

## Annual Sports Report 2015-16

### Department of Physical Education and Sports Sciences

**Games and Sports** are an integral part of a student's life. A student should study hard to be successful in competitive examinations. But, he should also play games and sports to enjoy the health and vigour of life. Along with bookish learning, a student should spend his time on games and sports also.



Either study or work alone makes us exhaust. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Sports are integral part of education. Education without sports is incomplete. Keeping their value in life, children are taught some sorts of games in the very early stage in school. These days' sports are a part of academic curriculum. The Department of Physical Education and Sports marks itself as one amongst the most efficacious Department of Ram Lal Anand College. It strives to excel at all levels and bring laurels to the college. With the help of college faculty we are continuously improving in sports field.

From the beginning of session our college sports person of respective games (**Football, Judo, Cricket, Volleyball,**

**Basketball, Chess (Men & Women), Table-tennis (Men & Women), Athletics, Badminton, Taekwondo, and Kabaddi**) start their practice session and they work very hard for converting their sweat in winning trophies for the fame of our college. Our college participated in the Inter-college championship 2015-16 in the above mentioned game.

In the ending of session we organized Inter-class tournament for students as well as some sports activities for staff (teaching and non-teaching). It is one of the largest co-curricular activity programs that offer an extensive opportunity to all the students and staff. This venture shall enable the students and staff to have fun, learn new sports, enhance social interaction and tests one's physical capability. These competition also offer a break from the daily routine tasks and recreate or re-energetic them. **This year we organized inter-class tournament of Volleyball (for men), Chess and Table-tennis (for men & women both). We also organized Cricket Match, Table-Tennis, Carom board, Tug of war and Musical chair for staff.**

### **Game wise Report for 2015-16**

#### **Judo**



- Our college Judo team secured **3<sup>rd</sup> position in Judo Inter-College Championship continuously second time with 2-Gold and 2-Bronze medal.**
- We also secured **1-Silver and 1-Bronze** medals in Delhi Olympic Championship.
- We also secured **1-Silver medal** in Delhi State Judo Championship.

## Cricket



- First time in the history of RLA college history, our college cricket team reached in quarter final league matches in inter-college.
- Our college team also won 3<sup>rd</sup> **Bhaskaracharya Cricket tournament** and **Dr Bhim Rao Ambedkar T-20 Cricket Tournament**.
- Our college team reached in the semi-final in the PGDAV Cricket Tournament.

## Football



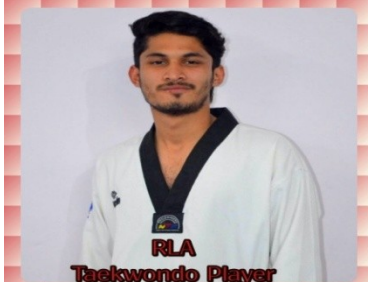
- In Inter-college our team reached in pre quarter final.
- Our college team also reached in semi-final in SRCC fest.
- Our college team participated in Zakir Hussain Football Tournament, Kickoff Youth league and MAMC-ARENA-16.

## Volleyball



- Our college team reached in Semi final in Molana Azad tournament and ANDC tournament.
- Our college team reached in Pre quarter final in the Inter-college tournament.
- Our college team participated in MAMC-ARENA-16, LSR tournament and AIIMS tournament.

## Taekwondo



- First time our college participated in Taekwondo Inter-college and we won one **Silver Medal** in that.

## Chess



- Our college Chess men and women teams participated in Chess Inter-college championship. They secured 16<sup>th</sup> and 13<sup>th</sup> position out of 38 and 21 teams respectively.

## Table-Tennis



- Our college Table-Tennis men and women teams participated in Table-Tennis Inter-college championship. Both teams reached in pre quarter final
- Our college also participated in inter college of Kabaddi, Basketball and Badminton.

The following students had also brought fame to the college by participating at the National, All India Inter University, Inter University and State level. They are the **Outstanding Players** of Ram Lal Anand College in 2015-16



### Outstanding Players of RLA in 2015-16

**Sagar Ruhil a Judo Player** is student of BA (Prog) I yr won **Silver medal** in *Junior National*, He also won **Gold medal** in *Inter College* and **Participated** in the *All India Inter University*. He won Silver medal in *Delhi Olympic Tournament*.

**Nikhil Solanki medal** in *Inter* He also won *Tournament*.



**a Judo Player** is student of English (Hons) III yr won **Gold College** and **Participated** in the *All India Inter University*. **Bronze medal** in *Delhi Olympic* and *Delhi State*

**Ajay Pal a Football Player** is **Participated** in *All India Inter*



student of English (Hons) III yr *University*.

**Rishab Sharma a Ball Badminton Player** is student of **Participated** in *All India Inter University*.

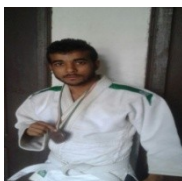


B.Com (Hons) I yr



**Vikas Rawat a Taekwondo Player** is student of History (Hons) I yr won **Silver medal** in *Inter College*.

**Sandeep Kumar Medal** in *Inter*



**a Judo Player** is student of BA (Prog) I yr won **Bronze College**.

**Sachin Gautam a Judo Player** is **Medal** in *Inter College*.



student of BA (Prog) I yr won **Bronze**

**Amit Kumar a Judo Player** is yr won **Bronze Medal** in *Delhi Olympic*.



student of BA (Prog) I