



**THE ANNUAL MAGAZINE
BY SPORTS COUNCIL 2017-18
DEPARTMENT OF
PHYSICAL EDUCATION,
GARGI COLLEGE
EDITION: VIII/Phy.Edu./2018**

ABLAZE

FIRE. LIGHT. ZEAL.

Dr. Sheela K.S.

Dr. Rekha Navneet

Dr. Neena Kumar

Dr. Rakesh Kumar

Ms. Gursharan Kaur

Sports President

Nidhi Yadav

Editor:

Manya Tanwar

Co-Editors:

Simran Obhrai

Avika Dixit





IN REMEMBRANCE

Seldom does one come across a person so dedicated, hardworking, eager to learn yet at the same time, lively and fun loving.

Team Chess was blessed to have **Shalini Chaudhary**, one of the most exuberant and highly eager to learn and improve in the game she came forward to take part in.

It was a loss to the entire chess team that she left so early for her heavenly abode on 30th April 2016 and that we couldn't even say a proper goodbye.

She would always be remembered as a future star, the Happy Girl of the Chess Family!

You would always be missed, Shalini.

-Student Sports Council

THAT FLICKERING FLAME INSIDE YOU...

DON'T LET THAT FADE.

FIND HER. PROTECT HER.

NO MATTER HOW TINY IT IS.

IT HAS POTENTIAL TO SHINE BRIGHT.

TO BRING DOWN THE KINGDOM OF DARK.

**KEEP ABLAZE
THAT FIRE, LIGHT AND ZEAL.**

From the Principal's Desk.....

Dr. Promila Kumar
Principal (Officiating)



I am delighted to know that department of Physical Education is releasing eighth issue of their magazine "ABLAZE". We, at Gargi, aim to provide an environment which enriches the intellectual, spiritual, emotional and physical development of the pupil in an atmosphere that is contented and nurturing. Department of Physical Education plays a crucial role in achieving this goal. Department periodicals authenticate the intellectual ability of our students along with their passion for games. These magazines provide a promising platform to our students to **showcase** their skills, creativity and ideas.

I commend the department for its remarkable achievements throughout the year and congratulate the whole editorial team & contributors for the upcoming issue of 'Ablaze' and enthusiastically look forward to reading our students' perspective on various issues.

Dr. Sheela Kumari
Associate Professor

ABLAZE will be completing the eighth year of its existence with this issue. It began as a simple newsletter with four colour pages in the year 2009 and has grown to the stature of an annual magazine now. ABLAZE has been chronicling the achievements of the sportspersons as well as has tapped on the latent creative potential existing in a sportsperson. It is open to the other students of the college too, provided they write on the general theme of sports. A colourful magazine that ranges from serious articles to photographs of sportspersons and teams to crossword, an inherent flexibility is available to successive student sports councils to display their creative talent.



This year after so many years of hard copies, the student sports council has decided to come out with an e-magazine which is in line with the college policy. I wish the current student sports council the very best while tackling this new challenge and hope that they are successful in the venture. Reducing our carbon footprint while doing so would send the right message to all the students to save paper where they can. I would like to take this opportunity to thank Dr. Rekha Navneet for having sportingly accepted the challenge of officiating as the Teacher in charge of the Department of Physical Education, besides her regular responsibilities and for having successfully completed it. She worked in close coordination with Dr. Rakesh Kumar and Ms. Gursharan Kaur to seamlessly run the department. The guidance and cooperation of Dr. Promila Kumar, Principal (Offtg.) also needs to be acknowledged with thanks. I would also like to thank Dr. Neena Kumar, for having taken up the responsibility of being the next Teacher in charge till,

August mid this year, which is when I re-join the college after a year of sabbatical leave. With all best wishes to everyone in the department,

Teacher in Charge writes.....

**Dr. Rekha Navneet (Officiating)
(August-March, 2017-18)**

I have always been a sports enthusiast. However, becoming the TIC of the Physical Education department, though officiating since I am a faculty member of Philosophy, was another kind of experience. It was more of an administrative responsibility, the kind I wasn't used to. However, it was an enriching experience. I thank Dr Sheela K. S. For letting me have this wonderful time. Coming from Philosophy discipline, I can really appreciate the significance of mind-body holism. I must acknowledge the huge and able support that I received from Dr Rakesh Kumar and Ms Gursharan Kaur in making my interim duration as TIC for the department a wonderful experience to remember.



Sports' student council also performed efficiently. Thanks are due to Mr Xavier and all the coaches too. Dr Sheela was always a friend, but I have found new friends in Dr Rakesh and Ms Gursharan too.

A huge appreciation for our sports' girls for constantly bringing in glory to the college by their continued excellent performance. Well done!!! Keep it up!!!!

Teacher in Charge writes.....

