

Department of Physical Education

NSO REPORT OF SPORTS ACTIVITIES - 2024-25

Students Achievers –



JDMC Football players in Delhi Team for Senior Women National Football Championship in Jaipur, Rajasthan



JDMC Hockey players for Inter- University Tournament



Yashita Shokeen for India Trials



K. Haritha, Indian Team Trials
@Bhavnagar



Anika, All India Inter University
Taekwondo Championship



Harshika Joshi- 3rd place Taekwondo 38th National Uttarakhand Games



Riddhi Jain – 3rd position in All India University Netball



Senior National Women Football Championship



M. Kowsalya, Sakshi Bisht, Shreemalini M., Rajeshwari Patil, Yamini R.
North Zone Inter-University Football Championship, Punjab



Himanshi in the North Zone Inter University
Volleyball (W) Championship, Haryana



Juhi, Neha Pandey, Bhanvi, Urvashi Sharma, Kajal-
North-Zone Inter University Handball (W) Championship, Haryana



Arti, Neha Kaushik, Komal and Anjali -
Junior National Hockey Championship



Lavanya, Champion in IC Weightlifting Championship



Himanshi , Winner Delhi State Mini Volleyball Championship



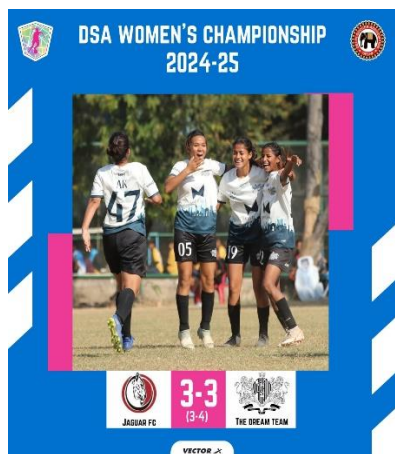
Rama Mishra & Subiya 2nd place – Delhi State Netball Championship



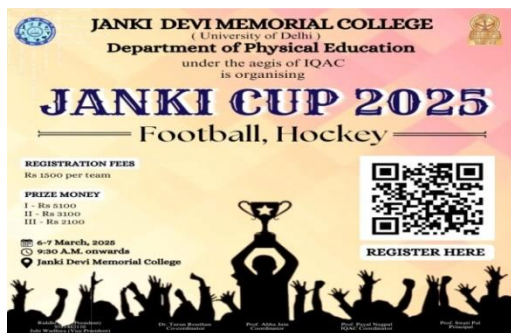
JDMC Football Team - 2nd place, Inter College Football Championship

JDMC Hockey Team - 2nd place - 5th SJSHockey Tournament

Department Activities –



DSA Women's Football Cham[pinship]

