

THE DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

PRESENTS

THE ANNUAL SPORTS MAGAZINE

Ablaze

2022-2023

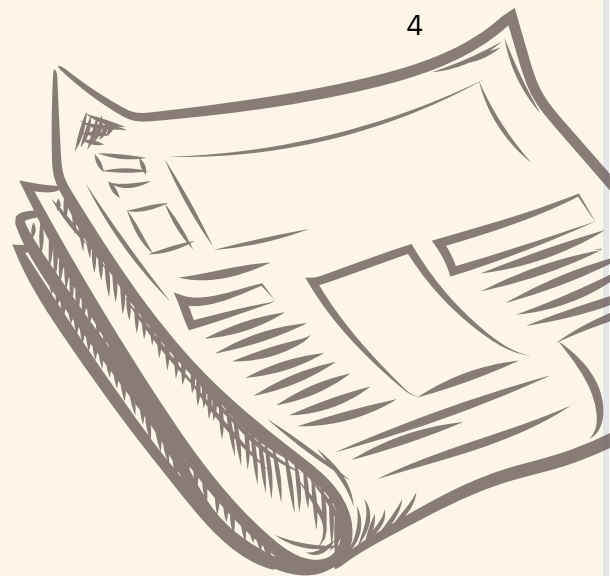


"ONE FOR ALL, ALL FOR ONE"

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Acknowledgement

Apart from the efforts of the Editorial Board, the success of any project depends largely on the encouragement and guidelines of many others. We would like to thank everyone who contributed to the successful completion of this issue of Ablaze.

We would like to show our greatest appreciation to Dr. Sheela Kumari.S and Dr. Rakesh Kumar. We can't thank them enough for their tremendous support and help. Without their encouragement and guidance, this magazine would not have materialised.

Our thanks and appreciation also goes to the Creative Team and the Student Sports Council 2022-23, who directly or indirectly helped us out in developing this work. The guidance and support received from all the members who contributed to this edition of Ablaze were vital for the success of the same. We are grateful for their constant support and help.



UNUS PRO OMNIBUS, OMNES PRO UNO

One for All, All for One

"Unus pro omnibus, omnes pro uno" is a Latin motto that means 'One for all, all for one' which emphasises unity, solidarity and mutual support among a group of people. It suggests that individuals should act for the benefit of the group as a whole, and the group should act for the benefit of each individual. In other words, the interests of the group and the individuals are closely connected and interdependent.

The theme "One for all, and all for one" is a powerful declaration of unity, cooperation and solidarity. When people come together under the banner of "One for all, and all for one," they set aside their differences and work towards a shared objective. This mindset promotes a sense of community and belonging, as well as a sense of purpose and direction. When individuals feel that they are part of a larger group, they are more likely to contribute to the group's success and to feel that their efforts are worthwhile. The phrase emphasises the idea that a group of people working together towards a common goal, with each individual contributing to the best of their ability, is a force to be reckoned with. It is a rallying cry, an expression of loyalty and support, and a symbol of strength.



From the Principal's Desk

Ablaze!

And no other word could be more revealing or representative of what the spirit of Gargi stands for!

We see the vibrant spirit manifested in so many incredible ways: not the least through our students who represent Gargi College in competitions for different sports and win laurels at both the National and International events!



The enthusiasm, the energy, the passion, and the motivation keeps our girls going, practising, upskilling, refreshing, and in general with a persistence that makes them continue to move forward and onward. As we celebrate Ablaze 2023, I wish each and every student the same energy that burns and makes you aspire to achieve your goals, as also to carry the flame of Gargi with pride and honour to wherever life takes you. A healthy mind resides in a healthy body, and each one of you represents the best of a balance for a holistic and meaningful life. You make Gargi College immensely proud. I hope you are equally proud of all that Gargi offers you! And shall keep coming back to your alma mater to share the wonderful experiences life offers you!

I once again extend my heartiest congratulations to everyone and with the very best wishes for success in all your endeavours!

Keep going! Stay Smiling, Stay Ablaze!

Prof (Dr) Sangeeta Bhatia

Principal (Offg.)

Teacher in Charge Writes

2022-23 was a mixed-bag year where one didn't know whether one was coming or going!! Coming out of the Covid 19 scenario, it took us some time to let go of the mask and sanitizer, and trust that the person next to us was not going to infect us ☺. Though the session began normally, we landed right into the Accreditation process in the month of September. Hectic preparations for the NAAC Peer Review team left time for little else.

The 1st year students were yet to come in. A number of intercollege selection trials for



interuniversity representation were taking place, where seeing the number of students taking part, one felt that despite the 1st year not being enrolled yet, it would have been better if the intercollege competitions had been held. At least some medals would have been won by the students. Congratulations to the students who did well and represented the University and/or the State in competitions.

Appreciation is due to the Student Sports Council led by Ms. Kanika Tyagi who despite all the hiccups, persevered in taking care of the annual Gargi Olympiad Interstream Competition and the Team of the Year competition. A Self Defense Workshop was also conducted admirably well by the Student Sports Council in collaboration with the Women Wing of the Delhi Police. The Saarthi team led by Ms. Sudiksha Bhatt did very well in conducting E.o.E's and other ice breaking events. The Buddy Mentor system has got off to a good start and reportedly is doing well. A new item this year was the Freshers' Guide which was found pretty useful by the 1st year students. The only disappointment this year has been the irregularity of most 3rd and 2nd year students especially, in sports practice sessions and classes. I hope that the next session will get off to a great start with everyone being responsible about attending both practices and classes.

Another big event this year was that we welcomed our new Principal, Prof. Sangeeta Bhatia, who is from the Gargi family and understands its issues all too well. With the new block coming, we hope that finally we will be able to set up an indoor Gym and a human performance laboratory there.

The Annual Sports Day held on 18th April 2023 with a theme of UPSURGE 'To Greater Heights' was an unqualified success due to the background work which had begun at least two months before. All the performances and sports award ceremony to different sport achievers went off without a hitch. The inspiring presence of an Olympian, Ms.K Tombi Devi, Judoka, as a chief guest lent a certain gravity to the proceedings. The department is hugely grateful to the alumna guest, chairperson, principal, teachers and students for their unstinting support.

I thank Dr. Rakesh Kumar, Mr. Xavier Ekka, Mr. Dharam Das and Mr. Rajesh Kumar for all their support in carrying out the work of the Department successfully. Special appreciation to the Editors, Ms. Stuti Agnihotri and Ms. Fairy Singh, as the work on 'Ablaze' is being done diligently and on a war footing. I am very sure that we will be able to complete this issue with enough time to spare before College Day!

Best wishes to all for the upcoming examinations!!

Dr. Sheela Kumari. S

Associate Professor and Teacher In charge

My Reflections



Keeping in view the interest of readers and contributors, teachers, students, institute and society, the Department presents the 13th Edition of Annual Sports Magazine- 'Ablaze' with an objective to reflect the sports achievement and participation, functioning of the physical education department, and utilisation of facilities and infrastructure.

The backbone of the department is the Student Sports Council and its assiduous office bearers and volunteers. At times, it was their dedication, creativity and above all

the difficult balance between studies and service which they successfully maintained which graced the process and kept us going. The way they conducted events like the Self-defence workshop, Gargi Olympiad, and Team of the Year and the zeal with which they organised the Annual Sports Day Spin'23 is really commendable. Although it was very difficult for me to know all the extended council members and volunteers personally, a very efficient team of representatives and officer bearers made it possible.

With immense gratitude, I would like to express my deep & humble gratitude to the readers and the contributors of the sports magazine who are the real ambassadors of the magazine responsible for making it so popular & familiar among students interested in sports and academic communities of different disciplines.

I express my heartiest congratulation and gratitude to Ms. Stuti Agnihotri, the editor and Ms. Fairy Singh the co-editor of the magazine who are the real personalities behind the impressive appearance of the 'Ablaze' this year.

Dr. Rakesh Kumar
Assistant Professor

Editorial Board's Address



Stuti Agnihotri



Fairy Singh

The Editorial team of the Department of Physical Education and Sports Sciences presents to you the thirteenth edition of The Ablaze: One for All; All for One.

The theme, One for All; All for One underlines the importance of a team. And how a team plays a significant part in the growth of an individual. The theme itself speaks about how an individual can contribute to the success of a team and how a team can push an individual to certain heights. Working as a team during our one-year tenure was both challenging and fun. Above all, it made us familiar with team spirit.

We, The Editorial board feel nothing but ecstatic and proud while presenting Ablaze: One for All; All for One to you all. We feel honoured to be a part of this magazine and we express our gratitude towards those who made contributions to this magazine.

Regards

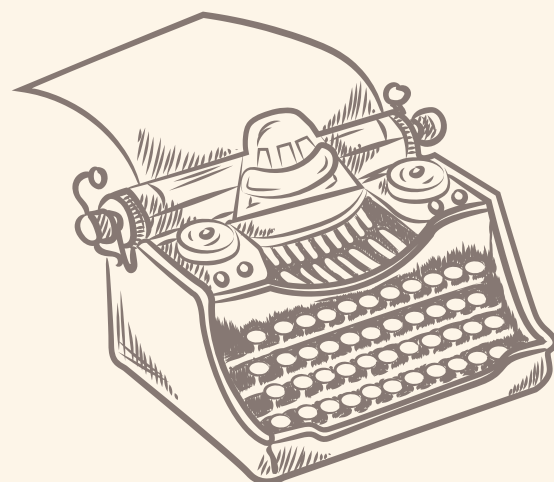
The Editorial Team

Editor

Stuti Agnihotri

Co-Editor

Fairy Singh



STUDENT SPORTS COUNCIL

The Student Sports Council organises several sporting as well as non-sporting celebrations throughout the academic year. It aims to promote sports and encourage students to participate in sports to lead a healthy lifestyle. It organises sports events, conducts coaching sessions and recognizes outstanding sports achievements along with the Department of Physical Education and Sports Sciences. These events witness enthusiastic participation from teachers, students as well as support staff. The Student Sports Council contributes significantly to the overall development of students and enhances the spirit of sportsmanship in the college.

The Student Sports Council has been an integral part of the Department for the last two decades. It was envisaged that this would serve four purposes.

- 1.The council would help the department to ensure discipline.
- 2.The council would also act as peer mentors.
- 3.The council would also be of great help while running different celebratory, workshop, or lecture events.
- 4.Being a council member enhances the personality of the office bearers and members.



Meet the Student Sports Council 2022-23



**Vice President
Sudiksha Bhatt**



**President
Kanika Tyagi**



**Vice President
Tavleen Singh**



**General Secretary
Asmita Kaur**



**Treasurer
Isha Balhara**



**General Secretary
Divya Aggrawal**



**Joint Secretary
Alsa Mohsin**



**Joint Secretary
Jahanvi Sood**



**Joint Secretary
Shivani Raheja**

Editorial Team



Creative Team



**Creative Team Head
Aarushi Gupta**



**Creative Team Member
Dakshita Dahiya**



**Creative Team Member
Tulika Dahiya**



**Creative Team Member
Sania Pal**

From the President's Desk

It feels right. But it's emotional. Saying goodbye to anything you've done that long is hard.

-Angela Ruggiero



I don't have words to write down what the 'STUDENT SPORTS COUNCIL' of Gargi College has offered me. It turned me into the kind of person which I am proud of and who will be a part of my life forever. The journey of a very normal student who was scared to start this new chapter of her life to become the Sports President of the College in 2022-23, has been very amazing, full of excitement, downfalls and full of memories. It has taught me humility, how to resolve differences, has given me confidence, and reasons to believe in me and has taught me how to finish a job and move forward.

I would like to start with Saarthi, the peer to peer support initiative of the Department of Physical Education and Sports Sciences. Firstly I want to thank Ms. Kashish Puri for always being a constant support, for always believing in me and for always motivating me. Saarthi gave me the push which I needed from my life. I got to learn how to love myself, how to take care of myself, and how to be confident in every hurdle of life.

It was my immense pleasure to work under the guidance of Ms. Tanya Vajpayee as a joint secretary, who taught me how to be responsible, hardworking and confident.

I faced a lot of problems at the beginning of my presidential journey and had so many breakdowns, but it was this council that motivated me to believe in myself and to stay focused towards my goals. My motto was "Together to Greater Heights", which explains to me that it is unity that can help us in achieving great heights. I believe together we can take the Department of Physical Education and Sports Sciences To greater heights.

And it was my pleasure to serve as a sports president and to take this department higher under the guidance of Dr. Sheela Kumari who always believed in me and motivated me to do better than before and Dr. Rakesh Kumar, who supported me and guided me through this journey.

I would like to mention our coaches and trainers, who were continuously helping the department and students to do better in sports. I want to thank Xavier sir, Sabina ma'am, Rajesh bhaiya and, Dharamdas bhaiya who always supported us and were always there for us and helped us to achieve this height.

I would like to mention “my” team of 14 amazing people who became my new family, who were always there for me, who worked with me, and who never gave up no matter what the situation was. It's us who took the council 2022-23 to greater heights. We have grown as a team.

We had a journey full of new memories, laughs, fights, success, and downfalls. I can proudly say that each woman in this council will turn into a very amazing person.

To my extended union who was always there for me, and helped me in making my event a success. Each and every one of you is truly amazing.

I would like to thank all the captains and vice captains, for always being there to help me and always bringing all the students to all the events. I would like to mention the SPORTSPERSONS who believed in me from the start, who supported me, motivated me to do better for them, and who gave me the strength to stand as a strong president. You all will be missed!

I would like to congratulate all the achievers this year. I hope that the list of achievers keeps growing every year and that the students of the department keep bringing laurels to this institution.

I am going to cherish this journey for the rest of my life and keep going to prove myself and keep making myself proud.

Regards
President
Kanika Tyagi

From the Vice President's Desks

"Optimism is the faith that leads to achievement.
Nothing can be done without hope and
confidence."

It's been a privilege to serve as the Vice-President of the Student Sports Council, 2022-23.

I have been a member of this council for the past two years. When I joined Gargi, I was a little nervous about how college is going to be. Will I be able to adjust here? Due to covid, our college was shifted to online mode.

Then in my second year, I joined the council as the Co-editor. I think joining the council was a good decision because it helped me in learning a lot of new things. From organising and hosting events online to hosting big events like the annual sports day offline, it was a great journey to be a part of the council under Ms. Tanya Vajpayee's presidency. It always felt like home under her presidency. Working with respected Sheela Ma'am and Rakesh Sir, and my seniors aided my formal and informal growth.

In my third year, I became the Vice- President of this council and also the Team Captain of the Basketball team. At times, it was a little difficult to manage work in both positions along with academics, practices and tournaments, but as one said that hard work leads to success, after dealing with a lot of stressful situations, I managed both positions perfectly.

As the Vice- President of the council and Team Captain of the Basketball team, I did everything in my power to support every member of the Student Sports Council, the Basketball team and the Department of Physical Education and Sports Sciences at all times.

I was fortunate enough to be able to serve on this council for the past two years. The last three years of my life in Gargi, Delhi University have been a delight. The college has given me a lot of memories and a lot of instances to learn from. Well now, finally the time has come to sign off!! Best wishes to all for the future!



Regards

Vice President

Tavleen Singh

In order to write about life first you must live it.”– Ernest Hemingway



Well as the quote depicted, in order to write about my post as a vice president of the student sports council of Gargi College, I had to live in this position every minute during my tenure. Life as a vice president gave me the privilege to serve the sports community of our college as well as working for the betterment and welfare of general students, teaching and non-teaching staff as well through activities like the Gargi olympiad, walkathon, self Defence workshop, Circuit Run etc. Looking at their faces and smiles after the events used to be enough of a charge of satisfaction for the whole day of working for me and my team!

Other than these our team has successfully done the finest of events like the team of the year, fitness camp, fitness Friday, talent hunt etc for the sportspersons of our college. Finally, it's the time to sign off from my tenure, and the thought of signing off gives me chills as well as splashes of memories at the same time. I have been a part of the student sports council for the past 2 years. During my 2nd year, I got the pleasure of serving here as a creative team member and later during the 3rd year, I got a chance to lead the council by bringing the vice president of the council. These 2 years have given me so many memories and unforgettable bonds which I'll be always taking ahead with me throughout my life. Moreover, it won't be unjust to say that this journey has unfolded another angle of my vision and the learnings I got from here will stay with me forever. There were both rough and smooth days in my life while I was working, but knowing that I have a wonderful team of 14 wonderful women who are standing by my side no matter what was the sudden motivation for me to work.

All these years came with the blessing of so many friends who always helped me achieve more & best, so many lovely juniors who always respected me & trusted me for everything and not to forget my seniors who are still standing by my side to make things work out in a better way than ever.

It's justified if I say that I owe a lot to this department because, throughout my college life, I've got a lot from this department.

When we say we are the reason why the world will remember us, I mean from these words and I've lived these words whenever random students used to come and compliments me for any of my work, these small words of affirmation have been the lights up moment for me every time and brighten me up as well as motivates me to work selflessly and do the justice to the post and the love gave to me by 'my people'. Sports Training is such a great teacher in every sports person's life, such as mine. I've learned how to carry myself in a bunch of people with elegance and confidence. Earlier versions of me were always in a dilemma of the self-image but now it's an evolutionary effect of my life where I'm away from such thoughts. Training myself has always been a comforting task of the day. I always used to wait for the tournament season so that I could practise 2 times. This 13 years of sports career have taught me that 'Change is the only constant throughout life' - This remains true to my sporting career, as during my 1st standard, I started with the sport called skating, later in my 3rd standard I started playing judo and used to think this is my forever sport, but unfortunately got a series of injuries and left judo in 9th standard where I started playing shot put and started doing weight training as well where I discovered my immense love for iron & barbell. In the later years of my schooling, I played shot put, hammer throw, powerlifting and weightlifting and was able to secure good positions in these sports. I always wanted to give chances to my sports career but this became the hardest challenge of my life during the past year due to my medical conditions which affected my physical, professional as well as my mental health. However now again getting back on track feels like life but the number of changes in my life somewhat changed the concept of 'life' for me from a series of similarly occurring instances in a row' to 'detachment of feelings', by detachment I mean to be comfortable towards the changes whatever life brings to us.

"Together to greater heights", the successor motto of 'Together we can' has been a hit in many ways. Firstly, I would like to thank all the earlier councils, Ms. Tanya Vajpayee, Sports President 2021-22 and Ms. Shruti Upadhyay, Sports President 2020-21 for teaching us so much and mentoring us. I would like to thank and congratulate the Ms. Kanika Tyagi, the president of the sports council and Ms. Tavleen Singh the vice president for always being there by my side, our core team who has always been the pillar of support, The joint secretary team who were the ones who were always there to make all the events a success story for us, The Editorial team was the best in terms of works and creativity they've shown in all the messages, the content, the freshers guide, the ablaze everything is just on point; many many congratulations to the editor Ms. Stuti Agnihotri and the co-editor Ms. Fairy Singh, The creative team who has lightened up the year with their posters and the hues throughout the year, congratulations to the creative team, The social media team too has done a great job in handling the social media accounts of the Gargi sports. To the extended council, thank you for being there and making every event possible for us.

Moreover, the correct way of working by the council was always taught and promoted by Associate Professor Dr. Sheela Kumari and Assistant Professor Dr. Rakesh Kumar who have always been the beacon of light for us in all possible ways. To Xavier sir, Rajesh Bhiya & Dharamdas Bhiya, I would only say that nothing is possible without you all! Well, well, to this wholesome and beautiful journey which has taught us literally how to plan events how to execute events in a few days of planning, to co-exist and to work together to reach greater heights by doing 25 successful events, it's the time to abide the signing off ritual with the hope that the legacy of the council keeps on going and passing it on to the upcoming president's. May the lists of achievers keep on multiplying with every passing year and with these pens down and I Sudiksha Bhatt the vice president of the student's sports council 2022-23 sign off officially!

With all the memories and love, see you again on the other side...

Regards

Vice President

Sudiksha Bhatt

From the General Secretaries's Desks

Things end, But memories last forever.

It has been a privilege to serve as general secretary of the student sports council 2022-23.

I've been a member of this council for two years and have learned a lot of new things, gained experience and made tons of good memories which I'll cherish for the rest of my life. There were certainly ups and downs during my journey but overall it has been great and I've always had a fun time organising events with my fellow teammates.

Working in the council not only improved my teamwork abilities but also helped me to explore my creative side as well. It's been a pleasure to work under the guidance of Sheela Ma'am and Rakesh Sir and has helped me grow as a person!

Another good thing that happened was when I got the opportunity to become the Sports captain of Stream Commerce, it gave me so much exposure and also a chance to work in the Gargi College student council where I met some amazing people!

I never wanted to come to Gargi in the first place, but maybe my fate belonged here only inside the red walls.

Now I can say I'm proud to be a Gargian and it will always have a special place in my heart.

I've learned so much and met such amazing people and made some beautiful memories!

Lots of love to my batch mates, my seniors and juniors who have always been good support!

Regards

General Secretary

Asmita Kaur





"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." - Christian D. Larson

It has been an honour to serve as the General Secretary of the Student Sports Council, 2022-23. I am fortunate enough to have been a part of this prestigious college. This journey of me being in the student sports council has been a rollercoaster ride but on the other hand has given me some unforgettable and beautiful experiences, a team of beautiful ladies and some lifelong friends.

being as a part of the council for the past two years I can confidently say that there are no boundaries as to how much one can learn here. Make that mistake, be a part of that society, study

hard for that test, and explore all your options because these three years will not come back.

I would like to use this opportunity to extend my heartfelt gratitude to Sheela Ma'am and Rakesh Sir for the extra mile they took, for pushing us to our goals and for enabling us to savour success.

For me, it has been an experience of a lifetime. I am taking away a huge bag full of memories and friends who will always remain close to my heart.

Signing off

With love and deepest gratitude.

Regards

General Secretary

Divya Aggrawal

From the Treasurer's Desk

As the treasurer of our department, I am pleased to address you all about the latest edition of our sports magazine. Nevertheless, I would also like to take a moment to speak more casually about my own experience with sports as I am both the treasurer and a member of our athletics team. I have had the honour of personally witnessing the advantages of athletics as a national level athlete. There is something incredibly special about the world of sports, whether it is the discipline and focus needed to train for a competition or the camaraderie and support of being a member of a team. I believe that sports have the power to bring people together and inspire greatness, both on and off the field. As a department, we are committed to fostering this spirit of camaraderie and excellence, and I am proud to say that we have made significant strides in achieving our goals over the past year.



One of our main priorities as a department is to ensure that we have the financial resources necessary to support our athletes and provide the best possible experience for our members. That is why I am thrilled to report that we have had a successful year in terms of fundraising and sponsorships. Thanks to the hard work and dedication of our members and supporters, we have been able to secure funding for new equipment, uniforms, and other essential resources. This has allowed us to expand our programs and offer more opportunities for our athletes to excel and achieve their full potential.

I hope that this latest edition of our magazine will inspire you to continue supporting our department and our athletes. Whether through financial contributions, volunteer work, or simply cheering on our teams from the sidelines, every bit of support makes a difference and helps us to achieve our goals. Thank you for your ongoing support and dedication to our department. We couldn't do it without you!

Regards

Treasurer

Isha Balhara

From the Student Sports Council

As the session and our tenure come to a close, we, the members of the Student Sports Council 22-23 of Gargi College, would like to express our sincerest appreciation to all members, staff and volunteers who made the past year a successful one for sports in our college. Your unwavering support and dedication have been truly heartwarming, and it is because of you that we were able to create such memorable experiences for the student body and the wider community.

