



NATIONAL SPORTS ORGANISATION

2021-22

Sports achievements of JDMC Students –



Soniya Sharma in Asian Club Championship, Iran



Anjali, Delhi Team in action in TOW Nationals



Anjali, Delhi Team, 1st Position in TOW Nationals



Anjali, Training Camp for Indian Rugby Team



Arpita, Silver Medal in Junior National Netball championship



Lakshmi Verma and Shalini Rai in Delhi Team for Senior Nationals Football Championship in Kerala, Dec. 2021



Lakshmi, Anita & Laxmi in Indian Women's Premier League



Lakshmi Verma in action during Indian Women's Premier League



Sana, Divya, Rachhna Manju, Deeksha & Sonu Delhi Hockey Team
in Jharkhand Junior Nationals Hockey Championship



Sonu participant in Hockey India Junior Nationals Championship



Sonu participant in Hockey India Senior Nationals Championship



Manju with Delhi state Hockey -team trophies



Namaswi Priyani – Senior Bihar State Badminton Champion



Namaswi Priyani – Junior Bihar State Badminton Champion



JDMC Football girls- Shalini, Lakshmi & Anita in Hans WFC, Winner, Football Delhi State Premier League



JDMC Player Shalini Rai Winner of 2nd Football Delhi omens Premier League



Delhi State Hockey Tournament in August 2021



Dr. Abha Jain, Guest of Honour in Medalists in multiple Cycling Challenges

JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
Sir Ganga Ram Hospital Marg, New Delhi-110060


DEPARTMENT OF PHYSICAL EDUCATION & IQAC
(UNDER COMMUNITY OUTREACH PROGRAM)

invite you all to
One-month workshop on
Yog for
Anxiety and Stress Management during
Covid Pandemic


MAY 21, 2021 to June 21, 2021
Time: 5:30-6:30 P.M.

NO REGISTRATION CHARGES
E-CERTIFICATES WILL BE ISSUED TO PARTICIPANTS

Convener Dr. Abha Jain	Yog Instructor Acharya Divya Choudhary	Principal Prof. Swati Pal
IQAC Coordinator Dr. Shilpa Chaudhary	Coordinator Mr. Santosh K. Giri	





JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
DEPARTMENT OF PHYSICAL EDUCATION
 presents



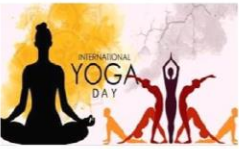
Yog for Unity and Wellness - Preventive Healthcare

7th INTERNATIONAL YOG DAY

Resource Persons





Acharaya Dev Choudhary Divya Choudhary
 June 21, 2021 at 10.30 am to 12.00 noon



Coordinator
 Dr. Abha Jain (TIC, Physical Education)

Co- Coordinator
 Mr. Santosh K. Giri (Dept. Of Phy. Edu.)



Staff Advisors -

Dr. Anupama Rajput (Dept. of Commerce)


Ms. Debahuti Brahmachari (Dept. of Pol. Sc.)

Ms. Shilpa Maggo (Dept. of Commerce)


Dr. Md. Khurshid Alam (Dept. of History)

