

2025-26
DEPARTMENT OF PHYSICAL EDUCATION

Teacher In-Charge - Dr. Tarun Routhan
Association In-charge- Prof. Abha Jain

National Sports Organisation (NSO) society of JDMC is an affiliated unit of University of Delhi, that in collaboration with the Department of Physical Education, provides students with ample opportunities to enhance their physical fitness, mental well-being, leadership qualities, teamwork, ethical values, and social responsibility through active participation in sports and fitness programmes. The Department offers regular professional and scientific coaching and training in the following disciplines:-

Athletics
Basketball
Chess
Cricket
Football
Kho-Kho
Handball
Hockey
Netball
Powerlifting,
Shooting
Softball
Table Tennis
Taekwondo
Volleyball
Yog

Our students regularly represent the college in Inter-College, Inter-University Championships and State competitions as well as the state at National and International Tournaments, achieving excellence across various sporting disciplines.

In addition to the competitive sports, NSO conducts mass participation programmes in fitness activities like Yog, Aerobics, and Self-defense Training for Sessions for the students, teaching and non-teaching staff, as well as a dedicated Aerobics and yoga programmes for hostel residents, with the objective of promoting a healthy, active, and balanced lifestyle for all. Inter-departmental competitions in different sports also organized for the students to identify budding new talent.

Students interested in joining this thriving and most happening society and keen to represent Janki Devi Memorial College in sports and fitness activities are invited to register by completing this form. The information provided will help us communicate training schedules, trials, camps, competitions, and other sports-related activities throughout the academic session.

Join NSO, stay active, and be a part of a vibrant sporting culture at JDMC!

1. **The Google form link to register in the society** – https://docs.google.com/forms/d/e/1FAIpQLSchStMcZqHnjAqN6_EnyLXUia0zphbPp5NOWAuoXmDuJrttfg/viewform?usp=header
2. **Society Instagram Page** – https://www.instagram.com/jdmc_sports?igsh=djVrZHNwcGYzampj
3. **Society Facebook Page** - <https://www.facebook.com/share/1EcYfDAZEv/>



Harshika Joshi, 3rd -AIIU Taekwondo Kajal Khimal, Participant, Federation Cup & AIIU Taekwondo Championship



JDMC Football Girls in HCL National Winners Team

JDMC Girls, Delhi Team, Senior Women National Football Championship



Suman Kumari, Winner Team in Reliance Nationals Football

Jyoti Kumari, 1st Position, National Futsal Championship



Neha Kauhsik, 3rd Place, Asmita North Zone Women Hockey League

Pragya & Bhanvi, 3rd place, 54th National Handball Women Championship



JDMC Football Team - Winner of Khelo Football Mahakhumbh (College, Women) Event



Inter College Football (W) Winner - JDMC Football Team

Divya, Inter College Boxing Champion



JDMC - 2nd position in Inter - College & Khelo DU Taekwondo Championship



2nd Runner Up Position - JDMC Hockey & Handball Teams in Inter College Hockey & Handball (W) Championships



JDMC Hockey Team – 2nd in KHELO DU & 6th Satguru Hockey Tournament



JDMC Players -1st Senior State Handball Championship



JDMC Volleyball Team won the Champions Challenge Cup



Preeti Tiari – 1st in State Netball Championship



Deepika won First Place in the Dball Basketball League



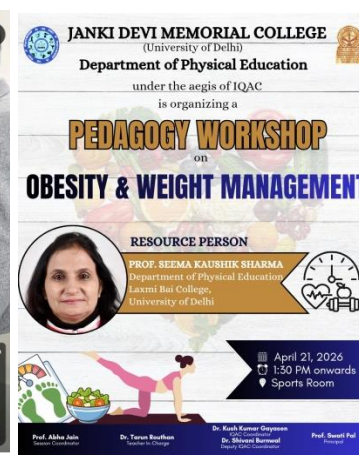
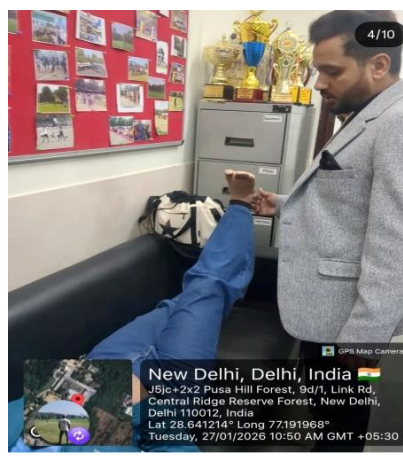
JDMC Team – 2nd in Central District Volleyball Championship