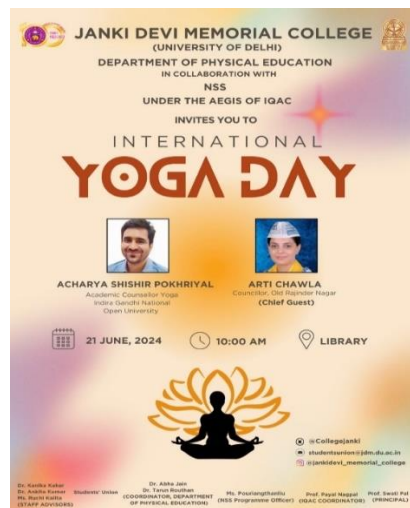




Janki Cup Inter College Football & Hockey at JDMC



, Inter College Football Championship at JDMC Grounds

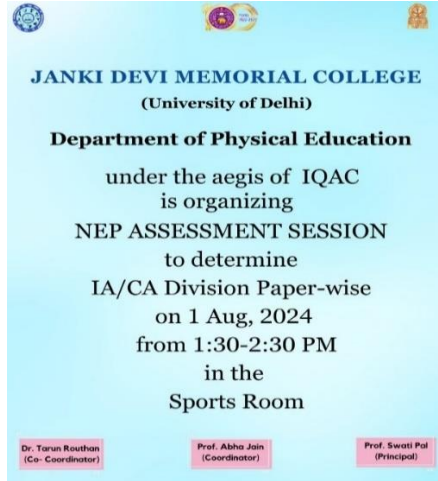


Celebration of International Yog Day on June 21, 2024





Annual Sports Day



NEP Assessment Session



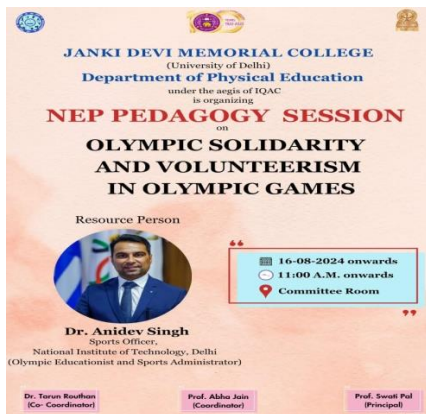
Workshop on ISO21001:2018: Audit of TLP



Self Defense Training Camp at JDMC



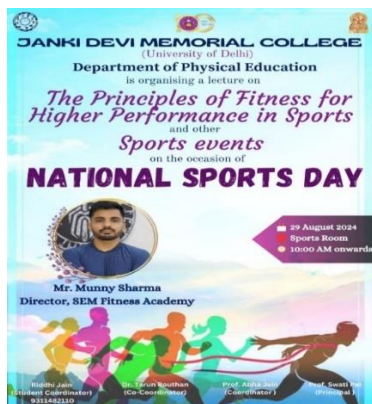
Fitness Camp for all



NEP Pedagogy Poster



NEP Pedagogy session attended by the faculty



Poster, National Sports Day Celebrations Students participating in National Sports Day Celebration Session on Fitness



Students participating in Lecture Session on Fitness celebrating National Sports Day



Poster, Teachers Day Celebration with all sports girls



Inter Departmental Throwball Tournament Teams



English Department emerged Winners



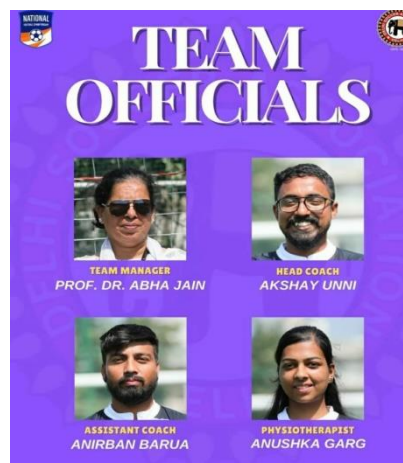
Inter-Departmental Basketball Tournament in progress



Physiotherapy Session in progress



Faculty Achievements –



Prof. Abha Jain, Manager, Delhi Team in National Games Senior Women National Championship



DSA Women's Championship 2024 @JDMC



LSC Chairperson & Conveyor-Abha Jain & Ankrita Dhupia Awarding the Player



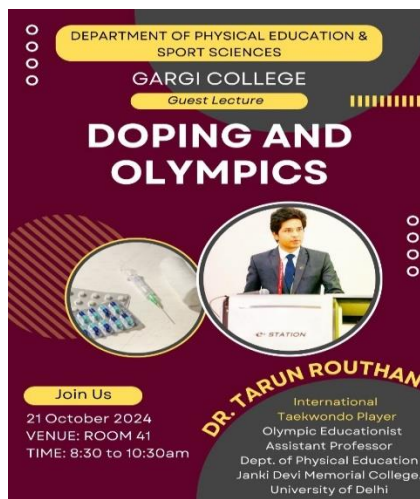
DUSC Selection Trials for Hockey (W) team for North Zone Inter University Hockey Championship