Prof. Swati Pal
Principal

Yog Expert & Participants in Add on Course cum Workshop on Yog



JANKI DEVI MEMORIAL COLLEGE
UNIVERSITY OF DELHI
DEPARTMENT OF PHYSICAL EDUCATION
VALEDICTORY CEREMONY




Yog for Preventive Healthcare – Stress and Anxiety Management During Covid Times


ONE MONTH WORKSHOP ON YOG

June 21, 2021
 AT 5.30 PM TO 6.30 PM

Resource Persons



Acharya Divya Choudhary



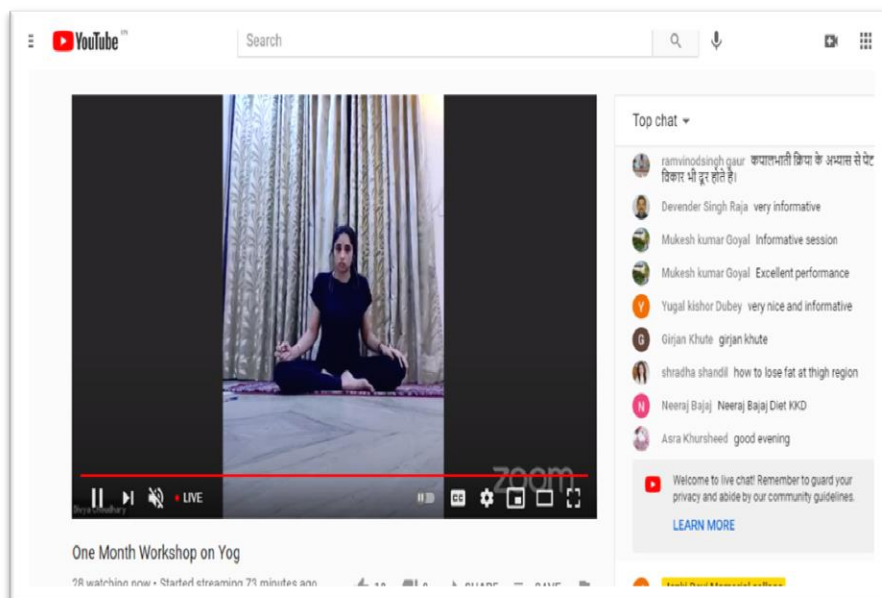
Coordinator
 Dr. Abha Jain
 (TIC, Dept. of Physical Education)

Co-Coordinator
 Santosh . Giri (Dept. Of Phy. Edu.)

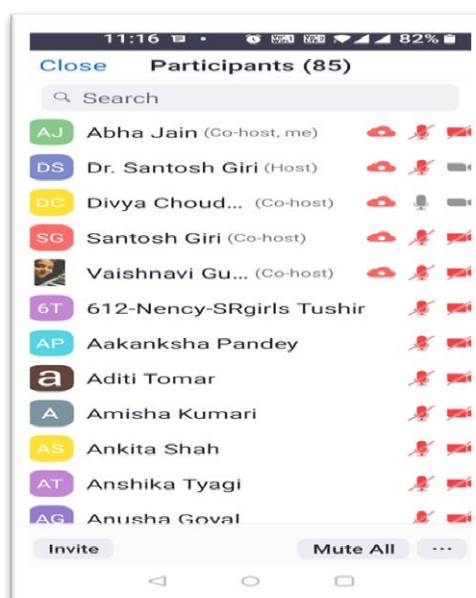
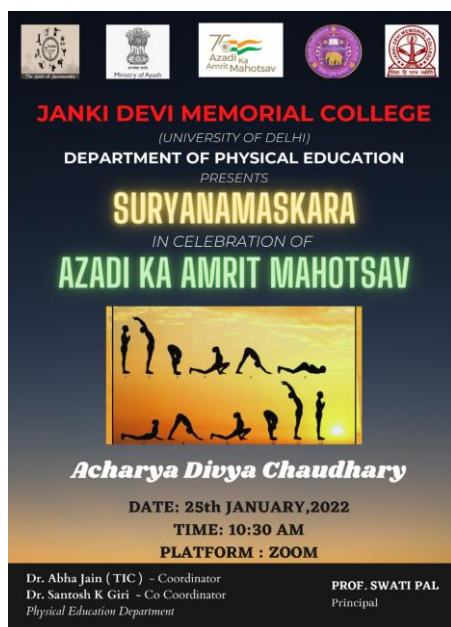
IQAC Coordinator
 Dr. Shilpa Chaudhary (Dept. of Economics)

