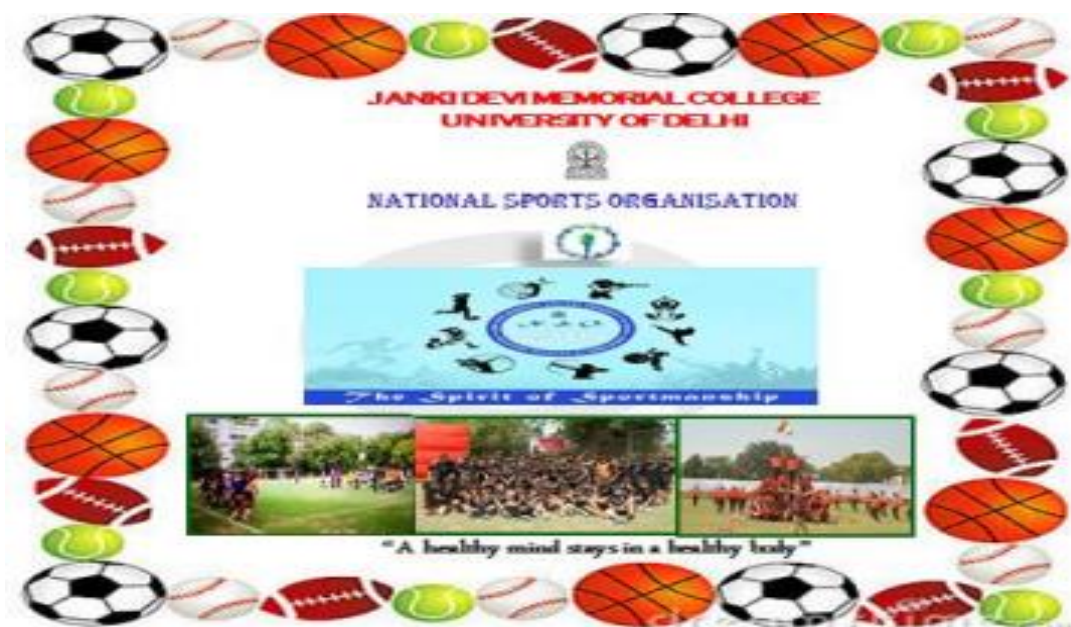


Janki Devi Memorial College (University of Delhi)



SPORTS REPORT 2022-23



The National Sports Organization is intended by the Government of India to promote the development of athletics and sporting activities of the nation's youth. It is present in many important institutions of India such as the IIT's, medical institutions and IIMs along with all the educational institutions at university and school levels. To promote all round development of all, NSO is a mandatory discipline to start any educational institutions at all levels. In University of Delhi, at the time of admission, all the students have to choose at least one activity among the three viz. NCC, NSO or and NSS to participate in for the duration of course of study.

National Sports Organization is a compulsory element, a nationwide movement to instill physical awareness amongst the youth. The NSO JDMC was introduced in 1959 at the time of its inception, presently has a vast sports center that houses the office of the Department of Physical Education and sports grounds.

NSO JDMC MOTTO - NSO JDMC is committed to promote holistic well-being, inculcate a general health and fitness culture among the college students & strive for excellence in sports. The college NSO unit includes and maintains all the sports fields, which comprises of a Football cum Hockey field, an Athletic field consisting of 200 m track and field events, a Basketball court, a Handball, a Netball, two Volleyball courts, a table tennis table and Yog in indoor space in Physical Education Department room. The center also has girls changing room with shower room and toilets. The department room has Carrom board, Chess boards,

Badminton equipments and Indoor Gym with accessories and other fitness equipments for the students to train, play and practice. NSO JDMC center consists of around 600 students in all the 3 years and is responsible for organizing the sports day, sports festival week under which inter departmental, intra mural competitions in various sports & games, athletic events, fun races are organized for all students, teaching, non-teaching staff in the college every year. It also conducts regular mass participation activities for display in which about 50 to 100 or more students are encouraged to take part. The department of Physical Education conducts sessions for NSO students in sporting like Yoga, self-defense through martial arts like Taekwondo, Karate and fitness dance such as Zumba, Aerobics etc. to encourage mass participation in physical activities for promoting health and wellness. Annual sports festival is also organized every year for all students and teaching and non-teaching staff of the college to inculcate a sense of bonding, togetherness promoting overall well-being among all through various activities like Inter departmental march past competition for students, intramurals competitions in various games like Athletics, Basketball, Volleyball, Handball, and Football etc. as well as Basketball, Cricket, Throw-ball matches between staff vs. students and teaching vs. non-teaching staff. Various displays in Aerobics, self-defense, Yog and dance are also organized on the final day to culminate weeks of sporting activities as Annual Sports Day that also witnesses the awards to outstanding achievers in sports at international, national, inter –university, university and state level competitions