EROBERN – JDMC Netball Team 2nd Runner's Up



Sub-Junior Girls & Junior Football Training cum Selection Camp in JDMC



Sports Physiotherapy Workshop for Sports girls

Pedagogy Workshop Poster



Pedagogy Workshops for GE Papers

- The **Annual Sports Day** was held on March 12, 2026. A month long sporting festival for the students and staff of the college to actively engage in sports and recreational activities, to develop discipline and leadership qualities, and foster a spirit of healthy competition leading to the final day as the celebration of honoring the outstanding sports-students of the college on the *Annual Sports Day*. The event also helps in identifying sporting talent, building confidence, and promoting overall physical and mental well-being. This year, Indian International woman cricketer, **Miss Asha Rawat** was the *chief guest* to grace the occasion, who spoke on her journey and her early life struggles and emphasized on working hard to realize one's dreams. The day culminated with the prize distribution of the outstanding sports-students along with the students and staff members of the college, who shone in the

various competitions and events organized prior to the day, like Basketball, Cricket, Throwball, Volleyball, Inter-departmental March -past competition as well as the fun races etc.

- **Delhi University Inter-College Handball (Women) Tournament 2025–26** held in the college from February 23 to 27, 2026. *JDMC secured third position in the tough competition, won by IGIPESS.*

Prof. Abha Jain was the convener of the tournament cum selection committee, which also facilitated the selection of the Delhi University Women's Handball Team for the North Zone Inter University Tournament held in Shimla, HP.

- **Delhi University Inter-College Taekwondo (Men & Women) Championship 2025–26** was held at the Multipurpose Hall, University of Delhi, from February 19 to 20, 2026. Dr. Tarun Routhan was the convener of the championship cum selection committee. *JDMC secured overall second position in the championship with two gold medals, one silver medal and three bronze medals.* The championship also served as the selection platform for forming the Delhi University Men's and Women's Taekwondo Teams for All India Inter-University Taekwondo (Men & Women) Tournament 2025–26.

- The **Delhi University Inter-College Football (Women) Tournament 2025–26** was held at the college from January 27 to February 2, 2026, followed by an Inter-University coaching camp from February 2 to 6, 2026. Prof. Abha Jain was the convener of the tournament and the coaching camp. *JDMC emerged champions in the tournament* dethroning the winners, JMC. The championship also facilitated the selection of the Delhi University Women's Football Team, in which 9 JDMC players represented the University at the North Zone Inter-University Football (Women) Championship 2025–26 held at Chaudhary Bansi Lal University, Bhiwani, from February 9 to 13, 2026.

- A NEP Pedagogy workshop for faculty on **Stress Management** was held on February 4, 2026. Prof. Ajit Kumar from Amity University, Noida was the resource person.
- An **Injury Assessment and Management Session** were conducted on January 27, 2026, with Dr. Mohd. Suhail, BPT, MPT (Sports), MAP, serving as the resource person. During the session, sports students were assessed for potential injuries and were provided with physiotherapy support and guidance for injury prevention.
- A seminar on **The Olympic Movement and Bidding Process** was held on November 20, 2025. Mr. Ashish Kumar Rawat, Master Trainer (Olympic Value Education Programme), International Olympic Committee was the resource person.
- The **Central District Senior Volleyball (Men & Women) Championship 2025–26**, organized under the aegis of the Delhi Volleyball Association, was held from November 18 to 19, 2025. A total of 17 teams participated in both categories. In the Women's category, Jaunti Club and Janki Devi Memorial College secured the first and second positions, respectively, while in the Men's category, Gret Captain Club and Bhanu Club secured the first and second positions, respectively.
- A seminar on **Fitness and Wellness** was held on November 19, 2025. Prof. Mamta Sahrawat, Professor, Bhagini Nivedita College, University of Delhi was the resource person.