**Dr. Neena Kumar (Officiating)
(April-July, 2018)**



The Department of Physical Education gave me a golden opportunity to be closely associated with my captivation for sports. Sports education not only enhances the optimum development of students physically, ethically, morally, socially and academically but also continues to drive in a supportive and inclusive environment for them to explore their potentials to achieve goals in all walks of life making them optimistic within and outside. The students this year met many challenges and I feel immense pleasure to congratulate their achievements. As we celebrate golden Jubilee year, I thank the selfless efforts and hard work of everyone who have strengthened the foundation of this department. I

appreciate editorial team for their concerted work, meticulous planning and execution to bring out EIGHT edition of ABLAZE. My special thanks to the creative ideas of the young writers. To be a part of physical education department is a great learning experience for me.

Editorial board



Ms. Manya Tanwar, Ms. Simran Obhrai and Ms. Avika Dixit

Welcome to the eighth edition of ABLAZE, designed especially for people who might never normally consider picking up a sports magazine. This is for readers who want to know what they can get away with, rather than what they should to stay fit and healthy. We want it to be entertaining and informative, but above all useful. We have tried to include all the sports achievements and events that took place throughout the year. A sportsperson shows her/his talent on field, but this magazine is a platform for the students to show their literary skills. The experience of working for it has been memorable. We would like to convey our sincere thanks to our mentor, our guide and our teacher Sheela ma'am, Dr. Rakesh sir and Gursharan kaur ma'am, for their patience during the delays. Good Sport magazine tells stories of sports that even the most unathletic can relate to.

Finally, thank you to all my Gargiites for your valuable inputs. Dive into the magazine, Hope you enjoy.

President Speaks.....

Ms. Nidhi Yadav, Sports President (2017-18)

This was the turning point in my life where from a very silent personality to the commanding and bold personality was born. It was the most precious day of my life when I have been appointed as a sports president of the college. Where the post itself gave me Goosebumps and not only that but, the first experience after my selection was very important as I was nervous yet confident and the feeling was just so right with which I conquered my very first task 'farewell to my seniors' where with my newly elected union we worked head on heels to make it a successful event and did true to our duties. It was a kick start to the journey towards the beginning of the academic session where the responsibility was to enroll new students based on their trial and certificate merit in various sports for our department. Becoming sports president opened many doors of opportunities as I earned leadership qualities, management skill while working with enthusiastic players and playing junior national at the same time was not as easy task. It has been a memorable journey from managing game to council. Special thanks to Sheela ma'am, Rakesh sir, Gursharan ma'am, Xavier sir and my council members for their support and faith in me.



SPIN'18, Annual Sports Meet 2017-18

Ms. Gunjan Gaba-Vice President



Sports have been an integral part of Gargi College for years. Keeping up the tradition, this year too, Gargi College organized its annual sports day with the same flamboyant spirit, on the 22nd of February, 2018 with the theme of "SAMRIDH, SAMPUARN AND SASHAKT". Mr. Sandeep Singh Maan, the Indian para-athlete and Arjuna awardee graced the event as our chief guest. The guest of honor had been Mrs. Sunita Sharda, Gargi alumni, a volleyball player and a physical education teacher; Dr. Promila Kumar, Principal ma'am, Dr. Rekha Navneet T.I.C, and our very special guests Dr. Sheela K.S. and Mr. Jagtar Singh. The day started off with welcoming the guests followed by the inter-departmental March past competition, a highly competitive event where 19 departments, with 364 contingent members eyed for first place. The participation marked this year was way more than the last year which indicated enthusiasm and sports man spirit amidst students. Display activities for the day were sports medley, yoga act and aerobics performed by sports students. We hosted several games for students, teaching and non- teaching staff, and the games were designed by our sports council team as per the tradition. The prizes were given to the winners and also to the students with excellent performance throughout the year. This successful event marked its closing by a vote of thanks by Neha Bisht, General Secretary. Our team of 17 union members made an attempt for our best efforts making spin'18, a day to remember. Sports has played an important role in my life, being a general student I enrolled myself in aerobics in my second year of college and this made way for me to excel in studies and sports simultaneously. I have evolved as a determined being and I would like to thank my coach Mr. Vipin Kumar for his efforts and faith in me.

The Year before.....

Ms. Kritika Sharma, Sports President (2016-17)



When you are a part of a team you stand up for your teammates because your loyalty is to them and you always protect them from awful situations. because they do the same for you. Being the Sports President of the very prestigious Gargi College was a learning experience for me. I have taken away so many good memories of management at a micro level and learnt to tackle issues with equanimity. I myself can feel that this assignment has given me a lot of belief in myself and know that it has been a lifelong experience which I would have lost if I had not been chosen as the Sports President. There were milestones that I had to achieve and hurdles that I had to face in this journey of self-actualization. During this process, I found that having an unshakeable Team spirit was the most important factor for success. As Sports activity

plays a very major role in our life, it was our main goal to maintain a balance between academics and the sports activities. My Sports council organized many events, notable among them being, the Gargi Olympiad in which general students participated and won prizes, Gargi College Invitational Tournament for all women colleges of University of Delhi, a mental health seminar in collaboration with the Psychology department, the Sports Day etc. These were lessons in the art of management.