LSC Senior Women Camp Convenor-Abha Jain



Prof Abha Jain, Guest Speaker, CLC



Dr. Tarun Routhan, Guest Speaker, Gargi College

Students Achievements –

National / Inter University Level –

1. Ms. Yashita Shokeen (B.A. Prog. III Year) attended the Indian Team Trials for Group B rifle and pistol events for **Indian Shooting team** held at **Trials 5 & 6 @Delhi** (from Feb 14 to March 4, 2025),
2. **Trials 3 & 4 @ Dehradun** (from June 5 to June 23, 2025)
3. **Trials 1 & 2 @Bhopal** (from Aug. 1-14, 2024).
4. Ms. K. Harita (B.A. Prog., I Year) was shortlisted for the 35 members' 5 days' selection camp at to select the Indian Futsal Team for **AFC Women's Asian Championship** held at Bhavnagar, Gujarat from Nov 5-10, 2024.
5. Ms. Harshika (B.A. Program I year) won **Bronze Medal** in Under 73 Kg Weight Category of **Taekwondo** event in **38th National Games, Uttarakhand 2025-26**.
6. Ms. Harshika (B.A. Program I year) won **Silver Medal** in the **41st National Junior Taekwondo Championship 2024-25** in the Under 55 Kg Weight Category.
7. Ms. Riddhi Jain (B.A. (H) English, III Year) secured **III Position** in **All-India Inter University Netball Championship** held at Suresh Gyan Vihar University, Jaipur, Rajasthan.
8. K. Harita, Sakshi Bisht, secured **4th position** as members of Delhi Team in football (W) event in **38th National Games, Uttarakhand** from January 27 to February 7, 2025.
9. Gungun Mishra (B. A. (H) Political Science, I Year) participated in Netball event of the **38th National Games, Uttarakhand** from January 28 to February 14, 2025..
10. Ms. Yashita Shokeen (B.A. Prog. III Year) participated in the **67th National Shooting Championship**, held in Karni Singh Shooting range, new Delhi from 13 Dec 2024 to 5th Jan 2025
11. Ms. Sanya Rawat (B. A. Prog., III Year), Ms. Kowsalya M. (B.A. Prog., I Year) Ms. K. Harita (B.A. Prog., I Year), Ms. Sakshi Bisht (B.A. Prog., I Year), Ms. M. Shreemalini (B.A. Prog., I Year) participated in the **29th Senior Women National Football Championship** held at Jaipur, Rajasthan from October 10-15, 2024.
12. Gungun Mishra (B. A. (H) Political Science, I Year) participated in the **42nd Senior National Netball Championship** held in Bhiwani, Haryana from July 25-28, 2024.
13. Ms. Bhanvi (B.A. (H) English, II Year) participated in the **53rd Senior Women National Handball Tournament** held at Hathras, Uttar Pradesh from 31 March to 05 April 2025.
14. Gungun Mishra (B. A. (H) Political Science, I Year) took part in **1st Senior Mixed National Netball Championship** held in Bangalore, Karnataka from October 1- 4, 2024.
15. Ms. K. Harita (B.A. Prog. I Year), Ms. M. Kowsalya (B.A. Prog. I Year), Ms. Sakshi Bisht (B.A. Prog., I Year), Ms. M. Shreemalini (B.A. Prog., I Year), Ms. Rajeshwari Patil (B.A. Prog., I Year), Ms. R. Yamini

- participated in the **North Zone Inter-University Football Championship** held at Punjab from October 11-15, 2024.
16. Ms. Anika Malik (B.Sc. (H) Mathematics, II Year) participated in the **All India Inter University Taekwondo (W) Championship 2024** held at GNDU Amritsar from 11-15 November 2024.
 17. Ms. Pari Karnwal (B. Com. (H), II Year), Ms. Priyanshi Kaushik (B.A. Prog., II Year), Ms. Arti (B.A. Prog., II Year), Ms. Neha Kaushik (B.A. Prog., I Year), Ms. Komal (B.A. Prog., I Year) and Ms. Anjali (B.A. (H) Pol Sc., I Year) participated in **North Zone Inter-University Hockey Championship** from Nov 26-30, 2024 at Amritsar, Punjab.
 18. Ms. Himanshi (B.A. (H) Sociology, I Year) participated in the **North Zone Inter University Volleyball (W) Championship** held in Geeta University from November 11-15, 2024.
 19. Ms. Juhi, Ms. Bhanvi (both B. A. English (H), II year) Ms. Neha Pandey, Ms. Urvashi Sharma (both B. A. Prog. II Year) Ms. Kajal (B. A. Prog. I Year) participated in the **North-Zone Inter University Handball (W) Championship 2024-25** held at CRSU, Jind, Haryana from Feb. 28 to March 03, 2025.
 20. Ms. Arti (B. A. Prog. II year), Ms. Neha Kaushik (B. A. Prog. I Year), Ms. Komal (B. A. Prog. I Year) and Ms. Anjali (B. A. Pol Sc. H. I Year) represented Delhi Women's Hockey Team for **Junior National Hockey Championship** held in September, 2024.
 21. Ms. Juhi (B.A. (H) English III Year) Ms. Subiya (B. A. Prog. III Year) Ms. Riddhi Jain (B. A. (H) English III Year) Ms. Rama Mishra (B. A. Prog. II Year) Ms. Bhanvi (B.A. (H) English II Year) Ms. Neha Pandey (B. A. Prog. II Year) Ms. Urvashi (B. A. Prog. I Year) Ms. Pragya (B. A. Prog. II Year) participated in 45th National Throwball Championship 2024.

