



# NATIONAL SPORTS ORGANISATION (N.S.O)

2019-20



NSO JDMC Logo



NSO POSTER



PHYSICAL EDUCATION FACULTY 201



ANISHA BRONZE MEDALIST IN EL-HASSAN OPEN TAEKWONDO CHAMPIONSHIP



RITIKA- BRONZE MEDALIST IN 400 M IN KHELO INDIA NATIONALS



JDMC AWARDED BEST COLLEGE IN FOOTBALL BY FOOTBALL DELHI



*Sarina Sihag -Best Performer in the Para-sailing*



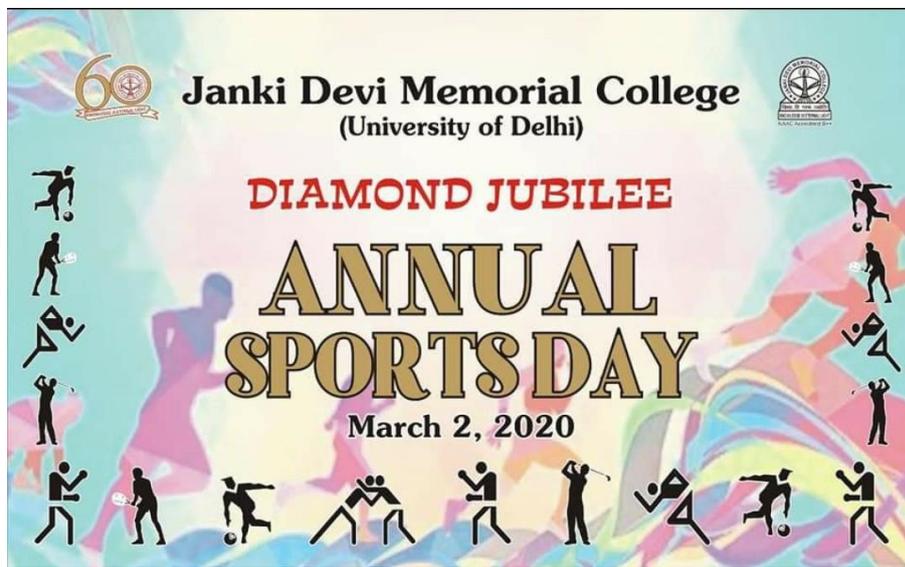
**ROSHNI TIWARI - WINNER HALF MARATHON TEAM**



**1<sup>ST</sup> JANKI CUP HOCKEY TOURNAMENT**



All participating team in 1<sup>st</sup> Janki Cup Hockey Tournament



Annual Sports Day 2019-20



GUESTS WITH PHYSICAL EDUCATION FACULTY ON ANNUAL SPORTS DAY



BALLOON BURSTING for Staff on ANNUAL SPORTS DAY



Yog Display on Annual Sports Day



Sports Contingent on Annual Sports Day

*All those who are keen to shake a leg or two to bring some action into their dull indoor life during lockdown, WAIT NO MORE...*

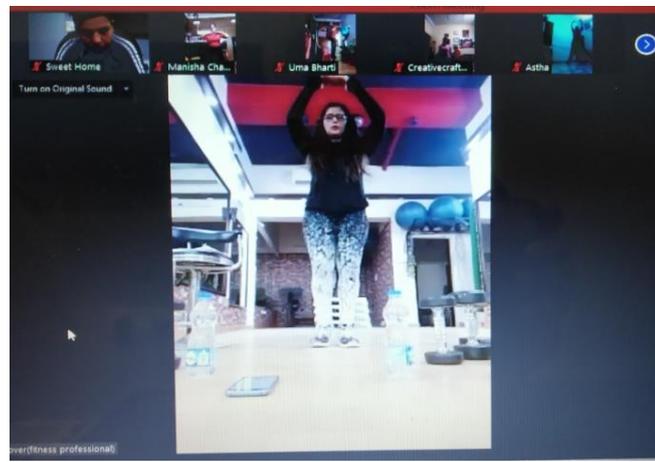
**Online Aerobics Session**  
for Students, Teaching and Non-Teaching Staff