In sports half the battle is won if you can master the mental games, you can train all you want, practice all you want and run through every single game but if you still want to win; you and your teammates have to be really mentally prepared. A coach like Rajan sir and teachers like Sheela Ma'am and Rakesh Sir are needed in every student's life along with a good, motivating and supporting team of people like Xavier Sir, Sabina Didi and Rajesh bhaiya and DD bhaiya.

Thank you for the extreme honor and it is a great pleasure to have the privilege of being able to write for 'Ablaze', a beautiful piece of art. I wish the very best to the new sports council for a successful year.

Praise by Alumni.....

**Mrs. Sunita Sharda
(Batch 1993)**



I was deeply humbled to be the Guest of honour at the annual sports day, the joy of seeing young women, charged, zestful, resilient and head strong, in all their sporty glory was a beautiful experience. In a nation where the youth dominates in numbers and women are systematically suppressed in some form or the other, it was impressive to see what the combined strength of such diligent dedication and undying compassion can put together. The march organised by all the departments was quite impactful and a sight to truly behold. The whole event was a success with a range of activities designed to keep the audience enthralled. The yoga demonstration and the sports medley were efficiently implemented and the exuberance emanating from the girls made it all the more exciting. The hospitality displayed by the Student Council was commendable, I was pleased to see the progress the college has gone through in all these years and I hope it continues to nurture such talented and competent young minds. Every event from the races, cross fitness programme, staff events to the aerobics display was well thought out and presented. It was especially humbling to be sitting next to an eminent panel including Mr. Sandeep Singh Maan, Dr. Promila Kumar, and Dr. Sheela K.S.

Champion of Gargi Olympiad 2017-18.....

Ms. Anu , Arts Stream Captain

I participated and won various competitions in Gargi Olympiad in my 1st and 2nd year of college but this



year was very special to me as I was leading as a stream captain. I never held such responsibility of being a leader before this. Team members rely on the captains, as captain, I now had to deal with the pressures and stress that went along with the role. I knew I was going to learn a lot and I was really excited for the Gargi Olympiad. Since day one, I wanted to win the best stream trophy and hence I motivated and encouraged each and every student to give their best and I gave my best too. I took pride in helping all the girls with their problems; we went through ups and downs, won some and lost some but giving up was never an option for us. We worked even harder because the aim was getting the 1st position, and finally after all the hard work, winning the best stream trophy made this Gargi Olympiad even more special. In the end I would like to mention that Success doesn't happen overnight, Keep your eyes on the prize and never look back.

“The harder the battle, the *sweeter* the victory”

ALL OUR TEAMS

Identity through Aerobics.....



Ms. Deepika, Hindi H 2nd Yr –Aerobics Team Captain

Gargi College has always been dedicated towards all round development of the students and the sports department provides fruitful opportunities in numerous fields including athletics, basketball, chess, cricket, lawn tennis, volleyball and much more'. Being a girl's college, the main motive here has been to train us to stand on our own feet and be a confident ingredient of the society we live in. In the beginning, we are made to participate in fitness sessions, but after days of training under observation, those who have made remarkable improvements are allowed to join their chosen respective games and sports. starting with a unified medley show casting all the sports disciplines in catchy tracks, with a few minutes long medley wrapped up with a power pack performance from the Main Aerobics team and went all the way with various on the spot competitions (for teachers, students and non-teaching staffs) designed at

Suitable difficulty level solely to celebrate the Annual College Sports Fest in a fit and healthy manner. In this way, it kept a check on our performance and brought in new ideas to discover our inner potentials. Aerobics is an empowering sport, as we just need patience, discipline and sincere efforts to keep up and do our best.

The Strong Clicker.....



Ms. Nandini, Mathematics H 1st Yr-Archery Team Captain

Being a fresher and bearing the huge responsibility of captain of Gargi College’s archery team was never an easy task for me. The job of a captain not only comes with honour and pride, but it is much more than that. You have to bear enormous responsibilities on your shoulders, but these were my fellow teammates and my coach for being tremendously helpful and supportive. When it comes to archery, there's an 'I' in team, we individually have to be persistent in our efforts to bring glory our college. I personally chose archery because there is always scope to learn new techniques each time when u hold bow, as it develops and enhances our skill of consistency. A good archer is always mentally aware of what he/she does while shooting. I always enjoy the 'focus and consistency', we aim for bulls eye, not only in ground while practicing but also in life. Without archery, my college life would have been such a turn off. I am thankful to our head of the physical education department Dr. Sheela ma'am, Dr. Rakesh Sir and Gursharan ma'am for always motivating and inspiring us to excel and perform better each day.

The horizontal barriers.....



Ms. Sarita, B.A.P. 3rd Yr- Athletics Team Captain

The lessons learned from sports are invaluable; some of the greatest things I've learned about both my sport and leadership abilities have come from being a captain.

This responsibility has taught me that a captain is the backbone of entire team, bearing the accountability for the thoughts, opinions and concerns of the team and making sure that the voices are heard. My job was to stand up for my teammates, help them when they're down, and encourage them to do better.