Ekta, winner of 21 km Half Marathon Jalandhar



Anita, Lakshmi Verma & Laxmi Arya part of Delhi representing Hans Football Club in 6th IWPL



Anita, Lakshmi Verma part of First XI starting team of Hans Football Club in 7th IWPL in Bangaluru



Anita and Lakshmi Verma in action in Indian Women Premier League in Football



Shubham Malhotra, participant of Delhi Netball team in Federation Cup



Sonu, Winner in *Maulana Salim Memorial All-India Hockey Tournament*



Nency, Winner of Individual cat. in Inter College Yog Tournament at LBC

NSO Activities conducted by the Department –



DU Centenary Celebrations Inter College Football Tournament Committee Co-convenor, Dr. Abha Jain with teams & Managers



JDMC Football Team Winner in the CCIC Football Championship



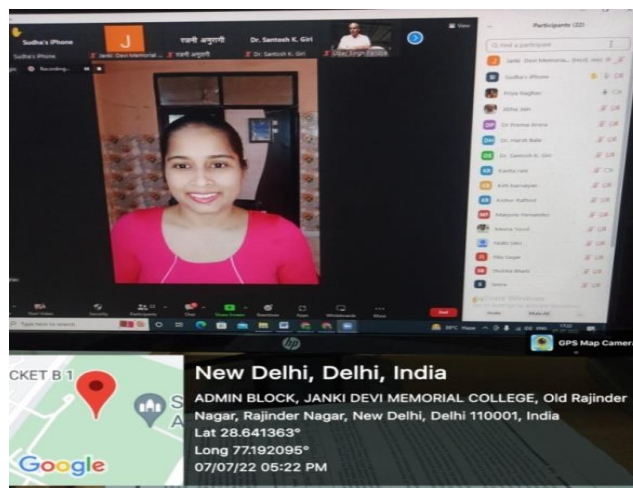
DU Centenary Celebrations I-C Football (Women) Tournament Winner – JDMC Team awarded trophy by Prof. Balram Pani