Prof. Swati Pal
Principal

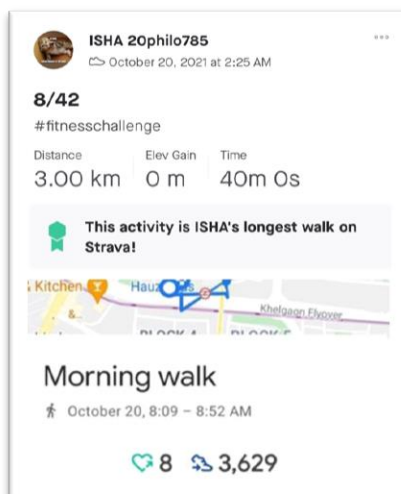
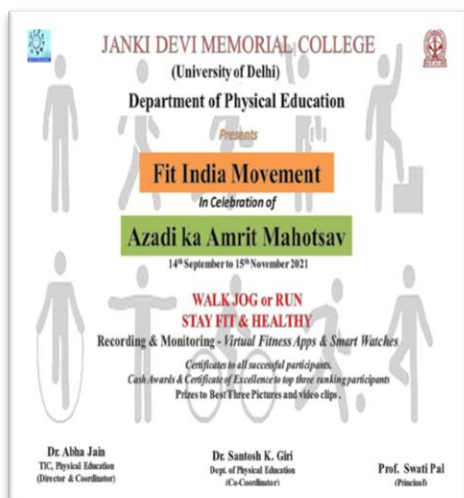
7th International Yog Day Celebrations on 21st June 2021



Poster, Yog Add on Course cum Workshop on Preventive Healthcare-Stress and Anxiety Mangement during COVID Times



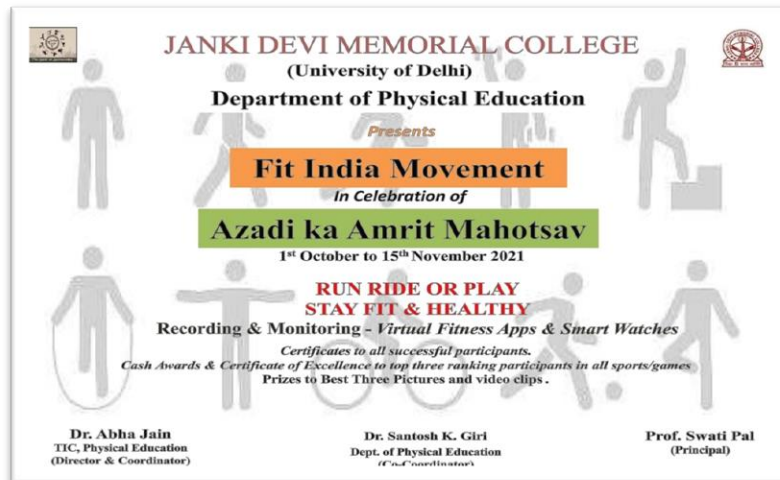
Poster, Celebration of Surya Namaskar Participants in the celebration of Surya Namaskar



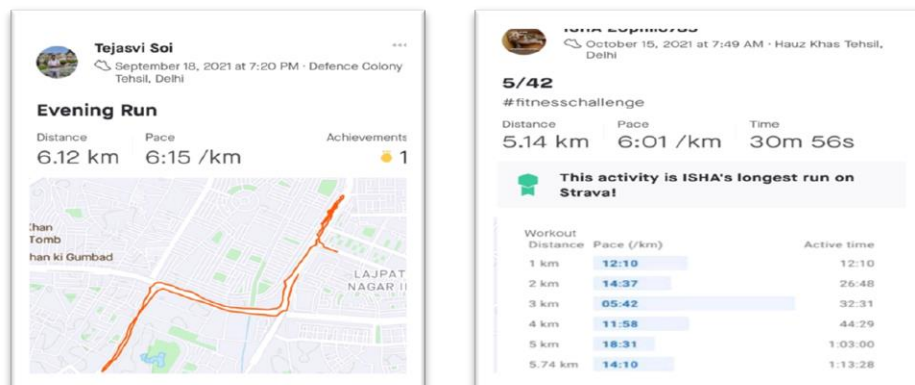
Poster & Online Records of Challenge - GE Course Participants



GE Course Participants for Fitness Tests & Online Challenge



Poster of Virtual FIT INDIA Movement Challenge – Sports girls Participants



Poster & Online Records of Challenge – Sports girls Participants



Sports girls Participants for Fitness Tests & Challenge



Janki Devi Memorial College

(University of Delhi)

Department of Physical Education

Presents

6 WEEKS FITNESS CAMP

4 Days Per Week

(A combination of Aerobics/Zumba/Bhangra/
Self-defense/Martial Arts session)