**Resource Person: Payal Grover**  
Zumba and Fitness Trainer (Reebok)

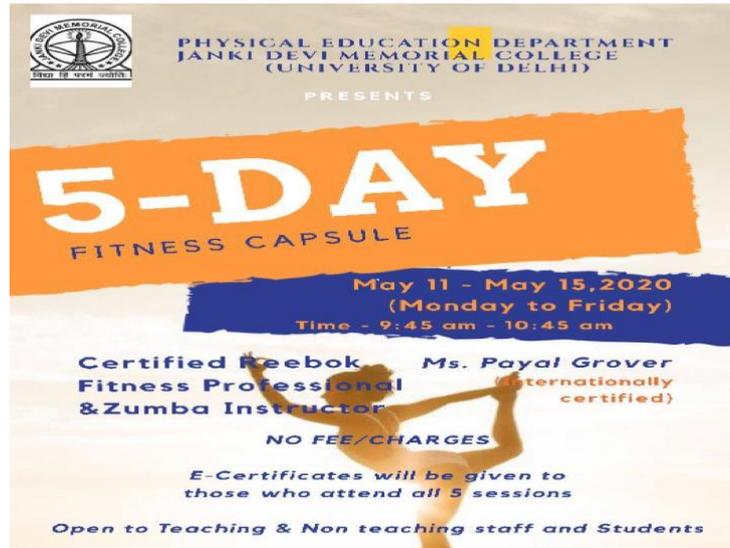
**Date & Day: 7th May, 2020 (Thursday)**  
**Time: 10-11 a.m.**

Organised by  
IQAC & Physical Education Department  
Janki Devi Memorial College  
(University of Delhi)