“I took the captaincy position with one main goal: to make a difference in my team, to make a difference for my team, and to make a difference with my team”.

I am honoured that my team has allowed me to be in the position and moreover taught me about discipline, leadership, friendship, and dignity. These qualities I hope to carry on throughout my life. When I summed up all my experience, I can only say that being the captain of a sports team is a job to reset priorities and sacrifice on a whole lot of things. It is stressful at times, sometimes seemingly unrewarding, but if you persist and the team starts tasting success you will realize it's fun. You will walk away like a proud person, with all the achievements, the efforts and the respect you earn.

Transformation of life as a captain.....



Ms. Manya Tanwar, History H 3rd Yr -Ball Badminton Team Captain

It is both an honor and pride to play the role of a team captain that most people aspire and strive to become one. On one hand, it is honorary because it serves as recognition of one's credibility and ability to lead and on the other hand, a big responsibility because next to the coach, it is the captain who becomes in charge for the betterment of the entire team. My personality has been partially changed throughout this whole year in a very positive way, as I've learned to be committed towards the game by motivating my team towards achieving our goal and to bounce back when we experience defeat. I've always tried to be a good communicator which involves both talking and listening to the team members and after all this I can proudly say that in my captaincy my team has achieved what they were struggling from since beginning..

“we have grabbed 1st position in Delhi University Inter-College Competition, 1st position in SRCC sports fest, 1st position in BHARATI College sports fest”.

It has been a memorable journey from being an *editor* in the sports council to being a *captain* of the team. I am thankful to all the people who gave me this opportunity Sheela maam, Rakesh sir and Gursharan maam.

A captain with beautiful heart.....



Ms. Juhi Kapoor, B.Com P 3rd Yr- Basketball Team Captain

Have you ever experienced 11 babies crying in front of you to help them out? I have experienced that in this team. Being the eldest in this team every person in the team would be coming and asking what they should do even in the minutes of matters. My experience of a team that was falling apart a year before and was being on the verge of getting shattered was a rollercoaster. But slowly and steadily we managed to get it all together and I don't think nobody can break our family apart now. For the coming years I had set an example by breaking the norm of being a strict and rude captain. I have broken the legacy of strict captains for the basketball teams in Gargi in the past years and hope that the love proliferated continues to blossom the team ever and ever. I had a mesmerizing experience of every single day with my team and will remain as a frozen memory in my heart; it will be very difficult for me to leave my team behind and move further but life moves forward with new opportunities and responsibilities. I would immensely thank Sheela ma'am, Rakesh sir and my coach Sumesh sir for constantly guiding and helping me out in all the decisions I took in my tenure. Without their support and belief in me we would not have achieved anything this year.

Punctuality, Perfection and Performance (P3).....



Ms. Lata Advani, B.Com P 3rd Yr-Team Chess Captain

Being a team captain is a matter of pride but it also brings in a lot of responsibilities. It was a great experience for me not just in terms of sports but in every sphere of life. For me, it was a challenging task to unite the whole team, to listen to everyone's opinions and then making an informed decision in team's

favour. It was difficult yet a beautiful journey as I learned a lot through it. The most significant lesson which I learned was the value of punctuality in performing one's duties. I would like to thank Ishita Kapoor and Shreya Sehgal (Vice Captain) for helping me through this whole period and for making it worth remembering. Special thanks to our Coach Mr. Rajesh sir, Sheela Ma'am, Rakesh Sir, Gursharan Ma'am and Xavier Sir for being a great mentors and guiding me from time to time.

“We got 2nd position among 25 colleges of Delhi University in Inter-College Tournament, 1st position in LSR, 3rd position in SRCC and Miranda”.

Lastly I want to say, Life is like a game of chess changing with each move.

The last boundary.....



Ms. Monika, B.A.P. 3rd Yr-Cricket Team Captain

I truly understood the meaning of what responsibility actually is when I was chosen as the captain of Gargi. College's cricket team. Team members rely on their captains and I knew I was going to learn a lot. I knew the girls looked up to me and I needed to change some of my ways. If I acted lazy, complained about anything, or arrived late to practice, the girls would copy me and so becoming a captain was a complete new change. My experience with my team mates was one of the best experiences I ever had. We fought all the battles together. The biggest battle we faced was the inter-college cricket tournament. There were in total four teams that participated- Gargi College, Kamla Nehru College, Jesus And Mary College and Laxmi Bai College. We won two matches out of three. Although, we didn't make it to the top but we bagged the second position. To be honest, I am really proud of my team. Their efforts were commendable, be it those in the field or those outside the field. It was an ideal team effort. We did lack at a lot of places during the matches but the hard work was clearly visible. Eight months of hard work gave us the result we deserved and I can proudly say that I have the best team. There were times when we felt like giving up. I still remember the second match with Jesus And Mary College. What a tough fight! We got a target of 205 runs. Although, we lost the match by four runs. There was a lot of pressure, yet it is one of the most memorable matches ever played. Although, all of this wouldn't have been possible without the support of our coaches and teachers. They stood by us during our hard times

and didn't let us fall down on our knees. There was a time where the whole team almost gave up but our teachers kept us going and motivated us to fight till the end. We are who we are, because of our coaches and teachers. They worked with us during this long period of time. I thank all the mentors (Surjit sir , Sheela ma'am, Rakesh sir, Gursharan ma'am, Neeru ma'am, Xavier sir) who supported our team in difficult situations of every player and with the time and efforts of our coaches we were able to achieve the second position in this tournament and yes last but not the least a special thank you to the grounds man (Rajesh Bhaiya ,Dharamdas Bhaiya, Sheeshpal bhaiyya, Anand Bhaiya) who always maintained the ground and nets for our practice session and were ready to help in every manner.