JDMC Winner of PFM Inter-College 7 –A – Side Football (Women) Tournament



U-17 FD Women's League Women's Committee Member



Therapeutic Yog for Preventive Health-Care



'Har Ghar Tiranga Run' at DU





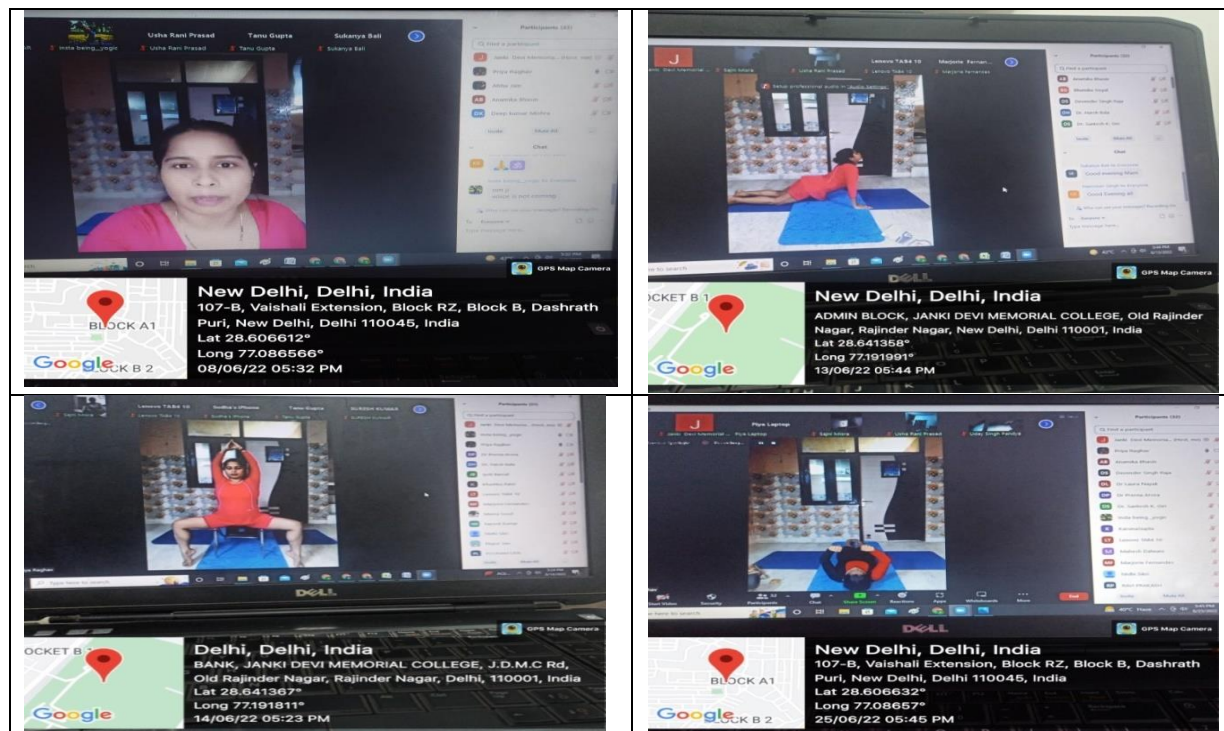
'Har Ghar Tiranga Run" at JDMC



Centenary Run at DU Rugby Stadium



D U Centenary Run Participants with Principal, Prof. Swati Pal @ DU



Add on Course cum Workshop on Therapeutic Yog for Preventive Health-Care

Janki Devi Memorial College (UNIVERSITY OF DELHI)
DEPARTMENT OF PHYSICAL EDUCATION
Invites entries for
FIT INDIA Challenge
Theme
Celebrating Centenary Year of University of Delhi
Last Date - Submission of Entries – July 20, 2022
Event start – July 21 to November 30, 2022

Coordinator-
Dr. Abha Jain
 (TIC, Phy. Edu. Dept., JDMC)
Co-Coordinator-
Dr. S. K. Giri
 Phy. Edu. Dept., JDMC)

Contact -
 Sports Student Coordinator
 Nancy Tushir - 9560489560
 Mail id - tlicsports@jdm.ac.in

Prof. Swati Pal
 Principal, JDMC

JANKI DEVI MEMORIAL COLLEGE (UNIVERSITY OF DELHI)
DEPARTMENT OF PHYSICAL EDUCATION
Invites entries for
INTER DEPARTMENTAL COMPETITION

1. 100 M Sprint Race (Individual event)
2. 100 KM Relay Race (4 teams from Each Department –
 - 4 members team to run 2 km – 500 m each member) (Team Event)
3. 100 km Cycling race (Virtual - Min 5 km/day for 23 days) (Individual event)
4. 100 km Race (2 KM for each participant Run for Sports students) (Individual event)

To Celebrate Centenary Year of University of Delhi

Registration Link -
Last Date - Submission of Entries – July 29, 2022

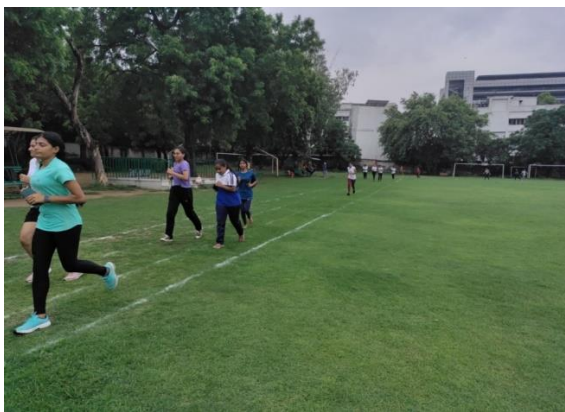
For further enquiries Contact -
 Sports Student Coordinator
 Nancy Tushir - 9560489560
 Mail id - tlicsports@jdm.ac.in

Prof. Swati Pal
 Principal, JDMC

Poster, Centenary Celebrations 4* 100 m Relay Inter Departmental Running Challenge



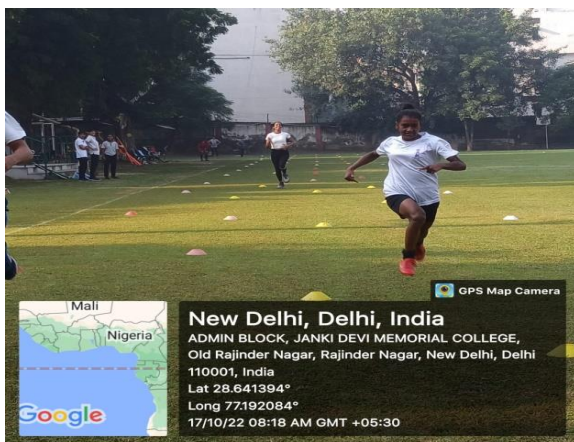
D.U. Centenary Celebrations 100 m * 4 Relay Race Running Challenge (Non- Sports & Sports Girls)



Centenary Celebrations - Finals of 100 m Sprint Running Challenge (Non- Sports Girls)