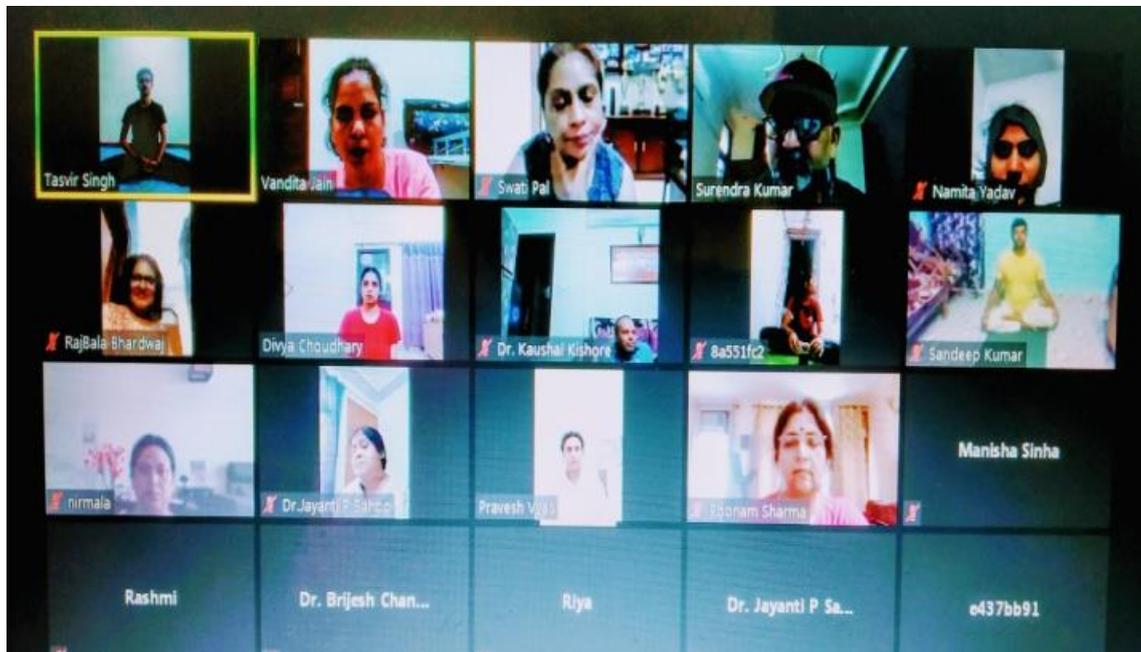
Fitness Session on Aerobics



**Fitness Trainer Payal Grover conducting Fitness Session on Aerobics**



**Fitness Workshop on Aerobics & Zumba**



**Participants in Fitness Workshop**



6<sup>th</sup> International Yog Day celebration online on Zoom Platform

### International NSO Achievers

- **Anisha** secured **Gold Medal** in *India Open International Taekwondo Tournament* in Hyderabad, Telangana
- She also won **Bronze medals** in *El-Hassan Open GI Championship* at Amman, Jordan.
- *She played the International Tournaments:-*
  - a) **Represented India** in U-52 KY for *Asian Taekwondo Championship* in Jordan
  - b) Al-Ahliyya Amman University, Fujairah, UAE
  - c) *Israel Open Taekwondo Championship*
  - d) *Australian Open Championship* at Gold Coast, Australia
  - e) *Oceania President's Cup* at Gold Coast, Australia.
  - f) **Anisha** attended the camp at Sports Authority of India (SAI) centre at Aurangabad, Maharashtra for *South Asian Taekwondo Championship*
- **Anjali** attended *India Camp Level One* in Rugby

### National Level

- **Roshni Tiwari**, Delhi team that secured 1<sup>st</sup> position in *21 km Half Marathon* in *Mixed Relay category*. She was one of the Only 2 women runners to do so in All-men participants in *Vadodara International Marathon 2020* in Vadodara, Gujarat.
- **Ritika** representing Delhi University, secured a Bronze medal in 400 m in *1<sup>st</sup> Khelo India All India Inter University* at Odisha Athletics
- **Ritika** also secured *Bronze medal* in 400 m in *Junior National Athletic Meet* at Vijayawada, AP
- **Neha Kumari** secured *Silver Medal* in 800 m in *Junior National Athletic Meet held* at Vijayawada, AP
- **Ritika** and **Neha Kumari** constituted the Delhi Athletic Sprint team that won 2<sup>nd</sup> position (*Silver Medal*) in 4×400m team of Girls in *Junior National Athletic Meet held* at Vijayawada, A. P.
- **Ritika** secured 4<sup>th</sup> position in 400 m. in *All India Inter University Athletics Championship* at Mangalore, Karnataka
- **Perna Negi**, **Garima Chhimwal**, **Mamta Chhimwal**, **Navita Rawat**, **Deepti Papnai**, **Parul Negi**, **Shalini Rai** and **Rashi Tomar** for *Delhi University Football team* that won 1<sup>st</sup> **Runners' Up position** in *North-Zone Inter-University Football Tournament* at Punjab. The team participated in *All India Inter University Football Tournament* in KIIT, Bhubaneswar, Odisha
- **Karishma** secured 1<sup>st</sup> position in *1<sup>st</sup> National Sports Meet 2019* at Meerut, UP. She also participated in *1<sup>st</sup> ICSE Open National Games* at Jaipur, Rajasthan.
- **Perna Negi** participated in *Indian Women's Football League (IWL 2020)* in Bangalore Karnataka
- **Neha Kumari** secured a *silver medal* in 800 m in *Reliance National Athletic Championship* in Mumbai