State/ Inter-College Level Tournaments –

Team Achievements:

- **II Position** in the **Delhi University Inter College Football (W) Tournament 2024-25.**
- **II Position** in the **Delhi University Inter College Handball (W) Tournament 2024-25.**
- **III Position** in the **Delhi University Inter College Hockey (W) Tournament 2024-25.**
- **III Position** in the **Delhi University Inter College Taekwondo (W) Tournament 2024-25.**
- **I Position** in **SPARDHA'25 (Annual Inter College Sports Tournament)** (Volleyball) organized by Don Bosco Institute of Technology held from 28 Feb. to 01 March 2025.
- **I Position** in **ASTITVA'25 (Annual Inter College Sports Tournament)** (Volleyball) organized by Akhilesh Das Gupta Institute of Professional Studies held from February 17-19 2025.
- **II Position** in the **5th Satguru Jagjit Singh Junior Delhi State Hockey Championship** held from Nov. 8-10, 2024.
- **II Position** in **SPORRTIFY'25 (Annual Inter College Sports Tournament)** (Volleyball) organized by Sri Guru Gobind Singh College of Commerce held from November 11-13 2024.
- **II Position** in **SPARDHAA'25 (Annual Inter College Sports Tournament)** (Volleyball) org. by Shaheed Rajguru College of Applied Sciences for Women held from February 13-14 2025.
- **II Position** in the **Ghaziabad Open Volleyball tournament** on Oct. 27, 2024

Individual Achievements:

1. Ms. Lavanya (B. Com. Prog. III year) won **Gold Medal** in the **Delhi University Inter College Weightlifting Championship 2024-25** in the U- 55KG Weight Category.
2. Ms. Anika (B. Sc. Hons. Mathematics II year) won **Gold Medal** in the **Delhi University Inter College Taekwondo Championship 2024-25** in the Over 73 Kg Weight Category.
3. Ms. Harshika (B. A. Program I year) won **Silver Medal** in the **Delhi University Inter College Taekwondo Championship 2024-25** in the Under 67 Kg Weight Category.
4. Ms. Himanshi (B. A. Sociology (H) I year) won a **Gold Medal** in the **Delhi State Volleyball Championship 2024.**

5. Ms.Monika (B. A. (Program) II year) won a **Gold Medal** in the **Delhi State Volleyball Championship 2024**.
6. Ms. Subiya (B. A. Prog. III Year) and Ms. Rama Mishra (B. A. Prog. II Year) clinched **2nd position** under Mixed Team category of **Delhi State Senior Netball Championship 2024**
7. Ms. Neha Pandey (B. A. Prog. II Year) and Ms. Bhanvi (B.A. (H) English II Year) Ms. Ananya Singh (B. Com. [H]. II year) participated in 43rd Late Shri S.N. Pandey Ji Senior Women's State Handball Championship 2024
8. Ms. Anika (B. Sc. Hons. Mathematics II year) won **Gold Medal** in the **EROBERN 2025**, Annual Sport Fest of Miranda House in the Under 73 Kg Weight Category.
9. Ms. Harshika (B. A. Program I year) won **Gold Medal** in the **EROBERN 2025**, Annual Sport Fest of Miranda House in the Under 67 Kg Weight Category.
10. Ms. Aru Sharma (B. A. Hons. Philosophy II year) won **Silver Medal** in the **EROBERN 2025**, Annual Sport Fest of Miranda House in the Under 62 Kg Weight Category.
11. Ms. Preeti Yadav (B. A. Hons. Political Science I year) won **Bronze Medal** in the **EROBERN 2025**, Annual Sport Fest of Miranda House in the Under 57 Kg Weight Category.
12. Ms. Naivedya (B. A. Hons. History I year) won **Bronze Medal** in the **EROBERN 2025**, Annual Sport Fest of Miranda House in the Under 53 Kg Weight Category.
13. Ms. Annanya (B. Com. Hons. I year) won **Bronze Medal** in the **EROBERN 2025**, Annual Sport Fest of Miranda House in the Under 73 Kg Weight Category.
14. Ms.Monika (B. A. (Program) II year) won a **Gold Medal** in the **All India Volleyball Tournament, Uttarakhand, 2024**.
15. Ms.Himanshi (B. A. Sociology (H) I year) won a **Gold Medal** in the **All India Volleyball Tournament, Uttarakhand, 2024**.

Department Activities -

Department organized the **Annual Sports Day** on March 28, 2025 preceded by the *Sports Festival* spanning a weeklong celebration of exuberant youthfulness and sporting spirit shown by both the students and staff of JDMC from March 19 to 25, 2025

A Pedagogy workshop entitled, “**NEP Pedagogy – Olympic Solidarity and Volunteerism in Olympic Games**” conducted by Dr. Anidev Singh to highlight and discuss the latest methods and techniques for adoption and implementation of better pedagogical practices.

National Sports Day was celebrated with the conduct of Fitness Circuit for students and cricket match between the Teaching and Non-Teaching Staff teams on August 29, 2024.