Finals & Top 3 Winners – Relay Race



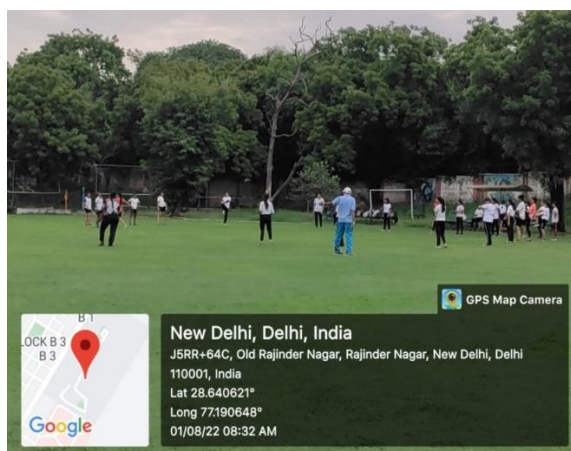
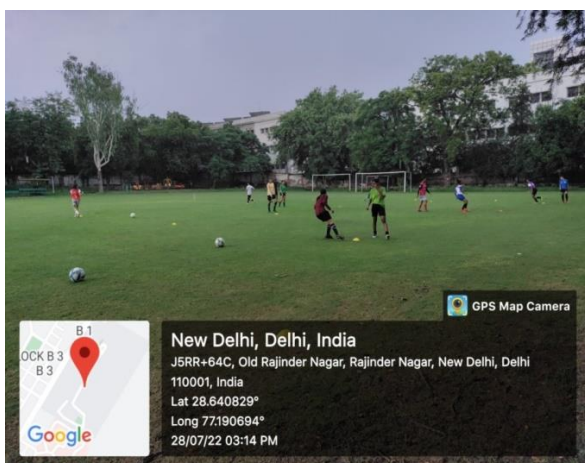
D.U. Centenary Celebrations – Finals of 100 m Sprint Running Challenge (Sports Girls)



Finals & Top 3 Winners of 100 m Sprint – Sprint Races (Sports & Non- Sports Girls)



Harshita, Vidhi & Anusha Goyal - Top 3 Winners of D.U. Centenary Celebrations Cycling Challenge



College Team Fitness Training & Football training Camp at JDMC ground

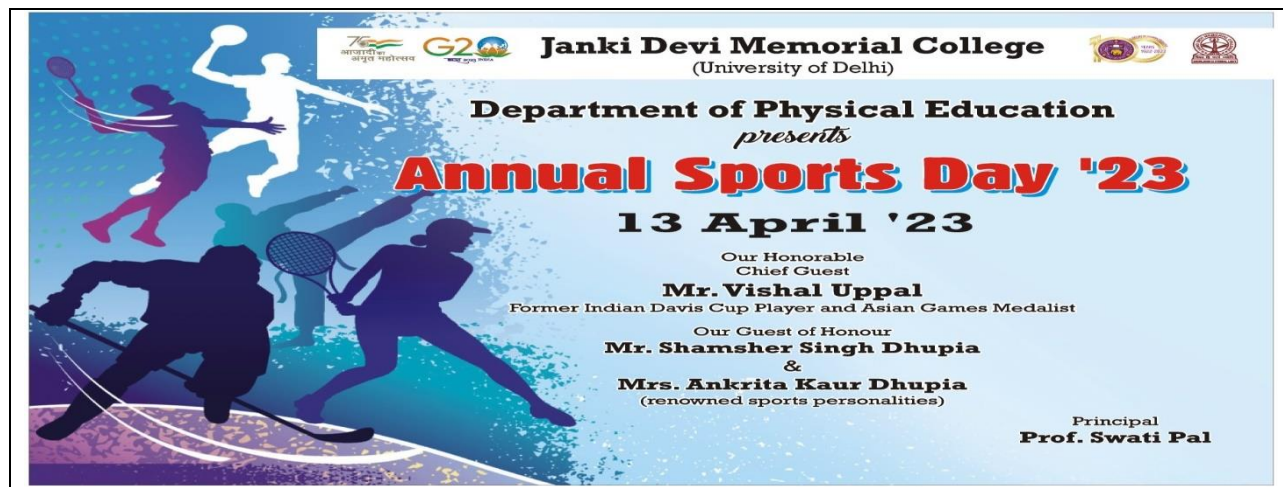


Delhi State Senior Women Football Training Camp for Senior Nationals Tournament (March 2023) at JDMC ground



Fitness Tests – Strength Test (Standing Broad Jump), Agility Test (Shuttle Run) & Endurance Test (9 m Run) of Sports girls

