

SUPPORTING DOCUMENTS FOR 7.3.1

7.3.1 Performance of the Institution in one area distinctive to its priority and thrust

PHYSICAL WELL-BEING ACTIVITIES

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1. In-house sports and fitness activities

Week long fitness camp in college under 'Hum fit to India fit'



Cricket match between teaching and non-teaching staff



Prize distribution ceremony: Inter-Department Sports Tournament



Lecture on Sports Psychology & Goal Setting- Prof Sandeep Tiwari, University of Delhi



Celebration of International Yoga Day at the college



In-house Cricket match



Marathon (3 Km)- 'Run for Self'



Fit India Movement- Football match



Week long Aerobics camp at college



2. Achievements in team sports

Cricket match, 2021 edition



Winners of Spardha Cricket Championship



Winners of National Netball Championship, Chhattisgarh



Winners of Delhi senior state Volleyball championship



Kho-kho senior national league, Indira Gandhi Indoor Stadium, Delhi



Winners of Delhi district Kabaddi championship



Delhi university inter-college Cricket championship winners



Delhi university inter-college Kho-kho championship winners



Kho-kho senior national championship, Chhattisgarh



Delhi state youth Volleyball championship winners



Delhi university Ball Badminton inter-college championship



3. Achievements in individual sports

Achievers of 35th Delhi state Taekwondo championship, Thyagaraj stadium, New Delhi



Achievers of Delhi university Taekwondo inter-college championship



Winners of Delhi university inter-college Boxing championship



Delhi university inter-college best physique championship



Delhi university Chess inter-college championship



Winners of Sonu Kadyan Memorial Tournament, Haryana



Winners of Reliance Foundation youth Athletic tournament, JLN stadium, Delhi



Achievers of Delhi university Judo inter-college championship



Winners of Delhi state Boxing championship



Achiever of Delhi university inter college Gymnastics championship



Winners of Delhi university inter college Boxing championship



Achievers of Delhi university inter college Wrestling championship



Winner of Khelo India youth games- Gymnastics