- A seminar on **Development of Physical Education in India (Pre Independence and Post Independence)** was held on November 17, 2025. Dr. Rakesh Kumar, Assistant Professor, Gargi College, University of Delhi was the resource person.
- A **training cum selection camp for Junior Women Football Team** was held from November 1 to 19, 2025 under the aegis of Delhi Soccer Association to select Delhi team for participation in *Junior Women's National Football Championship 2025*. **Prof. Abha Jain was the convenor of the Selection Committee**
- A seminar on **Physical Education & Sports: Cultural Heritage of Bharat** was held on August 29, 2025. Dr. Gaurav Kumar, Assistant Professor, Hansraj College was the resource person. The session was followed by Indigenous Games event.
- A NEP Pedagogy workshop for faculty on **Fitness and Wellness** was held on August 27, 2026. Prof. Sonia Shalini from IGIPSS, University of Delhi, was the resource person.
- A **training cum selection camp for Senior Women Football Team** under the convenorship of **Prof. Abha Jain, Selection Committee** was held from August 18 to September 9, 2025 under the aegis of Delhi Soccer Association to select Delhi team for participation in *Senior Women's National Football Championship* for Rajmata Jijabai Trophy.
- **ASMITA U-13 City Football League 2025-26** under the chair of Prof. Abha Jain, the League Sub-committee - aegis of Delhi Soccer Association was held on August 12, 2025. This League was the part of the broader ASMITA football initiative - a grassroots sports program under the Khelo India scheme aimed at promoting football for young girls. HOPS and Juba Sangha clubs secured 1st and 2nd positions in the tournament.
- A **One Month Fitness Camp** for general students and hostellers was organized from August 11 2025 to develop physical and mental fitness through exercises to improve the overall ability to do everyday activities with vigor.
- **The Handball (W) Sports Trials for University of Delhi - Admission** on the basis of Supernumerary Sports Qouta in Undergraduate Program 2025 was held on August 02, 2025. The trials were conducted under the convenorship of Dr. Tarun Routhan, in accordance with the guidelines laid down by Delhi University Sports Council.
- A **training cum selection camp for Sub-Junior Girls Football Team** under the chair of Prof. Abha Jain, Selection Committee, aegis of Delhi Soccer Association was held from July 26 to August 18, 2025 to select the Delhi Team for participation in the *Sub-Junior Girl's National Football Championship 2025-26*
- **The Yoga Sangam event** was organized on June 21, 2025. Ms. Geeta was the resource person. The event was held simultaneously and in harmony with the national event of International Day of Yoga.
- A seminar on **Rehabilitation and Psycho-Social Aspects of Injury Prevention** was held on April 24, 2025. Dr. Vineet Mehta, Assistant Professor, Shaheed Bhagat Singh College (E), University of Delhi was the resource person.
- A seminar on **Injury Prevention, Rehabilitation and First Aid** was held on April 17, 2025. Dr. Rekha Sharma, Assistant Professor, Laxmibai College, University of Delhi was the resource person.

- A seminar on **Professional Preparation and Career Avenues in Physical Education & Sports** was held on April 16, 2025. Dr. Neeru Yadav, Assistant Professor, Miranda House, University of Delhi was the resource person.