Fitness Tests of All JDMC Sports girls & players





Department Activities

- As per the college policy to promote women in sports and encourage participation, we had organized various activities to involve and motivate women in sporting activities at various levels. Training classes for NSO students in activities like Yoga, Aerobics and taekwondo were conducted throughout the year. The Department of Physical Education organized a national webinar on Yog celebrating the 8th International Yog day on June 21, 2022. Around 120 participants took part in it held in college and Mr. Yogi Sharma Ji was the resource person for the course.
- The department had organized the *Annual Sports Day* on April 13, 2023 which was graced by Mr. Vishaal Uppal (International Tennis Player) as the *Chief Guest*, Mrs. Ankrita Kaur Dhupia and Mr. Shamsher Singh Dhupia (Member, Football Delhi) as *Guest of Honor* and Mr. Joseph Lim (PR Ambassador of Korean National Sports University & Chief Advisor of Korean Cultural Center, India) as the *Special Invitee*. The sports day was celebrated with zeal by the students, teachers and non-teaching staff by showcasing their talent in various races, fun events and matches between them.
- Conducted selection training cum trials camp to select Delhi Senior Women Football Team for “**27th Senior Women National Football Championship 2023**” from March 3-24, 2023 at JDMC Grounds
- Conducted Football Delhi U-17 League from October 27, 2022 to January 12, 2023 at JDMC Grounds
- Conducted Football Delhi Women Championship (senior -2nd tier) in July – September 2022 at JDMC Grounds

The Add-on and Certificate course cum Workshop on Yog

The *Department of Physical Education* under the Coordinator, **Dr. Abha Jain** and Co-coordinator, **Dr. Santosh Kumar Giri** in collaboration with IQAC *JDMC Coordinator* Dr. Shilpa Chaudhary, conducted a one month (45 hours) *Add-on Course* on **Therapeutic Yog for Preventive Healthcare** from June 01, 2022 to July 07, 2022 at 5.00 pm to 6.15 pm on online platform Zoom to orient, motivate and teach the masses on the benefits of practicing yog in daily life to prevent and cure major health and lifestyle diseases and health issues. **Yogini Priya Raghav** was the **resource person** for the course.

- **166 persons successfully completed the workshop** finished on July 7, 2022 including participants from Faculty (45 teaching and 12 non-teaching members), 67 students, 6 research scholars as well as 33 others with academicians from various universities and institutions, professionals from various backgrounds (parents, housewives etc.) from all over the country. (Link of registered participants: https://docs.google.com/spreadsheets/d/1NwGWnsQJoVY_oF_8dk8XhIo1tXZyCoh3gkEcL0PVO3w/edit?usp=sharing)
- The evaluation test on 45 hours add on course was conducted on 15th July after finished on July 7, 2022 extended on request by participants, whereby 35 participants, who fulfilled the requirement of having attended at least 50% sessions of this one-month course were allowed to undertake the MCQ Test, which was a multiple choice battery of 30 questions, based on the topics and content covered in the 37 days’ workshop. The marking and grading was done to evaluate their understanding and concept of yog practice in daily life acquired during the course.

Topics covered on daily basis ranged health issues on hormonal disturbances, e.g. **the workshop addressing the following health related issues on a daily basis covering various health issues -**

Common chronic health problems like Arthritis and osteoporosis (Joint and bones problems), Diabetes, cardiac and major organs issues etc., High and Low Blood Pressure Management & Other Heart Diseases, medical conditions Asthma, Migraine, vertigo, Insomnia, Hormonal disorders like Thyroid (T3, T4), PCOD/ PCOS, Sciatica, Sinus, Depression, anxiety and stress Management, Menstrual and hormonal Problems, Life Science Study, Counseling, Post Covid/ Covid Patient, Asthma/ Bronchitis, Slip Disc, Tobacco addiction, Alcoholism, Diet, thyroid gland management, diabetes, PCOD; Genetics and lifestyle induced issues like hypertension, anxiety, stress, Weight loss and obesity; sleep disorders/insomnia, digestion related issues Piles and Constipation, common postural deformities induced problems like Sciatica, cervical and back pain, height increments in youngsters, viz. Constipation, acidity, hair fall, common skin problems e.g. acne and pimples, blood related problems like anaemia & blood clots, Sports Injuries, Meditation, Pranayama and how to improve general fitness as well.