I think being a captain helped knowing myself even better. In the end I would say it was the most pleasant experience ever which will be cherished always.

The next best score is a waza-ari



Ms. Garima Godara, Pol. Sci. H 3rd Yr -Judo Team Captain

Talking about the experience at Gargi can be totally relatable to that of a pre-primary student as it was a very infant step towards the growth. Everything was so new be it the environment or the faculty with all the upcoming challenges to prove oneself and trying to avoid all the pinpointing fingers with a smile! Well, a great experience from a normal 12th pass to a fresher to be the hot topic from union member to finally being the captain. Judo was what I knew but what Gargi gave me Judo is what is to be taught and, that my identity is my 'TEAM'. As the member of the physical education department and a participant of an individual game where everything depends on oneself your individual efforts decide on win and lose moment is what I had in my mind when I entered the department but now as I'm about to graduate, on recollecting all the teachings, this is what I learned that it is not about INDIVIDUALITY but about being a part of GARGI sports family where winning and losing matter to a lesser extent but what matters more is respect and love towards your seniors, teachers and teammates not a result of any force but out of togetherness being into same as in a family. Judo gave me Gargi and I'm glad to be a GARGITE. I will definitely miss my Physical Education Department and the heads Sheela Mam, Rakesh Sir, Gursharan Mam, Xavier Sir from a strict look to a cute smile from ma'am I witnessed all, from a more understanding of situations to all the negligence of uncompleted tasks, I witnessed her super supportive nature. In the end I would like to thank all the mentors, My COACH Mr.RAVINDER DAHIYA.

Netball- A New Endeavour



Ms. Simran Obhrai, Microbiology H 2nd Yr- Netball Team Captain

A team is not a group of people who work together, a team is a group of people who trust each other. With the same faith and trust in ourselves and in each other we took up this new endeavour. We all were beginners in this field. But, we knew our individual efforts and work ethics would affect the whole team. So we all did our best to improve it and in turn elevated the whole team. We took this new game as a challenge and worked hard to the best of our abilities. Clear positive communications from the coach to player and player to player in the practice matches we played, helped us earn the Winning attitude. With this same attitude, we played the inter college. Although we couldn't get the trophy but we learned a lot. Standing as a team before opponents, despite any odd, something I couldn't have experienced better anywhere else! What was more that we learned in this journey, was that each member in the team needs to know that they are loved, their best is expected, their job is to serve others and there are no consequences when we mistreat each other. But here, as a player, we need to understand that when working with a team, not everyone is treated in the same manner, but everyone is Respected.

The best point is break point.....



Ms. Kalpana Chaudhary, App. Psych. 2nd Yr-Tennis Team Captain

The first and most crucial part of being a team captain is encouragement; you have to motivate your teammates regardless of their category or experience, you have to find ways to bring out best in those around you. Becoming a leader and role model for this group of girls is a new, interesting -

experience. As an underclass man I never realized how much work and responsibility goes into being a team captain. As a captain, I know how to deal with the pressure and stress that went along with role; I knew I was going to learn a lot. My team is great with full of fun and great bonding, we all are always there for each other on and off court; we support each other in injuries and take care of each other, and by being together as a team, everyone cheers for each other's success. I did whatever I could to reflect the values with my actions that I'd be a role model. Since I'm in second year and I'm still captain of my team I'd make it sure that I'm capable and I'm a good captain and my team is proud of me.

A libero with captainship.....



Ms. Neha Bisht, B.Com P 3rd Yr-Volleyball Team Captain

A libero can't be the captain of the team but still I am the captain of the volleyball team 2017-18 with full support of my co- captain Divya Singh. I think we both have put equal efforts for the well-being of our team and our efforts paid us back. We won many tournaments this year and added some glory to the sports room. I thank Sheela ma'am, Rakesh sir and my seniors who saw potential in me and chose me to be the captain of the team. Captainship is a call for a good leader, not an extra ordinary player. In fact, I was not in the main six till my second year. A big thank to my coaches Rajan sir and Deep sir for their limitless support. How can I forget about my BEST teammates? We are a team of 15 players and we all are the strength of each other. At the end, I had a wonderful experience and I'm going to Miss GARGI for sure.

The dhakkad team.....