For

All Students, Teaching & Non-teaching Staff

Date- 7th March, 2022 onwards

Days & Time: Mon. & Wed. 8:00am- 8:45am

Tues. & Thurs. 3:30pm- 4:15pm

Venue- College Auditorium/Football Ground

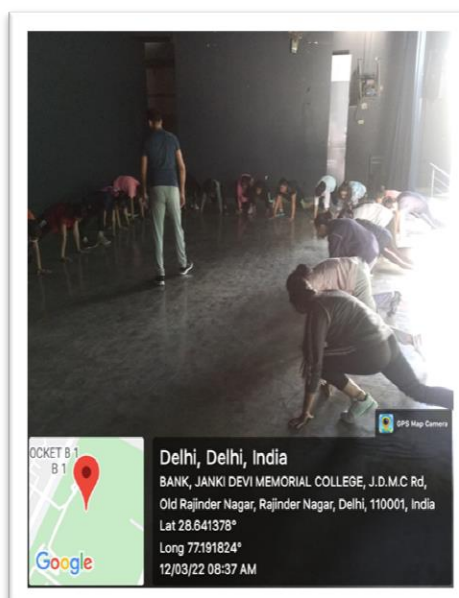
Dr. Abha Jain (TIC)
Coordinator

Dr. Santosh Giri
Co-coordinator

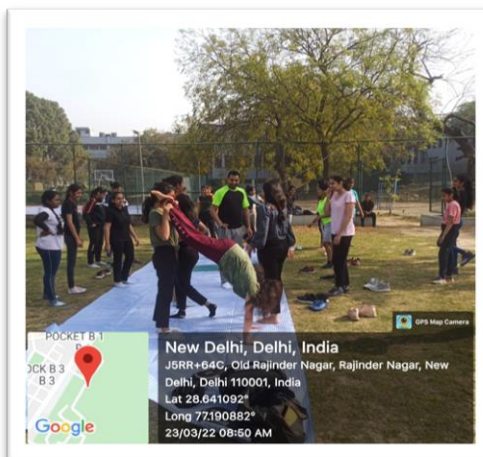
Prof. Swati Pal
Principal



Poster, Fitness & Self Defense Training Camp for all



Fitness & Self Defense Training Camp for all



Fitness Training & Self-defense Training Camp for all



Poster on Yog & Mitigation Sessions for JDMC Staff



Yog & Mitigation Sessions for JDMC Staff



Footfall Training of Hans WFC Delhi on JDMC Grounds



2nd KMGF Volleyball (Women & Men) @ JDMC



2nd KMGF Kabaddi (Women) @ JDMC

NSO ACTIVITIES-

As per the college policy to promote women in sports and encourage participation, we organize 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 are conducted throughout the year. The Department of Physical Education organized a national webinar on Yog celebrating the 6th International Yog day and 30 days' *add on course cum workshop* addressing various physical and mental health issues arising due to COVID 19 pandemic through the practice of Yog online.

Celebration of National and International Days -

- **7th 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** a lecture cum demonstration Yog session to celebrate *7th International Yog Day* on Zoom from 10.30 am to 12.30 pm on June 21, 2021. The invited resources persons for the session were **Acharya Dev Chaudhary** and **Acharya Divya Chaudhary**, New Delhi. The resource person of the programme, Acharya Dev Chaudhary began with the inauguration prayer and the yog routine. He explained each aasan and pranaayam Kriya with its benefits and contraindications, while Acharya Divya 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 *7th international Yog Day celebrations* was attended by nearly 619 participants that included teaching & non teaching staff, students of JDM College as well as colleges of University of Delhi and outside Delhi.

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 September 14 to Nov. 15, 2021. The fitness challenge was from September 14, 2021 with 30 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 **5 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 Oct. 1 to Nov. 15, 2021. The fitness challenge was conducted in hybrid mode with 4 physical and 2 online sessions (monitored over the fitness app) in a week. 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 **5 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**.