We would like to thank Dr. Sheela Kumari, Associate Professor of the Department of Physical Education and Sports Sciences and Dr. Rakesh Kumar, Assistant Professor of the Department of Physical Education and Sports Sciences for their guidance that has helped us tremendously through our journey. We would also like to thank our incredible support staff- Mr. Xavier, Mr. Rajesh, Mr. Deendayal and Mrs. Sabeena. Without their helpfulness and support, the work would have been more challenging.

It was truly an honour to serve the student body and represent our athletes in various capacities. We hope that our efforts in organising events, promoting healthy competition and sportsmanship, and advocating for the needs of our student athletes have contributed to a thriving sports culture in our college. We are grateful for the teamwork and dedication exhibited by our fellow students, coaches, teachers and administrators who worked tirelessly to ensure that sports programs remained rich in variety and inclusivity. We are immensely proud of the hard work and accomplishments our athletes have demonstrated this year, as well as the camaraderie and sportsmanship they have exhibited on and off the field.

We would also like to extend our congratulations to all sportspersons who participated in several tournaments and championships this year. Your hard work and commitment to your chosen sport are truly admirable. We wish you all the best as you continue to pursue your passions and aspirations. Finally, we would like to wish all graduating athletes the very best as they embark on a new journey beyond our college.

We hope that you will continue to pursue your athletic dreams and achieve even greater success in the future.

Sincerely

Student Sports Council

2022-2023

PC: Stuti Agnihotri

CELEBRATING THE SPIRIT OF SPORTS



"I've failed over and over again in my life and that is why I succeed."



BIRDS OF A FEATHER FLOCK

As the editor of the student sports council, I would like to shed light on our theme for this academic year - "One for all, all for one". Indeed, this phrase echoes our belief in the power of unity and solidarity. A common variant of this theme is "birds of a feather flock together". This phrase means that individuals with common interests, behaviours or characteristics tend to associate and congregate. I believe it is important to consider how individuals with similar interests tend to gravitate towards each other. In the realm of sports, this saying holds particularly true. Athletes with comparable skill levels and personal interests will naturally form close relationships. This can be seen in team sports, where players on the same team often share a sense of camaraderie and motivation to work towards a common goal, such as winning a game or championship.

This is why a strong sense of camaraderie and teamwork is essential for success in sports. When players work together and trust each other on the field, they can leverage their unique skills and abilities to outperform their opponents. Moreover, they can seamlessly coordinate their actions and adapt to changing game situations. This is why scouts and coaches often look for players who not only display impressive technical skills but also possess strong teamwork and sportsmanship qualities.

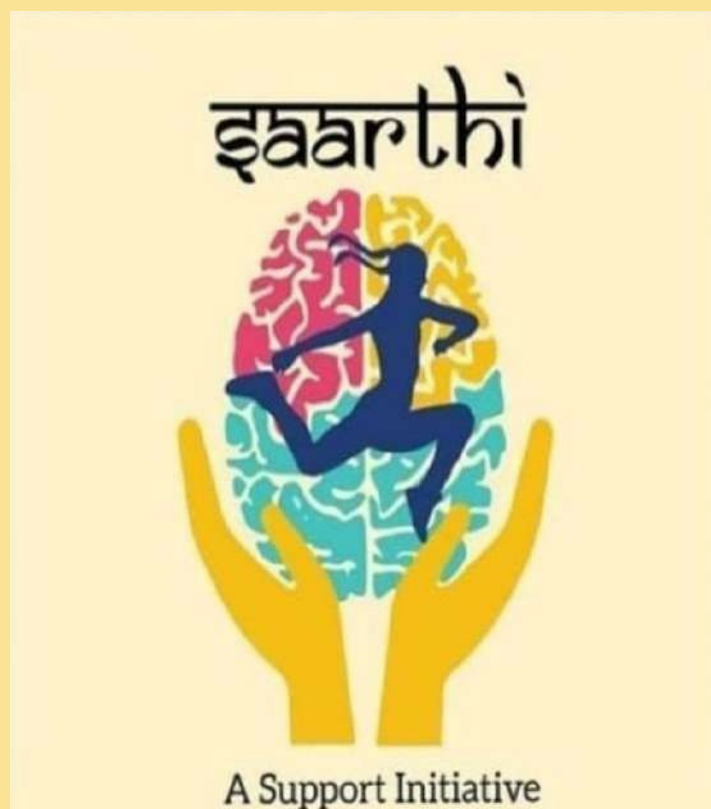
In essence, the phrase "birds of a feather flock together" highlights how individuals with similar attributes can work better together towards achieving a common goal. This phrase aligns perfectly with our theme for the year, "One for all, all for one", as they both emphasise the importance of unity and teamwork to achieve success. It is evident that when all individuals come together, they are capable of achieving success that surpasses any individual's accomplishments. Therefore, as members of the student sports council, we urge all students to embrace our theme for this academic year and strive towards collaborating, supporting each other and embodying the phrase "birds of a feather flock together" to achieve success in sports and other aspects of life.

Regards

Editor

Stuti Agnihotri

SAARTHI



As the name suggests, 'Saarthi' is a friendly initiative by the Department of Physical Education and Student Sports Council. It works toward providing peer-to-peer support for sports persons. This initiative was started in 2019 as a vision of our alumnae Ms. Kriti Lamba (B.A. Hons. Applied Psychology, Batch of 2020) and Ms. Kashish Puri (B.A. Hons. Applied Psychology, Batch of 2021), who now work as Team Saarthi's mentors. Saarthi is based on personal experiences, bringing to light students' concerns about coping with the stress of balancing their studies along with their performance in their respective games.

The transition from school to college is sudden and burdens the students with many responsibilities at once. Hence, Saarthi aims at lending a helping hand to students to adapt to the changing environment; help them come forward; and talk about anything to everything with their seniors or teammates. Unlike counselling, Saarthi provides a safe space for sharing individual thoughts and asking/receiving help from other students. Saarthi's goal is to create awareness among students about the existence of Saarthi and to organise relevant workshops for them. With the aim, to

hear and to be heard, we want students to know that this group is always accessible and a safe haven for their thoughts and feelings. Team Saarthi organises various events and workshops with the aim to provide comfort and smiles to those who attend them. These events include activities that work as a stress buster to participants, help in bridging the gap between the students and the department and try to develop a sense of belongingness among the students among each other.

YEAR 2022-23

Ms. Sudiksha Bhatt was officially announced as the Team Head in June 2022. After a series of interviews, Ms. Aarushi Gupta was appointed as the Logistics Team Head; Ms. Aditi Kaushik as the Research Team Head; and Ms. Tulika Dahiya as the Social Media Team Head, in July 2022.



Team Saarthi 2022-23

"To handle yourself, use your head; to handle others, use your heart." Eleanor Roosevelt

Writing this brings me closer to the realisation that the most wholesome and important part of my life is about to come to an end. Every word that I'm going to phrase here directly comes from my heart to my pen.

The journey of my college started during the so-called COVID times or my batch can be referred to as "The COVID Batch". It was December 2020 when I got admission to my dream course i.e., Applied Psychology. I was privileged enough to enrol through both cut-offs as well as the sports quota.



The moment I chose to get into Gargi College via the sports quota was still the best decision of my life because this college has made me feel at home.

The friends, the seniors, the teachers and the non-teaching staff of this college are now a part of my heart. The whole online semester taught me so many life lessons and it all started when I was enrolled in Saarthi. The very first senior I had a word with was Ms.Kashish Puri, the then vice president and Saarthi head (2020-21), she was also a part of team athletics, which was the common factor between both of us at that point of time, while later in our conversation she revealed that she too is pursuing the same course as of mine; and at that very moment an instant bond of kindness & respect was made from me to her. Later in January, I came to know that there's something called Saarthi- the peer to peer support initiative by the Department of Physical Education and Sports Sciences of our college. I was instantly convinced by the motto of this initiative and was pretty much sure that I'm willing to join this. I still remember my first interview for which I filled in the form for the post of research team member and voila I was part of this wholesome initiative!

The first year of being there in Saarthi gave me a lot of learning opportunities ranging from when I was appointed to speak as a host at mainstream events to the times when my seniors guided me towards the immense improvement of the skills I had. I was never so sure that I could adapt to the online era so well and learn so many digital platforms but it is again a gift of knowledge that I got from this team at first.

Being a research team member straight 2 years brushed up my skills of writing, active listening, and other various personality traits. During these 2 years of my life, I learned new things and made new friends who are now family for the rest of my life. I have been through ups and lows in my personal and professional life but the team has always been there for my support and to lend me the kindness which I needed during the hard times so much. I have learned to give selflessly from this team; the meaning of selflessness in today's world is yet undiscovered by many but I discovered it here! Being a person I am the one who has so much to offer from the bottom of my heart, but this has always been a hardship for me and it made me question my nature and personality quite a lot of times. As I got more involved in team Saarthi and it's working, I started to know myself better, I was now able to get a hold on my stronger and weaker points which included every aspect of my personality and now I was a person with a better and evolved the self-concept and I was much more aware of myself. As we know charity begins at home, the same way evolution begins with yourself at the first then others accept it.

Soon the colleges reopened, and I got a chance to interact with everybody in person. I made as many bonds as I can, I made so many new friends, and I got to interact with people whom I could not have interacted with otherwise.

Then started my journey of being the Saarthi Head, the post which I always admired and never thought that I would be able enough or fortunate enough of getting on there. But I would say it's the hard work that I've done since the day I got into saarthi and the loyalty which I gave to each and every piece of work which I've done here. Mentioning all the three teams of Saarthi who have been there to work for the team's growth and development together; the Social media team led by Ms. Tulika Dhaiya, the Research team led by Ms. Aditi Kaushik and the Logistics team led by Ms. Aarushi Gupta and their team members have worked the whole year by being the most amenable bunch of juniors I could have ever asked for.

The biggest challenge I faced during my tenure was that we were all offline, now we are the ones who were dealing with all the issues first-hand. This was new for all of us. Hearing the issues by the people whom we may or may not know completely was not my expertise back then, I used to get disturbed mentally by listening to a few things which were earlier addressed through the virtual saarthi box. When it comes to a face-to-face talk session with someone who has approached you by trusting your capabilities for helping them, that's where you can not back off from your role. Hearing the students made me sometimes question myself, what if I'm unable to solve their problem or do any kind of favour to them by the passing time I learnt that it's not always about solving the problems, I can also be useful to them if I keep their secrets/ problems

confidential to the point needed, and be in regular touch with them just to know about how are they doing. This practice made me patient and gave me the superpower of active listening and appropriate reacting in different situations. This brings me to a quote by Tupac Shakur which says "I don't see myself being special; I just see myself having more responsibilities than the next man. People look to me to do things for them, to have answers." The same way I always used to feel for the responsibilities that came with this post but also the love and trust that I've earned from the students come along and stay forever with me.

The whole year has been full of chaos and fun, all the important topics which we discussed like suicide prevention, recovery in sports, rehabilitation, substance abuse, addiction, seasonal affecting disorder, self-care, discrimination and eating disorders etc are always going to be a matter of knowledge for every one of us. I would like to thank the students who made me a part of discussions of their problems ranging from their professional lives to their personal lives, and I hope the best for you all. I am proud of the events we hosted for the sports persons such as eoe's like khud se khud tak & Unwind, buddy integration, how are you feeling and Fitness Friday etc. And I hope the legacy of such comforting events continues from team Saarthi in future as well.

I would like to thank Associate Professor Dr. Sheela Kumari and Assistant Professor Dr. Rakesh Kumar who have always been the beacon of light for us in all possible ways, for helping our team to establish ourselves to support us in every event we do. To Xavier sir, Rajesh Bhaiya & Dharamdas Bhaiya, I would only say that nothing is possible without you all! So, this wholesome, exciting, fulfilling and most beautiful journey of my life is about to end, it has filled my heart with memories and knowledge. Saarthi is a piece of my heart that I'm leaving in the hands of my juniors and I believe they will treat its legacy as it deserves to be treated!

Well, It's time to abide by the signing-off ritual with the hope that the team Saarthi keeps on doing what it is loved for by everyone with these pens down and I Sudiksha Bhatt the Saarthi Head for the session 2022-23 sign off officially!

With all the memories and love, see you again on the other side...

Regards

Saarthi Team Head

Sudiksha Bhatt

Logistics Team Head

“Saarthi”, when I first heard about it, got me super excited, hyped to be quite frank. Two things I loved, together - sports and psychology!

The concept of Saarthi is quite striking in itself because the mental health of sportspersons, especially in our country, is often overlooked and not given much importance. Being a sports person I've had my share of experiences, thus, being a part of saarthi was altogether a new beginning.

Over the course of two years, becoming the logistics member and then the logistics head has taught me valuable lessons. Saarthi has provided me with space to develop various aspects of my personality.



This year, being the logistics head I've experienced a lot of new things that I couldn't have imagined handling being a member as a fresher.

The thing I love about this initiative the most is how the whole Saarthi family works with all its heart towards everything it stands for and how everyone brings a little spark of themselves to help the initiative strive better. The safe space it has created and the love and joy it tries to spread in its events are impressive.

I could go on and on about the experiences and love it has brought but I just want to conclude by saying that I've tried to give my best to this family and I hope the upcoming members continue to shine upon its name.

You will always be close to my heart saarthi<3

Regards

Logistics Team Head

Aarushi Gupta

Logistics Team Members



**Logistics Team Member
Harshi Bhatt**



**Logistics Team Member
Jahanvi Sood**



**Logistics Team Member
Kanak Rana**



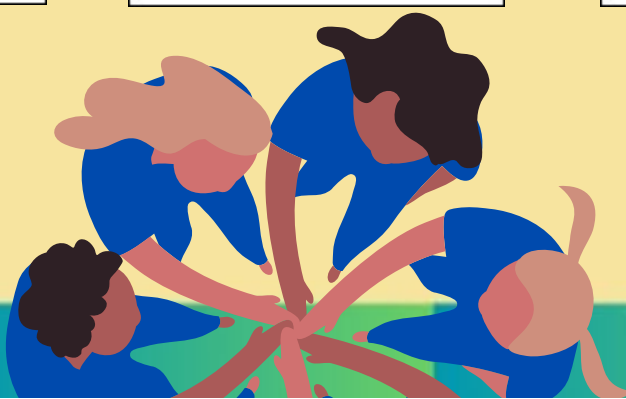
**Logistics Team Member
Mahi Raj**



**Logistics Team Member
Sania Pal**



**Logistics Team Member
Vanshika Singh**



Research Team

Saarthi was introduced as an initiative aimed toward creating a safe and supportive community for sports students within Gargi. Upon joining college, Saarthi provided a platform that helped facilitate my growth as both a sportsperson and a student of psychology. The beauty of Saarthi is that, even as a team member, work has never seemed like work. Instead of being tiresome, organising and executing events designed to provide comfort and joy to sports students has perhaps been my favourite part of being in Team Saarthi. The exhilarating feeling of a successful event is what has motivated me to move forward,



even when that seemed like the most difficult thing to do. Serving as the Research Head in my second year has been my way of giving back to the initiative, as well as doing my part in creating an inclusive and encouraging sports fraternity for our students.

Being the research head was an entirely new experience. The added responsibility of ensuring the content spread by our team was factually accurate, comprehensive, and inclusive was nerve-wracking, but worth everything. Knowing that I wasn't alone, with four extremely talented and dedicated team members having my back, is what helped me fully settle into my role. It is with a lot of pride that I can truly say that our team has done our best to not only keep up with the standards set by previous members, but to also raise the bar even higher.

For the past two years, being a member of Team Saarthi has defined my identity in college. The lessons I have learnt, the memories I have made, and the experiences I have had will stay with me for a long, long time.

To all the students out there; I hope we have been able to help you, even a little bit.

To my fellow team members; I cannot imagine a better team to have had.

To my research team; I could not be more proud of us.

To our teachers; your support has been invaluable.

Thank you

Regards

Research Team Head

Aditi Kaushik

Research Team Members



**Research Team Member
Garima Balodi**



**Research Team Member
Jukanti Manogna**



**Research Team Member
Praneeta Tanwar**



**Research Team Member
Stuti Agnihotri**

Social Media Team

“It is often the small steps, not the giant leaps, that bring about the most lasting change.” It’s close to impossible to put into words how Saarthi has impacted me. From being a social media team member to holding the duty of social media team head was quite an adventurous journey yet a scary one too. Saarthi for me has been my safe space, a place where I know I can feel myself being the real me, without caring what others might think of my flaws. It helped me accept the beauty in my flaws and how everybody has imperfections that can become their power. I started my college journey by filling up the form for Saarthi recruitment, never thinking that it’ll lead me to form a small family.



Saarthi and all the members have taught me to be generous, kind and confident around people. It taught me to take pride in myself and how to make the person in front of me feel good about themselves.

Social media is one of the most popular and powerful platforms today to spread any message. Being the social media team head is a tough task but how I’ve seen it has an amazing impact on my fellows made me proud of my decision. Saarthi will always be my heart, it has made me who I am today, the most perfectly imperfect human and the one who doesn’t see the world as flawlessly ugly but flawed beautifully. It gives me immense joy to feel the warmth this initiative and its people have given me and I hope to pass it on to everyone I ever meet in my life.

To be great and to make others feel great might sound a bit silly, but trust me, it’s the best feeling in the world. Once you know you’re beautiful and flawed, you’ll make everyone around you happy and when you can make others happy, you kind of never want to stop it. You are unique and that is the most admirable quality you hold in your heart. Be proud of yourself, be happy about yourself and lastly, be as you are. “Be as passionately original as you can and never think of yourself as a person who’s not capable of having a great life. You, the real you, are made for the sky and I believe you are made for the universe.”

Regards

Social Media Team Head

Tulika Dahiya

Social Media Team Members



**Social Media Team Member
Aditi Nagar**



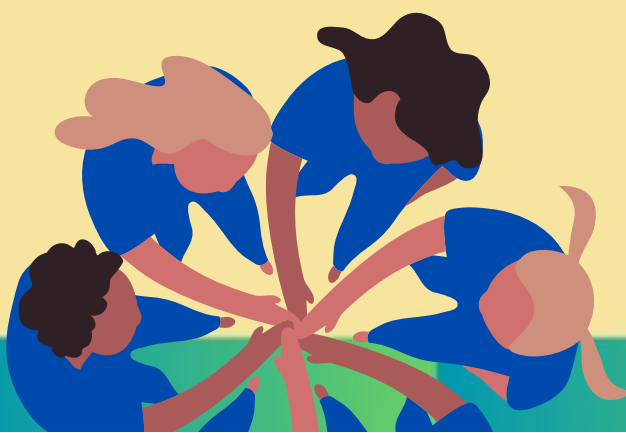
**Social Media Team Member
Aditi Rao**



**Social Media Team Member
Alsa Mohsin**



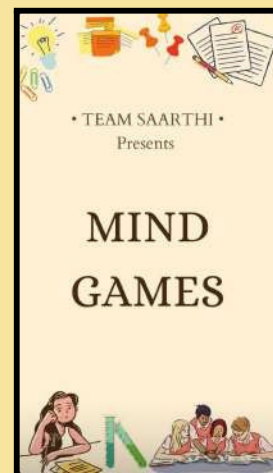
**Social Media Team Member
Isha Balhara**



Events by Team Saarthi

MIND GAMES

Team Saarthi has continued with its tradition of 'mind games', which were introduced in an effort to help the students better interact with the team. In this activity, team Saarthi posts various kinds of activities twice a month on its Instagram page. The activities are both competitive and non-competitive. The motive behind this is to make people feel more connected, enhance health, to spread awareness about mental health problems, and facilitate interaction between the team and the students.

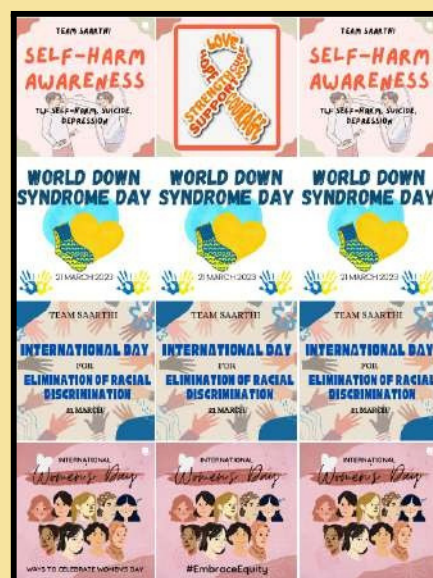


SPORTS UPDATES

Team Saarthi undertook a new initiative, wherein currently trending national and global sports news would be posted weekly on its social media handle. The purpose was to provide students with a quick review of any news or information they may have missed and to spread awareness regarding current events pertinent to sports.

AWARENESS POSTS

Every week, or every fortnight, the team would select a topic connected to mental health, sports, or both, and then update its social media handle with information relevant to the chosen topic. The information was thoroughly researched, and then compiled in an easily comprehensible manner. The aim was to spread awareness concerning matters significant to one's health and to do so in a way that was easy to understand and did not overwhelm the reader. Furthermore, the goal was to provide accurate



information from reliable sources and to dispel harmful myths. The team hoped to shed light on topics generally considered taboo by society and to normalise them by encouraging conversation around the same.

The posts would generally contain a definition and explanation of the topic, some history, the causes and symptoms, self-care tips, and would encourage people to seek professional help in case they identified with some of the symptoms. Topics such as depression, suicide prevention, substance abuse, recovery in sports, health literacy, etc. are examples of some of the things talked about.

EXPRESS OVER ESPRESSO - 9.0

An offline event, 'Express over Espresso 9.0,' was organised on 8th September 2022 by Team Saarthi- a mental health initiative for sports students, at Gargi College. The theme of the event was 'Unwind'. Unwind means to 'let go', to 'take a breather', or to 'focus on yourself'. It was chosen as the theme keeping in mind the hectic schedule most students had. Sports students in particular often tend to forget to take time out for themselves, to stop and rest for a moment. The event was conducted with the hope that students would be able to take the opportunity to slow down and simply relax for a while. For that one hour, the basement turned into something else itself; a safe space and a haven for all the participants. Towards the end, the students simply mingled amongst each other, bonding and dancing to their heart's content. It created a heartwarming sight for each and every person present there to see, and the sound of their joy was incredible to hear.



BUDDY-MENTOR INTEGRATION PROGRAMME

On 9th January 2023, Buddy-mentor Integration Programme was conducted by Team Saarthi of the Department of Physical Education and Sports Sciences of Gargi College with a total of 30 students. The event started with a heartwarming welcome speech from Ms. Kanika Tyagi, President of the Student Sports Council 2022-23. It was followed by an introduction of Team Saarthi 2022-23 and the Student Sports Council 2022-23. This was continued with an introductory round of the Freshers.



Later, Ms. Stuti Agnihotri, a Member of the Research Team took over and explained what Saarthi is and its purpose. As the name suggests, 'Saarthi' is a friendly initiative by the Department of Physical Education and Student Sports Council. It works toward providing peer-to-peer support for sports persons. Then the Buddy Mentor Programme was explained to the Freshers. Since college is a new and adjusting environment, Team Saarthi Came up with the idea of the buddy- mentor, where each new student gets paired with a senior. The initiative was proposed to promote friendship, provide coursework support, foster a greater sense of belongingness among the new students, and connect more and more individuals in the department who learn to respect each other.