- **Mohini** participated in 1500 m & 3000 m (U-20 Years) in *17<sup>th</sup> Federation Cup National Junior Athletics Championship* at Tiruvannamalai (TN)
- **Ritika** won *Gold Medals* in 100m & 200m in *North Zone Athletics Meet* in Sangrur, Punjab
- **Neha Kumari** also won *Gold Medal* in 800m in *North Zone Athletics Meet* in Sangrur, Punjab
- **Sunita** and **Rashmi** represented Delhi team in *Federation Cup* in *Throw-ball* at Shirdi, Maharashtra and secured **first position**.
- **Diksha Sardana** secured **1<sup>st</sup> position, Gold medal** and *Champions' of Champion* award in senior category of *7<sup>th</sup> Tang Su Do National Tournament* held at Nashik, Maharashtra. She also won Gold medal in *20<sup>th</sup> Sqay Cadet Sub-Junior/ Senior National Championship*.
- **Rashmi** represented Delhi team which won *Gold Medal* in 4<sup>th</sup> National Ball Hockey Championship at LPU, Phagwara, Punjab.

### Teams at Inter College/ State and other Tournaments

- ❖ JDM teams secured **1<sup>st</sup> Runner's Up** (2<sup>nd</sup> position) in *Inter- College Tournaments* -
- **Football**
- **Handball**
- **Athletics - four Gold Medals, 4 Silver Medals and 5 Bronze Medals**
- **Hockey - 2<sup>nd</sup> Runners-Up position**
- JDM College won **1<sup>st</sup> position** in *Team event* and **3<sup>rd</sup> position** in *Rhythmic Pair* event in *Shaheed Rajguru College for Women Inter College Festival SPARDHA 2020*
- JDM Yog team got 1<sup>st</sup> position in *Rhythmic Pair* in *Yog* event of *Kalindi Inter-College Sports Fest*.

### Individual achievers at Inter College, State and other Championship –

#### 96<sup>th</sup> Inter College Athletic Meet 2019-2020

- **Ritika** secured *gold medals* in 200 m, 400 m and 4\*400 m Relay in *Inter College Athletics*. She was also the only athlete to qualify for the *All India Inter-University Athletics championship*.
- **Neha Kumari** got *Gold Medal* in 4\*400 M Relay and *silver medal* in 800 m & 1500 m
- **Shivanshi Pathak** got *1<sup>st</sup> position* in 4\* 400 m Relay
- **Ankita** secured a *bronze medal* in *Long Jump*.
- **JDM team** (*Shivanshi, Neha Kumari, Riya, Neha Kumari, and Ritika*) secured *Gold medal* in 4×400 m relay race

#### Delhi State Athletics Meet

- **Ritika** got *Gold Medal* in 400 m, *Silver Medal* in 200 m.
- **Best Athlete Award** in *Delhi State Athletic Meet*
- **Shivanshi Pathak** got *3<sup>rd</sup> position* in 400 m
- **Neha Kumari** - *Gold Medal* in 800m & 1500m
- **Mohini**- *Silver Medal* in 3000m
- **Ankita Chaudhary** - *Bronze medal* in *Long Jump*.

#### Delhi Junior State Athletics Meet

- **Ritika** - *Gold Medal* in 400m & *Silver medal* in 200 m
- **Mohini** secured *Silver Medal* in 3000 m and *bronze medal* in 1500 m in *79<sup>th</sup> Delhi State Annual Athletics Championship*.
- **Neha Kumari** secured gold medal in 800 m & 1500 m.

#### Reliance Athletic Meet - Nov. 2019.

- **Ritika** got **Best Athlete** award in *Reliance Youth Foundation Games*
- **Ritika** secured **first position** and secured gold medals in 200m, 400 m and 4\* 400 & 4\*100m Relay
- **Shivanshi Pathak** secured **first position** in 4\*400 m relay
- **Ankita Chaudhary** got *Gold medal* in 4\*100 m Relay

- **Mohini** secured *Bronze Medals* in 5000 m & 1500 m
- **Anamika Bose** got *Bronze medal* in Long Jump
- **Neha Kumari** got *Gold medals* in 800 m, 1500 m. & 4\*400 m
- **Riya** got *Gold Medal* in 4\*400 m Relay & *silver* in 400 m.
- JDM team of **Anamika Bose, Ankita, Riya & Ritika** got *Gold medal* in 4\*100 M relay
- **Ritika** won *Gold medal* in 100 m in Athletics meet by Police families Welfare Society.
- **Mohini** secured *Gold Medal* in 6 km (U-20) in *Delhi State Cross Country Championship*
- **Mohini** got *gold medal* in 10 km *Delhi State Cross Country Championship*.