- **Communal Harmony Week** – Department of Physical Education celebrated *Communal Harmony week* by organising a 10 minute run for all sports girls and Generic Elective III students who are studying Aerobics Training on November 22, 2021 in college sports field. Total 75 students belonging to various background and sections of the society and resided in different parts of the country and took part in the celebration to mark this occasion. It was organised in batches of 15-20 students at a time from 12 noon to 4 pm. All the students were briefed about the noble cause and given the badges and the girls contributed too the cause by donating as per their will and wish. Then, the girls were given the signal to run for 10 minutes and after the run, all the participants were given refreshments.
- **Suryanamaskar Mahotsav** - Department of Physical Education organised the event online to celebrate Surya Namaskar as a mark of 75 years of Independence, 'Azadi ka Amrit Mahotsav' and '75 crore Suryanamaskar project' on the occasion of Independence Day by organising a 45 minutes programme on Surya Namaskar for all students and staff on January 25, 2022. It was conducted on official online Zoom platform of college from 10.30 Am to 12 noon. The resource person for the session was Acharya Divya Choudhar, who conducted the session explaining the correct procedure and benefits of performing Surya Namaskar and all the participants followed her instructions and marked the celebration by performing the same in various patterns of holding breath, chanting mantras, doing the same in slow and deliberate manner to extract the maximum benefits of Surya Namaskar. 85 members of staff and students took part in the celebration to mark this occasion.
- **Yog and Meditation Training Sessions for JDMC Staff** – 45 minutes sessions on Yog and Meditation were conducted for all the staff members of the college from 3.15 pm to 4 pm from April 5 to 25, 2022 on alternate day basis in the auditorium to address the stress, anxiety and physical inactivity issues induced by the pandemic. The expert Yog trainer for the sessions was Yogini Priya Raghav.

Sports Activities -

- JDMC played host to Volleyball (Men & women in all age categories) and Kabaddi (Women) in 2nd **Khelo Masters Games Foundation Games** under Venue In-charge & Coordinator, Dr. Abha Jain from May 1-3, 2022
- One month Training camp of *Hans Women's Football Club* (consisting of 5 JDMC players) - representing Delhi in Indian Women's Premier League, a top women's football tournament of the country- took place from March 10 to April 6, 2022
- Trials were conducted in JDMC on April 2 & 23, 2022 to select U-17 & Senior women's teams respectively for ACF (Women's Academy) to develop and nurture women football in Delhi)

NSO Achievers at International Tournament-

Soniya Sharma, B.A. Prog 3rd year, 1482 has been selected to represent Indian team in A-67 Kg Senior women cat. for the following tournaments to be held in Tehran, Iran from March 4 -14, 2022:-

- 1) 4th WT President's Cup- Asian Region event,
- 2) 11th Asian Taekwondo Clubs Championships
- 3) 32nd Fajr Open

NSO Achievers at National Tournament-

- Shubham Malhotra (Sociology Hons., 3rd Year) part of Delhi Netball Team secured *Gold medal* in **Senior Nationals Netball Championship**,
- 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
- Nency (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.
- Arpita Kumari (B. Com (Prog.) 2nd Year, 1524) as Delhi State team won 3rd position in **34th Junior National Netball Championship**, Shri Balaji Sr. Sec.School, Kalinga, Bhiwani, Haryana from 24th to 29th March, 2022.
- Rachna Rana (B. A. Prog., 1st year, 1726) representing Delhi secured 2nd position in **15th Floorball National Championships** held in December 26-28, 2021 in Sikar, Rajasthan.
- Lakshmi Verma, Anita and Laxmi will be representing *Hans Women's Football Club* in **Hero Indian Women's League – a National Clubs Football Championship** 2022 in Odisha from April 15, 2022 to May 26, 2022
- 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.
- Vidhi Bamni, Sana, Rachna Rana, Manju, Deeksha, Divya and Sonu represented *Delhi* in **11th Junior National Hockey Championship** held in Jharkhand from October 20 to 29, 2021
- Vidhi Bamni, Sana, Manju, and Divya Tiwari represented *Delhi* in **12th Junior National Hockey Championship** to be held in Kakinada, Andhra Pradesh from March 23 to April 3, 2021