TEAM SAARTHI INTERVIEWS

The Department of Physical Education and Sport Sciences held interviews on February 8, 2023, to expand and enrol new members in Team Saarthi for the academic year 2023-24. There were 17 applicants in all. Member were chosen after an extensive application



screening and rigorous interviews. Dr. Sheela Kumari, Associate Professor of Physical Education and Sports Sciences, and Ms. Kriti Lamba, Founder of Saarthi as well as its Mentor, held interviews along with Team Saarthi 2022-23. Ms. Kanika Tyagi, President of the Student Sports Council 2022-23, was also present. The interview results were announced the same day, with 9 applicants having been selected for the team. The logistics team gained 4 members, the research team gained 3, and the social media team gained 2. The team proceeded to hold a meeting the very next day with its new members, giving them an overview of their duties and officially welcoming them to Team Saarthi.

EXPRESS OVER ESPRESSO - 10.0

The 10th edition of 'Express over Espresso' was conducted by Team Saarthi on 22nd February 2023. The theme of this event was 'Finding Ourselves: Khud se Khud tak'. The aim was to set out on the journey of finding ourselves and learning more about our true selves. The theme may mean different things to different people but the overall objective was to create an enjoyable space for the students and feed positive thoughts. Students danced and enjoyed themselves in the company of each other. It will not be an overstatement to say that EOE:10.0 was a success.







Artwork: Ritika Shahi; 2nd year; B.A. Programme

ULTIMATE GUIDE TO STICK TOGETHER AS A TEAM

P.S.- It's not.

In my opinion, there are no guides that will help a team to stick together. Unless they want to. Unless they have to.

As the co-editor of the sports council, I have seen my team go through various transitions. Sometimes healthy, sometimes not. I have seen my team members toiling hard, most of the time to such levels that they were on the verge of a breakdown. Then, what was the 'motive' which got us going?

Was it the way our president's eyes used to beam when she used to talk about the aspiration she had for the council- 'to greater heights'? Was it to be called the best council the sports department had ever seen? Or was it simply that we were loyal to our posts and commitments, that we wanted to do justice to the work that was assigned to us? That we didn't want to disappoint anyone?

There can be different reasons for each one of us to keep going.

Sticking together as a team could be the most difficult task or it could be the easiest one. Having the privilege of being a sportsperson, we know teamwork more than anyone. Our sports constantly teach us about using our aggression right, to keep going, it teaches us the value of blood and sweat and above all to winning. But how can we win without sticking together with each other as a team? Thus it in turn teaches us about love, harmony, and compassion towards our teammates.

It just led me to the point from where I started that there are no guides to stick together as a team but there is a common motive to excel to a height. To reach its limit or beyond it. Maybe to greater heights.

Regards

Co-editor

Fairy Singh

SPORTS TEAMS OF OUR COLLEGE

Aerobics Team



Coach		
Mr. Vipin Kumar		
Captain	Ms. Priyanka Singh	
Vice Captain	Ms. Anjali	
Team Members		
Ms. Arju	Ms. Garima Balodi	Ms. Gitanjali Srivastava
Ms. Jyoti Kumari	Ms. Neha Yadav	Ms. Rashmi
Ms. Shivani V Dhavane	Ms. Suman Sahu	Ms. Varsha Pal

ACHIEVEMENTS

Team Performance:

- Aerobics team secured 1st position in the Invitational Inter College Aerobics Tournament held at Shaheed Rajguru College of Applied Sciences for women 'SPARDHA' from 17 to 19 January 2023. The following team members were participating in it:

1. Ms Priyanka Sharma
2. Ms Anjali
3. Ms Varsha pal
4. Ms Garima Balodi
5. Ms Rashmi
6. Ms Jyoti Kumari

- They secured a 2nd position in the Invitational Inter College Aerobics Tournament held at Kalindi College on 15th February 2023. The following members were participating in it:

1. Ms Varsha Pal
2. Ms Arju
3. Ms Shivani
4. Ms Geetanjali
5. Ms Suman
6. Ms Neha

- They secured a 3rd position in the Invitational Inter College Aerobics Tournament held at Miranda House "EROBERN" on 28th March 2023. They secured 1st Position in the Invitational Inter College Aerobics Tournament held at Ramanujan College "SPORTIESTA" on 16th February 2023. The following members were participating:

1. Ms Priyanka Singh
2. Ms Anjali
3. Ms Varsha Pal
4. Ms Garima Balodi
5. Ms Rashmi
6. Ms Jyoti Kumari



Athletics Team



Coach			
Mr. Vipin Kumar			
Captain		Ms. Kirti Isharwal	
Vice Captain		Ms. Sakshi Yadav	
Team Members			
Ms. Aditi Nagar	Ms. Alsa Mohsin	Ms. Garima Singh	Ms. Harshita Hunjan
Ms. Himanshi	Ms. Isha Balhara	Ms. Kanika Tyagi	Ms. Nourpa Singh
Ms. Prachi Soam	Ms. Ritika Gaur	Ms. Shivangi Chauhan	Ms. Sudiksha Bhatt
Ms. Tanvi Maan	Ms. Vanshika Singh	Ms. Warisha Shahid	

ACHIEVEMENTS

Individual Performance:

Ms Kirti Isharwal

- Gold Medal in heptathlon with 3810 points at 33rd North Zone Junior Athletics Championship from 2 to 4 September 2022 at Karan Stadium, Karnal Haryana.
- Gold medal in javelin throw at Open Delhi State Athletics Championship held at JLN Stadium from 25 to 27 October 2022.
- Gold medal in 100m hurdles at open Delhi State Athletics Championship held at JLN Stadium from 25 to 27 October 2022.
- Silver Medal in Javelin Throw with a distance of 32.92 metre at 33rd North Zone Junior Athletics Championship from 2 to 4 September 2022 at Karan Stadium, Karnal Haryana.
- Secured 10th position in All India Inter Zonal Athletics Inter University Championship held at Mangalore University, Mangalore from 14 to 17 March 2023.

Ms Ritika Gaur

- Silver medal in 200 metre at Haryana State North Zone Athletics Championship on 20-21 August at Rohtak, Haryana.
- Bronze medal in 400 metre at Haryana State North Zone Athletics Championship on 20-21 August at Rohtak, Haryana.
- Gold Medal in 4x400 M Relay at 33rd North Zone Junior Athletics Championship from 2 to 4 September 2022 at Karan Stadium, Karnal Haryana.
- Bronze Medal in 4x400 M Mix Relay at 33rd North Zone Junior Athletics Championship from 2 to 4 September 2022 at Karan Stadium, Karnal Haryana.

Ms Sakshi Yadav

- Silver medal in 800 metre, silver medal in 1500 metre, bronze medal in long jump at O.P. Jindal Global University Athletics Invitation Competitions held at Sonipat Campus from 17 to 19 March 2023.
- Silver Medal in 1500 metre with timing of 6.16 min at Annual Women's Sports Fest IGNITE'23 organised by Indira Gandhi Delhi Technical University for Women (IGDTUW) held at JLN Stadium from 17 to 18 February 2023 .
- 1st Position in Shot Put & 2nd Position in 200 metre race at Talent Hunt Camp organised by Sikh Federation of India (Regd.) held at JLN Stadium on 1st January 2023.

Ms Anjana

- Gold Medal in 60 metre with timing of 7.98 second at Lady Shri Ram Athletics Sports Meet 2022-23.

Ms. Prachi Soam

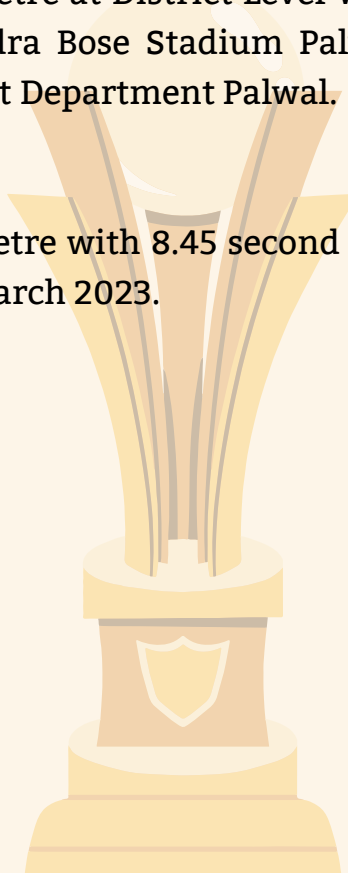
- Gold Medal in High Jump at Lady Shri Ram Athletics Sports Meet 2022-23.

Ms. Parul

- Silver Medal in 400 metre at District Level Women Sports Meet held at Netaji Subhash Chandra Bose Stadium Palwal, organised by Women and Child Development Department Palwal.

Ms. Himanshi

- Bronze Medal in 60 metre with 8.45 second at Lady Shri Ram Athletics Sports Meet on 20th March 2023.



ENTRY

Basketball Team



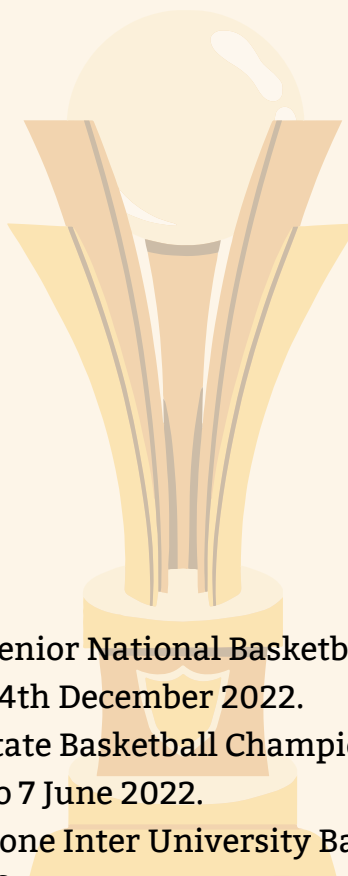
Coach			
Mr. Lawrence			
Captain		Ms. Tavleen Singh	
Vice Captain		Ms. Meenakshi	
Team Members			
Ms. Aarushi Gupta	Ms. Aditi Kaushik	Ms. Adya Sarin	Ms. Anoushka Mishra
Ms. Jaanvi	Ms. Mahi Raj	Ms. Manogya Handa	Ms. Saanvi Gulati
Ms. Sakshi	Ms. Sania Pal	Ms. Shreya Srivastava	Ms. Shruti Kasana
Ms. Stuti Agnihotri			

ACHIEVEMENTS

Team Performance:

The basketball team secured 2nd Position in the Invitational Inter College Basketball Tournament held at Miranda House 'EROBERN' from 27 to 28th March 2023. The following student participated in the tournament:

1. Ms Tavleen Singh
2. Ms Sakshi
3. Ms Meenakshi
4. Ms Aarushi Gupta
5. Ms. Stuti Agnihotri
6. Ms. Manogya Handa
7. Ms. Anoushka Mishra
8. Ms. Mahi Raj
9. Ms. Adya Sarin
10. Ms. Saanvi Gulati
11. Ms. Shruti Kasana



Individual Performance:

Ms Aarushi Gupta

- Third position in 72nd Senior National Basketball Championship, Udaipur from 27th November to 4th December 2022.
- First position in Delhi State Basketball Championship held at IGI Indoor Stadium, Delhi from 4 to 7 June 2022.
- Participation in North Zone Inter University Basketball held at Punjab Sports University, Patiala (PB) from 2 to 7 January 2022.

Ms Shruti Kasana

- Selection Trials for North Zone Inter University Basketball held at Punjab Sports University, Patiala (PB) from 2 to 7 January 2022.
- Participation in 72nd Senior National Basketball Championship, Udaipur from 27th November to 4th December 2022.

Chess Team



Captain		Ms. Vanshika Gupta	
Vice Captain		Ms. Kashish	
Team Members			
Ms. Amisha Manoj	Ms. Bhumika	Ms. Jukanti Manogna	Ms. Meenal
Ms. Muskan Jindal	Ms. Navya Gupta	Ms. Praneeta Tanwar	Ms. Shreya Saxena

ACHIEVEMENTS

Team Performance:

- The Chess team Secured 7th position out of 30 women colleges in Chess Inter College Tournament organised by Delhi University Sports Council.
- They Secured 2nd position in Chess Inter College Tournament organised by Lady Shri Ram College, Delhi University on 21 March 2023.

Cricket Team



Coach			
Mr. Surjit Verma			
Captain		Ms. Pooja Singh Kushwaha	
Vice Captain		Ms. Pragya Rawat	
Team Members			
Ms. Akshita Jain	Ms. Anchal Rai	Ms. Anvi Kakkar	Ms. Bharti Kashyap
Ms. Harshi Bhatt	Ms. Jyoti Yadav	Ms. Khushi	Ms. Munni Khan
Ms. Neha Parmar	Ms. Nikita Singh Chandel	Ms. Nitika	Ms. Pooja Singh
Ms. Prerna Parewa	Ms. Riya Choudhary	Ms. Riya Shanker	Ms. Riya Shokeen
Ms. Sanskriti Chauhan	Ms. Sapna Rawat	Ms. Shivani Raheja	Ms. Tannu Dahiya
Ms. Umeshwari Jethwa	Ms. Vandana Sain	Ms. Vanshika Phagetra	Ms. Yashika Singh

ACHIEUEMENTS

Team Performance:

- They Secured 2nd position in the Red Bull Cricket Tournament held at Shivaji College, University of Delhi on 24th March 2023. Participants were:
 1. Ms. Riya Shokeen
 2. Ms. Riya Chaudhary
 3. Ms. Akshita Jain
 4. Ms. Neha Parmar
- The team Participated in Khelo India 10 KA DUM Women's Cricket Tournament held at JLN Stadium, Delhi on 10th March 2023.

Individual Performance:

Ms. Pooja Singh Kushwaha

- Participation in Senior Women's T 20 Ranji Trophy from 1 to 25 May 2022 held at Rajkot, Gujarat.

Ms. Pragya Rawat

- Participation in Senior Women T-20 Ranji Trophy National From Delhi Team from 11 to 22 October 2022 held at Surat, Gujarat

Ms. Anchal Rai

- Selected for Season Camp of Senior Women's Team from Haryana Cricket Association held at Gurgaon Cricket Ground, Sultanpur, Gurgaon from 22 August to 3 October 2022.

Ms Nikita

- Participation in Senior Women T-20 Ranji Trophy National From Haryana Team from 8 to 20 October 2022.

Ms. Bharti Kashyap

- Participation in Women's Senior T 20 Ranji Trophy organised by Board of Control for Cricket in India represented Haryana Senior Women's Team from 18th April 2022 to 30th April 2022 at Ranchi, Jharkhand.

Ms. Jyoti Yadav

- Selected for Season Camp of Senior Women's Team from Haryana Cricket Association held at Gurgaon Cricket Ground, Sultanpur, Gurgaon from 22 August to 3 October 2022.
- Participation in Camp for Women's Senior One Day Trophy from Haryana Cricket Association from 21 December 2022 to 11 January 2023.
- Participation in Women's Senior One Day Trophy National held at Mumbai from 15 to 29 January 2023.
- Senior Women T-20 Ranji Trophy National From Haryana Team from 8 to 20 October 2022.

Ms. Vandana Sain

- Participation in Senior Women T-20 Ranji Trophy National From Haryana Team from 8 to 20 October 2022.
- Selected for Season Camp of Senior Women's Team from Haryana Cricket Association from 22 to 3 october 2022.
- Camp for Women's Senior One Day Trophy from Haryana Cricket Association from 21 December 2022 to 11 January 2023.
- Selected for Season Camp of Senior Women's Team from Haryana Cricket Association held at Gurgaon Cricket Ground, Sultanpur, Gurgaon from 18 May 2022 to 16 July 2022.
- Participation in Women's Senior One Day Trophy National held at Mumbai from 15 to 29 January 2023.

Judo Team



Coach			
Mr. Ravinder Dahiya			
Captain		Ms. Jasmine	
Vice Captain		Ms. Faiza	
Team Members			
Ms. Aakansha Choudhary	Ms. Aditi Rao	Ms. Amrita	Ms. Anshika Solanki
Ms. Jyoti Tokas	Ms. Kanak Rana	Ms. Manvi Jain	Ms. Pooja
Ms. Preeti	Ms. Prerna Tokas	Ms. Riya Chauhan	Ms. Samiksha Gupta
Ms. Somya Jain		Ms. Surya M	

ACHIEVEMENTS

Team Performance:

- They secured 1st Position in the Judo Championship with 6 Gold and 1 Silver Medal in the Lady Shri Ram College Judo Championship held on 20th March 2023.
- The team secured 1st Position Kurash Championship with 6 Gold and 1 Bronze Medal in Lady Shri Ram College Kurash Championship held on 21st March 2023

Individual Performance:

Ms. Jyoti Tokas

- Open Selection Trials for Selecting Delhi state Senior Women Judo team for the Senior National Judo Championship to be held from 16 to 20 August 2022 at K D Singh Babu Stadium, Lucknow, Uttar Pradesh .
- Selected for the National Games to be held at Gujarat from 6th October to 10th October 2022.
- Gold medal in 38th Delhi State Judo Championship held at Dada Dev Judo academy held on 1st December 2022.
- Gold medal in Khelo India Senior Women's Judo National League from 20 to 23 october 2022 at New Delhi.
- Gold medal in Khelo India Junior Category Judo National League from 20 to 23 october 2022 at New Delhi.
- Bronze Medal in Senior National Judo Championship held at K D Singh Babu Stadium, Lucknow, Uttar Pradesh from 16-20 August 2022.
- Participation in Khelo India National Games 2022 held at Narendra Modi Stadium, Gandhinagar, Gujarat Ahmedabad from 4-11 October 2022.
- Bronze medal in All India Inter University Judo Championship from 2-6 January 2022 at LPU Jalandhar.
- Gold medal in Junior National Judo Championship held at Jharkhand, Ranchi from 16 to 20 December 2022.
- Selection in Open Selection Trials for 7th Asian Junior U 20 Kurash Championship to be held on 21st August 2022 at New Delhi.

Ms. Akansha Chaudhary

- Selected for Open Selection Trials for Asian Junior U 20 Judo Championship to be held in July 2022 at New Delhi.
- Selected for Junior National Judo Championship held at Jharkhand, Ranchi from 16 to 20 December 2022.
- Gold medal in the Lady Shri Ram College Judo Championship held on 20th March 2023.
- Gold medal in Lady Shri Ram College Kurash Championship held on 20th March 2023.
- Bronze medal in Khelo India Women's Judo National League from 20 to 23 October 2022 at New Delhi.
- Gold medal in Khelo India Women's Judo North Zone League from 5 to 9th September 2022 at Mussoorie, Dehradun.
- Selected for Open Selection Trials for Selecting Delhi state Senior Women Judo team for the Senior National Judo Championship to be held from 16 to 20 August 2022 at K D Singh Babu Stadium, Lucknow, Uttar Pradesh .

Ms Jasmine

- Gold medal in the Lady Shri Ram College Judo and Kurash Championship held on 20th March 2023.
- Participation in 2nd Women League Khelo India Ranking Tournament From North Zone from 27 to 31 January 2023 held at Kurukshetra, Haryana.
- Bronze medal in Invitational Judo and Kurash Tournament from 21 to 24 September 2022.
- Participation in 38th Delhi State Judo Championship held at Dada Dev Judo academy held on 1st December 2022.

Ms Faiza

- Participation in 38th Delhi State Judo Championship held at Dada Dev Judo academy held on 1st December 2022.
- Gold medal in Lady Shri Ram College Kurash Championship held on 20th March 2023.

Ms Prerna Tokas

- Participation in Khelo India University Games.

Ms. Anshika Solanki

- Gold medal in 38th Delhi State Judo Championship held at Dada Dev Judo academy held on 1st December 2022.
- Participation in Khelo India Women's Judo North Zone League from 5 to 9th September 2022 at Mussoorie, Dehradun.

Ms Manvi Jain

- Gold medal in the Lady Shri Ram College Judo Championship held on 20th March 2023.
- Gold medal in the Lady Shri Ram College Kurash Championship held on 20th March 2023.

Ms Riya Chauhan

- Bronze medal in Dronacharya Shri Gurcharan Singh Gogi Memorial Judo Championship held at Lingaya's Lalita Devi Institute of Management & Science from 22-23 September 2022.

Ms Surya

- Participation in Khelo India Junior Women's Judo National League & Ranking Tournament South Zone from 1 to 5 September 2022 at Tamilnadu.
- Gold medal in Lady Shri Ram College Kurash and judo Championship held on 20th March 2023.
- Gold medal in Tamilnadu State Junior Judo Championship from 25-26 November 2022 held at Tamilnadu.
- Participation in Junior National Judo Championship held at Jharkhand, Ranchi from 16 to 20 December 2022.
- Gold medal in Tamilnadu State Senior Judo Ranking Tournament 2022-23 organised by Tamilnadu Judo Association on 9th October 2022.

Ms. Amrita

- Bronze medal in Kurash at the Invitational Judo and Kurash Tournament from 21 to 24 September 2022.
- Gold medal at Lady Shri Ram College Judo Championship and a bronze medal in the Lady Shri Ram Kurash held on 20th March 2023.

Ms Anjali

- Silver medal in Dronacharya Shri Gurcharan Singh Gogi Memorial Judo Championship held at Lingaya's Lalita Devi Institute of Management & Science from 22-23 September 2022.

Ms. Preeti

- Participation in Khelo India Women's Judo North Zone League from 5 to 9th September 2022 at Mussoorie, Dehradun.
- Selected in the 1st South Asian Kurash Championship was held at Dhaka, Bangladesh from 16 to 19th March 2023.
- Gold medal in `Lady Shri Ram College Judo and Kurash Championship held on 20th March 2023.
- Bronze medal in Dronacharya Shri Gurcharan Singh Gogi Memorial Judo Championship held at Lingaya's Lalita Devi Institute of Management & Science from 22-23 September 2022 .
- Silver medal in Junior National Kurash Championship held at Rajasthan from 27 to 29 July 2022.
- Silver medal in 38th Delhi State Judo Championship in Junior Category held at DD Judo Academy from 29 November to 3rd December 2022.

Ms Somya Jain

- Gold medal in `Lady Shri Ram College Judo and Kurash Championship held on 20th March 2023.



Kabaddi Team



Captain Ms. Sakshi Hooda		
Vice Captain Ms. Parul		
Team Members		
Ms. Anjali	Ms. Bharti	Ms. Himanshi Khattana
Ms. Himanshi Saini	Ms. Jaishree Bhamu	Ms. Neeru Yadav
Ms. Nikki Kumari	Ms. Shivangi Chauhan	Ms. Varsha Devi

ACHIEVEMENTS

Team Performance:

- They Participated in the Invitational Kabaddi Inter College Tournament organised by Kalindi College on 2nd February 2023.