Ms. Shivali, Chemistry H 3rd Yr-Wrestling Team Captain

It is a great honor for me to be selected as the wrestling captain for the year 2017-2018 and I would like

to thank our respected coach Mr. Ravinder Dahiya and Sheela ma'am who gave me this opportunity. Personally, this year has been the most incredible experience. The memories and skills that I've obtained from being a Captain will forever be cherished. I'm so grateful I was provided with this opportunity, as being a leader is much more than just wearing a badge. I've grown as more confident and appreciative person, it excites me knowing that in a matter of days we all will be in the 'real world' and college will just be a memory. But luckily for me, that memory will remain by my side for the rest of my life.

Science of Yoga.....



Ms. Pooja, Hindi H 3rd Yr-Yoga Team Captain

Being a captain of the yoga team was a good experience for me, I started yoga in my 1st year and I was not with the sports quota. I never thought I would ever be the captain of the team. After becoming a captain, many responsibilities were augmented on me and I always tried to fulfil them. There have also been a lot of changes and development in my personality, our coach Mr. Anuj Sir and our team members Savitri (vice-captain) Kajal, Arti, Harshita, Ankita, Jyotsana, Vansika and Unnati were very cooperative. I would like to thank Sheela ma'am and Rakesh sir, who selected me to be the captain also special thanks to Dharamdas bhaiya and Rajesh bhaiya, without whom things would not have been so easy.

Black & White

Black and white,
 White goes first,
 Black goes second,
 Welcome to the game of chess.
 Knights,
 Bishops,
 Pawns,
 Kings and Queen...
 You have to think carefully,
 you better not to lose any of your pieces,
 You have to beat your opponent,

Welcome to the game of mind.
WHITE SQUARES OR BLACK
 White squares or black,

Bishops or knights...
 You better get ready to put up a fight.
 I might open with English,
 I might open with French,
 But nothing you do will break my defence.
 My pieces will surround your king,
 And then you'll know it's just too late,
 For the next word from my mouth,
 Will be the word 'Checkmate?'

Ms. Lata Advani, B.Com P 3rd Yr

Sources: <https://hellopoetry.com/words/chess>, <https://goo.gl/images/5bH51Q>



**Ms. Pincky Balhara ,
B.A.P. 2nd Yr Select-
ed for 18th Asian
Games, Palembang,
Jakarta, Indonesian**



**Ms. Mahima Tokas,
B.A.P. 1st Yr Bronze Med-
alist in Kurash Asian In-
door and Martial Arts
Games 2017 Ashgabat,
Turkmenistan**



**Ms. Aarti Khatri B.A.P.
1st Yr Participated in
Cadet & Junior Judo
Asian Championship,
Kirgizstan**



**Ms. Akansha Rawat B.A.P.
2nd Yr Silver Medalist in
Senior National, Kurash,
Sonipat, Haryana**



**Ms. Reetika Life Sci-
ence 1st Yr Gold Med-
alist in Junior Kurash
National, Ahmeda-
bad, Gujarat 2017**



**Ms. Shubhangi Shukla
B.Com P 2nd Yr Silver
Medalist in Junior Kurash
National, Ahmedabad,
Gujarat, 2017**



**Ms. Riya Sisodia History
H 2nd Yr Silver Medalist
in All India Squash Inter-
University Competition,
University of Mumbai**



**Ms. Shweta B.A.P.
2nd Yr Participated in
Senior Ranji Trophy
Tournament & Senior
U 23 from Haryana**



**Ms. Moksha Thukral ,
Eng H 1st Yr Participat-
ed in All India Tennis
Inter University Com-
petition**



**Ms. Chanchal Tyagi
M.A.Pol.Sci. H Participated
in All India Ball Badminton
Inter University at Dravidi-
an University, Srinivasa
Vanam, Kuppam (A.P.)**



**Ms. Manya Tanwar History H
3rd Yr Participated in All India
Ball Badminton Inter University
at Dravidian University, Sriniva-
sa Vanam, Kuppam (A.P.)**



**Ms. Rajbala Pol. Sci. H
2nd Yr Participated in
All India Judo Inter
University, Tilak Maha-
rashtra (MS)**



**Ms. Nazma M.A. Eng H
1st Yr Participated in
North Zone Inter Uni-
versity, Maharishi Mar-
kandeshwar University,
Ambala**



**Ms. Monika Yadav B.A.P. 3rd
Yr Participated in DDCA U-19
North Zone Competition
(Knock-out National), Guntur,
Andhra Pradesh**



**Ms. Kajal Pol .Sci. H 3rd Yr
Participated in North Zone
Inter University, Maharishi
Markandeshwar University,
Ambala**



**Ms. Sakshi Yadav B.A.P. 3rd
Yr Participated in North
Zone Inter University, Ma-
harishi Markandeshwar
University, Ambala.**



Ms. Priyanka Kandpal
Chemistry H 3rd Yr
Participated in North
Zone Inter University,
Solan, Himachl Pra-
des



Ms. Nidhi Yadav Physi-
cal Sci. 3rd Yr Partici-
pated in National Jun-
ior Athletics Champion-
ship, Manglagiri, Vijay-
awada, Andhra Pradesh



