

RAM LAL ANAND COLLEGE

UNIVERSITY OF DELHI

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

ANNUAL SPORTS REPORT 2022-23

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 studying or working alone makes us exhausted. We are no longer efficient at doing 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 the 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 test one's physical capability. These competitions 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:

- TABLE TENNIS (Men & Women)
- CHESS (Men & Women)
- CARROM (Men & Women)

For Teaching and Non-Teaching Staff

- TABLE TENNIS (Men & Women)
- CHESS (Men & Women)
- CAROM (Men & Women)

From the beginning of session our college sports person of respective games (Football, Judo (Men & Women), Cricket, Volleyball, Chess (Men & Women), Table-Tennis, Athletics (Men & Women), Badminton (Men & Women), kho-kho (Men & Women) and Taekwondo (Men & Women) 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 2022-23 in the above mentioned game.

OUTSTANDING SPORTS STUDENTS

S.No.	Name/ Phone No.	Game	Achievement	Date & Venue	Prize Amount	Bank Details
1.	Stuti Grover / B.A(H) Pol. Sci.	Judo	3 rd position In All India inter University Tournament	LPU Jalandhar	10000 (Fee Refund) + 5000(cash incentive)= 15000/-	Punjab and Sind Bank IFSC – PSIB0021058 Account No. – 10581000012331 Branch:- Malviya Nagar
2.	Shravan/ B.A(Prog.)	Kho-Kho	3 rd position In North Zone Inter University Tournament	CCS University Meerut	10000 (Fee Refund) + 5000(cash incentive)= 15000/-	Kotak Mahindra Bank A/c 3645446578 IFSC KKBK0000208 Branch:- 17, Vaishali, Pitampura, New Delhi 110088
3	Satish B.A(H) Pol.sci.	Kho-Kho	3 rd position In North Zone Inter University Tournament	CCS University Meerut	10000 (Fee Refund) + 5000 (cash incentive)= 15000/-	Bank Name - Union Bank ACCOUNT NO. – 520101006684277 IFSC - U8IN0921351 branch - ASHOK VIHAR

INTER -DEPARTMENT CHESS (MEN) TOURNAMENT 2022-23

S.No.	Name	Course	(Year)	Roll No.	Contact No.	Position
1.	Kewal	B.Sc.(H) Maths	3 rd Year	6250	8130881042	1 st
2.	Bhavay Ahuja	B.Sc.(H) Statistics	3 rd Year	5046	9959395968	2 nd
3.	Som Singh	B.Sc.(H) Maths	2 st Year	6269	9289848738	3 rd

INTER-DEPARTMENT CHESS (WOMEN) TOURNAMENT 2022-23

S.NO.	NAME	COURSE/	YEAR	ROLL NO.	CONTACT NO.	POSITION
1.	Muskan	B.Sc.(H) Statistics	2 nd Year	5077	7009795998	1 st
2.	Madhu	B.Com. (H)	3 rd Year	3581	7011697545	2 nd
3.	Khushi kaushik	BA (H) History	2 nd Year	1572	9318403784	3 rd

INTER DEPARTMENTTABLE TENNIS TOURNAMENT(M), 2022-23

S.No	Name	COURSE	Year	Roll No	Phone No	Position
1	Garishth Maurya	B.Com. (Prog.)	3 rd Year	3126	9870505190	1 st
2	Sahil Rana	B.Sc.(H) Computer Science	3 rd Year	4052	9354479121	2 nd
3	Tanish	B.Sc.(H) Statistics	1 st Year	5040	9310015099	3 rd

INTER DEPARTMENTTABLE TENNIS TOURNAMENT(W), 2022-23

S.NO.	NAME	COURSE	YEAR	ROLL NO.	CONTACT NO.	POSITION
1.	Disha solanki	BA (H) History	2 nd Year	1518	9870186128	1st
2.	Anjali	BA (H) History	2 nd Year	1592	8882673628	2nd
3.	Khushi kaushik	BA (H) History	2 nd Year	1572	9318403784	3rd

INTER DEPARTMENT CARROM TOURNAMENT(M), 2022-23

S.NO.	NAME	COURSE	YEAR	ROLL NO.	CONTACT NO.	POSITION
1.	Som Singh	B.Sc.(H) Maths	2 st Year	6269	9289848738	1st
2.	Khemanand Sharma	BA (H) Pol. Sci.	1 nd Year	2016	8295849137	2nd
3.	Dhruv Pratap Chaudhary	B.Com. (H)	1 st Year	3526	9140258655	3rd

INTER DEPARTMENT CARROM TOURNAMENT(W), 2022-23

S.NO.	NAME	COURSE	YEAR	ROLL NO.	CONTACT NO.	POSITION
1.	Khushi kaushik	BA (H) History	2 nd Year	1572	9318403784	3rd
2.	Anjali	BA (H) History	2 nd Year	1592	8882673628	2nd
3.	Disha solanki	BA (H) History	2 nd Year	1518	9870186128	1st