Tennis Team



Captain		Ms. Asmita Kaur
Vice Captain		Ms. Sanjami Arora
Team Members		
Muskan	Vanshika Chaudhary	Rainna Sethi

ACHIEVEMENTS

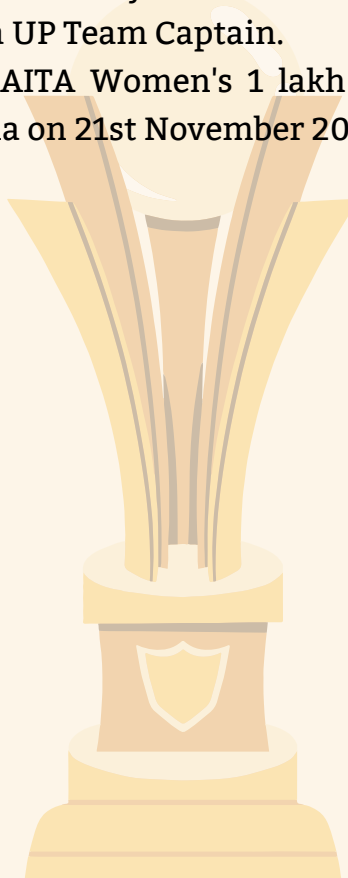
Team Performance:

- The tennis team participated in Trials for North Zone Inter-University on 7th October 2022. The following players participated.
- Ms Asmita Kaur
 - Ms Muskan Yadav
 - Ms Sanjami Arora

Individual Performance:

- Ms. Vanshika Chaudhary
- 1st position in North Zone Inter-University Tennis Tournament held at DCR Murthal from 1-6 December 2022.
 - 1st position in All India Inter Zonal Tennis Inter University held at DCR University Murthal from 10-15 December 2022.
 - Semifinalist in AITA Women's 1 lakh Prize money held at Jhajjar, Haryana on 11th April 2022.
 - Semifinalist in AITA Women's 1 lakh Prize money held at Jhajjar, Haryana on 2nd May 2022.
 - 1st position in AITA Women's 1 lakh Prize money held at Faridabad, Haryana on 23rd May 2022.
 - 2nd position in AITA Women's 1 lakh Prize money held at Faridabad, Haryana on 13th June 2022.

- Qualified for main draw for ITF Women's \$ 25K Prize money held at Gurgaon on 20th June 2022.
- Qualified for final round at ITF Women's \$ 25K Prize money held at Gurgaon on 27th June 2022.
- 2nd position at AITA Women's 1 lakh Prize money held at Faridabad, Haryana on 18th July 2022 .
- Semi finalist at AITA Women's 1 lakh Prize money held at Jhajjar, Haryana on 5th September 2022 .
- Represented Uttar Pradesh in the National Games Tennis Competition held at Gujarat from 27 September to 10th October 2022 as a UP Team Captain.
- Semi finalist in AITA Women's 1 lakh Prize money held at Gurgaon, Haryana on 21st November 2022.



ENTRY

Volleyball Team



Coach			
Mr. Deep Kumar			
Captain		Ms. Muskan Tanwar	
Vice Captain		Ms. Prachi Shahi	
Team Members			
Ms. Aarshi Arora	Ms. Akansha Fartiyal	Ms. Avani Singh	Ms. Bheeni
Ms. Divya Aggarwal	Ms. Geetanvi Kandpal	Ms. Jahanvi Sood	Ms. Naina
Ms. Nidhi Garg	Ms. Nirmit	Ms. Paridhi Thapliyal	Ms. Premika
Ms. Samikcha	Ms. Saniya	Ms. Shagun Bhandari	Ms. Siddhi Chhatwani
Ms. Tulika Dahiya		Ms. Yashika Khadiya	

ACHIEVEMENTS

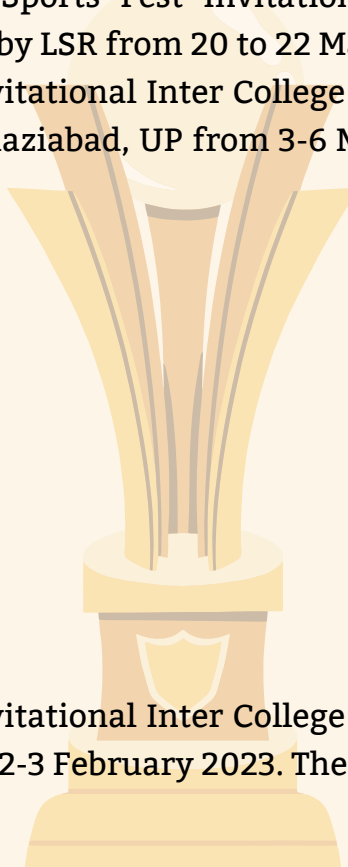
Team Performance:

- First position in the Invitational Inter College Volleyball Tournament organised by BITS Pilani from 16 to 18 October 2022.
- First position in the Invitational Inter College Volleyball Tournament "SURGE" organised by Shiv Nadar University, Greater Noida from 11-13 November 2022.
- First position in LSR Sports Fest Invitational Inter College Volleyball Tournament organised by LSR from 20 to 22 March 2023.
- First position in the Invitational Inter College Volleyball Tournament held at Christ University, Ghaziabad, UP from 3-6 March 2023. The participants were:

1. Ms Muskan tanwar
2. Ms Geetanvi Kandpal
3. Ms. Prachi Shahi
4. Ms. Siddhi Chhatwani
5. Ms. Naina
6. Ms. Bheeni Krishnan
7. Ms. Tulika Dahiya
8. Ms. Premika
9. Ms. Akansha

- First position in the Invitational Inter College Volleyball Tournament held at Kalindi College from 2-3 February 2023. The participants were:

1. Ms. Divya Aggarwal
2. Ms Geetanvi Kandpal
3. Ms. Prachi Shahi
4. Ms. Naina
5. Ms. Bheeni Krishna
6. Ms. Saniya
7. Ms. Paridhi Thapiyal
8. Ms. Samikcha
9. Ms. Nidhi Garg
10. Ms. Aarshi Arora
11. Ms. Shagun Bhandari



- First position in the Invitational Inter College Volleyball Tournament held at Shaheed Rajguru College of Applied Science for Women 'SPARDHA' from 17 to 19 January 2023. The following were the participants:

1. Ms Muskan Tanwar
2. Ms. Geetanvi Kandpal
3. Ms. Prachi Shahi
4. Ms. Naina
5. Ms. Bheeni Krishnan
6. Ms. Tulika Dahiya
7. Ms. Saniya
8. Ms. Paridhi Thapiyal
9. Ms. Avani Singh
10. Ms. Samikcha
11. Ms. Nidhi Garg
12. Ms. Aarshi Arora

- First position in the Invitational Inter College Volleyball Tournament organised by University College of Medical Science, Shadhara on 26th August 2022. The participants were:

1. Ms Muskan Tanwar
2. Ms. Pratibha
3. Ms. Prachi Shahi
4. Ms. Jigyasa
5. Ms. Subhangi Butolia
6. Ms. Siddhi Chhatwani
7. Ms. Naina



Individual Performance:

Ms Muskan Tanwar

- Participation in 71st Senior National Championship held at Assam, Guwahati from 2 to 9 February 2023.
- Participation in 35th Beach Volleyball National Championship held at Chennai from 20 to 22 May 2022.
- Participation in 36th National Beach Volleyball Championship held at Gujarat from 5 to 9 october 2022.

Ms. Siddhi Chhatwani

- Participation in 24th Youth National Volleyball Championship held at Islampur, Maharashtra from 10 to 15 May 2022.
- Participation in 71st Senior National Championship held at Assam, Guwahati from 2 to 9 February 2023.

Ms. Naina

- Participation in 36th National Beach Volleyball Championship held at Gujarat from 5 to 9 october 2022.

Ms. Saniya

- Participation in 48th Junior National Volleyball Championship held at Jammu, Jammu & Kashmir from 14 to 19 November 2022.

Ms. Premika

- Participation in Junior National in Volleyball held at Jammu Kashmir from 14 to 19 November 2022.
- Participation in 25th Youth National Volleyball Championship held at Panna, Madhya Pradesh from 16 to 22 December 2022.

Yoga Team



Coach			
Ms. Kajal			
Captain		Ms. Sofia Khan	
Vice Captain		Ms. Priyanshi	
Team Members			
Ms. Aarti	Ms. Ananya Rautela	Ms. Anjali	Ms. Ashmi
Ms. Aparna Sharma	Ms. Avani	Ms. Hema	Ms. Kanishka
Ms. Meenakshi	Ms. Muskaan Kashyap	Ms. Prathna Vatsalya	Ms. Rachna Kumari
Ms. Roshini	Ms. Sonam Angmo	Ms. Vandana Yadav	Ms. Vibhuti
Ms. Yashika			

ACHIEVEMENTS

Team Performance:

- The team participated in the Traditional Asana Invitational Inter College Competition held at LB College in November 2022.
- They also Participated in Khelo India 10 KA DUM Women's Yogasana Competition held at JLN Stadium, Delhi on 10th March 2023.

The participants were:

1. Ms. Aarti
2. Ms. Roshni
3. Ms. Rachna
4. Ms. Priyanshi
5. Ms. Yashika
6. Ms. Ashmi
7. Ms. Meenakshi

- Yoga team participated in Invitational Inter College Yoga Competition held at Shyama Prasad Mukherjee College on 19th October 2022
- They came Fourth in the Invitational Inter College Rhythmic Yoga (Pair) Competition held at Miranda House on 28th March 2023.

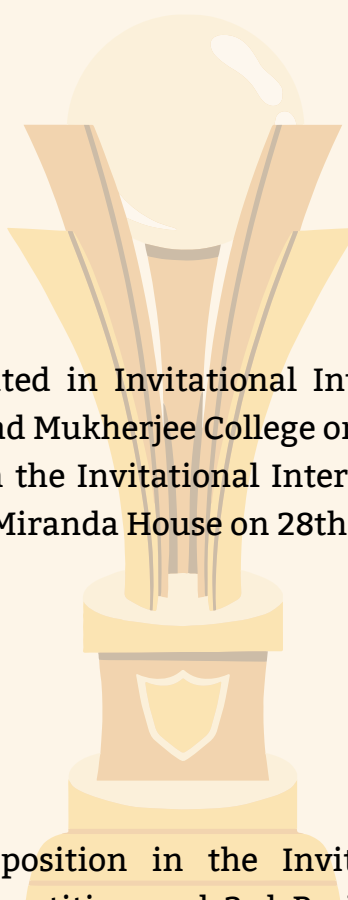
The participants were:

1. Ms. Aarti
2. Ms. Yashika
3. Ms. Kanishka
4. Ms. Meenakshi

- They secured 2nd position in the Invitational Inter College Surya Namaskar Yoga Competition and 3rd Position in Traditional Yogasana Competition held at Shaheed Rajguru College of Applied Sciences for Women on 17th October 2022.

The participants were:

1. Ms. Sofia Khan
2. Ms. Aarti
3. Ms. Roshni
4. Ms. Rachna
5. Ms. Prathna Vatsalya
6. Ms. Priyanshi
7. Ms. Yashika
8. Ms. Meenakshi



- They bagged 1st Position in the Invitational Inter College Rhythmic Yoga (Pair) Competition held at Kalindi College on 15th February 2023. The participants were:
 1. Ms. Aarti
 2. Ms. Kanishka
- The yoga team secured 1st Position in the Invitational Inter College Rhythmic Yoga (Pair) Competition held at Ramanujan College on 16th February 2023. The participants were:
 1. Ms. Aarti
 2. Ms. Kanishka
- They bagged 1st position in Traditional Yogasana Competition and 2nd Position in Rhythmic Pair Yoga Competition in Yoga Invitational Inter College Tournament organised by LSR College on 20th March 2023. The participants were:
 1. Ms. Aarti
 2. Ms. Rachna
 3. Ms. Prathna Vatsalya
 4. Ms. Yashika
 5. Ms. Kanishka
 6. Ms. Meenakshi



Boxing Team



Fairy Singh



Shubhi Gupta

ACHIEVEMENTS

Fairy Singh

- Lost in the final bout of the Selection Trials for the University of Delhi Boxing Team for All India Inter University held at Dada Dev Boxing Academy, Palam Village New Delhi on 16th December 2022.
- Participated in the Open State Boxing Championship held at Jhansi, Uttar Pradesh on 9-10 December 2022.

Shubhi Gupta

- Participated in the Selection Trial for the University of Delhi Boxing Team for All India Inter University held at Dada Dev Boxing Academy, Palam Village New Delhi on 16th December 2022.
- Participated in the Open State Boxing Championship held at Jhansi, Uttar Pradesh on 9-10 December 2022.

Powerlifting Team



Ananya Nagpal



Dakshita Dahiya



Siya Ahuja

ACHIEVEMENTS

Ms. Ananya Nagpal

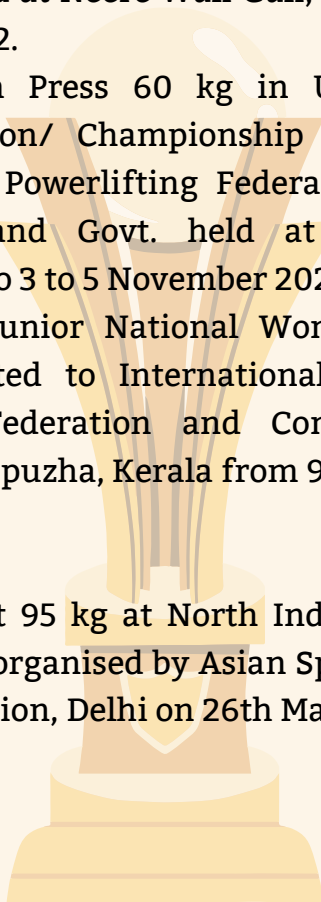
- Gold Medal in 52 kg Weight Category and Strong Woman Title in Junior Category at Himachal Pradesh Powerlifting & Bench Press Championship on 30-31st July 2022 organised by Fitness First The Gym Rait & Himachal Pradesh Powerlifting Association.
- National record holder in Full Powerlifting with a total of 242.5 kgs lifted at a bodyweight of 53.1 kgs, 264.15 Glossbrenner Score in the Women's Teen-3 Division, Under 56 kg category. The record was validated at PRO 6 Delhi State Championship held in Delhi on 10-12 February 2023.
- Gold Medal in 45 kg Bench Press in Junior Category at North India Deadlift & Bench Press Championship organised by World Powerlifting And Biceps Federation on 27th March 2022 at Dussehra Ground, Chirag Delhi-110017.
- Gold Medal in 100 kg Deadlift at North India Deadlift & Bench Press Championship organised by World Powerlifting And Biceps Federation on 27th March 2022 at Dussehra Ground, Chirag Delhi-110017.
- Participation in 100 kg Deadlift at Jhajjar District Raw Deadlift Championship organised by World Powerlifting Congress Jhajjar District Affiliated to WPC Haryana further affiliated with WPC-India on 1st May 2022.
- Gold Medal in 105 Kg Deadlift Competition at Junior Delhi State Powerlifting, Bench Press & Deadlift Championship held at Delhi on 5th June 2022 organised by Powerlifting Association of Delhi affiliated to India Powerlifting Federation (IPF) Recognised by Ministry of Youth Affairs & Sports, Govt. of India, New Delhi.
- Gold Medal in 45 kg Bench Press Competition at Junior Delhi State Powerlifting, Bench Press & Deadlift Championship held at Delhi on 5th June 2022 organised by Powerlifting Association of Delhi affiliated to India Powerlifting Federation (IPF) Recognised by Ministry of Youth Affairs & Sports, Govt. of India, New Delhi.
- Silver medal in 47 kg at Raw National Powerlifting Championship from 22-24 September 2022 at New Delhi.

Ms. Nandini Pradyot

- Gold Medal in Powerlifting 100 kg Squat kilogram at Uttarakhand (Open) State Powerlifting Association/ Championship affiliated to Powerlifting India & International Powerlifting Federation recognised by Sports Directorate Uttarakhand Govt. held at Neere Wali Gali, Arya Nagar, Kashipur from 3 to 5 November 2022.
- Gold Medal in Deadlift 120 kg in Uttarakhand (Open) State Powerlifting Association/ Championship affiliated to Powerlifting India & International Powerlifting Federation recognised by Sports Directorate Uttarakhand Govt. held at Neere Wali Gali, Arya Nagar, Kashipur from 3 to 5 November 2022.
- Gold Medal in Bench Press 60 kg in Uttarakhand (Open) State Powerlifting Association/ Championship affiliated to Powerlifting India & International Powerlifting Federation recognised by Sports Directorate Uttarakhand Govt. held at Neere Wali Gali, Arya Nagar, Kashipur from 3 to 5 November 2022.
- Seventh position in Junior National Women's Classic Powerlifting Championship Affiliated to International Powerlifting Federation, Asian Powerlifting Federation and Commonwealth Powerlifting Federation held at Alappuzha, Kerala from 9 to 13 April 2022.

Ms. Dakshita Dahiya

- Gold Medal in Deadlift 95 kg at North India Bench Press, Deadlift & Squats Championship organised by Asian Sports Federation (Reg.) held at Asian Sports Federation, Delhi on 26th March 2023.





In union there is strength.



STRIVING AND SURVIVING AS A TEAM

"No guts, no story." - Chris Brady

This quote is a source of unseen energetic waves inside my mind, whenever I read this it leads me to those paths where I usually would not have gone!

'Team' is not just a bunch of people working together, but it is these people collaborating to achieve a common goal. This year the motto of the Council was "Together to greater heights" which was also the goal of each and every individual in our team.

We all hold ourselves mutually accountable for each ups and downs faced by our team throughout the year and yet manage to arrange 26 successful events which is technically the highest number of events done by any of the past councils. These events include International yoga day, Get together, Creative Talk, fitness camp, homecoming, NAAC Visit, Teachers Day Celebration, Grievance meet up with teams, Freshers, Walkathon, Team of the Year, Self-defence, Circuit Run, Poster making, Relay race, kho- kho, super track set, side plank, photography, article writing, burpees challenges, Tug of war, Rangoli competition, Sports Trivia quiz, Fitness Friday and Annual Sports Day'23.

Each member of the team needs to have a bond, respect, commitment and loyalty towards the team and the other members. The whole year has been a roller coaster ride for our team in terms of these 4 elements. There have been fights, disputes and disagreements between the members. But above all these, what came as a saviour for our team was that even after all that happened, we all managed to stand up for our teams and work together to reach the goals of success. Mistakes were made many times, goals were not met as expected, and tempers were flared, but the team still survived through all these. The more we worked and brainstormed together to get to a common goal, the more it brought cohesiveness to the team.

As is very well said by John F. Kennedy - "Victory has a hundred fathers and defeat is an orphan." This is what goes with everything which is a failure and people try to move by such things in the fearful thought of their name getting attached to it, but on the other hand, when it's a successful attempt everyone tries to fit in their contributions very well. This is exactly how a team should not work, the team isn't built by the people, it is built by their mindset and willingness to give to the team, their ability to stand cohesively with each decision made by the team and their hard work towards the goal of the team. That's why it is called a team and not a single-man unit.

Great Teams are made by great leaders. The vision which the leader shares is the vision that will be visible in the working of the team. Our president Ms Kanika Tyagi who always had a vision for the greater heights of the council must be pleased enough that today after so much struggle including meetings where we were sitting and brainstorming, where there was a lack of ideas, where there was uncertainty regarding the council, where there were disputes, where there were talks regarding the working and responsibilities, we managed to have a spark in the greatest of all heights!

The story of the striving and survival of our team is yet bigger and filled with so many emotions that these papers can't bear enough...

To a strong team of 14 wonderful women who worked for the goal of this council, I congratulate each one of us that we've made it through this!!

Regards

Vice President

Sudiksha Bhatt



TO GREATER HEIGHTS

Events organised by the Student Sports Council

GET-TOGETHER'22



On the beautiful afternoon of the 22nd of April, a Get-Together was hosted for the passing batch of 2021-2022. The theme of the event was a rhetoric Bollywood tagline “Picture Abhi Baaki Hai!”. The event was exuberantly hosted and the room was filled with love, laughter and witty jokes. A passionate and moving speech was given by our beloved professors, Dr Sheela Kumari, Associate Professor of The Department Of Physical Education And Sports Sciences, and Dr Rakesh Kumar, Assistant Professor of The Department Of Physical Education And Sports Sciences. To wipe off the melancholy several exciting and interactive games were played which were followed by rip-roaring dance performances.

The Get-Together concluded on the note that- “a good event never ends in the world; they take only a pause and keep us waiting for the next”.

INTERNATIONAL YOGA DAY

“Yoga is the journey of the self, to the self, through the self.” ~Bhagavad Gita
Regular yoga practice reduces levels of stress and body-wide inflammation, contributing to healthier hearts. By practising it one can find peace and good health. Yoga is not just exercise for the body but the mind and soul too.

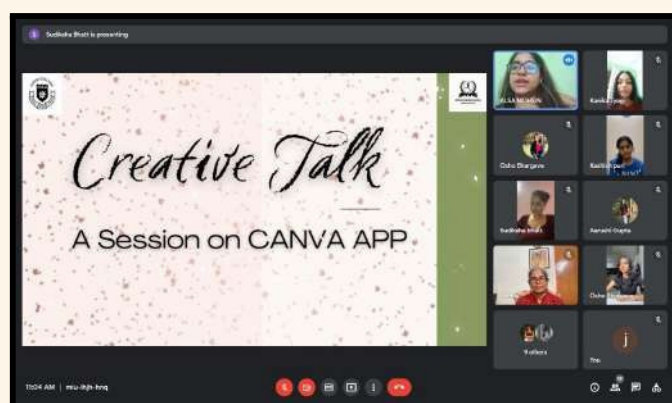


Thus, the students and instructors at Gargi College observed the 8th International Yoga Day on June 21st, 2022. The Department of Physical Education and Sports Sciences was in charge of planning the event. The central theme of the event was yoga for harmony and peace. The harmony that yoga sustains between the body and the mind, giving us tranquillity, is reflected in this theme.

The ongoing rise in the significance of mental health somehow brings yoga into the picture, that is yoga for better mental health. Yoga for Pregnancy author Ms. Neha Vashisht, who served as our guest speaker, discussed the importance of yoga in daily life. Following this, the students and teachers enthusiastically performed some easy asanas with her direction and Ms. Neha Vashisht simultaneously discussed the significance of these asanas with the students.

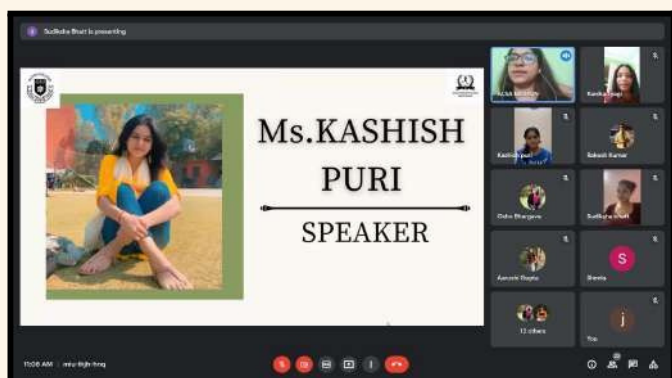


CREATIVE TALK: A SESSION ON CANVA APP



To quote De Bono: "Creativity is not just a talent, it's a skill that can be learned. It empowers people and gives strength to their natural abilities."

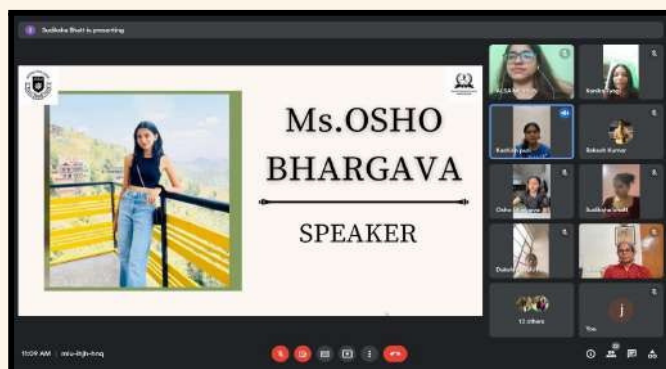
In this digital age of online classes, PowerPoint presentations, and social media, one can't go without learning digital design. And to assist students with the same, on the morning of 9th July 2022, a Creative Talk was conducted on Canva App by the Department of Physical Education and Sports Sciences of Gargi College.