Fitness Challenge events

- **Fit India Movement for GE Students** - The department of Physical Education organized a two *months fitness challenge* as part of **Fit India Movement** in celebration of **Azadi ka Amrit Mahotsav** for 2nd year Generic Elective students studying Physical Education subject in the college. The fitness challenge was effective from Oct. 1 to Nov. 15, 2022 with 42 students called in 2 batches. The participants were explained about the challenge and participation procedure in detail. An online meeting was also conducted to explain the same to the students. The challenge involved the students to do daily activity for a *total of 45 minutes* (with 30 minutes of running/jogging/walking and warm up and cool down exercises for 15 minutes) for at least **3 days of the week**. The students can record their daily activity on any smart watch or online mode of fitness app i.e. Strava/ Google Run/Adidas Runners/Nike Run Community as long as its share features on Strava app. They can either record directly or transfer the data or manually upload the activity on strava. The activity afterwards was monitored through the virtual online mode on **Strava**.
- **Fit India Movement for Sports students** - A *Six week's fitness challenge* as part of **Fit India Movement** in celebration of **Azadi ka Amrit Mahotsav** for all sports girls in the college. The fitness challenge was from September 1 to Nov. 15, 2022. The challenge involved the students to do daily activity for a *total of 45 minutes* (with 30 minutes of running/jogging/walking and warm up and cool down exercises for 15 minutes) for at least **4 days of the week**. The students can record their daily activity on any smart watch or online mode of fitness app i.e. Strava/ Google Run/Adidas Runners/Nike Run Community as long as its share features on Strava app. They can either record directly or transfer the data or manually upload the activity on strava. The activity afterwards was monitored through the virtual online mode on **Strava**.

Celebration of National and International Days

8th International Yog Day: The Department of Physical Education in collaboration with the staff advisors of Janki Devi Memorial College conducted an online webinar on the theme, **“Yog for Unity and Wellness– Preventive Healthcare”**. It was a lecture cum demonstration Yog session to celebrate **“8th International Yog Day”** in college auditorium from 9.30 am to 11.30 pm on June 21, 2022. The invited resources person for the session was **Dr. Pradeep Yogi**. Dr. Yogi began with the inauguration prayer and the yog routine. He explained each asanas and Pranaayam Kriya with its benefits and contraindications, while yog students of college performed for the participants, who performed simultaneously. He then explained the philosophy of Yog and its importance and benefits in daily life, specifically with reference to the present tough and challenging times of COVID -19. Acharya Dev Choudhary also answered the queries of the participants. The *8th international Yog Day celebrations* was attended by nearly 100

participants that included teaching & non teaching staff, students of JDM College as well as colleges of University of Delhi and outside Delhi.

Centenary Celebrations

1. **(100 m) - Sports girls** – (i) Laxmi Verma, B.A Prog., 3rd Year, (ii) Anita, B.A Hons., 2nd Year & (iii) Neha Taparia, B.Com Hons. 2nd Year
(100 m) – Non-Sports (i) Bipasha, Pol Science, Hons., 2nd Year, (ii) Muskan Bainsla, Pol Science Hons., (iii) Neha Verma, B.Com Prog., 3rd Year
2. **100 m*4 Inter Departmental Relay Race** – (i) Department - (ii) Department & (iii) Department
3. **100 km Cycling Race** – (i) Harshita (ii) Vidhi (iii) Anusha Goyal

NSO Achievers at National Tournament-

- Ekta of B. A. Hindi Hons. 3rd year won **Gold medal** in **21.1 m Super Skhh Vaisakhi Run Half Marathon**, held in Jalandhar, Punjab on Oct 9, 2022.
- Ekta of B. A. Hindi Hons. 3rd year clinched **Gold medal** in **21 km Mansa Mountain Marathon** held in Nainital, Uttarakhand on Aug. 28, 2022.
- Ekta of B. A. Hindi Hons. 3rd year also won Gold medal in **Pink Marathon** in Noida, UP on 8th March to celebrate International Women's Day & A **Silver medal** in 5 km '**Dill ki Daud**' held in Ludhiana, Punjab on September 25, 2022.
- Ekta of B. A. Hindi Hons. 3rd year claimed top Honours with Gold medal in '**Kicksal Gurugram 10 km**' Race in, Haryana on June 15, 2022
- She won 2nd position and silver medal in 10 km run held in Dehradun on Oct. 30, 2022
- She won 4th place in Vedanta International Half Marathon in Delhi on Oct. 16, 2022 and got **5th position** in **Patna Half Marathon** held at Patna on 17th March.
- Shubham Malhotra (Sociology Hons., 3rd Year) part of Delhi Netball Team in **14th Federation Cup Netball Championship** held from 10th to 13th November 2022 at Shri Balaji Sr. Sec. School Kalinga.
- Lakshmi Verma, Anita, Sheetal, Laxmi Arya, Swati Shukla, Sanya Rawat represented DU in **Inter- University Football Championship** held at GNDU, Amritsar from Nov 21 to 25, 2022.
- Lavanya Chopra, Varsha and Yashita participated in National Shooting Championship held at Bhopal M.P from Dec. 7 to 10, 2022
- Manju (Hindi Hons. 2nd year) & Sonu (B. A Prog. 3rd year) part of Delhi team won the Gold medal & Championship in ALL INDIA 5-A-SIDE WOMENS HOCKEY TOURNAMENT held at Nainital from Oct 9-15, 2022
- Anjali, member of Delhi Team that won Gold medal at 34th Senior Tug of War National Championship, Bikaner, Rajasthan from Aug. 30 to Sept. 1, 2021
- Nancy (B. A. English Hons. 1st year, Roll no. 1578) secured first position in National Yogasan Sports Championship held on Dec 18 & 19, 2021 in Delhi.