#### JDMC Yog Team at State

- JDM College Yog team got *1<sup>st</sup> position* in Team event in **SPARDHA**
- *3<sup>rd</sup> Position* in **Rhythmic Pair**,
- *1<sup>st</sup> position* in **Kalindi College Fest**.
- **Karishma Kumari** secured *second position* (U 14-20 age) *District Yogasana Championship*
- **Anisha Kumari** got *Senior Best Player Award* at *Leo's Cup Taekwondo Championship*
- **Prapti** and **Ritu** got *1<sup>st</sup> position* in *Delhi State Hockey Championship*.
- **Kanchan** won *Gold Medal* in *Individual category* of *Delhi Yog Championship*

#### Extra-curricular Achievements of Sports girls -

- **Sunita** served as manager in the *Mini and Youth National Tennis Volleyball Championship* in Pune, Maharashtra
- **Sarina Sihag** among 200 cadets was rewarded with the **Best Performer** in the *Para-sailing* event for her **outstanding performance, courage and presence of mind** during the event. She was honoured with the *special citation and certification of merit* by the Lt. Governor of Delhi.
- **Anju Rathore** and **Sarina Sihag** participated in *Para-sailing event* at **PM rally** at Delhi Cantt.
- **Roshni Tiwari** participated in 3 Physical Training camps of *Thal Sena* in *NCC Bhawan, Rohini Centre*

#### Departmental activities -

- The department conducted **Sports Trials** for *Admission to Undergraduate Courses in Delhi University 2019-20* in **Football** (women) and **Table Tennis** (Men and Women).
- Physical Education Department conducted **Inter-College Handball Tournament**
- *Training cum selection camps* for **Junior and Senior Women Football** to select the *Delhi teams* were conducted in JDM College.
- **Khelo India** (U-17 years) **Junior League** in *Football* was organised in JDM College
- *3-day League cum Qualification Trial* was held to select Delhi senior representative club football team for **Indian Women Football League 2020**.
- **Senior Women's Delhi state Football League** conducted at the college grounds
- The department helped the staff advisors & college students union to organize the **5<sup>th</sup> International Yog Day** on June 6, 2019
- The department conducted a *one day workshop* on **Mental Training** for *all Sports girls* to help them address their issues regarding their academic & sports career, personal life, other matters etc. The guest speakers were psychologists from world renowned organization of *Brahmkumaris*.
- The department also organized the **1<sup>st</sup> Janki Cup Tournament** to mark the **60<sup>th</sup> Year celebrations** and to *empower women* through the culture of sports and games in Delhi. **Hockey** was organised in the first audition, in which 12 teams took part. The tournament was inaugurated by former Indian Hockey team Head coach, *Sh. Harinder Singh* and several dignitaries graced the occasion and gave away the prizes to the winning players and teams. The tournament was a roaring success among all participating teams for just and neutral Officiating and efficient conduct. *Certificates and*

Refreshments to all the participants after each match given, while cash prizes, souvenirs, trophies awarded to *Players of the match* in all the matches; *Best Players of tournaments* in 4 different positions in Hockey; attractive trophies and cash prizes to the *top three positions securing teams*.

- The department with the help from Political Science organized **ZYEGO advanced counselling sessions** for all sports girls to help deal with psychological issues and improve training and performance.

**DR. ABHA JAIN**  
**TIC, Physical Education**