Ms. Pooja Hindi H 3rd
Yr Participated in
42th National Yoga
Sports Championship,
HRIT College, Gha-
ziabad, UP



Ms. Aarti Sharma
B.Com P 2nd Yr Partici-
pated in 42th Nation-
al Yoga Sports Cham-
pionship, HRIT Col-
lege, Ghaziabad, UP



Ms. Arushi Jauhri
Physical Sci. 3rd Yr
Bronze Medalist in
50 Mtr. bore sports
rifle in 33rd DSSC
National 2017



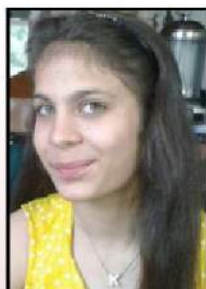
Ms. Tulika B.A.P. 1st Yr
Participated in North
Zone Inter University,
Maharishi Markandes-
hwar University , Ambala



Ms. Shivani B.Com
P 2nd Yr Participat-
ed in Junior Kurash
National , Ahmeda-
bad, Gujarat



Ms. Nidhi Hindi H 3rd
Yr Participated in Jun-
ior Kurash National,
Ahmedabad, Gujarat



Ms. Kanica Batra B.Com P
1st Yr Participated in Jun-
ior Kurash National , Ah-
medabad, Gujarat, 2017



Ms. Aditi Dahiya Pol.
Sci. H 1st Yr Participat-
ed in Junior Kurash
National, Ahmedabad,
Gujarat, 2017



Ms. Shivani Soam
B.A.P. 1st Yr Gold Med-
alist in Athletics Inter
College Meet in Hep-
tathlon event in D.U.



Ms. Chhavi Physical Sci.
2nd Yr Bronze Medalist in
All India Judo Tourna-
ment, under the aegis of
Judo Federation of India



Ms. Jyoti B.A.P. 1st Yr
Participated in Ball
Badminton Sub Junior
National Championship,
Shivamoga, Kar-
nataka



Ms. Ravina Physics H
3rd Yr Bronze Medalist
in Long Jump event in
Athletics Inter College
Meet D.U.



Ms. Sarita B.A.P. 3rd
Yr Bronze Medalist in
100 M Hurdle in Delhi
Annual Athletics Meet



Ms. Kavita B.A.P. 2nd Yr
Bronze Medalist in 400
Mtr in Delhi State Ath-
letics Championship







Teachers and Staff Matches





GARGI OLYMPIAD



Sports Injury among Women Athletes: A Gender Perspective

Dr K Ray Barman

From the time of Adam and Eve, both men & Women evolved with time and were exposed to similar climate and evolutionary forces. Still differences exist in their structure, physiological developmental and biomechanical issues.

The increasing participation of women in competitive sports has been accompanied by a rise in number & pattern of injuries. In sport, vigorous exercises, physical & psychological demands lead to stress, chronic fatigue and ultimately injuries which are significantly higher in females than male athletes. Researchers have argued that injuries in athletes have been assumed to be more sport-specific than gender-specific. However, it is important to explain why this gender variation exists with respect to the sports injury pattern.

Structural or Anatomical differences

Females may have some unique structural factors such as: wider pelvis, shorter legs, more oblique femurs, larger ratio of lower body weight to upper body weight, greater fat deposition on the thigh, and greater carrying angle of the arm which may affect technique and subsequently injury. Hence lower extremity injuries are more directly correlated to gender.

Metabolic Differences in muscle

The muscular strength of girls and boys diverges markedly with the onset of puberty; at age 11-12 girls have 90% of boys' strength; but by age 15-16 this has decreased to 75% of strength. Girls also mature earlier than boys both skeletally and physiologically. One of the biggest reasons for differences in sports performance among men and women is glucose use and skeletal muscle fibre type. Women have Type 1 muscle fibres which have greater ability to withstand fatigue. This means better tissue perfusion and greater capacity for glucose and fatty acid oxidation. Because of these reasons women long distance runners have better stamina or less fatigue than male runners.

Hormonal differences

Another major difference is higher testosterone levels in men and higher oestrogen levels in women. Testosterone is attributed to higher amounts of muscle mass and the ability to build muscle. Oestrogen has been associated with better metabolic health and increased muscle sensitivity to glucose. This also relates to men's ability to excel at high performance events while women tend to convert fat to energy better and fatigue less.

Greater release of stress hormone levels have been identified in endurance trained male athletes when compared to females. This could impact performance, training, and even potentially gender affinity for certain types of sports.

Hormones may also affect ligaments, connective tissue and neuromuscular control. Due to these women may also be more prone to injury during certain phases of their menstrual cycles.

Female Athlete Triad

Another important aspect among female athlete is "*female athlete triad*" which is, insufficient energy availability (not have enough caloric intake in comparison to energy expenditure), bone loss, and menstrual disturbances. These affect performance and increases risk for sports injuries among Women athletes at the high school, college, and elite levels. The decrease in oestrogen levels (protective hormone), hormonal imbalances, and nutritional deficiencies can cause a low bone mass, leads to weaker bones. Athletes typically should have higher bone mineral density to withstand the rigor of sports.