It was an informative session on the Australian graphic design platform Canva App which is used to create social media graphics and presentations, posters, documents, and other visual content. It is an online design and publishing tool with a mission to empower everyone in the world to design anything and publish

anywhere. Our alumni Ms. Kashish Puri and Ms. Osho Bhargava served as guest speakers for the informative session. Ms. Kashish Puri, who is presently the Saarthi Mentor, served as the Vice President of the Student Sports Council in 2020–2021. While Ms. Osho Bhargava served as the Athletics Team Captain and Head of the Creative Team for the Student Sports Council in 2021–2022.

They shared their impeccable digital designs for various events and competitions while they were on the council. We all had the good fortune to work with them.



FITNESS CAMP



All the sporting events came to a standstill after we were hit by the pandemic. A fitness camp was therefore organised by the Department of Physical Education and Sports Sciences to encourage the students to resume their training schedule. On the morning of July 21st, 2022, the fitness camp gets underway with the enthusiastic involvement of both Sports and non-sports students. In the presence of Dr. Sheela Kumari, associate professor, department of physical education and sports sciences, and Dr. Rakesh Kumar, assistant professor, Department of Physical Education and Sports Sciences.

Mr. Vipin, head coach of the aerobics squad, held this camp. The seven days long fitness prompted feelings of sportsmanship, harmony and team spirit. It improved team connection and assisted the students in getting back into shape after a two-year break. All of the students who attended the camp experienced several changes in their fitness after seven days, thus fulfilling the objective.



This marked the end of the fitness camp, but it wasn't the end; rather, it was the beginning of the demanding practices. Wearying but also awaited, they may be draining but they are also the most anticipated.

FAREWELL'23- ""HOMECOMING: WOH DIN BHI KYA DIN THE!"



Well, we all live in nostalgia. All the moments never seemed too precious to us until they became our memories. And we sometimes cry to them and laugh at them. Time certainly flew by and everyone needed to catch up! So, on August 27, 2022, with a total of 28 friends present, Farewell'22 was held by the Department of Physical

Education and Sports Sciences for the Student Sports Council's class of 2020 to 2022 with the theme "Homecoming: Woh din bhi kya din the!" Following the celebration, there were reminiscing, entertaining games, and great dancing performances. Ms. Kashish Puri won all the games and was awarded 'Ms. Farewell'.

On this day, everyone relived the college once again, revisiting the place that they called their second home and meeting friends who were their family. Everyone was a part of it and brought back together with the past, the present, and the future.



NAAC VISIT



Gargi college was all set for the NAAC Peer team visit on 1st September 2022. The excitement, nervousness and exertion after working tirelessly day after day for that visit could be sensed in the environment. The NAAC Peer team was welcomed by Dr.

Sheela Kumari, Associate Professor of, the Department of Physical Education and Sports Sciences, Dr. Rakesh Kumar, Assistant Professor, of the Department of Physical Education and Sports Sciences and Ms. Kanika Tyagi, President of the Student Sports Council. The entire council delegation then welcomed them.

The student Sports council in honour of the NAAC team presented them with handmade gifts. Then the NAAC Peer team was introduced to students of respective sports and their achievements were shared with the team. After assessing the Gargi sports ground and interacting with the sports students the NAAC team went on with their schedule. The NAAC also accredited our college with an A+ Grade.



TEACHER'S DAY CELEBRATION

गुरु गोविन्द दोऊ खड़े, काके लागू पाय |
बलिहारी गुरु आपने, गोविन्द दियो बताय | |

When Kabir uttered these words, he was expressing the sentiments of all students, who view all of their teachers as being superior to God. The Gargi College Department of Physical Education and Sports Sciences celebrated Teacher's Day on September 6, 2022.



The Student Sports Council's 2022–23 President, Ms Kanika Tyagi, gave a moving welcome address to kick off the event. Our esteemed teachers Dr. Sheela Kumari, an associate professor in the department of physical education and sports sciences, and Dr. Rakesh Kumar, an assistant professor in the same department, then gave an introduction and a speech. Mr. Rajesh, Mr. Deen Dayal, Mr. Xavier, and Mrs. Sabina Ma'am were also present at the event and always worked in the background tirelessly to make this event and all the other events, a success. The event commenced with a cake-cutting ceremony by the teachers and coaches. Mr. Surjit (Judo Team Coach), Mr. Ravinder Dahiya (Cricket Team Coach), Mr. Deeprathi (Volleyball Team Coach), and Mr. Vipin (Aerobics Team Coach) joined us for the celebration of the day.

GRIEVVANCE MEETING



The Student Sports Council 2022-23 held a Grievance Meeting on 16th November 2022 for all the sportspersons of Gargi College. The meeting was conducted to resolve the problems faced by them during the practice session and after it. This meeting aimed to make them feel heard.

The meeting was conducted during the ECA break with 46 students. Ms. Kanika Tyagi, the President of the Student Sports Council 2022-23 began the meeting by introducing the council members and the newly formed sports captains. Ms. Sudiksha Bhatt introduced Team Saarthi to all the players. Under this, she focused on the buddy system initiative. Later, all the teams were asked to report their problems. Their grievances were written down by Ms. Alsa Mohsin, Joint Secretary of the Student Sports Council. This meeting concluded with Ms. Kanika Tyagi assuring them that their problems will be resolved soon.

SPORT	GRIEVANCE
1) Aerobics	Proper instruction during class + equipment price too
2) Athletics	Equipment + 'Spikes', shoes, track + Athlete training + equipment price too
3) Basketball	Playability + courts and the height + equipment price too + equipment price too
4) Chess	Problems on the board + not enough + not enough money + equipment price too
5) Tennis	Equipment price too
6) Cricket	Equipment price too
7) Judo	Blue dojos on the + Training + equipment price too + R 50 + equipment price too
8) Karate	Equipment + equipment price too + equipment price too
9) Volleyball	Equipment + equipment price too + equipment price too
10) Yoga	Yoga mats + poor condition + equipment price too

FRESHERS'22: NEW BEGINNINGS

On 11th January 2023, the Department of Physical Education and Sports Sciences conducted the Freshers: New Beginnings, to welcome all the 1st years and make them feel belonged. The event started with a welcome speech by Kanika Tyagi, President of the Student Sports Council. The event was hosted by Ms Alsa Mohsin, Joint Secretary, The Department Of Physical Education And Sports Sciences and Ms Fairy Singh,



Co-Editor, The Department Of Physical Education And Sports Sciences. A heartening speech was given by Dr. Sheela Kumari, Associate Professor of the Department of Physical Education and Sports Sciences and Dr. Rakesh Kumar, Assistant Professor of the Department of Physical Education and Sports Sciences. Mr. Xavier also welcomed the freshers with heartwarming words. This was followed by the introduction round of the freshers.



To get the environment grooving Ms. Rajshree set the stage on fire with her thrilling dance performance. To give the freshers a hang of the department, glimpses of the department were given to them.

This was followed by Ms. Tulika, Creative Team Member of the Student Sports Council, conducted the first game which was 'Shoot Up' for Miss Fresher's title. After this Dr. Sheela Kumari introduced the Student Sports Council 2022-23 and Dr. Rakesh Kumar introduced and familiarised the captains and the vice captains of all the sports teams that

Gargi have. This was followed by an energetic dance performance by Ms. Stuti Agnihotri, Editor of the Student Sports Council and Ms. Aarushi Gupta, Creative Team Head of the Student Sports Council. The second and the third game for Miss Fresher's Title were conducted by Ms. Dakshita, Creative Team Member of the Student Sports Council. The second game was Cup Stack and the final game was a Sports Bollywood Quiz.



Ms. Vanshika won and scored the highest in the games and was awarded 'Ms. Fresher's'. First and Second runners-up, Ms. Adya and Ms. Warisha were also awarded for the same. The event concluded on a note to forge relationships among each other; to meet and greet everyone.



WALKATHON



The Department of Physical Education and Sports Sciences conducted the first-ever Walkathon in Gargi for teaching and non-teaching staff on 18th January 2023. It offered an opportunity to all the members of the Gargi to get back to fitness. The event started at 12:30 pm with two groups segregating the male and the female staff. All the officials and volunteers were in their position to tackle any issue and ensure transparency in the event. Dozens of people were walking along with each other celebrating being members of the Gargi family.

The event was blessed with the presence of Professor Sangeeta Bhatia, Principal of Gargi College, who hosted the flag as the mark of starting the event. The sole motive of the event was not to have a healthy competition but to spend a delightful healthy morning, breathe the morning air and celebrate yourself as a member of the community of our college. Everyone enthusiastically participated in the event.



TEAM OF THE YEAR



The much-awaited event of the year Team of the Year was conducted on 13th February and 14th February 2023. The competition, organised by the Department of Physical Education and Sports Sciences, was packed with rivalry, excitement, and clashes, but most importantly, a spirit of sportsmanship in which everyone gave their all to help their team win the title.



1st Day

The 13th of February marked the start of the Team of the Year Competition. Every team enthusiastically participated in the event. In total there were ten teams. Games such as Arm Wrestling, Super Track Set, Plank Competition and Relay Race were held.

2nd Day

The second day, 14th February encompassed the semi final and the final round for the qualified top 4 teams which were Cricket, Athletics, Tennis and Volleyball. Netball matches were played to decide the winner.

Semi- final Round

1st match- Cricket vs Athletics

The score of the match was 1-2. The athletics team defeated the cricket team and qualified for the finals.

2nd match- Volleyball vs Tennis

The score of the match was 0-6. Team Tennis was leading with 6 points and thus they qualified for the finals.



Final Round: Athletics vs Tennis

The score of the match was 3-2. Team Athletics was leading with one point, won the tournament and were declared the winner. The enthusiastic participation and the loud cheers made the atmosphere alive. This year Team Athletics won the title and Team Tennis was the first runner-up.



SELF DEFENCE WORKSHOP

Self-defence is vital not only for women, but for anybody who feels unsafe walking down the street, for those who want to defend their loved ones, and for those who have previously been harassed. With this in mind, the Department of Physical Education and Sports Sciences, in partnership with the Delhi Police Women's Cell, organised a Self-Defense Training. This workshop was free and available to all Gargi College students and faculty. The workshop lasted ten days from 13th February 2023 to 17th February 2023.



It provided students with the opportunity to learn the most proven and effective self-defence skills in a safe setting, allowing them to empower themselves mentally, physically, and emotionally. The instructors assisted students in learning numerous self-defence techniques that were combinations of several martial arts.

They trained them how to react in various situations where they felt vulnerable and to raise their voice anytime they felt mistreated. The Delhi Police instructors informed the students about key regulations that will protect them on the first day of the self-defence programme. The Delhi police informed them about the 'Himmat' app and how they might use it to their advantage.



They familiarised them with all of the Delhi Police Helpline numbers. During the ten-day training, they taught them numerous solo and collaborative drills for dealing with their harasser.



After ten days, Delhi Police officers were invited to the workshop's closing ceremony. Dr. Sangeeta Bhatia, Principal of Gargi College, Dr. Sheela Kumari, Associate Professor of Physical Education and Sports Sciences, and Dr. Rakesh Kumar, Assistant Professor of Physical Education and Sports Sciences graced the occasion. The students demonstrated what they had learnt throughout the ten-day training. The pupils were afterwards given reward certificates by the Delhi Police.

RELAY CHALLENGE COMPETITION

On 22nd March 2023, The Department of Physical Education and Sports Sciences conducted a relay challenge for the teaching and non-teaching staff. The event was attended by them with great enthusiasm and participation.

From the Non-teaching staff, the position holders were:

1st - Ms. Neha

2nd - Ms. Rupal Arora

3rd - Ms. Anjali Siwal

From the teaching staff, the position holders were:

1st - Ms. Sabina Ekka

2nd - Ms. Rajni

3rd - Ms. Jabanti



FITNESS FRIDAY

The Department of Physical Education and Sports Sciences conducted Fitness Friday for the sportspersons of Gargi College.

The motive behind Fitness Friday is to relieve them from the tiring practices and offer them fun and connectivity with their teammates. On 27 March, the following fun activities were conducted. The event started with the game Green Light, Red Light. The second game was Tug of War in which students were divided into two groups and were asked to pull the rope on both sides. This was followed by Duck-Duck-Goose. The last activity for the day was Zumba.

With active participation from the side of students, this event came to an end.



GARGI OLYMPIAD INTERSTREAM COMPETITION

The Department of Physical Education and Sports Sciences organised a series of activities under the Gargi Olympiad Inter Stream Competition. The winners were awarded certificates, medals and their videos were also featured on our official Instagram page which is “gargi_sports_official”.

POSTER MAKING COMPETITION ON THE OCCASION OF INTERNATIONAL YOGA DAY

The Student Sports Council 2022-2023 successfully conducted their first competition under Gargi Olympiad on the occasion of Yoga Day. An online poster-making competition was announced on 16th June 2022 with a theme of “Yoga and Health”. The participants were required to send their online entries for the posters either hand-made or digital by 19th June 2022. Judgement of the competition will be based on relevance to the theme, creativity and uniqueness of the poster.

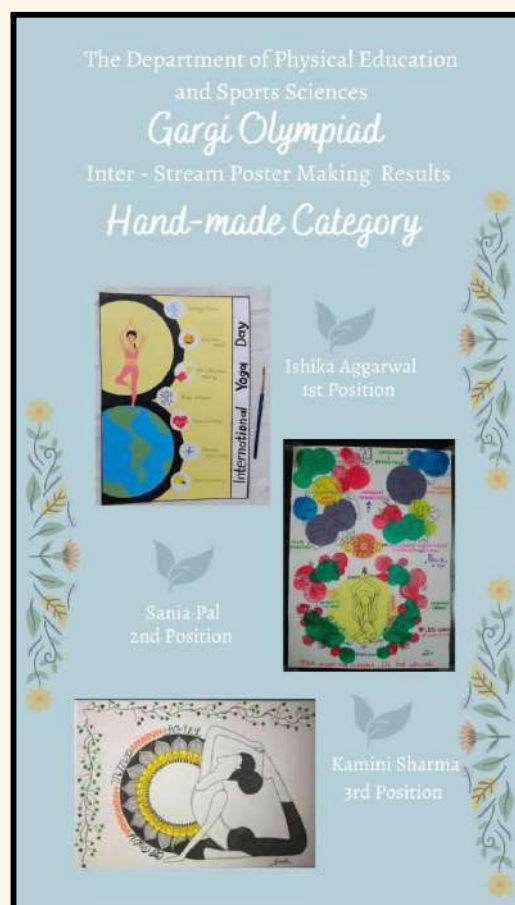
Results were announced on 21st June 2022 and the following participants were awarded:

Handmade Posters

- 1st- Ishika Agarwal
- 2nd- Sania Pal
- 3rd- Kamini Sharma

Digital Posters

- 1st- Payal Makhejja
- 2nd- Snigdha Kumari
- 3rd- Sofia



RELAY RACE ON NATIONAL SPORTS DAY

The Student Sports Council 2022-2023 successfully conducted its first offline competition of the Gargi Olympiad which was the inter-stream relay race that drew an enthusiastic response on 29th August 2022.

The event was blessed with the gracious presence of our principal, Professor Sangeeta Bhatia, Dr. Sheela Kumari, Associate Professor, Department of Physical Education and Sports Sciences and Dr. Rakesh Kumar, Assistant Professor, Department of Physical Education and Sports Sciences. The importance of sports and the significance of National Sports Day which is celebrated to honour the wizard of hockey, Major Dhyan Chand was observed in the event. It is also dedicated to all those heroes and champions who brought laurels to India. The event ended with the commerce stream acquiring the first position, and the second and third positions went to the science stream.



MODIFIED KHO-KHO

On 9th September 2022, The Department of Physical Education and Sports Sciences conducted a modified Kho-Kho under Gargi Olympiad. As there were three teams. One team was getting directly qualified for the final. For this, a draw was conducted. Dr Sheela Kumari did the honour, in which the commerce team qualified for finals. The first match was between the humanities stream and the science stream.

Which ended up with the humanities stream winning the match. The final match was between the humanities and commerce streams. The commerce stream won the finals followed by humanities and then science.

SUPER TRACK SET

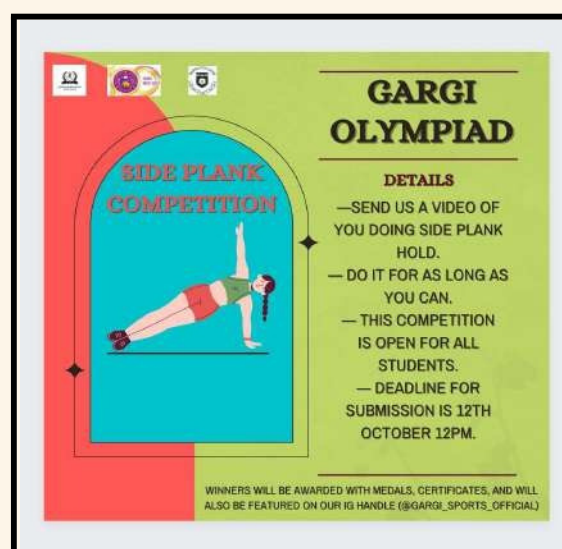
On 14th September, The Department of Physical Education and Sports Sciences conducted Gargi Olympiad- Super Track. The olympiad was inter-stream. There were four participants from each stream. In the super track set, the 100-metre track was divided into four points. At the first point, the participant had to aim at six cones with a volleyball and reach the second point. At the second point, another participant had to run on the forty-metre track while skipping. From there another participant had to do 5 pushups and run to her team member who is present at the last point. To reach the finishing point, the participant



who is present at the last point had to lunge and walk till the end. Whoever completes this race with the minimum time limit wins the game. The humanities stream won this segment of the Gargi Olympiad. They took 1.0710 minutes to complete this race while the commerce and the science stream took 1.2051 and 1.1661 minutes respectively.

SIDE PLANK

The Department Of Physical Education and Sports Sciences conducted another challenge of the Gargi Olympiad on 7th October 2022, but this time virtually. The challenge was the side plank. A google form was circulated in which 15 participants took part.



In this challenge, there was a huge number of participation out of which the following students bagged the first, second and third positions.

- 1st- Anushka Patanjali (3.30 minutes), BA (Hons) Applied Psychology, 2nd year
- 2nd- Anushka (2.04 minutes), B.Com (P), 2nd year

AND

- 2nd-Tarika Taneja (2.04 minutes), B.Com Program, 2nd year
- 3rd- Gyan Bharti (1.36 minutes), B.Sc (H) Life Science, 2nd year

Anushka Patanjali was leading in the challenge by doing the side plank for 3.30 minutes which indeed was remarkable in itself. The second and third position holders held the plank for 2.04 minutes and 1.37 minutes respectively.

SPORTS PHOTOGRAPHY

The Department of Physical Education and Sports Sciences conducted another competition of the Gargi Olympiad on Sports Photography on 14th October 2022. In this challenge, ten students participated and among them, the winners were decided based on originality, concept, overall impact, and artistic merit. The winners were:

- 1st- Sambhavi Singh from B. Com Programme
- 2nd- Arzoo Tomar from English Honours



ARTICLE WRITING

On 21st October 2022, the Department of Physical Education and Sports Sciences conducted the Article Writing competition under the Gargi Olympiad which drew huge participation from the students. The topics were Stereotyping, stigma and femininity in women's sports, or How politics is jeopardising the spirit of sports. The following students were declared the winners:

- 1st- Nivedita Gupta from B.A Programme
- 2nd- Sneha Tyagi from B.A Programme
- 3rd- Akansha Chauhan from B.A programme, and
- 3rd- Mansi Kumari Meena from B.Com programme

BURPEES CHALLENGE

The Department of Physical Education and Sports Sciences conducted the Gargi Olympiad online burpees challenge on 30th October 2022. Five students participated in this challenge. Among them, Shubhi Gupta from the B. Com programme did 12 burpees in 30 seconds resulting in being the winner of this challenge while Sakshi Hooda ended up bagging the second position.

TUG OF WAR

The Department of Physical Education and Sports Sciences organised a Tug of War competition for the next Gargi Olympiad on 9th November 2022. There was mass participation and excitement in this competition. The first round was between the science stream and the commerce stream. Commerce won with a score of 10 points. The second round was between commerce and humanities streams which were again won by commerce with a total of 20 points. Third and the last round was science against humanities streams in which humanities won with 10 points. All participants showed their strength and sheer teamwork. The winner of the competition was the commerce stream with 20 points and the second was the humanities stream with 10 points.

RANGOLI MAKING COMPETITION

The Department of Physical Education and Sports Sciences organised another competition for Gargi Olympiad- a Rangoli Making Competition, where students can showcase their creativity and traditions on 13th January 2023. The theme of the competition was "Fit India", wherein participants must make a Rangoli that showcases the theme. The competition accepted participants in groups, as well as individual participation. The judges for the competition were Vedanti Ma'am of the Department of Chemistry of Gargi College and Dr. Sheela Kumari.

In the individual category, humanities won. All the winners were from the humanities stream.

- 1st Position- Ms. Mahina (BA Honours Political Science)
- 2nd Position- Ms. Lovely Aprajita (BA Honours Hindi)
- 3rd Position- Ms. Ankita Sharma (BA Honours Applied Psychology)

In the group category, the following were the winners:

- 1st Position- Group II Science Stream- Ms. Arpita Rawat, Ms. Mantasha Noor, Ms. Jyoti, Ms. Akansha Tripathi (BSc Honours Zoology)
- 2nd Position- Group II Commerce Stream- Ms. Khushi Yadav, Ms. Pari Jaiswal (BCom Honours)
- 3rd Position- Group I Humanities Stream- Ms. Akankshya Mishra, Ms. Warisha Shahid, Ms. Sneha Dhakkad (BA Prog. Hindi and Political Science)



SPORTS TRIVIA

The Department of Physical Education and Sports Sciences conducted Sports Trivia, a Quiz competition, under Gargi Olympiad on 25th January 2023. The quiz included questions related to the Tokyo Olympics, Paralympics 2020 and Birmingham Commonwealth Games 2022. The quiz was divided into three rounds. In the 1st round, general questions were asked team-wise. The 2nd round included Audio/Pics/Video. The 3rd round was the fastest finger first. The team who was quick to answer the question got the point. The participants from each stream were :

- Science- Ms. Akruti Juyal, Ms. Akansha Fartiyal and Ms. Manali Kotnala.
- Commerce- Ms. Khushi Yadav, Ms. Megha Singhania and Ms. Pratibha Bisht.
- Humanities- Ms. Akankshya Mishra, Ms. Warisha Shahid, Ms. Ankita Sharma

There were six questions in each round. At the end of the second round, the three teams were having the same score. The third round was the real deal changer. At the end of the third round, the science team was leading with 5 points and won the Gargi Olympiad. With this, the event came to an end.

KAPIL DEV AT GARGI

Mr, Kapil Dev, former Indian team captain, also awarded as the 'Cricketer of the century' by Wisden was in Gargi College, Delhi University on 18th September 2021 for the selection of women cricket nationwide talent hunt by abp network.. "You have to play your game while enjoying your game. You can't play it while being worried about the result. Just enjoy the game." Said Kapil Dev His words were truly moving and motivating. They were the beacon



of light to the students and left a long-lasting effect on all of us. When he said that your power lies within you, every sports person could feel it. The Department of Physical Education and Sports Sciences, Gargi college, is wholeheartedly thankful to him for delighting us with his presence. He will always be the 'Haryana hurricane'.