Students' Achievements

Sr. No.	Details of Students and Events	Date
National/Inter University Level Competitions		
1	Kajal Khimal (B. A. (H) Political Science, I Year) participated in <i>Open Selection Trial for 20th Asian Games</i> at SMS Indoor Stadium, Jaipur, Rajasthan	January 18-23, 2026
2	Harshika Joshi (B. A. Prog., II Year) Bronze medal - All India Inter- University Taekwondo Championship held in Balasur, Odisha	March 15-21, 2026.
3	Kajal Khimal (B. A. (H) Political Science, I Year) participated in All India Inter-University Taekwondo Championship in Balasur, Odisha	March 15-21, 2026.
	Ms. Bhanvi (B.A. Hons English, III Year) and Ms. Pragya (B.A. Hons Political Science, II Year) secured 3rd position in the 54 th National Handball Women Championship held at Future University, Bareilly, U. P.	March 30 to April 3, 2026..
4	Juhi Wadhwa (B. A. (H) English, IV Year), Dishita Ahluwalia, B. Sc. (H) Mathematics, III Year and Neha Pandey, B. A. Prog., III Year participated in the North Zone Inter University Handball Women's Championship at Himachal Pradesh University, Shimla, H.P.	March 17-21, 2026.
5	Divya, B. A. (H) Political Science I Year represented Delhi University in 51–54 kg weight category in the All India Inter University Boxing Championship 2025-26 held at LPU, Phagwara	March 9-14, 2026.
6	Shruti Godara (B. A. Prog. I Year) and Ritika (B. A. Prog. I Year) participated in the 15th North Zone Softball Championship at Fatehgarh Sahib, Punjab	Feb. 12-14, 2026
7	Mallika Pokhrel (B.A. (H) Pol. Sc., III Year), Sakshi Bisht (B. A. Prog. II Year), Rajeshwari Patil (B. A. Prog. II Year), Kowsalya, M. (B. A. Prog. II Year), Yamini, R. (B. A. Prog. II Year), K. Harita (B. A. Prog. II Year), Jyoti Kumari (B. A. Prog. II Year), Suman Kumari (B. A. Prog. I Year), Kinjal Upadhyay (B. Com. (H) I Year) participated in the North Zone Inter University Football Women's Championship at Chaudhary Bansi Lal University, Bhiwani.	Feb. 9-13, 2026
8	Sakshi Bisht (B. A. Prog., II Year), K. Harita (B. A. Prog., II Year), Suman Kumari (B. A. Prog., I Year) secured First Position in the Inter HCL National Football Tournament held at Chennai.	Jan. 23-27, 2026
9	Kajal Khimal, B. A. (H) Political Science, I Year participated in the 2nd Federation Cup 2025-26	Jan. 18-23, 2026
10	Arti (B. A. Prog. III Year), Priyanshi Kaushik (B. A. Prog. III Year), Neha Kaushik (B. A. Prog., II Year), Komal (B. A. Prog., II Year) and Anjali (B. A. (H). Pol. Sc.) participated in the North Zone Inter-University Women's Hockey Tournament held at DAV College, Bathinda, Punjab.	Jan. 11-15, 2026
11	Suman Kumari (B. A. Prog., I Year) secured First Position in the Reliance Foundation National Football Tournament being held in Delhi	Jan., 27 to Feb. 03, 2026

12	Jyoti Kumari (B. A. Prog. 2 nd year) First Position, National Championship, Futsal organised by Special Olympics Bharat at Manav Rachna University, Haryana	January 1-11, 2026
13	Neha Kaushik (B. A. Prog., II Year) and Anjali (B. A. (H) Pol. Sc.) secured Third Position in the ASMITA North Zone Women Hockey League held at Narwana, Haryana.	Dec. 27-31, 2025
14	Himanshi, (B. A. (H) Sociology II Year) participated in the North Zone Inter University Volleyball Championship 2025-26 held at Integral University, Lucknow	Dec. 10-14, 2026
15	Sakshi Bisht (B. A. Prog. II Year), K. Harita, B. A. Prog. II Year), Kowsalya (B. A. Prog. II Year), Suman Kumari (B. A. Prog. I Year) participated in the 15th Senior Women's National Football Championship at Haldwani, Uttarakhand. Sakshi Bisht was also nominated as the Captain, Delhi Team.	Sep. 10-16, 2025
16	Priyanshi Kaushik (B. A. Prog. III Year), Komal (B. A. Prog. II Year) and Anjali (B. A. (H) Pol. Sc.) participated in the 15th Hockey India Junior Women National Championship 2025 held at Kakinada, Andhra Pradesh	Aug. 1-12, 2025
Delhi University Inter College Championships		
1	Harshika Joshi (B. A. Prog., II Year) won Gold Medal in Delhi University Inter College Taekwondo (W) Tournament 2025-26.	Feb. 19-20 2026
2	Kajal Khimal, B.A. (H) Political Science, I Year won Gold Medal in Delhi University Inter College Taekwondo (W) Tournament 2025-26.	Feb. 19-20, 2026
3	Anika (B. Sc.(H) Mathematics, III Year) won 2nd position (Silver Medal) in Delhi University Inter College Taekwondo (W) Tournament 2025-26.	Feb. 19-20, 2026
4	Sneha (B. A. Pol. Sc. Hons. I Year) won 3rd position (Bronze Medal) in Delhi University Inter College Taekwondo (W) Tournament 2025-26.	Feb. 19-20, 2026
5	Annanya (B. Com. Hons. I Year) won 3rd position (Bronze Medal) in Delhi University Inter College Taekwondo (W) Tournament 2025-26.	Feb. 19-20, 2026
6	Preeti (B. A. Pol. Sc. Hons., II Year) won 3rd position (Bronze Medal) in Delhi University Inter College Taekwondo (W) Tournament 2025-26.	Feb. 19-20, 2026
7	JDMC Football Team secured First Position in the Delhi University Inter College Football (W) Tournament 2025-26.	Jan. 27 to Feb. 02, 2026
8	JDMC Handball team secured 2nd Runner's up Position in the Delhi University Inter College Football (W) Tournament 2025-26 held at JDMC	Feb. 23 - 27, 2026.
9	Divya, B.A. (H) Political Science, I Year has secured the Gold Medal in the 51–54 kg weight category at the Delhi University Inter College Boxing Championship 2025–26	Nov. 19-22, 2025
10	JDMC Hockey team secured 3rd position in Delhi University Inter College Hockey (W) Tournament 2025-26 held at SPM	Nov. 12-15, 2025
11	JDMC Volleyball team secured 4th position in Delhi University Inter College Volleyball (W) Tournament 2025-26 held at Keshav Mahavidyalaya	Nov. 6-14, 2026

