



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



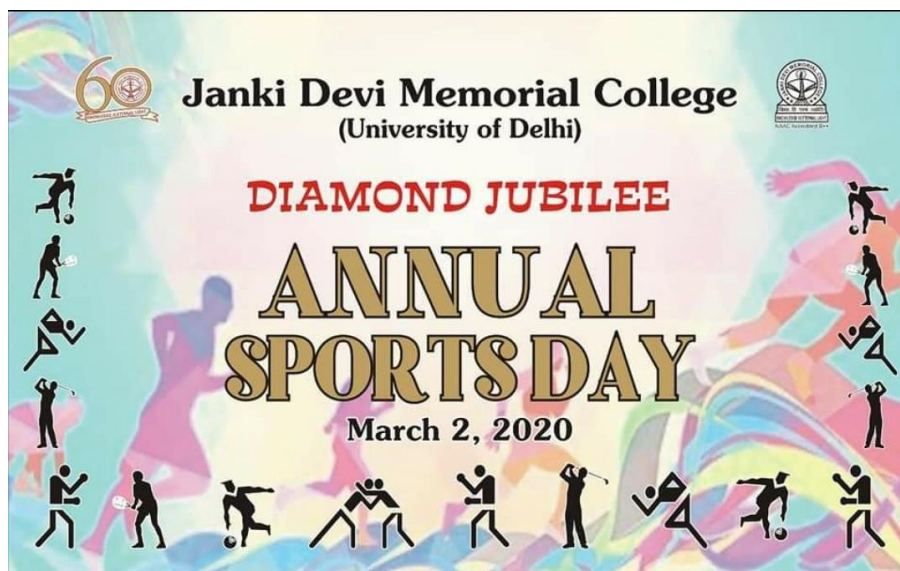
ROSHNI TIWARI - WINNER HALF MARATHON TEAM



1ST JANKI CUP HOCKEY TOURNAMENT



All participating team in 1st 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...

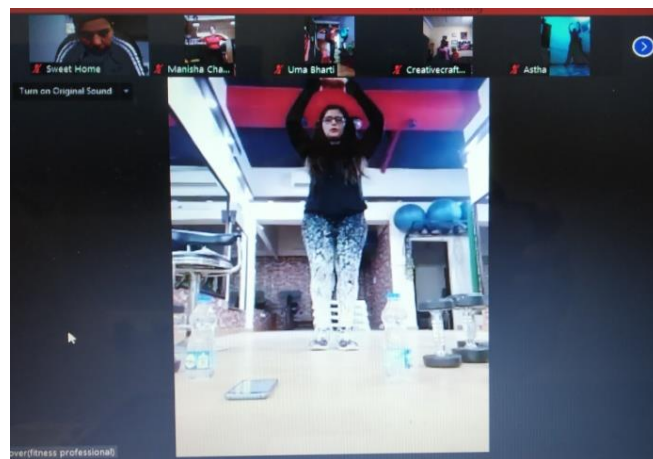
Online Aerobics Session
for Students, Teaching and Non-Teaching Staff

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

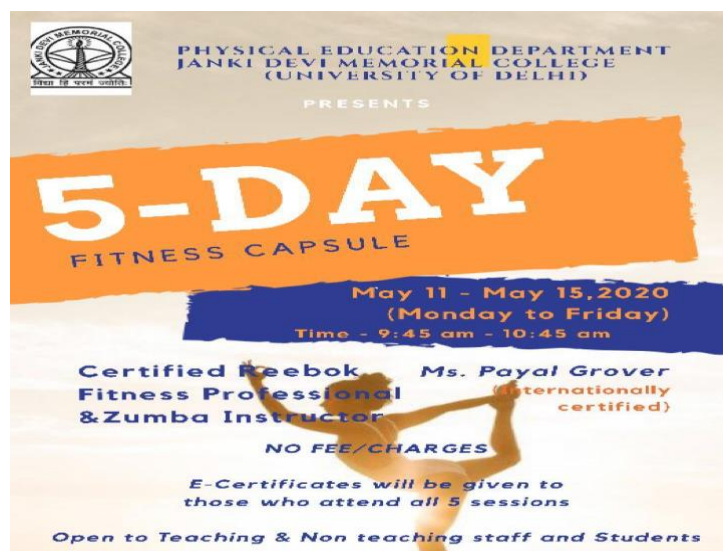
Date & Day: 7th May, 2020 (Thursday)
Time: 10-11 a.m.

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



6th 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 G1 Championship* at Amman, Jordon.
- *She played the International Tournaments:-*
 - a) **Represented India** in U-52 KY for *Asian Taekwondo Championship* in Jordon
 - 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 1st 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 *1st 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 2nd position (*Silver Medal*) in 4×400m team of Girls in *Junior National Athletic Meet held* at Vijayawada, A. P.
- **Ritika** secured 4th 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 1st **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 1st position in *1st National Sports Meet 2019* at Meerut, UP. She also participated in *1st 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 *17th 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 **1st position, Gold medal** and *Champions' of Champion* award in senior category of *7th Tang Su Do National Tournament* held at Nashik, Maharashtra. She also won Gold medal in *20th Sqay Cadet Sub-Junior/ Senior National Championship*.
- **Rashmi** represented Delhi team which won *Gold Medal* in 4th National Ball Hockey Championship at LPU, Phagwara, Punjab.

Teams at Inter College/ State and other Tournaments

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

Individual achievers at Inter College, State and other Championship –

96th 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 *1st 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 *3rd 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 *79th 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 *1st position* in Team event in **SPARDHA**
- *3rd Position* in **Rhythmic Pair**,
- *1st 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 *1st 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 **5th 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 **1st Janki Cup Tournament** to mark the **60th 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