SPIN'23

UPSURGE: TO GREATER HEIGHTS

On April 18, 2023, the Department of Physical Education and Sports Sciences eagerly kicked off its Annual Sports Day, Spin'23, with the theme "Upsurge: To Greater Heights." The ceremony commenced with the lighting of the lamp by the esteemed chief guests and guests of honour, adding an auspicious touch to the event.



The theme of Spin'23, "Upsurge: To Greater Heights," also served as our motto for this tenure, reflecting our aspirations for the event. We were privileged to have Ms. K. Tombi Devi as our esteemed chief guest. Ms. Devi is a distinguished gold medallist at the Commonwealth Championships in Singapore in 2010, and has represented India in the Olympic Games in Beijing in 2008 and various World Championships. She is a former multiple champion of India in Judo.

Our guest of honour, Dr. Monika Goswami, is an alumna of our college and an accomplished judo player herself. Her presence added immense value to the occasion. We were also honoured to have Prof.. Amit Kumar Singh as our special guest of honour along with our respected principal, Prof. Sangeeta Bhatia.



The event kicked off with a captivating welcome dance performed by Nazaakat, the Indian dance society of Gargi College, which set the stage for an exciting day of sports and festivities.



The upsurge video was a highlight of the event, showcasing the gruelling practice sessions, remarkable achievements of our sports students, and the dedicated efforts of the student sports council. It was a testament to the hard work and passion of our athletes.

Following the video, Ms. Tavleen Singh and Ms. Sudiksha Bhatt, Vice Presidents of The Department of Physical Education and Sports Sciences, delivered a warm welcome speech, setting the tone for the day's celebrations. Ms. Kanika Tyagi, President of the department, then presented a comprehensive sports round-up, highlighting the accomplishments and progress of the sports department.

The speeches and round-up were a source of inspiration for everyone present, igniting the spirit of competition and sportsmanship among the participants and spectators alike. The event was off to an electrifying start, filled with anticipation for the exciting sports events that were to follow.



The stage came alive with an awe-inspiring performance by the House of Capoeira, showcasing the dynamic Afro-Brazilian martial art that blends dance, acrobatics, music, and spirituality. The skilled performers demonstrated intricate movements, mesmerising acrobatics, and rhythmic music that enthralled the audience.

After the captivating showcase by the House of Capoeira, Prof. Sangeeta Bhatia, the Principal of the college, addressed the audience with words of motivation and encouragement for the sports students. She emphasised the importance of sports in building character, fostering teamwork, and achieving excellence. Prof. Bhatia also felicitated some of the outstanding achievers who had brought laurels to the college through their exceptional performances in various sports events.



Following Prof. Bhatia's address, Prof. Amit Kumar Singh, Chairperson of Gargi College, took the stage and delivered an inspiring speech. He commended the efforts and achievements of the sports students and expressed his pride in their accomplishments. Prof. Singh then proceeded to distribute prizes to the deserving sportspersons who had made the college proud with their remarkable performances in different sports competitions. Adding to the mesmerising performances, the college yoga team took the stage and presented a rhythmic yoga performance. Their graceful movements and synchronised poses left the audience captivated, showcasing the importance of yoga as a form of physical fitness and mental well-being.



The audience cheered and applauded in appreciation of the achievements of the sportspersons and the mesmerising performances, further enhancing the spirit of Spin'23 and inspiring everyone to strive for greater heights in the field of sports.

Next, Dr. Monika Goswami, the esteemed guest of honour, took the stage and addressed the audience. She applauded the achievements of the sports students and shared her insights on the importance of sports in overall development. Dr. Goswami also presented awards to the deserving achievers, recognizing their exceptional performances.

Following Dr. Goswami's address, it was time for the chief guest, Ms. K. Tombi Devi, to take the spotlight. She shared her experiences and encouraged the sports students to continue their pursuit of excellence. Ms. Tombi Devi also felicitated some of the outstanding performers with awards, acknowledging their hard work and dedication to their respective sports.

As the event drew to a close, the aerobics team of the college took the stage and delivered a spectacular performance. Their high-energy and synchronised moves enthralled the audience and added a vibrant and energetic note to the celebration.





The Annual Sports Day, Spin'23, concluded on a high note with a sense of pride and accomplishment for the achievements of the sports students, as well as appreciation for the mesmerising performances by various teams. The event left everyone inspired and motivated to continue their journey towards greater heights in the field of sports.

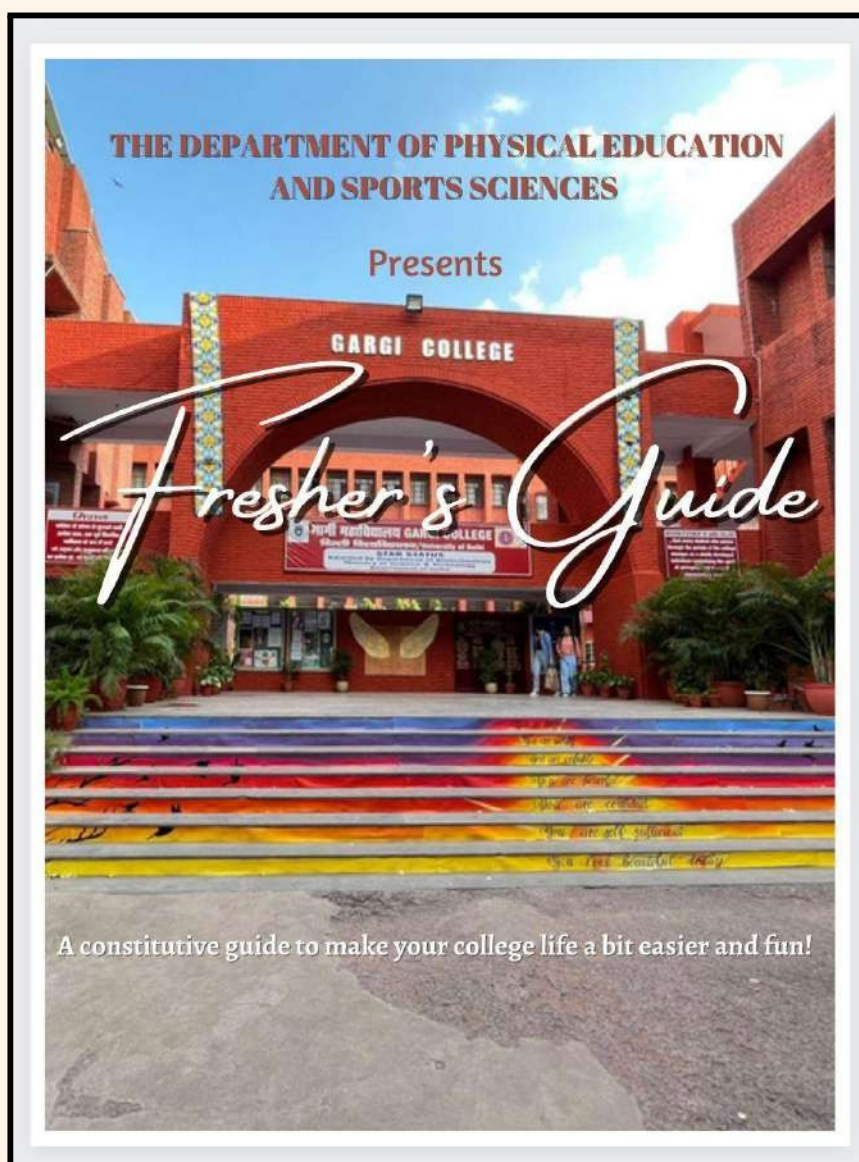


GLIMPSES OF FRESHERS GUIDE

A freshers guide was specially curated to help all the freshers prepare for the first part of their college experience, and give them lots of essential information to do with the first few weeks of term, and beyond.

Please take a look at it by clicking the link below!

FRESHERS GUIDE 2022-23



TEACHER'S DIALOGUE



Dr. Rakesh Kumar is an accomplished academician and a highly respected sports professional who currently serves as an Assistant Professor in the Department of Physical Education and Sports Sciences at our college. He has an impressive academic record with a Ph.D. in Physical Education and has authored several research papers and articles on sports sciences published in esteemed academic journals. Dr. Kumar has vast experience coaching and training athletes at different levels, helping them achieve success in their respective sports. He is known for his innovative teaching methods, inspiring and motivating his students to achieve their full potential. We are honoured to have Dr. Kumar as part of our faculty and look forward to his insights and experiences in this interview, which we are confident will inspire our readers.

Sir, since you've lived the same life as all of us as a sportsperson and as a student, how do you view the relationship between academics and sports?

In response to the question regarding the relationship between academics and sports, I believe there is a common misconception that sports and academics are mutually exclusive. However, research has shown that engaging in physical activities or sports can actually improve brain capability and memory power as well as increase self-esteem and confidence, which are essential for both academic and personal development. Therefore, I believe that if sports and academics are balanced equally, they can have a positive impact on one's life.



How will you develop community support for the team?

In my opinion, developing community support for the team is crucial for its success. At Gargi College, we have organised the Garg Olympiad, which aims to encourage mass participation in sports. However, we face challenges due to limited participation from the Commerce stream as compared to Science and Humanities. To overcome this, I believe we can introduce a club system that will offer an equal opportunity for all students to participate in inter-club competitions. We can create unique club identities with badges, flags, and dress codes, and have a point system to keep track of performance. I think this will foster a sense of community and create healthy competition among students. As a member of the sports community, I am personally invested in building community support and creating opportunities for all students to participate and succeed.

Being a sportsperson yourself, what tips would you like to give to the students?

As someone who is passionate about sports, I believe that in order to create a strong identity, you need support from various sources like your parents, friends, and your hard work. If you are known for your sporting abilities, take it positively because it reflects that you are a champion and can balance your academics and sports. I think that sports provide a unique identity that one should be proud of and not consider it an advantage. As a representative of your college, you bring glory and recognition to it. So, embrace your identity as a sportsperson and take pride in it.

As the assistant professor of the Department of physical education and sports sciences, what are your expectations from the sportspersons?

My expectations from sportspersons are quite high. I believe that sports are not just about winning or losing but also about the process of getting there. It's about the discipline, dedication, hard work, and perseverance that are required to be a successful athlete. I also expect my students to maintain a good balance between their academics and sports. They should not neglect their studies in the pursuit of their sporting goals. In fact, I believe that sports can enhance their academic performance as well. Therefore, I encourage my students to manage their time effectively and prioritise their commitments. Lastly, my expectations from sports persons are not just limited to their performance on the field but also extend to their overall growth in the outside world as a good human being.

Since regularity and consistency are keys to success for a sportsperson, there are times when we feel dejected by our performance and feel like giving up or when some personal problems disturb our consistency. What will you recommend to those students?

The process of development often involves encountering difficult periods, including in sports performance. These can be seen as a dark phase or bad form that we must go through in order to grow. Recovering from these periods and emerging with a new sense of energy can make us even stronger. Just as the sun rises after a dark night, we can emerge from challenging times with a renewed sense of purpose. By embracing these challenges and committing ourselves to push through adversity, we can become more resilient athletes. With each hard time we face, we have the opportunity to bounce back even stronger than before.

The Department of Physical Education and Sports Sciences along with Team Saarthi has taken various mental health initiatives. Do you think "mental health" should be a valid reason for a sportsperson to miss their practices?

To answer your question, while mental health is important and should be taken seriously, it should not be an excuse for a sportsperson to miss their practices. In sports, one must step out of their comfort zone and face the pressure to achieve their best performance. It's important for sportspersons to prioritise their mental health, but missing practices solely for mental health reasons may not be feasible in the world of sports where regularity and consistency are key to success. It's important to find a balance between taking care of mental health and fulfilling responsibilities as a sportsperson.

The Department of Physical Education and Sports Sciences along with Team Saarthi has taken various mental health initiatives. Do you think that "mental health" should be a valid reason for a sportsperson to miss their practices?

No. Absolutely not. A lot of time in sports, instances happen where you have to step out of your comfort zones. If you do come out of your comfort zone, you won't be having your best performance. If you think you can wear a Nike outfit, get trained by the best coach, and get the best of the facilities which will provide you with your required performance then that is not possible. You will have to step up and face the pressure. After facing this pressure then you'll get your performance, without it won't happen.

What are the suggestions you want to give the student sports council regarding their way of conducting themselves?

The student sports council should focus on improving their communication and respect for each other to create unity within the team. It's important to trust each other and work together to achieve their goals. They should take their responsibilities seriously as they represent the Department of Physical Education and Sports Sciences. While there are positions within the council, it's important to work as a team to ensure the welfare of the students.

ENTRY



LESSONS FROM THE COACH

Mr. Ravindra Dahiya is a highly skilled and experienced Judo coach who has dedicated 22 years to training and mentoring students. He has a wealth of experience in Judo, having competed at a high level and won numerous accolades and championships. Mr. Dahiya's coaching style is approachable and inspiring, and he is known for his ability to motivate his students to develop not only their Judo skills but also their character and confidence. Under his guidance, our Judo team has achieved many victories and grown significantly in both size and skill level. Mr. Dahiya's passion, expertise, and commitment to excellence have made a significant impact on the Judo community in our college, and we are honoured to have him as our coach.



Tell us about your journey in judo? What motivated you to train the students and become a coach?

When I used to play Judo, I was a student at Sri Venkateswara College. In addition, I used to go for coaching at Jesus and Mary College. It was from there that I developed an interest in and inclination towards coaching. This eventually motivated me to train students and become a coach.

As one of the senior coaches at Gargi College, what has been your experience mentoring the Judo team for over two decades, and how did the team evolve to become a dominant force in Judo championships?

Being one of the senior-most coaches at Gargi College, it's a tremendous feeling. I have been mentoring here for over two decades now, since I joined in 2001. Over the years, our college has been dominating the Judo championships, and it's an incredible journey. When I first arrived, Judo wasn't popular among the students, but we worked tirelessly to develop the program. Winning our first championship and securing the runner-up position in another competition were unforgettable moments of pride for us. During my interview with Sheela ma'am on my first day, I shared my vision of winning the team championship in Judo. And finally, after three years of perseverance, we did it for Gargi College.

What are some notable achievements of the students in judo, and how does it feel to see them progress and succeed through their consistent effort?

Our students are quite good and they are working very hard. Pinky Balhara was a very good player of ours, and we had a silver medal in the Asian Games with her. Before that, we had several players who won gold in the International tournaments.

What is the importance of strength and stamina in judo, and how do athletes train for the endurance required for fights that can last for extended periods?

As a college student participating in judo, it's difficult to find time for training. With limited time and children sometimes running late, it's not always possible to get a full hour of practice. To address this, I take the judokas to training clubs in the evening where we can practise additionally; I sometimes go to Lodi Gardens for separate fitness training. There, athletes from all over come to practice. Currently, practice at the college has stopped due to the end of the session, and only a few girls remain to practise. I take them to practise at the same club.

In judo, both strength and stamina are necessary as fights can last from 5 to 20 minutes, and we need both to sustain ourselves. Similarly to basketball, where stamina is essential due to the long matches, judo requires both strength and stamina. However, our fights only last for 4 minutes, but if there is a golden score, the fight can last for an hour. Therefore, we need to train accordingly.

How do you motivate students who are struggling to achieve their goals in Judo, and what actions do you take to boost their morale and confidence?

When I focus on an individual student and they are not able to achieve the desired result, it also affects me a little. So, I try to do whatever is possible to increase their motivation. Sometimes I send them for training with a friend or send them to another expert. This boosts the morale of the child and helps them understand that you have confidence in them.



How do you help Judo players learn from their mistakes during matches, and what steps do you take to improve their performance in the future?

Firstly, I scold my players a little. Then, we sit down and analyse their mistakes. We also keep a record of our match and then review it to see where we made mistakes. This helps us to focus on that particular area next time and not make the same mistake again.

How do you ensure equal representation of children across different weight categories for Judo competitions to provide fair opportunities for all children?

For the past three years, sportspersons have been coming in large numbers because they are not being selected based on their weight. Imagine a team with four goalkeepers and one forward. Therefore, the system should be changed so that sportspersons come in equal proportion. Currently, I have only two judokas in the same weight category - one is good, but the other will not have the opportunity to play equally. We have 7 categories and we need judokas in each category.

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Mr. Surjit Verma is a highly accomplished cricket coach who has played a pivotal role in the success of our college's cricket team. He possesses a deep understanding of the game, having played and coached at various levels. With his keen eye for talent and his ability to motivate and inspire players, Mr. Verma has helped many aspiring cricketers to realise their full potential. He is known for his innovative coaching techniques that emphasise teamwork and sportsmanship. Under his guidance, our cricket team has achieved numerous victories and has consistently performed at a high level. Mr. Verma's dedication and commitment to the team and the sport are an inspiration to all those who work with him. We are privileged to have him as our cricket coach, and we are confident that under his leadership, our team will continue to grow and achieve even greater success.

What inspired you to become a cricket coach and how did you start your coaching journey?

Well, to be completely honest, my journey in cricket started when I was playing the sport myself. However, due to some personal reasons, I distanced myself from cricket for a while. One day, a friend of mine called me and asked me what I was doing. I replied that I was just passing the time. He then asked me if I had ever stood in a line, to which I said no. He then questioned what made me so special that I never had to stand in lines. I replied that I always found people who had played with me, and they helped me out so that I didn't have to stand in a line. My friend then said that it was all because of my game, and I agreed with him. I realised that I was connected to the sport in a significant way. My friend's words had a profound impact on me, and I realised that if one was only able to be a kitman of the team, they should take that position. By doing so, they could stay involved with the team. Otherwise, people tend to forget each other. It was at that moment that I received a call from Gargi, offering me a coaching position. I was thrilled and jumped at the opportunity. Since then, I have been coaching at Gargi, and it has been an incredible journey.

Can you tell us how you feel about being one of the oldest coaches in Gargi College?

As one of the oldest coaches in Gargi College, I feel honoured and grateful for the trust and support that the college authorities, the principal, and Sheela ma'am have bestowed upon me. It's truly a great feeling to know that they believe in me and my abilities as a coach, and this confidence and faith inspire me to strive for excellence in everything I do. Moreover, I take my role as a coach very seriously, and I see it as my duty to give back to the college in the best way possible. The college authorities do so much for me, and I feel that it's only fair to give my best in return. So, I am committed to doing everything I can to help my team succeed and bring glory to the college.

What's your view on how Gargi College's facilities and resources have contributed to your team's success, and how do you feel about your team representing the college?

As a coach, I feel extremely proud and happy to see my team excel and achieve great things. The fact that a lot of the positions and achievements this year were acquired by my team is truly a testament to their hard work, dedication, and talent. It's also a reflection of the excellent facilities and opportunities that Gargi College provides to its students, especially when it comes to sports. Personally, I believe that Gargi College is one of the best places for girls, not just for sports, but for education as well. The level of facilities and resources available to students is truly remarkable, and it's something that sets Gargi College apart from other institutions. When my students achieve something great, I feel proud not just of them, but also of the fact that they are representing Gargi College and contributing to its legacy.

How would you describe your style of coaching? How often a player should train and for how long?

My coaching style is tailored to each player, as I believe that every individual is unique and responds differently to coaching techniques. I strive to create a positive and encouraging environment that fosters growth and development for each player. This involves analysing each player's strengths and weaknesses and developing a personalised training plan that suits their needs. As for training frequency and duration, it depends on the individual's goals and physical abilities. Some players may require more intense training sessions, while others may need a more gradual approach. Ultimately, the goal is to help each player achieve their full potential by providing guidance, motivation, and support throughout their journey.

How do you suggest students overcome frustration when their performances become stagnant?

As a coach, when students face stagnation in their performance, I recommend giving them a break for a few days to rest both physically and mentally. It's important to realise that doing the same practice over and over again can exhaust a player, which can lead to frustration and stagnation. Once the student has had some time to rest and rejuvenate, they can come back with a fresh perspective and a renewed motivation to improve. This technique of taking a break and coming back with a fresh mindset is a proven method for overcoming performance stagnation.

How to overcome failure in sports? What do you recommend?

As a coach, I understand how frustrating it can be when your hard work doesn't yield the desired results. But it's important to remember that success in sports is not just about winning, it's also about the journey and the effort you put in. I always remind my players that they work hard throughout the year, not just during the season, and that in itself is a success. When we don't get the results we were hoping for, I scold them a bit, but more importantly, I try to make them understand that it's okay to fail and that we can learn from our losses. We start over, but this time with new lessons and a fresh perspective. Losing is a part of life, and it's important to learn from our mistakes and improve our game. We motivate our players and encourage them to keep trying and to always aim for success, even if it means taking a few steps back sometimes.

What do you have to say to the budding sportspersons of Gargi?

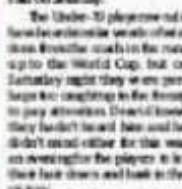
To all the budding sportspersons of Gargi, I would like to say that you should always keep the name of Gargi College flying high and be proud of being its student. The college provides immense support to its students, both in terms of facilities and opportunities. So, it's important that you think about what more you can give back to the college. Whenever you come back to college, you should feel a sense of pride for being a part of such a wonderful institution. As the torchbearers of the college, it's your responsibility to motivate and inspire the upcoming students to take Gargi to greater heights. Let's work together to create a legacy that all of us can be proud of!



MARCH 16, 2023
GARGI COLLEGE
GREENPARK

INDIA SHINING AT TOKYO
OVULINA

India dominate in record fourth U-19 World Cup title



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49

JP
China's 1500m record

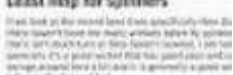
DECLARATION
WAGNER/ROSENTHAL PRIZE
NEWSPAPER CENTRAL POLICE
PHOTOGRAPHS OF JIMMYE
(From 1/2 Page 2)

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SERIES AT STAKE



SPORTS AFFAIRS

Affairs to Introspect

WB GOVERNOR SLAMMED FOR 'PUSHING' SUNIL CHHETRI DURING THE PRESENTATION CEREMONY



Two months into his stint as West Bengal governor, La Ganesan copped national criticism for pushing Indian football talisman Sunil Chhetri, in order to get clicked during the Durand Cup prize distribution ceremony here.

The 38-year-old Indian captain added an elusive Durand Cup title to his illustrious career when he led Bengaluru FC to their maiden crown in Asia's oldest football tournament following a hard-fought 2-1 victory over their Indian Super League rivals Mumbai City FC at the Salt Lake Stadium on Sunday. But the prize distribution ceremony turned controversial when Chhetri was being pushed by Ganesan while the trophy was being handed over to the player in the presence of state sports minister Aroop Biswas. Realising that he's not in the "photo frame", Ganesan pushed Chhetri and the player obliged.

Source: The Times of India

Incidents like these make one question the future of sports in India. Apart from some mainstream sports and sportspeople, are other players getting their share of appreciation and respect? Wonder if in the place of Sunil Chhetri, the third-highest active goal scorer in International football there was some prominent Cricketer would the case have been the same? I think it is high time that India starts giving its attention to other sports too. That the budget allocation of each sport if not equal then should be equitable. And that they start drawing boundaries between Politics and Sports.