Inter College & State Level Open Competitions		
1	Gold Medal in Khelo DU - Taekwondo event by DUSU 1. Anika, III Year (B.Sc. (H) Mathematics) 2. Harshika, II Year (B. A. PROGRAMME) 3. Kajal I Year (B. A. Pol. Sci. Hons.)	April 27, 2026
2	Silver Medal in Khelo DU Taekwondo event by DUSU – Kritika Sharma (I Year –B. Com. Hons.)	April 27, 2026
3	Bronze Medal in Khelo DU Taekwondo event by DUSU – 1. Jiya, II Year (B. A. Prog.) 2. Preeti II Year (B. A. Pol. Sci. Hons.)	April 27, 2026
4	Delhi Junior State Handball Championship Bhanvi, I Position	April 8-9, 2026
5	Delhi Senior State Handball Championship – JDMC- II Position (Dishita, Neha Pandey, Pragy)	April 11, 2026
6	Senior State Volleyball Championship – 1st position – Monika & Sakshi	March 28-29, 2026
7	Senior State Volleyball Championship – 2nd position – Himanshi & Rohini	March 28-29, 2026
8	Silver Medal (2nd position) in Khelo DU Hockey (W) event organised by DUSU - JDMC Hockey Team (13 participants – Arti, Priyanshi Kauhshik, Neha Kauhshik, Komal, Anjali, Shreya Bajpai, Shruti Godara, Nandini Kumari, Divyanshia, Kinjal, Ritika Kashyap, Neetu)	March 25-27, 2026
9	Gold Medal (1st position) in Khelo Mahakumbh Football (College) (Delhi Govt.) by Khelo Mahakumbh (Delhi Govt.) held at Pitampura Sports Complex - JDMC Football Team (18 participants – Mallika Pokhrel, Sakshi Bisht, Kinjal Upadhyaya, K. Harita, Rajeshwari Patel, Yamini, R., Kousalya, M., Jyoti Kumari, Nutan Kumari, Nandini, Suman Kumari, Geetali, Teena, Jaya, Arpan Kumari, Anisha Rana, Shivanshi, Pari)	March 1-26, 2026
11	Gold Medal (First Position) in the Dball Basketball League Season-4 - Deepika (B. A. (H) English, III Year)	March 16-22, 2026
12	Gold Medal (1st Position in Khelo Mahakumbh Volleyball (Open Category) (Delhi Govt.) - Monika (B. A. Po. Sc. 3 rd Year) and <u>Himanshi</u> (B. A. Socio (H). 2 nd year) representing Jaunti Club	March 16, 2026
13	JDMC Netball Team secured 2nd Runner's Up (3rd) position in the Netball event in EROBERN (Inter College Miranda College Tournament)	Feb. 12-14, 2026
14	3rd position - Delhi State Youth Championship – Himanshi	Feb. 14-15, 2026
15	First Position in SPARDHA 2026 – IV Annual Inter College Sports Tournament organised by Don Bosco Institute of Technology - JDMC Volleyball Team	Feb. 11-12, 2026
16	Maulana Azad Volleyball Tournament - JDMC Volleyball team - 2nd position	Feb. 2-3, 2026
17	Gold Medal in the Khel Mahakhumbh District Championship held at Uttarakhand - Kinjal Upadhyay (B.Com. (H) I year)	Jan. 8-11, 2026.