JANKI CUP'25, the *Annual Sports Festival* of Janki Devi Memorial College, organized from 6th -7th March 2025 □, featuring Football and Hockey. This Inter College Tournament saw 10 teams I Football and teams in Hockey, where JDMC emerged winner in Football and 2nd in Hockey, resulting in overall championship as well.

A one month Self Defense Camp organized by Department of Physical Education Date: from February 24 to March 20, 2025 from 11 AM to 12 noon at Volleyball Ground.

Inter- Departmental Trials and competitions were organized from Aug. 5 to 31, 2024 for identification and enrolment of bright and talented players' students in different games to prepare various teams for inter college & state tournaments.

The Department of Physical Education successfully conducted a **Physiotherapy session** in collaboration with Dr. Md. Suhail on Oct 19, 2024 in the department room. This session was organized for all sports teams and players to orient the JDM college players to address the need and significance of physiotherapy in the lives of sportspersons and to assess and evaluate each player physically to identify weakness and strength so as to work on to strengthen and improve their performance..

The department of Physical Education organized a lecture on “**Principles of Fitness for Higher Performance in Sports**” by Mr. Munny Sharma, Director and owner of SEM, a chain of Fitness Academies and a fitness expert on Aug.29, 2024 in Sports Room.

One Month Fitness & Conditioning Camp was organized by the department for all sports girls and non-sports girls from Aug. 1 to 31, 2024.

The department of Physical Education in collaboration with staff advisors celebrated the **International Yog Day** in college on June 21, 2024.

Faculty Achievements

Prof. Abha Jain served as the *Manager Senior Women Delhi* team for **National Games** held at Haldwani, Uttarakhand from January 27 to Feb 7, 2025

Prof. Abha Jain served as the *Manager Senior Women Delhi* team for **Senior National Football Championship** held from October 10 to 17 at Jaipur, Rajasthan.

Prof Abha Jain as a *Convenor, DUSC Selection Committee* conducted *Selection Trials for DU Women's Hockey team* for **North Zone Inter-University Hockey Tournament** on Nov 18, 2024 in JDMC Hockey Grounds. She was also the Member, *DUSC Women's Football Selection Committee* that conducted trials for **North Zone Inter-University Football Tournament** on Nov. 11, 2024 and the *DUSC Women's Hockey Committee* for **Inter College Hockey Championship** held at SPMC from Feb.19-23,2025.

The department of Physical Education under the chairmanship of Prof Abha Jain conducted a Tier-2 Women Championship from November 25 to December 11 at JDMC ground sponsored by Delhi Soccer Association.

Prof. Abha Jain served as the *Convener, LSC, Delhi Soccer Association* to organize an *Open Selection Trials cum Training Camp* from January 04 till 26, 2025 at JDMC ground to select the Women Delhi team in Football for **National Games** held from January 27to February 7 at Haldwani, Uttarakhand

Prof Jain also served as the *Convener, LSC, Delhi Soccer Association* to organize an Open Selection Trials cum Training Camp from September 22 till October 10 at JDMC ground & Sudeva Academy to select the Senior Women Delhi team for Senior Women National Football Championship held from October 10 to 17 at Jaipur, Rajasthan.

As the *Chairperson, LSC, Delhi Soccer Association*, Prof Abha Jain conducted an *Open Selection Trials cum Training Camp* to select Delhi team for **Sub Junior Girls National Football Championship** from August 10 to 31 at JDMC ground sponsored by Delhi Soccer Association..

Dr. Tarun Routhan as the *Chairperson* , DUSC Taekwondo Committee conducted the *Selection Trails* for DU affiliated college players for representing the Delhi University Taekwondo team for **All India Inter-University Taekwondo Championship** 2024-25,.

Delhi University UG Trails in Taekwondo for admission to DU colleges under Sports Quota 2024-25 was organized by JDMC under the convenorship of Dr. Tarun Routhan, on 21 August 2024 at Sports Stadium, DUSC Sports Complex.

Prof Abha Jain and Dr. Tarun Routhan attended the workshop on **Audit of Teaching-Learning Process** organized under IQAC and ISO Systems.

Prof. Abha Jain was invited as the *Guest of Honour and Speaker* by Campus Law Centre, University of Delhi for a sports event by 'SHE ROARS' to mark the occasion of **International Women's Day** on the 22nd March, 2025

Dr. Tarun Routhan was the *Guest Speaker* on **"Doping and Olympics"** in Gargi College, University of Delhi on Oct. 21, 2024

Prof Abha Jain
(Physical Education)

Dr. Tarun Routhan
(TIC, Physical Education Department).