LAWN BOWLS: FROM BEING THE SPORT NO ONE KNEW EXISTED TO BAGGING A GOLD MEDAL IN THE COMMONWEALTH IN IT



Lawn bowls is the sport that has caught the fancy of Indians watching the Commonwealth Games (CWG) 2022. And it is all thanks to the outstanding performance of four women who have won gold in the finals. Lovely Choubey, Pinki, Rupa Rani Tirkey, and Nayanmoni Saikia defeated the South African team in the Commonwealth finals.

On this historic win, Khan summed it up best. “Pichle hafte lawn bowls Google karte toh shayad Wikipedia khulta tha,” she laughs. “Ab news dikhta hai sabse pehle.” (If you searched lawn bowls on Google it would perhaps show Wikipedia. Now, the news flashes first).

Source: Business standard; Live mint

What is Lawn bowls?

In lawn bowling, the team has to get the 'bowl' (the ball) closest to a target, which is known as the 'jack'. Bowls are mostly spherical ball-like objects, typically made of wood, rubber or plastic resin.

Players stand on either side of a wide mat and take turns rolling these bowls in an attempt to get closest to the jack. The jack is either white or yellow and is smaller and lighter than the bowl.

In the fours event, the first bowler, called the lead, is followed by the second and the third. The last bowler is called the 'skip' and is the leader of the team. Each team member gets two bowls per round. After all eight bowlers have bowled twice, the teams switch sides.

At the end of each round, points are awarded to the team that has its bowls closest to the jack. Umpires use a device called box measure which uses a string to measure the distance between the jack and the bowls. In the fours event, each match ends after 15 rounds, with the winning team being the one with the most points. If there is a tie between the two teams, they play extra rounds until a winner is declared.



WRESTLING FEDERATION OF INDIA

30 wrestlers assembled at the protest site including the likes of Bajrang Punia, Vinesh Phogat, Sakshi Malik, Sarita Mor and many more. The wrestlers' primary demand was the removal of current WFI president and BJP MP Brij Bhushan Sharan Singh. A series of serious allegations ranging from sexual exploitation, corruption, mishandling of funds and irregular running of the wrestling federation came into the picture when the wrestlers started talking to the media.



One of the main concerns raised by the wrestlers was the mishandling of funds. "Tata Motors has been sponsoring us for the past 4 years but nobody knows where the money is going. I have trained on my own without getting any support from the federation. The new policy says private sponsors will come through WFI, but if the Tata Motors money never came to us, how can we trust them with the money from the private sponsors?" Bajrang Punia questioned.

Vinesh Phogat and Bajrang Punia at the protest site. (PritishRaj/TheBridge)

A lot of these wrestlers are sponsored by private sponsors such as JSW and Baseline Ventures. The new policy of WFI has made it mandatory to reach these sponsors through the federation now. "Apart from funds, privilege is also an issue here. During the Tokyo Olympics, I had no physio with me. It was important for the WFI president to travel instead of a physio for four female wrestlers," World championships medallist Vinesh Phogat said. Hitting back at the wrestlers, Vinod Tomar secretary of WFI said, "The money has gone into building the federation office and conducting the national tournaments. The money is in the bank account of the federation. I don't have that 20 crores with me."

Reports of sexual and mental harassment by the authorities and the coaches in the camp were also made by the athletes.

Source: The Bridge

EQUAL PAY FOR MEN AND WOMEN CRICKETERS



On October 27th, 2022, BCCI announced a new pay equity policy for its women cricketers.

The board is taking action to combat discrimination. Elaborating on the revised pay structure, Jay Shah said that the match fee for female cricketers will be the same as for male cricketers. He said that the fees for Test matches would be Rs 15 lakh, for ODI would be Rs 6 lakh, and for T20I would be Rs 3 lakhs. Jay Shah further stated that his promise to the country's female cricket players paid fairness, and he is very grateful to the Apex Council for its backing.

After New Zealand, India became the second country to introduce equity in payment. The announcement also comes at the heels of the women's cricket team winning the Asia Cup 2022 and a historic series win in England.

The socio-economic divide within Indian society further puts added pressure on women who want to play the game. Pay parity in the domestic circuit will go a long way in ensuring parity when it comes to young women picking up the bat and ball.

Women's domestic cricket still lags. Domestic cricket is one of the first few spots, where the BCCI's announcement falls short. While an equal match fee for international players is a welcome step, it does not change anything for those at the grassroots level. The pay parity does not percolate to domestic women players, which is something extremely crucial to encourage greater participation and investment in women's cricket. The Domestic playing circuit remains a space where young talent is spotted, and while women in sports have made considerable impact and progress over the last decades, the bias still exists at the grassroots level.

Same match fee but much lesser matches for women. This brings us to the second point, on the number of international matches played by both the men's and women's cricket teams. The number of matches that the Indian women's cricket team has played in the past year is glaringly low as compared to the men's team, who have been on one tour after another. What's worth noting is that the Indian women's cricket team has played just two Tests in the last eight years.

The disparity in annual contracts of players. To make it clearer, Harmanpreet Kaur, the captain of the Indian women's cricket team contracts Rs 50 lakh a season, while Indian men's captain Rohit Sharma takes home Rs 7 crore. The obvious reason for this massive gap is the amount of revenue the men cricketers generate for the Indian cricket board.

Even one of India's top women players and opening batter Smriti Mandhana agreed and said it was "unfair" to ask for equal pay. "We need to understand that the revenue we get is through men's cricket. The day women's cricket starts earning revenue, I will be the first person to say that we need the same thing. But right now, we can't say that," Smriti said in 2020. "I don't think any of my teammates are thinking about this (pay) gap because the only focus right now is to win matches for India, get the crowd coming in and earn revenues. That is what we are aiming for, and if that happens, everything else will fall in place," she added. While this move is welcoming and progressive. It will encourage the participation of Indian Women in Cricket. But we are still lagging way behind to eliminate gender discrimination. There is a lot to be done by the BCCI.

Sources: thefederal.com; femisnisminindia.com

Achievements

MAIDEN THOMAS CUP WIN



The Indian men's badminton team lifted the Thomas Cup title for the first time with a resounding 3-0 win over Indonesia in the final in Bangkok, Thailand on Sunday.

The high-flying Indian team beat the defending champions Indonesia to win the Thomas Cup 2022 trophy in their maiden final appearance. India has been a bronze medallist in 1952, 1955 and 1979. Wins from Lakshya Sen, Kidambi Srikanth and the duo of Chirag Shetty and Satwiksairaj Rankireddy guided India to the historic triumph.

Source: Olympics.com

NEERAJ CHOPRA AT DIAMOND LEAGUE



Tokyo Olympics javelin throw champion Neeraj Chopra achieved another first for India by winning the Zurich Diamond League Final 2022 in Switzerland.

Neeraj Chopra's second throw, measuring 88.44m, won him the Diamond League trophy, a first for an Indian. Competing under overcast conditions, Neeraj Chopra overstepped and fouled in his first try of the night at the Letzigrund Stadium. The Indian javelin ace followed up his first two throws with 88.00m in his third attempt. Neeraj Chopra recorded 86.11 in his fourth attempt, and 87.00m in his fifth. His last throw measured 83.60m.

Source:Olympics.com

NIKHAT ZAREEN AT WOMEN'S WORLD BOXING CHAMPIONSHIP



Nikhata Zareen won a gold medal at the 2022 IBS Women's World Boxing Championships. At the international boxing association (amateur) Women's Youth and The Junior World Championship in Antalya, she won the gold medal. With the win in the women's World Championship Istanbul, Nikhat Zareen became the fifth woman in India to win a world title after Mary Kom, Sarita Devi, Jenny RL, and Lekha KC.

BID ADIEU

Mithali Raj

India veteran Mithali Raj has announced her retirement after a glorious international career spanning nearly 23 years. She finishes her career as the top run-scorer in ODI cricket, 1813 runs ahead of the next highest – England legend Charlotte Edwards.

She bids farewell to the game as the No.7-ranked batter in the MRF Tyres ICC Women's ODI Player Rankings. Raj captained India to



the final of the ICC Women's World Cup 2017, and also holds the record for the most matches captained in Women's World Cups, breaking Australian legend Belinda Clark's record during the ICC Women's World Cup 2022 in March. She also led India to four consecutive Asia Cup triumphs between 2005 and 2012. However, perhaps her most significant achievement as captain came in 2014 as India sealed a historic Test series victory in England, with Raj leading from the front.

Her first one-day international match as a 16-year-old began with an unbeaten century on debut: one of only six women to have achieved this feat. She ended her career with 7,805 runs: the most by a woman cricketer. An analysis of her career statistics from ESPNcricinfo shows a remarkably consistent scorer of runs. Mithali Raj has seen it all. From the times when women's cricket was tolerated with little or no humour till the day when the Women's Indian Premier League may soon become a reality, Mithali has been a witness to all the lows and then the highs which have now made some of the current women stars household names, at least among the cricket-following people of India. The journey was a long and arduous one, and the success of Indian women's cricket and one of its senior-most doyens are almost synonymous.

Source: India.com; ICC Cricket; The indian express

SANIA MIRZA



Sania Mirza has confirmed her retirement from professional Tennis. The former doubles World No. 1 champion has announced that she will retire at the WTA 1000 event in Dubai in February.

Sania Mirza is, by far, the finest women's tennis player India has produced. A six-time Grand Slam champion, a former world No. 1 in doubles and a four-time Olympian, Sania Mirza scaled new heights for Indian tennis in her illustrious career spanning from 2003 to 2023.

With 43 WTA doubles titles and a singles title to her name, the Rio 2016 Olympics semi-finalist is India's most successful women's tennis player of all time. Even though she's the only Indian to have broken into the top 30 of the WTA singles rankings, Sania Mirza has enjoyed the bulk of her success in doubles. Her partnership with Martina Hingis, in particular, was very fruitful. A pumped-up Sania and Hingis high-fiving each other were a sight not only for Swiss and Indian fans but for tennis fans across the world. The duo, in new phases of their respective careers, fed off each others' energies and enjoyed their tennis without inhibitions.

Source: Olympics.com; live mint

REMEMBERING PELE



Long before the feats of modern-day stars Cristiano Ronaldo or Erling Haaland, Pelé blazed a goal-scoring trail that marked him out as being significantly different to other players around him.

Pelé, soccer's first global superstar, has died at the age of 82. To many fans, the Brazilian will be remembered as the best to have ever played the game. For others it goes further: He was the symbol of soccer played with passion, gusto and a smile. Indeed, he helped to forge an image of the game, which even today lots of people continue to crave.

Pelé wasn't just a great player and a wonderful ambassador for the world's favourite game; he was a cultural icon. Indeed, he remains the face of a purity in soccer that existed long before big money and global geopolitics infiltrated the game.

Source: Thenewsminute

MAJOR CHANGES IN FOOTBALL



- Goalkeeper will no longer have the right to:
 1. Destabilise or taunt shooters on a penalty.
 2. Delay the execution of a penalty.
 3. Touch the bar posts or net.

These rules will be effective from 1st July 2023.

- FIFA World Cup footballs were powered with sensors and latest technology, they were even charged before the game.

The official 'Al Rihla' footballs used for the World Cup in Qatar are so high-tech they don't just need to be pumped full of air - they need to be charged.

Manufactured by Adidas, the ball, which takes its name from the Arabic word for 'the journey', has a sensor inside that measures data like speed and direction and allows for ball-tracking and offside calls by the VAR. An incredible photo posted on Reddit shows the fluoro-coloured balls being charged, like a smartphone, from a power board before a game.

It's a long way from the days when people would hunt around for a bicycle pump and then put a bit of oil or butter on an attached small needle to simply put air in a football. The sensor is powered by a small battery, which Adidas said can last for six hours of active use, or up to 18 days when not. The sensor, which weighs just 14 grams, gives ball-tracking in real-time; with cameras positioned around the pitch helping referees to determine offside and other questionable decisions. Any time the ball is kicked, headed, thrown or even so much as tapped, the system picks it up at 500 frames per second,' Maximillian Schmidt, co-founder and managing director of KINEXON, who manufactured the sensor, said.

Data is sent in real-time from sensors to a local positioning system (LPS), which involves a setup of network antennas installed around the playing field that take in and store the data for immediate use. When a ball flies out of bounds during play, and a new ball is thrown or kicked in to replace it, KINEXON's backend system automatically switches to the new ball's data input without the need for human intervention,' said Schmidt, giving a fascinating insight into the incredible technology.



"I don't get it, why women don't like sports."



"We do"



"Prove it. Name every olympian from 1896. What is the offside rule? How many balls are there in an over?"



"Duh."

STEREOTYPING, STIGMA, AND FEMININITY IN WOMEN'S SPORTS



ART WORK: RITIKA SHAHI; BA programme

Sports is one of the many fields in India and in the world which is still a male-dominated sphere. Sports have always been considered a compulsion for boys since young ages while for girls, it is more of a leisure, a mere hobby. We must have all grown up watching how girls were never allowed to play aggressive sports like football in school which was always reserved for boys.

My school did not even have a girls' team for football or cricket. Schools are supposed to be gender-neutral spaces providing equal opportunities

for everyone to thrive, instead, schools are the very first place which stereotypes sports as male-affiliated profession. Such stereotyping gets engraved in our subconscious minds unknowingly from a very young age.

I still remember the first time I was injured while playing cricket during sixth grade, I was not allowed to play any further by my parents. While my brother, who even got stitches twice, was encouraged to play. I always wondered why?

Now as I grew up, I think I may have the answer. Femininity is fragile. Girls are considered delicate. As for my brother, him getting injuries was a sign of machismo as injuries made him strong.

Another problem with society is always viewing women from a sexualised point of view. You might be familiar with the way how sports women's achievements are celebrated. Recently, many of our girls won medals in the 2022 Birmingham Commonwealth games. Instead of being praised for their talent, our social media was busy praising the looks of these women and how some of them should have been ramp models instead of playing sports.

This is not the only instance. Cricket is the most popular sport in India. While every Indian is proud of the performance of our Men's team, the women's team with almost the same number of achievements does not receive the same recognition.

The ones recognised are not for their talents but rather for their looks. The reason for this sick mindset is the contemplation of sports as masculine while feminine is everything which is associated with makeup, good looks and beauty.

However, in the past few years, these baseless stereotypes and stigmas about women not being strong enough to participate in sports are getting shunned with a large number of women now choosing sports as their profession. But we still have a long way to go. For a change to happen, it must start from a grassroots level.

The majority of Indian families who are still functioning in a patriarchal setting do not see sports as an activity to be performed by girls. This needs to be changed. There is no doubt sports are rough and occasionally aggressive. But to think that this is a masculine feature is wrong.

Aggression can be feminine. Feminine can be strong.

~ Nivedita Gupta; 1st year, BA Programme

That morning was no exception for her. While making up tea for the morning, she began doing household chores. Kanishk, her next-door neighbour, started his day by reading the newspaper and practising for his upcoming match. That morning was no exception for her. The atmosphere was upbeat because a match between Pakistan and India was scheduled. She was excited as well, but the circumstances for watching a female cricket match were different.

That morning was no exception for her. She was in excruciating pain from the previous day's practice, but more pain awaited her in the form of trauma caused by her coach's physical exploitation.

That morning was no exception. She awoke to her mother's taunts about why she isn't more feminine like her sister.

That morning was no exception for her. Society advised her to halt her progress because she was not built for it.

Many stories and satires lie untold, with dreams and hope shattered and some fulfilled. Still, those fulfilled are not discussed, and those shattered are only made to be buried for the sake of femininity. Social pressure, or more accurately, the havoc created by





societal institutions and relationships designed to bring joy into one's life, has become the most difficult barrier for a woman to overcome. Stereotyping is so deeply ingrained in people's minds that the pink colour they denote for women has turned red for them, full of hurts, aggression, frustration, and so on. Judging her physical ability, discouraging her, and sabotaging her have become etched salts in the recipe of stigmatising women in sports.

The most painful aspect is that even appreciation for them comes in the form of admiring a man who she played or performed like.

We know the line and take pride in saying "खूबलड़ी मर्दा नी वो तो झांसी वाली रानी थी," but we do not look for the deep meaning it denotes for our stigmatised thinking.

From preventing her from playing so that her skin does not become pale to telling her not to develop male characteristics, the cycle of stereotyping her continues. Nonetheless, some women begin their day with new hope that same morning.

The hope that she can fly.

The hope that she can play.

The hope that she can fulfil all roles by being her.

~Sneha Tyagi; 2nd year, BA Programme



Over the years, the participation of women in sports has grown. However, to this date, they do not receive enough recognition. And the very reason behind this fact is that society does not support or encourage women to work in fields which have been traditionally reserved for men.

Despite women being multitaskers having the ability to handle everything from household to office to children and every other kind of work, a woman has to always prove herself to society in order to get acceptance. And this stigma of gender inequality has found its place in sports as well.

Women's sports are not treated as sports, it is treated as charity. They are still not mainstream. There is this myth that women's sports are boring. Female athletes receive a bare minimum of what their male counterparts do. All this is because

'society' is either not interested or does not regard women in sports as worthy. The major cause is history. Women in general throughout the years have always been portrayed as weak, dependent and homemakers. They are always shown as less capable in comparison to men. There are a plethora of problems restricting women's participation in sports and the three major factors are lack of investment, fewer media coverage and absolutely no marketing. The reason is that India has a women's national cricket team, basketball team, football team and so on. However, half of the country's citizens are unaware of it. It does not end here.

Most of the girls give up their dreams of establishing a career in sports because their family does not support them or they are afraid of body-shaming, bullying, social isolation and whatnot.

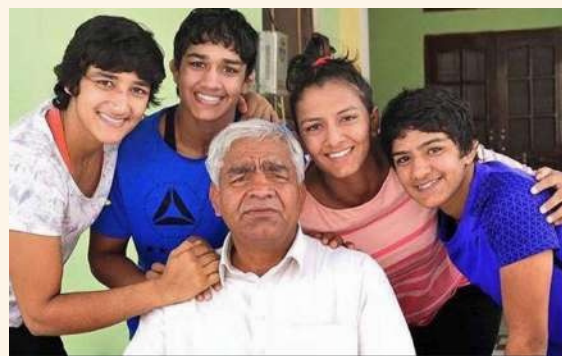


M.C. Mary Kom, one of the most popular boxers, once refrained from playing the game because her father believed that her prospects of marriage would be ruined as the game itself involves serious fights which may damage her face. Also, there is a huge and very wide wage gap between men and women despite their talent and work ethics which discourages women from taking up a job in sports. To all problems, awareness is the key. And this should come from the media persons who through their medium can showcase the talents of women.

A very classic example can be of the Bollywood movie 'Dangal' which brought to light the stories of the two most powerful and successful wrestlers. The result has been such that the Phogat sisters have become a household name. A lot more movies are released but do not get much

attention. The government also needs to play its role in a way that women's sports are highlighted.

People need to think about supporting women's sports. We need to treat women's sports just as sports. India should realise that its girls are unstoppable and fearless.



In the last decades, women have built successful careers in sports and brought home uncountable medals, trophies, and prizes. A good example is Deepa Malik. Behind all this fame and name has years of hard work, training, and sacrifice. And we cannot deny that there has been improvement in the last decades and some progress is expected in the coming years if the loopholes are cleared.



In a patriarchal world like ours, the term “sports” in itself was considered to be a monopoly of the male gender. Despite being tough competitors and having the zeal and zest for the love of sports, women were considered “unfit” or “unworthy” of participating in such events in the past. We were supposed to be cheerleaders and cheer for the opposite gender from the stands even if we had equal or even more enthusiasm in us for that specific game. It took so many courageous women sports warriors who challenged the stereotypical system that was pre-existing and entered the sports arena through their constant efforts, strong desire to participate and extraordinary physical and mental strength. The participation of women in sports nowadays is a gift from our strong-willed sportswomen of the past but even today few individuals consider sports as an uncertain career option for women.

Society questions the femininity of such talented sportswomen who are so dedicated to their game and the ambition of making their country proud that they spend less time focusing on their appearances. People are very judgemental towards them and that needs to change since there are countless successful women athletes who are now the source of inspiration for the entire world. Within the spheres of sports, female athletes should never be forced to fulfil outdated societal expectations of maintaining traditional feminine appearance and they should focus on maintaining the spirit of game and making themselves better with each practising attempt. Society uses this same technique to discredit female sports as a whole. They eventually shake the stereotypes regarding their appearance as sports continue to be normalised into the female culture, it is unlikely that this core issue of stereotypical and judgemental approach towards women in sports will be eradicated any time soon. The best way to fight this ignorance and stigma is through educating the young men and women before societal norms corrupt their minds. We need to narrate the stories of female sports warriors to them and then we'll see the change and eradication of such strong stereotypes and baseless stigma that exists even in the field of sports.

WOMANHOOD: A CELEBRATION

Womanhood is a symphony,
A melody sweet and strong,
A tapestry of grace and power,
A choir that sings life's song.
We are daughters, sisters, mothers,
Wives, friends, and so much more,
Nurturers of dreams and passions,
And keepers of hope's door.
We carry the weight of the world,
On shoulders both broad and fair,
We rise above life's challenges,
With resilience, grit, and care.
We've shattered countless barriers,
And broken through countless walls,
We've fought for our rights and
freedoms,
And answered destiny's calls.
We are warriors, healers, teachers,
Artists, leaders, and guides,
We are the embodiment of love,
And the essence of life's strides.
So let us celebrate womanhood,
In all its colours and hues,
For we are the light that shines,
And the promise of life's views.

~Monika Yadav; 1st year, Psychology Hons

THE VALUE OF BALANCING PHYSICAL AND EMOTIONAL WELL-BEING IN MENTAL HEALTH AND SPORTS

Sports have long been acknowledged as a tool to enhance physical fitness, increase self-worth, and promote teamwork. The link between athletics and mental health has, however, only recently become more widely acknowledged. This article will discuss the significance of striking a balance between physical and emotional well-being when participating in sports, as well as various methods for doing so.

The advantages of sports for mental health.

In many different ways, sports may be tremendously good for mental health. Sports can aid in stress and anxiety reduction, which is one of its most significant advantages. The body naturally produces endorphins, which are known to improve mood. Endorphins are released during physical exercise. Also, regular exercise might aid with sleep, which is crucial for mental health. Sports can also aid in boosting confidence and self-worth. Athletes get a sense of pride and success when they set and accomplish goals. This can promote a positive self-image and raise self-esteem. In addition, sports can provide people a sense of direction and meaning, which can lessen depressive and lonely feelings. The Difficulties of Balancing Physical and Emotional Well-Being in Sports While participating in sports can be very beneficial for mental health, juggling physical and emotional health can be difficult.





For instance, the pressure on athletes to compete at a high level can cause stress and anxiety. Injuries and setbacks can also be challenging to deal with and may cause sentiments of resentment and disappointment.

Another issue is the possibility that many athletes lack access to the tools they require to maintain their mental health. This can involve having access to mental health specialists as well as receiving instruction and information on stress and anxiety management. In addition, stigma around mental health problems may exist, which may discourage athletes from getting the care they require.

Sports Balance Techniques for Physical and Emotional Well-Being

There are methods that athletes can employ to balance their physical and emotional well-being despite the difficulties. Setting aside time for your own needs is one of the most crucial. This can entail getting enough rest, maintaining a balanced diet, and taking pauses as necessary. It's crucial to focus on progress rather than perfection and to create reasonable goals and expectations. It's crucial to create a network of allies that can help you out when you need inspiration and direction. Athletes can also gain from instruction in mental health and stress management, which can aid in the development of coping mechanisms and approaches to problem-solving.