18	Gold Medal in the Uttarakhand Open State Taekwondo Championship 2026 - Kajal Khimal, B.A. (H) Political Science, I Year	Jan. 06, 2026
19	Gold Medal in the Slum Soccer State Championship held at Uttarakhand - Kinjal Upadhyay (B. Com. (H) I year)	Jan. 04, 2026
20	Gold Medal in the Delhi State Senior Netball Championship - Preeti Tiwari, (B.A. (H) English, I Year)	Jan. 4, 2026
21	Nutan Kumari (B.A. (H) Political Science, II Year), Jyoti (B. A. Prog., II Year) and Nandini Kumari (B.Sc. (H) Mathematics) won Gold Medal in the Sonalika Football Cup.	Dec. 7-14, 2025
22	Second Position in the 6th Satguru Jagjit Singh Hockey Tournament held at Ramesh Nagar Hockey Centre - JDMC Hockey team	Nov. 21-23, 2025
23	North-West District Volleyball Championship – Dishita Ahluwalia – 1st position	Nov. 21, 2026
24	2nd position - West District Volleyball Championship - Himanshi (B. A. Socio (H) 2 Year)	Nov. 19-20, 2026
25	Second Position in the Central District Senior Volleyball Championship 2025 - 26 - JDMC Volleyball Team	Nov. 18-19, 2025
26	Second Position in the 25th YMCA Tournament 2025 - JDMC Volleyball Team	Oct. 27-31, 2025
27	Second Position in the Ujjwal Devbhoomi Sports Foundation Inter-College (Shivaji College Fest.) held at Shivaji College - JDMC Volleyball Team	Oct. 11-12, 2025
28	Gold Medal in the 32nd Uttarakhand .State Taekwondo Championship, Uttarakhand - Harshika Joshi (B. A. Prog., II Year)	Oct. 10-12, 2025
29	Silver Medal in the 32nd State Taekwondo Championship Uttarakhand - Kajal Khimal (B.A. (H) Political Science, I Year)	Oct. 10-12, 2025
30	First Position in the Champions Challenge 2025 held at Gautam Buddha University - JDMC Volleyball Team	Sep. 14, 2025

Faculty Achievements –

Prof. Abha Jain –

Presented two research papers in an International Conference entitled, Integrating Smart Technologies for Empowering Healthcare and Management (ISTEHM) at IIT Roorkee held on January 15-17, 2026 as following –

- (i) Accute Effects of PRT on HRV Recordings Times of Sportspersons with Polarized Personality Dimensions: A Validation of Manual Approach of Measuring HRV as an Alternative Method
- (ii) Chronic Effects of PRT on HRV Recordings Times of Sportspersons with Polarized Personality Dimensions: A Validation of Manual Approach of Measuring HRV as an Alternative Method
- (iii) Participated in an institutional workshop entitled, “Harnessing AI in Academic Practice: Opportunities, Challenges and Ethical Frameworks” on 9/26/2025

Dr. Tarun Routhan –

- (i) Gave a lecture on “Women and Sports & Doping” in Gargi College on October 11, 2025

- (ii) Served as a Resource person in Capacity Building Programme for TGT- Physical Education org, by SCERT “From Playground to Sidelines: Effective Injury Handling for Physical Education Professionals” on September 2, 2025
- (iii) Served as a Resource person in International Conference on Martial Arts entitled, “Taekwondo in the Modern World: Tradition, Innovation and Global Impact” on April 30, 2025
- (iv) Participated in a One Month Faculty Induction Programme, “Guru Dakshita” from 1/12/2026 to 2/9/2026
- (v) Participated in an international level workshop entitled, “ISO Internal Auditor Training” from 12/8/2025 to 12/9/2025
- (vi) Participated in a national level One Month Faculty Induction Programme entitled, “The Science of Happiness in Educational Practices” from Dec. 1 to 7, 2025
- (vii) Participated in a national level workshop entitled, “Exploring the Human Environment Nexus: The Role of Ecosystem in Health and Well Being” from Sept. 8 to 12, 2025
- (viii) Participated in a national level One week Faculty Development Programme entitled, “Research Methodology and Undergraduate Research Guidance in the NEP Context: Teaching, Mentoring and Assessment Strategies” from July 11 to 17, 2025
- (ix) Participated in a national level One Week Faculty Development Programme entitled, “Yoga and Wellness” from July 1 to 7, 2025
- (x) Participated in a national level One Week Faculty Development Programme entitled, “Transforming Education with AI: Strategies for Innovation and Engagement” from May 26 to 31, 2025

MOU –

The Department of Physical Education has signed a MoU with R. P. Cricket Academy “To develop Centre of Excellence- Cricket and Pickle Ball” in Janki Devi Memorial College starting August 2024