- Manju (Hindi Hons. 2nd yr) & Sonu (B. A Prog. 3rd year) part of Delhi team won the Gold medal & Championship in All India 5-a-Side Women's Hockey Tournament held at Nainital from Oct 9-15, 2022
- Shubham Malhotra (Sociology Hons., 3rd Year) as Delhi State team in 35th Senior National Netball Championship, Shri Balaji Sr. Sec. School, Kalinga, Bhiwani, Haryana from
- Sonu (B. A. Prog. 2nd Year) as part of Delhi team became champions in All India hockey tournament, held at Kanpur UP from November 20-22, 2022.
- Lakshmi Verma, Anita represented Delhi in Senior National Football Championship 2022 in Odisha from April 15, 2022 onwards
- Lakshmi Verma (B. A. Prog. 2nd year, 915) and Shalini Rai (B. A. Prog. 3rd year) represented Delhi in Senior National Football Championship held in Kerala from Nov 22 to Dec. 9, 2021.
- Sonu (B. A. Prog. 2nd year, 1526) represented Delhi in National Women's League Championship in Hockey from Dec.15 to 21, 2021 at Major Dhyan Chand National Stadium, New Delhi.

NSO Achievers at State Tournaments-

- JDMC Football team emerged **Champion** of **DU Centenary Celebrations Inter College Women Football Tournament** at Rugby Ground from Sept. 18 to Oct 5, 2022. Anita scored highest number of 18 goals in the tournament.
- JDMC Football team annexed Championship with Gold medal in **PFM 7 a side Inter College Women Football Tournament** held at JDMC on Oct. 14, 2022.
- Basketball Team: Winners in “Don Bosco Invitational Tournament” & Runners-up in “Asian Business Group Tournament”
- Nancy, English Hons. 3rd year secured Gold medal in Rhythmic Cat. & a Bronze medal in Individual cat. in Talent Search Yog Competition organized by Nehru Yuva Kendra on 2nd Oct 2022
- Nancy, English Hons. 3rd year also secured Gold medal in Individual cat. in Inter College Yog Competition organized by Laxmi Bai College, University of Delhi in 2022
- Lavanya Chopra (B. Com Hons. 2nd year) secured 2 Bronze medals in 50 m & 25 m Air pistol events of Open Delhi State Shooting Championship held at Dr. Karni Singh Shooting Range
- 5 players representing various clubs played in 2nd Delhi State Senior women's Premier League held in Dec 2021. The premier league involving top 9 clubs of Delhi.
- Celina Kalundia (B. Com Hons 2nd year,) participated in Senior Women Championship

Faculty Achievements –

Curriculum Development and Academic

Prof. Abha Jain -

- Associated with the development of curriculum and content design for Physical Education subject in UGC-LOCF Courses in NEP as the Co-convenor, sub-committee for Skill Enhancement Courses (SEC) and member, Sub-committee for Value added Courses (VAC) constituted by the Department of Physical Education, Faculty of Inter - Disciplinary & Applied Sciences, University of Delhi
- Development of curriculum content design for Physical Education papers for Generic Elective Courses in Honours and Discipline subjects in B. A / B. Com. Programme courses
- Member, Moderation Committee, Department of Physical Education and Sports Sciences, Faculty of Inter-Disciplinary and Applied sciences, University of Delhi
- Convenor, Paper Setting, B. A. Prog. Discipline papers Department of Physical Education and Sports Sciences, Faculty of Inter-Disciplinary and Applied sciences, University of Delhi
- Member,, Paper Setting, B. A. Prog. Generic Elective paper, Department of Physical Education and Sports Sciences, Faculty of Inter-Disciplinary and Applied sciences, University of Delhi

