

RAM LAL ANAND COLLEGE

UNIVERSITY OF DELHI

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

ANNUAL SPORTS REPORT 2018-19

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.

Considering the concept of "SPORTS FOR ALL" throughout the entire 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-department sports tournaments for students:

- **VOLLEYBALL**
- **TABLE TENNIS**
- **CHESS**
- **BALL BADMINTON**
- **FOOTBALL**

For Teaching and Non-Teaching Staff

- **TABLE TENNIS**

From the beginning of session our college sports person of respective games (Football, Judo, Cricket, Volleyball, Chess, Table-Tennis, Athletics (Men & Women), Ball-Badminton (Men & Women) Boxing 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 2018-19 in the above mentioned game.

OUTSTANDING ACHIEVERS IN SPORTS (2018-19)

S.NO.	NAME/ PHONE NO.	GAME	ACHIEVEMENT	DATE & VENUE	PRIZE AMOUNT	BANK DETAILS
1.	Shubham English (H) 3 rd year 7503571686	Judo	Khelo India Gold Medal	Maharashtra,P une	8000/-+ Fee Refund (8195/-)	DENA BANK A/C NO. 115910028151 IFSC CODE: BKDN0711159
			Inter University Participation	JNDU, Amritsar		
			Delhi Olympics Silver Medal	IGIPESS, Delhi		
			Inter College Gold	MPH, North Campus		
		Wrestling	Inter College Bronze Medal	MPH, North Campus		
2.	Rajeev Dhankar B.A(Prog.) 3 rd year 7065274245	Ball Badminton	Inter University Participation	SNCC	4000/- + Fee Refund (8195/-)	Punjab National bank A/C No. 1519000100528217 IFSC Code PUNB0151900
3.	Amit B.Com.(Prog.) 3 rd year 9069962367	Ball Badminton	Participation in All India Inter University	SNCC	4000/-+ Fee Refund(11195/-)	The South Indian Bank Ltd. A/C NO. 0359053000014718 IFSC CODE: SIBL0000359
4.	Megha Bisht B.A(Prog.) 3 rd year 8076362721	Boxing	Silver Medal in Inter College	Dyal Singh College	3000/-	STATE BANK OF INDIA A/C NO. 36085488898 IFSC CODE: SBIN0004326
5.	Shubham Singh History (H) 2 nd year 8851474666	Boxing	Bronze Medal in Inter College	Dyal Singh College	2000/-	PUNJAB NATIONAL BANK A/C NO. 0112020400001959 IFSC CODE: PUNBO614500
6.	Parul B.Sc.(Comput er Sci.)3 rd Year 7838393641	Wrestling	Bronze Medal in Inter College		2000/-	Oriental bank of commerce A/c 52292191014598 IFSC ORBC0105229
7.	Vijay Pal History (H)1 st Year 8375839346	Wrestling	Bronze Medal in Inter College		2000/-	DENA BANK A/c 115910028149 IFSC BKDN0711159
8.	Prithvi Pol.sci.(H) 3 rd Year	Judo	Bronze Medal in Inter College		2000/-	IDBI A/c 0172104000189859 IFSC IBKL0000172

SPECIAL PRIZE IN SPORTS (2018-19) (WORTH 2000/-)

S. NO.	NAME	COURSE/YEAR	GAME
1.	Hemesh Yadav	B.A.(P)3 rd Year	Football
2.	Rohit	B.A.(P)3 rd Year	Football
3.	Sahil	Stats. (H)3 rd Year	Chess
4.	Aniket Bansal	Stats. (H)3 rd Year	Chess
5.	Tanmay	B.A.(P)3 rd Year	Judo
6.	Raunak	B.A.(P)3 rd Year	Volleyball
7.	Vaibhav Malhotra	B.A.(P)3 rd Year	Volleyball
8.	Deveshwar Sharma	Pol.Sci.(H)3 rd Year	Ball Badminton
9.	Sagar Gahlot	B.A.(P)3 rd Year	Ball Badminton
10.	Gourav Soni	B.A.(P)3 rd Year	Ball Badminton
11.	Ekta	Hindi (H) 3 rd year	Ball Badminton
12.	Priyanka Rastogi	Hindi (H) 3 rd year	Ball Badminton
13.	Nandani Hooda	Pol.sci. (H) 3 rd year	Ball Badminton
14.	Ankit Mishra	Pol.Sci.(H)3 rd Year	Cricket
15.	Shantanu	B.A.(P)3 rd Year	Table Tennis
16.	Kshamta Gulati	English (H) 2 nd year	GE (P.E.) Sem. 3 rd