Conclusion

Sports can be tremendously good for mental health, but in order to experience these advantages, it's crucial to strike a balance between physical and emotional wellness. Athletes might experience a variety of difficulties, such as performance-related pressure and a lack of access to mental health

support. Athletes may create a balance between their physical and mental well-being, which will help them perform on and off the field, by prioritising self-care, getting support from others, and learning coping mechanisms.

~Astha setia; 1st year, Maths Hons

ENTRY

‘O Stree Chal Ab Dabang Ho Jaa’

सेम डिग्री सेम पोजीशन पर लड़कों का ज्यादा वैज है
 मैं पूछूं तो कहते कैजुअली तुम्हारी तो कुछ और
 रिस्पॉसिबिलिटी की तेज है
 शादी बच्चे किस में हो वह बताते मुझको एज है
 फ्रीडम का आसमान दिखाकर डाला जेंडर वाला केज है
 वो एक्जिस्टेंस तेरी फेड करे जब तू रेनबो वाला रंग हो
 जा
 ओ स्त्री चल दबंग हो जा
 सिंगल हू तो आंटी को क्यों चिंता होती है,
 सिंगल लड़की को कोई घर ना दे तो वही सोसाइटी
 आराम से सोती हैं
 बस एक इंस्टा स्टोरी और एफबी से मेरे रिलेशनशिप
 जज हो जाता है
 और यूं ही मुझे अवेलेबल मानकर इनका हाथ गलती से
 टच हो जाता है
 जज बातों को भूल तू अपने जज्बातों के संग हो जा
 ओ स्त्री चल दबंग हो जा
 पता है बस थोड़ी पतली होती तो ज्यादा सुंदर लगती
 हां बस थोड़ी गोरी होती तो यह साड़ी कितनी सजती
 सुनो आंटी जी बंद करो यह सुंदरता की भक्ति
 क्या है ना आपकी उम्र में भी यह बातें बिल्कुल नहीं
 जचती
 बढेंगीबाँड़ी शेविंग मत सुन तू बिंदास बैढंग हो जा ओ
 स्त्री चल दबंग हो जा
 इतना ज्यादा कमाती है हस्बैंड को नौकर बनाएगी
 लड़कि





artwork:@becflattleyart

एं ब शयसहैभैयौरोट कहां खलाए
 गी
 पावर का गुरुर है ऐसी बातों से पाला अपना
 हर दिन पड़ता
 तो जरूर है वो खींचे तुझको नीचे तू और ऊंची
 पतंग हो जा
 ओ स्त्री चल दबंग हो जा
 मैं शादी के बाद आपको जॉब अलाउ करूंगा
 मतलब एमबीए तेरा एक तरफ होगा वही जो
 मैं कहूंगा
 मैं किसी से भी मिलक आउ मर्द हो सवाल ना
 करना
 पर तुमको मेरी कॉलिंग फोन करें तो यह मैं
 नहीं सहूंगा
 ऐसी टॉक्सिक मर्दानगी से लड़ने तू रोज नहीं
 सी जंग हो जा
 ओ स्त्री चल दबंग हो जा
 गुंडे सारे घूमे फ्री पर सजा मेरी स्कर्ट क्यों पाती
 है
 हर गुनाह के बाद यहां एडवाइजरी मुझको
 क्यों आती है
 तेरे मेरे घर से होती इस डिस्क्रिमिनेशन की
 शुरुआत है
 अबकी तू भी आवाज उठा जब उठता उसका
 हाथ है
 छू ना सके उसकी हिम्मत तू जोर से करंट हो
 जा
 ओ स्त्री चल दबंग हो जा

~Riya sharma; Political Science hons

MENTAL HEALTH MATTERS

It's okay not to be
okay all the time

Prioritize your
mental health



Mental health, a precious gem,
Often overlooked, but so crucial to stem,
The struggles that come with life's test,
That weighs heavy on the mind and chest.
Anxiety, depression, and stress,
Are not just feelings to suppress,
But emotions that need to be addressed,
For a healthy mind to manifest.
There's no shame in seeking help,
To heal the wounds that make you yelp,
Therapy, medication, or a listening ear,
Can all help you to persevere.

Mental health, a journey worth taking,
For the sake of your own well-being,
Embrace the process, let yourself be free,
To become the best version of thee.
So, let us break the stigma,
And treat mental health with enigma,
For every mind deserves love and care,
To shine bright, and flourish, and dare.
Mental health is essential, we must all know,
It's not just a phrase or a mere logo,
It's a state of mind that affects us all,
And has the power to make us stand tall.

It's the key to our emotional well-being,
A vital aspect that keeps us from fleeing,
From the challenges of life that we face,
And helps us to maintain our inner
grace.

A healthy mind helps us to cope,
With the curve balls that life can throw,
It gives us the strength to carry on,
Even when the road ahead is long.
It's the foundation of our self-esteem,
The root of all that makes us beam,
It allows us to love and to be loved,
And to feel the warmth of being
approved.

Without mental health, we are
incomplete,
A shadow of what we could have been,
indiscreet,
It's only when we prioritise this aspect,
That we can be happy, healthy, and
perfect.

So, let's take care of our mental state,
And not hesitate to ask for help or
communicate,
For in doing so, we pave the way,
For a brighter tomorrow, come what
may.

~ Monika Yadav; 1st year, Psychology Hons

**'Kya hi karti hai aurat din bhar ghar ka kaam hi to hai bhr jaake
mehnat to ham karte h poore din'**

हाँ मैं एक नारी हूँ
कई बार इन शब्दों से हारी हूँ
पर कुछ बात है
जो बताना चाहती हूँ मैं
सुनने को तैयार हो
तो लो अब बताती हूँ मै
औरत घर का काम है करती
तब तुम्हारा घर चलता है
रोजाना खाना वो बनाती
पेट तुम्हारा तब भरता है
कपड़े वो धोती तुम्हारे
तब ही तुम ऑफिस जा पाते
पूजा वो दिन भर है करती
तब ही तुम सफलता पाते
न जाने तब भी क्यों तुम सब
अहम का ही रस पीते हो
घर पे न हो औरत जिस दिन
घर चला कर देखो तुम भी
घर चलाना क्या होता है
पता लगा कर देखो तुम भी
सपने भी है बहुत हमारे
पूछा है क्या तुमने हमसे?
घर पर रह कर काम करो तुम





सपने सारे पूरे करने
 मेहनत मैं करना चाहती हूँ
 पर तुम तो यही सुना चाहते
 'बैठो न मैं चाय लाती हूँ'
 घर पर बैठी हर औरत ने
 सपना उड़ने का देखा होगा
 तुमने ही पर शादी कर
 पंखों को उसके फेंका होगा
 फिर ये कहते मेहनत करना न आता है हमको क्या
 हक हमारे छीने तुमने
 न कोई बताये तुमको क्या
**'Aur jo bhi ye kehte hai mujhse ki
 are kamakar kya karegi aisa pati
 banaiyo ki zindagi bhar aish kre ye
 unke liye'**
 खुशी मेरी किसमे है
 मुझसे क्यों न पूछते
 शौक मेरे पूरे करने
 से क्यों मुझको रोकते
 पति के न अपने पैसों पर
 ऐश करना चाहूँ मैं
 साथ जो बेटों का दो
 वो साथ ही बस माँगू मै
 आज की लड़की हूँ
 हक सारे खुद के जानू मै

पूरे किए बिना न मानू मै
 दो घर की क्यों पराई
 अपना घर मैं खुद बनाउंगी
 क्यु झाड़ू पोछा सीखु
 नौकर चाकर मैं लगाउंगी
 बोझ न किसी पे
 खुद से पैसा मैं कमाउंगी
 सपने है मेरे भी
 सबका सर मैं भी उठाउंगी
 करूंगी मैं शादी तब ही
 जब मैं खुद से चाहूंगी
 कर सकती क्या है बेटी
 ये समाज को बताउंगी
 कर सकती क्या है बेटी
 ये समाज को बताउंगी |



~ Rashi verma; 2nd year, B.Com Honors



HUMAN RIGHTS AND CONSTITUTIONAL PROVISIONS FOR GENDER EQUALITY AND EQUITY - A CASE STUDY

INTRODUCTION :

Gender equality is essential to all areas of development. Gender equality implies that women, men , and transgender individuals have equal rights /access to healthcare, economic resources, employment, education, decision making, and role in economic, social, political aspects.

Everyone, whether he/she is a transgender, women or men have equal rights and are free to make their own decisions without regard to biases regarding gender roles. In this so-called society, yet there is still a gap between Men and Women rights that impacts or affects people of different societies, nations or throughout the world.

To truly achieve gender equality, it is necessary to have strategies that include women , transgender and men. Equality doesn't mean that men, women or the transgender people will be the same, but their rights, responsibilities or duties and opportunities will not be conditioned by something else. Gender equality as well as equity are both linked to sustainable development. If we look at the term "equity", Equity refers to justice or fairness, in other words equity leads to equality. Gender equity is being fair to women and men. Logically, countries, societies, or nations with greater gender equality or equity are more connected with each other, they all have a healthier lifestyle than the societies with unequal rights, anti-social behaviour. As a member of the society, one way to practise gender equality and equity in home is by assigning chores to their children of all genders to teach them domestic duties to take care of their future equally.

Another way of preventing gender inequality and inequity is by giving access to land, capital, financial resources and technology to both men and women equally which automatically leads to improved national productivity and economic growth. We can take actions to stop the abuse/ violence against women's rights, and make an effort to treat women equally.

GENDER EQUALITY- WHAT THE SOCIETY LOOKS FOR :

A "Gender Equal Society" is a society in which both men and women are treated equally. Gender equality is vital to the realisation of human rights for all gender equality automatically leads to a balanced/ stable or sustainable society. It is the society which enjoys the same opportunities, rights, etc. Nowadays, if we look at society, men are strongly influenced by gender. Expectations of men as leaders, dominators, husbands or sons create a shape on their behaviour towards the society.

Mostly gender equality is a concern for men, because the tendency is to consider male characteristics as the norm and those of women as a variation of the norm. If we look at the UNICEF(India) report, "Every child deserves to reach her or his full potential, but gender inequalities in their lives and in the lives of those who care for them hinder this reality". The government seeks to promote equal rights, opportunities and responsibilities for men and women. One of the chief aims of its gender equality policy is to strengthen the economic independence of women and raise the percentage of women in employment. This means getting more women into work and making it possible for men and women to share work and care responsibilities more equitably.

THE EXISTING LEGAL PROVISIONS ON GENDER EQUALITY IN INDIA :

The constitution of India made things a bit easier for women. The term gender equality in the constitution is mentioned in its Preamble, Fundamental duties, Fundamental rights and Directive Principle of State Policy. The constitution encourages the state to adopt various measures of equality and empowerment in favour of women.

CONSTITUTIONAL PROVISIONS :

The articles given under the constitutional provisions are of specific importance in terms of gender equality and equity in general. The articles mentioned are Article 14, Article 15, Article 16, Article 39(a), Article 39(b), Article(c) and Article 42.

ARTICLE 14 :

Article 14 talks about equality and status before the law. Every person has equal status or rights before the law and the state cannot deny it.

ARTICLE 15 :

Article 15 talks about the prohibition of discrimination on the grounds of religion, race, caste, sex and place of birth. This article cannot prevent the state from making any special provisions for women and children.

ARTICLE 16

Article 16 talks about that there shall be equal opportunities for all Citizens of India in matters of employment or appointment to any office.

ARTICLE 39 :

According to Article 39 of the Constitution, the State shall make sure that men and women have an equal right to an adequate livelihood, there is equal pay for men and women, the economic system does not result in the concentration of wealth and the material resources are distributed to serve a common purpose.

ARTICLE 42 :

The State shall secure humane conditions for work and for maternity relief according to Article 42 of the Constitution.

LEGAL PROVISIONS :

Legal Provisions means all statutes, laws, ordinances, rules, regulations, judgments, orders, and decrees, of any governmental entity.

CRIMES IDENTIFIED UNDER THE EQUAL REMUNERATION ACT, 1976 :

The equal remuneration act, 1976 provides for payment of equal remuneration to men and women and helps prevent gender discrimination. Article 39 of the Indian constitution envisages that the states will have a policy for serving equal pay for equal work for both men and women. The Act provides that no employer shall pay to any worker employed by him in an establishment or employment, remuneration whether payable in cash or in kind at the rates less favourable than those at which remuneration is paid by him to the workers of the opposite sex in such establishment or employment.

CRIMES IDENTIFIED UNDER CRIMINAL LAW AMENDMENT ACT, 2013 :

The Criminal Law Amendment Act, 2013 came into force on February 3, 2013 on the recommendation of the Verma Committee Report. This Act added some new offences such as acid attack, sexual harassment, voyeurism, stalking all of which have been incorporated in the Indian Penal Code.

CRIMES IDENTIFIED UNDER THE SEXUAL HARASSMENT OF WOMEN AT WORKPLACE ACT, 2013 :

The issue was first brought to light in the Vishaka case in 1992, where sexual harassment of women at their place of work was talked about and legislation for the same was passed. Harassing women at their place of work violates the women's fundamental rights guaranteed under Articles 14, 15 and 21 of the Constitution of India.

The Criminal Law (Amendment) Act, 2013 was passed in the aftermath of the Nirbhaya case wherein a female student was gang-raped in December 2012. The Act amended several provisions of the Indian Penal Code, Indian Evidence Act, and the Criminal Procedure Code.

CRIMES IDENTIFIED UNDER THE WOMEN'S RESERVATION BILL :

The Women's Reservation Bill or the Constitution's 108th Amendment Bill is a pending Bill in which India plans to reserve 33 percent of all seats in the Lower house of Parliament of India, the Lok Sabha, and in all state legislative assemblies for women. The Rajya Sabha or the Upper House of Parliament has not yet voted on this Bill.

CRIMES IDENTIFIED UNDER THE HINDU SUCCESSION ACT, 1956 :

Section 25 of the Hindu Succession Act, 1956 falls under this criteria. This Section states that any person who commits the murder or assists the murder shall be disqualified from inheriting the property of the person, or any property in the promotion to succession to which he or she committed the murder. Section 25 of the Hindu Succession Act, 1956 falls under this criteria. This Section states that any person who commits the murder or assists the murder shall be disqualified from inheriting the property of the person, or any property in the promotion to succession to which he or she committed the murder.

CRIMES IDENTIFIED UNDER THE SPECIAL MARRIAGE ACT, 1954 :

In any proceeding for divorce or judicial separation or restitution of conjugal rights, the respondent may not only oppose the relief sought on the ground of petitioner's adultery, cruelty or desertion, but also make a counter-claim for any relief under this Act on that ground. The Special Marriage Act, 1954 provides for a special form of marriage irrespective of religion, or faith that the other party believes in. This Act replaced the Old Act of 1872.

CRIMES IDENTIFIED UNDER THE DOWRY PROHIBITION ACT, 1961 :

Cruelty in the form of torture or harassment of a woman with the objective of forcing her to meet a demand for property or valuable security is a form of dowry crime. This Act prohibits the payment or acceptance of dowry as a consideration for marriage. Asking for or giving of dowry can be punished by imprisonment of up to six months, a fine of up to Rs. 15000 or the amount of dowry, or imprisonment upto 5 years.

CONCLUSION :

The Indian Constitution has made equality a basic right of all the citizens. Ever since the enactment of the Constitution, society and values have evolved, but there are still some flaws. Some people still consider having a girl child as a burden to the family and still does not change the shallow thinking of the people who even consider practising female foeticide. Due to all this, achieving absolute gender equality in a country like India continues to be a huge challenge. we need to get rid of the old-age traditions and mentality. We must teach everyone , all about equality and respect. It requires quite a lot of work but it is possible. We can work together and achieve equal respect and opportunities for all genders alike. There are only small differences between men and women in the amount of conformity they exhibit, and these differences are influenced as much by the social situation in which the conformity occurs as by gender differences themselves. Act to eliminate violations of women's rights, whether by private persons, groups or organisations, Endeavour to modify social and cultural patterns of conduct that stereotype either gender or put women in an inferior position, ,Ensure that women have equal rights in education and equal access to information, Eliminate discrimination against women in their access to health care, End discrimination against women in all matters relating to marriage and family relations.

~Ruchika Gupta; 1st year, BSC Microbiology hons

SPORTS QUIZ



Q1. Who won India's first gold medal in the track and field event in the Olympics?

- a. Abhinav Bindra
- b. Neeraj Chopra
- c. Sandeep Kumar
- d. Bhavani Devi

Q2. Who is the first Indian women golfer to qualify for the Tokyo 2020 Olympics?

- a. Tvesa Malik
- b. Kabita Devi
- c. Pranati Nayak
- d. Aditi Ashok

Q3. Who became the second Indian female boxer, after MC Mary Kom, to win an Olympic bronze medal?

- a. Nikhat Zareen
- b. Simranjit Kaur
- c. Pooja Rani
- d. Lovlina borgohain

Q4. Saikhom Mirabai Chanu, a women weightlifter is representing India in _____ category at Tokyo Olympics 2020.

- a. 69kg
- b. 50kg
- c. 49kg
- d. 48kg

Q5. The Tokyo Olympics which were held in 2021 were of which year?

- a. 2021
- b. 2022
- c. 2020
- d. 2019

Q6. How many categories are there in which the Paralympics Athletes compete?

- a.6
- b.20
- c.10
- d.13

Q7. Who was the first Indian to win two Paralympic medals?

- a. Avani Lekhara
- b. Bhavina Patel
- c. Harvinder Kaur
- d. Aditi Rathore

Q8. What was the mascot of the Tokyo Paralympics 2020 games?

- a. Miratowa
- b. Someity
- c. Vinicius and Tom
- d. Appu

Q9. How many athletes from India participated in the Tokyo Paralympics 2020 games?

- a. 50
- b. 52
- c. 54
- d. 56

Q10. What was the main motto of the Tokyo Paralympics Games?

- a. United by nations
- b. United by Emotions
- c. United by Motions
- d. United by Games

Q11. Who was the player that was India's flag-bearer in the Tokyo Paralympics 2020?

- a. Vivek Chikara
- b. Jyoti Baliyan
- c. Sharad Kumar
- d. Mariyappan Thangavelu

Q12. The flag bearer of India Mariyappan Thangavelu at the Tokyo Paralympics belongs to which sport?

- a. Long Jump
- b. Javelin Throw
- c. High Jump
- d. Swimming

Q13. Which nation withdrew from the Tokyo Paralympics 2020 due to instability and violence?

- a. Syria
- b. Afghanistan
- c. Iraq
- d. Myanmar

Q14. The official mascot of CWG 2022 was?

- a. Keyano
- b. Goldie
- c. Perry
- d. Shera

Q15. Which Indian athlete was missing out on CWG 2022? PV Sindhu

- a. Neeraj Chopra
- b. Lovlina borgohain
- c. Kidambi Srikanth

Q16. The "Commonwealth Games" are normally held every how many years?

- a. Two
- b. Four
- c. Six
- d. Three

Q17. What is the motto of the Commonwealth Games 2022?

- a. Sports for All
- b. Sports with the world
- c. Sports in the globe
- d. Sports and Games for All

Q18. Who lead the hockey team of India in the Commonwealth Games 2022?

- a. Lalit Kumar
- b. Manpreet Singh
- c. Amit Rohisas
- d. Varun Kumar

Q19. What was new for women in the Commonwealth Games 2022?

- a. Women's Cricket
- b. Women's Hockey
- c. Women's Basketball
- d. Women's Volleyball

Q20. In which year did India host the Commonwealth Games?

- a. 2008
- b. 2015
- c. 2010
- d. 2021

Q21. Who was the flag bearer of the Commonwealth Games 2022?

- a. PV Sindhu
- b. Sania Mirza
- c. Dutee Chand
- d. Mithali Raj

Q22. In how many sports India participated in the Commonwealth games 2022?

- a.12
- b.26
- c.22
- d.15

Q23. Name the player who qualified for the discus throw finals from India in Tokyo Olympics 2021.

- a. Kamalpreet Kaur
- b. Taranjeet Kaur
- c. Anisha Awasthi
- d. Avani

Q24. Which medal did PV Sindhu win in the Tokyo Olympics 2021?

- a. Gold
- b. Silver
- c. Bronze
- d. None

Q25. In the boxing women's welterweight category, which medal did India win?

- a. Gold
- b. Silver
- c. Bronze
- d. None

Q26. Tokyo Paralympics are going to be _____ Summer Paralympics Games?

- a. 10th
- b. 14th
- c. 15th
- d. 16th

Q27. The 21-year-old Nirshad Kumar cleared ____ to win the silver and set an Asian record at the 2020 Tokyo Paralympics.

- a. 3.06 m
- b. 1.80m
- c. 2.15m
- d. 2.06m

Q28. Krishna nagar bagged which medal at the 2021 Tokyo Paralympics?

- a. Gold
- b. Silver
- c. Bronze
- d. Silver and bronze

Q29. Avani lekhari won 2 medals at the Paralympics. Those were

- a. Two golds
- b. Gold and silver
- c. Gold and bronze
- d. Silver and bronze

Q30. How many teams participated in the XXII Commonwealth Games 2022?

- a.72
- b.78
- c.70
- d.68

Q31. Which was the venue of the opening and closing ceremonies of the games?

- a. Arena Birmingham
- b. Alexander Stadium
- c. Edgbaston Stadium
- d. Sutton Park

Q32. How many medals did India win at the 2022 Commonwealth Games?

- a.55
- b.57
- c.61
- d.67

Q33. Which country topped the medals tally at the 2022 Commonwealth Games?

- a. USA
- b. Canada
- c. Britain
- d. Australia

Q34. What was India's position in the final medals tally at the 2022 Commonwealth Games?

- a. Second
- b. Third
- c. Fourth
- d. Fifth

Q35. Which medal did the Indian women's cricket team win at the Commonwealth Games?

- a. Gold
- b. Silver
- c. Bronze
- d. None of the above

Q36. Which medal was won by the Indian men's hockey team at the Commonwealth Games?

- a. Gold
- b. Silver
- c. Bronze
- d. None of the above

Q37. In which category of Lawn Bowls did India win a gold medal at the 2022 Commonwealth Games?

- a. Men's Pairs
- b. Men's Fours
- c. Women's Pairs
- d. Women's Four

Q38. Which of the following won a gold medal in Para Powerlifting at the 2022 Commonwealth Games?

- a. Parmjeet Kumar
- b. Sudhir
- c. Sakina Khatun
- d. Manpreet Kaur

Q39. In which sport did India win the most gold medals in the Commonwealth 2022?

- a. Wrestling
- b. Badminton
- c. Boxing
- d. Lawn balls

Q40. Where will the 2024 Olympics be held?

- a. Paris
- b. Beijing
- c. New Delhi
- d. Rio

ENTRY

Answers:

1)Neeraj Chopra 2)Aditi Ashok 3)Lovlina borgohain 4)49 kg 5)2020 6)10 7)Avani Lekhara 8) Someity 9)54 10)United by emotions 11)Mariyappan Thangavelu 12)High jump 13)Afghanistan 14)Perry 15)Neeraj Chopra 16)Four 17)Sports for all 18)Manpreet Singh 19)Women's Cricket 20)2010 21)PV Sindhu 22)15 sports 23)Kamalpreet Kaur 24)Bronze 25)Bronze medal 26)16th 27)2.06m 28)gold 29)Gold and bronze 30)72 31)Alexander stadium 32)61 33)Australia 34)Fourth 35)Silver 36)Silver 37)Women's four 38)Sudhir 39)wrestling 40)Paris

ENTRY

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Blank handwriting practice lines.