NSO Achievers at State Tournaments-

- Shivanshi (B. A. Prog. 3rd Year) secured *1st position* and *Gold medal* in 400 m in senior women cat. of **Delhi state Athletics Championship** 2022

- Lakshmi Verma, Shalini Rai, Anita, Laxmi and Rashi Tomar were part of the *Hans Women's team* that won **Football Delhi Women's Premier League 2022** from Feb., 10 to March 15, 2022 and *qualified* for **Hero Indian Women's League - National Clubs Championship** in Odisha.
- Namaswi Priyani B. A. Sociology Hons., 2nd year, 1154) annexed first position in Senior Women (category) in **Bihar State Badminton Championship** from Oct 5-7, 2021 in Samastipur, Bihar.
- Manasvi has also become the **Bihar Junior (Under 19) State Champion** on November 17, 2021 in Gaya, Bihar.
- Soniya Sharma got 1 Gold and 1 Silver medal in **Senior State Taekwondo Championship**, Kota Rajasthan in Jan, 2022 and 1 Gold medal in **Distract Taekwondo Championship**, Jaipur, Rajasthan, Dec. 2021.
- Kanchan (B.A. Hist. Hons. 3rd year, 1599) won one gold medal in Traditional Individual (cat.) **2nd Delhi State Yogasana Sports Championship**, March 22-23, 2022
- Manju (B. A. Hindi Hons. 1st year, 1725) representing Khera Kalan team in Delhi State 2021 secured 1st position in **Junior Delhi State Hockey Tournament** and secured 2nd position in **Senior State Hockey Championship** representing Mukhmelpur. The championship was held in Major Dhyanchand National Stadium Delhi, from
- Sana Ahmad (B. A. Prog. 1st year, 1724) representing Rani Khera team secured 2nd position in Junior Delhi state Hockey championship 2021 and 3rd position in Senior State Hockey Championship held at Major Dhyanchand National Stadium.
- Divya Tiwari - B. A. Political Science Hons., 1st year, 1709) representing Rani Khera team secured 2nd position in Junior Delhi state Hockey championship 2021 and 3rd position in Senior State Hockey Championship held at Major Dhyanchand National Stadium.
- Lavanya Chopra (B. Com. Hons. (1st Year), 1756) annexed 2 Bronze Medals in 25 m and 50 m **Pistol Shooing: Delhi State Open Shooing**, 2021, Dr. Karni Singh Shooting Range, Tughlakabad, Dec. 26- 30, 2021
- Anusha Goyal (B Com Program, 1st Year, Roll no. : 1704), secured 1st position in Basketball in Sports Festival, Sports Academy Roshnabad, Haridwar from 17th to 26th November 2021 and 3rd position in Long Jump in **Khel Mahakumb**, College of Engineering, Roorkee from 8th to 12th November 2021
- 10 players representing various clubs played in **2nd Delhi State women's Football League** held in Dec 2021. The premier league involving top 6 clubs of Delhi.

Faculty Achievements

Sports -

- Dr. Abha Jain successfully completed an ***Introductory Basic Scuba Diving Course and Discover Scuba Diving*** conducted under Professional Association of Diving Instructors, PADI on Dec 30 and 28, 2021 respectively in Andaman and Nicobar Islands.
- She has successfully completed various HDOR global virtual events with podium finish in all events –
 - 1) *Annual distance* (10 km and 20km rides for more than 200 times in a year),
 - 2) *Destination Rides* - *Kargil to Kanyakumari & Ride the Himalayas rides*
 - 3) Freedom run & ride events from Aug 15 to 21, 2021 (3 km and 5 km run, 10 km, 20km, 50 km -freedom week) with podium finish.

Administration & Management -

- Dr. Jain has been elected Convenor, Executive Committee, *Football Delhi*;
- Designated as *Chairperson*, Women's Football Development Committee; Convenor, Women's Committee; *Co-Convenor*, Women's Selection Committee, *Football Delhi* since 2021;
- *Member, Selection Committee*, all age categories of Delhi Women's Teams for the National Football Championship trophies.
- Dr. Jain, President, *Hans Women Football Club team* that won **Football Delhi Women's Premier League 2022**

DR. ABHA AIN
NSO In-charge