Dr. Tarun Routhan -

- Resource person in NTA
- He is also a member, with the development of curriculum and content design for Physical Education subject in NEP-UGC-LOCF Courses sub-committee for General Elective Courses (GEC) constituted by the Department of Physical Education, Faculty of Inter - Disciplinary & Applied Sciences, University of Delhi
- Dr. Routhan was a member, Moderation Committee, Department of Physical Education and Sports Sciences, Faculty of Inter-Disciplinary and Applied sciences, University of Delhi

Sports Administration and Management

National and state Level -

- Appointed *member*, Women's Committee of All India Football Federation and Special Guest to oversee and analyze the performance of Indian National Women's Team & attend the Opening Ceremony of Women's U-17 World Cup in Bhubaneswar, Odisha, 2022
- Member, Football Delhi to organize Santosh Trophy –North Zone leg (Senior Nationals Men Championship) in Delhi in Nov. 2022
- *Chairperson*, Selection Committee, 27th Senior Women National Football Championship 2022-23 from March 3-24, 2023
- Prof. Jain has been elected as a *Convenor*, Executive Committee, *Football Delhi*
- Designated as *Chairperson*, Women's Football Development Committee;
- Convenor, Women's Competitions Committee; Women's Selection Committee, *Football Delhi* since 2021-2026
- *Member*, *Selection Committee*, all age categories of Delhi Women's Teams for the National Football Championship trophies
- *Co-chairperson*, *Sports Admission Committee* for Sports Trials in Football (W)
- *DUSC Nominee*, *Sports Admission Committee* for Sports Trials in Table Tennis (M & W)
- *Chairperson*, *Championship League*, Football Delhi Aug. 29 to Oct. 12, 2022

- *Co-chairperson, Purchasing Committee*, Football Delhi Aug. 29 to Oct. 12, 2022
- *Member, Media & Publicity Committee*, Football Delhi Aug. 29 to Oct. 12, 2022
- *Chairperson*, Women's Football Championship (Tier 2 League), (August 3 to October 14, 2022)
- *Convenor*, U-17 Women's Khelo India Football League, JDMC Grounds, September to February, 2023
- She has successfully completed various HDOR global virtual events with podium finish in events –
 - 1) 2022 (50 km) with podium finish
 - 2) 5 km Ahimsa run
- Prof. Abha Jain, President, *Hans Women Football Club team* that participated in **Football Delhi Women's Premier League 2022**

University Level -

- *Organizing Secretary*, PFM 7 a side Inter College Football Tournament @JDMC
- Co-convenor, *selection trials* for Delhi University UG Admission on Sports Quota in Football, Nov 2, 2022
- DUSC Nominee, *selection trials* for Delhi University UG Admission on Sports Quota in TT, Nov 2, 2022
- *Member*, Selection cum training camp for selection of Delhi team for N. Z. Inter-University Football – December, 2022
- *Member*, Selection cum training camp for selection of Delhi team for N. Z. Inter-University Hockey, November, 2022

Academic -

- Mr. Santosh K. Giri was awarded **Doctorate in Philosophy** for his thesis entitled, **"EFFECT OF BHRAMARI PRANAYAMA ON GENERAL MENTAL ABILITY AND PHYSIOLOGICAL VARIABLES OF SCHOOL GOING CHILDREN"**, in the *Department of Physical Education and Sports Science*.

Student Research Project-

1. Prof. Abha Jain & Dr. Santosh Kumar Giri, have an ongoing research project in collaboration with Department of Physical Education and Sports Sciences (DUDPESS), University of Delhi, entitled, ***"Effects of Physical Education Programme on the Selected Physical and Physiological Fitness Variables of Female Sports Students of JDMC"***
2. Prof.. Abha Jain & Dr. Santosh Kumar Giri have an ongoing research project entitled, ***"Effect of Fitness Training Programme (6 weeks) on the lifestyle and Happiness Levels of sports girls"***
3. Prof.. Abha Jain & Ms. Nisha have an ongoing research project entitled, ***"Effects of Collegiate Physical Education Programmes on Aerobic and Anaerobic Fitness of JDMC Sports Students (A Longitudinal Study - 2018-23)."*** Analysis of the data is underway.

Faculty Research Project –

1. Prof.. Abha Jain & Dr. Santosh Kumar Giri have an ongoing research project entitled, “Effect of Fitness Training Programme (6 weeks) for Well-being of GE Course girls during Covid Pandemic (A Longitudinal Study) 2020-23”
2. Prof. Abha Jain, “Effects of Physical Education Program on the Selected Anthropometric Variables, BMI and Resting Heart Rate (RHR) of Females Students during and Post Pandemic COVID 19 (A Longitudinal Study) 2020-23”. Analysis of the data is underway.

Extension Activities

International Women’s Day celebration with Football Delhi by organizing *Football Festival* in collaboration with Khelo India