Ruel Tripura	2 nd Year
9.	Ishan	2 nd Year
10.	Sujal Dharmik Hirkane	1 st Year
11.	Nitesh Kumar	3 rd Year
12.	Manas Singh	3 rd Year
13.	Doungul Letminal Haokip	1 st Year
14.	Maharishi	3 rd Year

INTER DEPARTMENT KHO-KHO (W) TOURNAMENT 2021-22

WINNER: B.SC.(H) MATHEMATICS

S.NO.	NAME	YEAR
1.	Anshika	3 rd Year
2.	Muskan	3 rd Year
3.	Ankita	2 nd Year
4.	Aarti	2 nd Year
5.	shailja	2 nd Year
6.	Purvi	2 nd Year
7.	Komal	1 st Year
8.	Mansi	1 st Year
9.	kashish	1 st Year
10.	bhawika	1 st Year
11.	Sapna Kapoor	2 nd Year
12.	khushbu	3 rd Year

INTER DEPARTMENT KHO-KHO (W) TOURNAMENT 2021-22

RUNNER UP: B.A(H) HISTORY

S.NO.	NAME	YEAR
1.	Muskan choudhary	3 rd year
2.	Kajal	3 rd year
3.	Sheela	3 rd year
4.	Tanya	2 nd year
5.	Anjali	1 st year
6.	Disha	1 st year
7.	Mani	1 st year

8.	Shivani	1 st year
9.	Neha	1 st year
10.	Leena	1 st year
11.	Ayushi Mishra	2 nd year
12	Srishti jaiswal	1 st year

INTER DEPARTMENTTABLE TENNIS TOURNAMENT(M), 2021-22

S.No	Name	Course	Year
1	Jatin chauhan	BMS	3 rd Year
2	Sumit Negi	C.S	2 rd Year
3	Nishant	BMS	3 rd Year

INTER DEPARTMENTTABLE TENNIS TOURNAMENT(W), 2021-22

S.No	Name	Course	Year	Position
1.	Aastha	B.Sc. (H) Statistics	3 rd Year	1 st
2.	Sneha dahiya	B.Sc. (H) Statistics	3 rd Year	2 nd
3.	Disha solanki	B.A. (H) History	1 st Year	3 rd

Intra College Teaching & Non-Teaching Tournament, 2021-22			
Faculty	Game	Name	Position
Teaching	Table Tennis (M)	Dr. Rakesh Kumar (HS)	1 st
		Mr. Arun Kumar Gautam	2 nd
	Table Tennis (W)	Mrs. Parul Gaur	1 st
		Mrs. Shikha Khanna	2 nd
	Chess (M)	Mr. Arun Kumar Gautam	1 st
		Mr. Prem Kumar	2 nd
	Chess (W)	Mrs. Parul Gaur	1 st
		Mrs. Shikha Verma	2 nd
	Carrom (M)	Dr. Rakesh Kumar (HS)	1 st
		Mr. Arun Kumar Gautam	2 nd
	Carrom (W)	Ms. Neera Pal	1 st
		Ms. Sakshi	2 nd
Non-Teaching	Table Tennis (M)	Mr. Deva	1 st
		Mr. Amit Kumar	2 nd
	Table Tennis (W)	Mrs. Jyoti Pal	1 st
		Mrs. Sunita Sharma	2 nd
	Chess (M)	Mr. Sanjay Jain	1 st
		Mr. Niraj	2 nd
	Chess (W)	Ms. Surbhi	1 st
		Mrs Chanchal Batra	2 nd
	Carrom (M)	Mr. Sanjay Jain	1 st
		Mr. Deva	2 nd
	Carrom (W)	Mrs Chanchal Batra	1 st
		Mrs Sunita Sharma	2 nd