INTER DEPARTMENT BALL BADMINTON TOURNAMENT 2018-19**WINNER: POLITICAL SCIENCE (H)**

S.NO.	NAME	YEAR	CONTACT NO.
1.	Nandini Hooda	Political science (H)3 rd Year	9654850998
2.	Harshit Sehrawat	Political science (H)2 nd Year	9971274363
3.	Yuvraj Jaiswal	Political science (H)2 nd Year	8449020345
4.	Ankit Mishra	Political science (H)3 rd Year	8587821329
5.	Aryaraj Sharma	Political science (H)1 st Year	8483962296
6.	Rakesh Yadav	Political science (H)2 nd Year	7905021310

INTER DEPARTMENT BALL BADMINTON TOURNAMENT 2018-19

RUNNERS UP : B.A.(P)

S.NO.	NAME	COURSE/YEAR	CONTACT NO.
1.	Gourav Soni	B.A.(P)3 rd Year	9654476465
2.	Megha Bisht	B.A.(P)3 rd Year	8076362721
3.	Rohit Singh	B.A.(P)3 rd Year	8527186717
4.	Parveen Jangra	B.A.(P)3 rd Year	7289032699
5.	Nitin Verma	B.A.(P)3 rd Year	9555056916
6.	Vinod	B.A.(P)3 rd Year	9555747408
7.	Manisha Ladwal	B.A.(P)2 nd Year	8383925318
8.	Deepika Singh	B.A.(P)2 nd Year	897180136
9.	Abhimanyu Singh	B.A.(P)2 nd Year	8505843929
10.	Rishav Kumar Raja	B.A.(P)1 st Year	8750616789

INTER DEPARTMENT TABLE TENNIS(MEN) TOURNAMENT 2018-19

S. NO	NAME	COURSE(YEAR)	CONTACT NO.	POSITION
1.	Kashish Moorpana	B.Com(H) 3 rd Year	9953399950	First
2.	Nishant Vatshal	History(H)1 st Year	9315046629	Second
3.	Shantanu Tangri	B.A.(P)3 rd Year	8076364785	Third

INTER -DEPARTMENT CHESS (M)TOURNAMENT 2018-19

S.NO.	NAME	COURSE(YEAR)	CONTACT NO.	POSITION
1.	Aniket Bansal	Stats (H)3 rd Year	7503157822	First
2.	Devendra Pratap Maurya	Geology(H)2 nd Year	8009923480	Second
3.	Peeyush	Maths(H)2 nd Year	9460902902	Third

INTER DEPARTMENT CHESS(W) TOURNAMENT 2019

S.NO.	NAME	COURSE/YEAR	CONTACT NO.	POSITION
1.	Sanika	Stats(H)1 st Year	773550016	First
2.	Neha Sharma	English(H)1 st Year	8766347766	Second
3.	Kastur	Geology(H)2 nd Year	7008073263	Third

INTER DEPARTMENT(VOLLEYBALL) TOURNAMENT2018-19

WINNER: B.A.(P)

S.NO.	NAME	YEAR	CONTACT NO.
1.	Vaibhav	B.A.(P)3 rd Year	9999250102
2.	Raunak	B.A.(P)3 rd Year	9650622048
3.	Ashish	B.A.(P)3 rd Year	8375846520
4.	Mahfooz	B.A.(P)3 rd Year	9990454237
5.	Paras Yadav	B.A.(P)3 rd Year	8810900898
6.	Vijay Malik	B.A.(P)3 rd Year	9311117800
7.	Vinod	B.A.(P)3 rd Year	8427075460
8.	Deepak	B.A.(P)1 st Year	9718884533
9.	Hitesh	B.A.(P)2 nd Year	8527292902
10.	Naman Yadav	B.A.(P)2 nd Year	8447693503
11.	Deepak Khatri	B.A.(P)2 nd Year	8076607103
12.	Harsh Godara	B.A.(P)1 st Year	7678374579

