

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

ANNUAL SPORTS REPORT 2016-17

Physical Education is an integral part of the total education system. It helps in the attainment of the ultimate aim of education i.e. the achievement of holistic development. Games and Sports play a vital role in the 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. Education without sports is incomplete. 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 (Men & Women), Chess (Men & Women), Table-tennis (Men & Women), Athletics (Men & Women), Ball-Badminton (Men & Women) Boxing (Men & Women) and Taekwondo) 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 2016-17 in the above mentioned game.

Considering the concept of “**SPORTS FOR ALL**” In the ending of session we organized Inter-department tournaments 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.

The following events have been organized for the inter-class sports tournaments for students:

- FOOTBALL (M)
- VOLLEYBALL (M)
- TABLE TENNIS (M & W)
- CHESS (M & W)
- ATHLETICS (M & W)

For Teaching and Non-teaching Staff

- TABLE TENNIS (M & W)
- CARROM (M & W)
- ATHLETICS (M & W)

LIST OF OUTSTANDING ACHIEVERS IN SPORTS (2016-17)

S. NO.	NAME/COURSE	ACHIEVEMENT	DATES	VENUE
1.	Ankit Kumar Rana B.Com prog. Iyr	Represented Delhi State in Senior National Santosh Trophy (Football)	27 th December - 1 st January, 2017	Sundernagar, H.
2.	Amit Sharma B.Com. Prog. Iyr	Represented Delhi State in Ball Badminton National Tournament	18 th – 22 nd February, 2017	Mangalore, Karnatka
3.	Vijay Malik B.A. Prog. Iyr	Bronze Medal in Inter College Boxing Tournament	9 th – 11 th January, 2017	Baba Gaganath Complex, Munirka
4.	Shubham English (H) Iyr	Silver Medal in Delhi State Judo championship	1 st – 3 rd Februray 2017	Thryagraj Stadium
5.	Amit Kumar B.A. Prog. Iyr	Bronze Medal in Delhi State Judo championship	1 st – 3 rd Februray 2017	Thryagraj Stadium
6.	Prithvi Pol. Sci. (H) Iyr	Bronze Medal in Delhi State Judo championship	1 st – 3 rd Februray 2017	Thryagraj Stadium
7.	Megha B.A Prog. Iyr	Gold Medal in Delhi State Boxing Championship	29 th – 3 rd December, 2016	Baba Gaganath Complex, Munirka
8.	Parul	Bronze in Inter College Judo Championship	2 nd March 2017	Multipupose Hall, D.U.
9.	Tanmay	Bronze in Inter College Judo Championship	2 nd March 2017	Multipupose Hall, D.U.
10.	Amit Kumar B.A. Prog. Iyr	Bronze in Inter College Judo Championship	2 nd March 2017	Multipupose Hall, D.U.
11.	SachinGautam B.A. ProgIyr	Silver in Inter College Judo Championship	2 nd March 2017	Multipupose Hall, D.U.

TABLE TANNIS



CHESS



JUDO

BOXING



FOOTRBALL

BALL BADMINTON





ATHLETIC MEET 2017



ANNUAL SPORTS DAY 2017



INTER CLASS CHESS COMPETITION 2017



ANNUAL SPORTS MEET 2017

Sports Activities for Staff