INTER DEPARTMENT VOLLEYBALL TOURNAMENT 2019

RUNNERS UP: B.A(H) HINDI

S.NO.	NAME	YEAR	CONTACT NO.
1.	Sachin Ranga	B.A(H) Hindi 3 rd Year	8750996041
2.	Amit	B.A(H) Hindi 3 rd Year	8700783250
3.	Upmanyu	B.A(H) Hindi 3 rd Year	8076233278
4.	Preetam Singh	B.A(H) Hindi 2 nd Year	8178258864
5.	Ajay	B.A(H) Hindi 2 nd Year	9990439662
6.	Amit	B.A(H) Hindi 2 nd Year	7289873324
7.	Nitin Sankhla	B.A(H) Hindi 1 st Year	9958648819
8.	Dimple	B.A(H) Hindi 2 nd Year	8448835719
9.	Sabir	B.A(H) Hindi 2 nd Year	9910182316
10.	Prince	B.A(H) Hindi 1 st Year	9953063197
11.	Rajnesh	B.A(H) Hindi 1 st Year	9518289097
12.	Ritik yadav	B.A(H) Hindi 1 st Year	7838702825

INTER DEPARTMENT FOOTBALL TOURNAMENT 2018-19

WINNER: B.A.(P)

S.NO.	NAME	YEAR	CONTACT NO.
1.	Hemesh Yadav	3 rd Year	8076169918
2.	Rohit Singh	3 rd Year	8527186717
3.	Kamal Rao	3 rd Year	9467897894
4.	Parveen Jangra	3 rd Year	7289032699
5.	Lakshay Lomas	3 rd Year	7289944573
6.	Shantanu Tangri	3 rd Year	8076364785
7.	Aneesh Anand	2 nd Year	8860667491

8.	Rahul dogra	2nd Year	7239981219
9.	Manish sangwan	1st Year	7056222101
10.	Vijay Anand Panigrahi	2nd Year	9968368879
11.	Vijay malik	3rd Year	9311117800
12.	Hitesh Kumar	2 nd Year	9205104276

INTER DEPARTMENT FOOTBALL TOURNAMENT 2018-19

RUNNER UP: B.COM

S.NO.	NAME	YEAR	CONTACT NO.
1.	Kshitij Choudhary	B.Com.(P) 1 st Year	9911550077
2.	Aayush Rana	B.Com(P) 1 st Year	9013820249
3.	Deepanshu Shaklan	B.Com (H) 2 nd Year	9582950777
4.	Piyush Kamboj	B.Com (P) 2 nd Year	7011273033
5.	Vaibhav Pruthi	B.Com (P) 1 st Year	8130924507
6.	Vineet Kapoor	B.Com (P) 2 nd Year	9911066846
7.	Shreyansh Shukla	B.Com(P) 1 st Year	7037883119
8.	Harsh Kapoor	B.Com(P) 1 st Year	9911840784
9.	Prabhudh Sharma	B.Com(P) 1 st Year	9760948885
10.	Aniket Sharma	B.Com(H) 2 nd Year	9910049888
11.	Shivam Khurana	B.Com (P) 1 st Year	9818348137
12.	Satyam Arora	B.Com (P) 1 st Year	9675713131

TABLE TENNIS TOURNAMENT, 2018-19

TEACHING STAFF (MEN)

WINNER :- MR. ARUN GATUTAM (DEPARTMENT OF COMPUTER SCIENCE)

RUNNER UP: - DR. RAKESH KUMAR (DEPARTMENT OF HISTORY)

TABLE TENNIS TOURNAMENT, 2018-19

TEACHING STAFF (WOMEN)

WINNER :- DR. PARUL LAU GAUR (DEPARTMENT OF HISTORY)

RUNNER UP: - MS. SHIKHA VERMA (DEPARTMENT OF COMPUTER SCIENCE)

TABLE TENNIS TOURNAMENT, 2018-19

NON-TEACHING STAFF (MEN)

WINNER :- MR: - ARVIND PARIHAR

RUNNER UP: - MR. DEVA