Bone Mass

The bones in a female body mature earlier than those in the male body. Female bones complete their development around age 18, while male bones continue to mature until around age 21. Athletes who restrict calories or don't eat proper diets replete with bone-building nutrients and are at risk of osteoporosis. In addition, menstrual abnormalities and lean body weight reduce circulating oestrogen. If the bone doesn't heal because of repeated insults or poor diet, damage may expand into larger cracks (macrocracks) or a bone stress injury. Abrupt increases in training versus gradual increases in training that encourages muscle strength or endurance development over time, can predispose female athletes to stress fractures.

Differences in Bio-Mechanics

Running: Running technique has been linked to greater risk of patella femoral pain syndrome (PFPS), plantar fasciitis, and iliotibial band syndrome (ITBS) due to greater adduction and internal rotation at the hip as well as abduction at the knee and ankle eversion

Landing from Jumping: Women typically land with decreased knee and hip flexion angles when compared to males. 61% of all knee injuries and 92% of ankle injuries in volleyball are due to landing injury.

Site & type of injuries

Female athletes are more prone to *knee injuries* like patellofemoral pain syndrome ("[runner's knee](#)"), the degeneration of the shock-absorbing cartilage under the kneecap and debilitating rupture of the anterior cruciate ligament (ACL) of knee joint. ACL injuries are more common in soccer, volleyball, or basketball players.

Specific to body location, female athletes have been reported to have more injuries to the hip, lower leg and shoulder than male athletes.

A combination of anatomical, biomechanical and factors such as smaller, weaker supporting muscles of knees, ligamentous laxity, wider pelvis, Acute Q angle (thigh bones angle inward more sharply from hip to knee), imbalance between quadriceps and hamstring muscles, smaller intercondylar notch width are making their knees less stable. There are also biomechanical differences between the way men and women land on their feet, as in running or jumping.

Women also experience *shoulder injuries* more often than men. Compared with men, they have less upper body strength, weaker rotator cuff and periscapular muscles, and loose supporting tissues. This creates shoulder instability. Rotator cuff tears are quite common among female particularly in throwing events & among swimmers.

Females appear to sustain *concussions* at higher rates than men, with women playing basketball, and soccer at highest risk. They often have more severe signs and symptoms and recover less quickly than men.

Female swimmers had more back/neck, shoulder, hip, knee and foot injuries than their male counterparts, while female water polo players had more shoulder injuries.

Preventive measures to avoid injury:

Strength training: especially the hamstrings and the major muscles in the lower leg is key for female athlete. It is one of the best ways to stabilize hypermobile joints and prevent associated injuries

- ◆ More balanced diet for availability of energy and optimum calcium, phosphate, vitamin D₃ level
- ◆ Training to land from jumps, to change direction
- ◆ Bracing (may limit ankle eversion/ sprains in particular)
- ◆ Providing support and realignment with the right shoes and shoe inserts
- ◆ Avoid overuse and ensure full recovery from injuries before resuming activity
- ◆ Rest and recover between workouts
- ◆ Wearing proper protective equipment & footwear
- ◆ Hydrating before, during, and after practice and workouts
- ◆ Keep these muscle groups supple by stretching after exercise.
- ◆ Engage in pre-season endurance training
- ◆ Players education on injury management, nutritional consultations & refrain from unhealthy behavioural pattern

- ◆ Consult sports medicine expert for specific injury at right time

Lastly, training programs for women athlete should be designed as per their anatomical and biological issues rather adopting from the program of their male counterparts. While treating a female athlete, it is also important to understand gender differences so that injury specific intervention can be designed.

Indian women and Sports.....

Dr Rekha Navneet



Even though Yoga is an age old Indian tradition exemplifying the balance of mind and body, Sports in general did not find much space in the public /professional realm in the Indian context until as late as later part of 20th century. Also, while kabbadi, wrestling , sprint, weight lifting have still been a part of popular areas of ‘sports culture’, yet they were pursued only by men. Women and their participation in these and other popular fields like Tennis, Badminton, Cricket, Hockey, shooting, boxing etc have getting recognition only recently as recent as about 30-35 years only. Ironically and interestingly, more fame and recognition has been earned by women in both the conventional Indian sports as well as the international ones, and the challenging ones like Mountaineering. Though there are not many but still prominent faces of Indian women in sports can start with the triumph of P.T. Usha, Bula Chaudhary, and can be tracked to Sania Mirza, Mary Kom, Sania Nehwal, Santosh Yadav, Phogat sisters, PV Sandhu have become inspiring role models. Women are taking up Sports as a career option too. May the tribe of these women keep growing successfully. Gargi Sports girls embodying the spirit of Gargi, the seeker of truth, are keeping the college’s flag high by bagging laurels in various sports. Keep it up girls!!! Keep up the passion for sports and mind-body fitness...

125 CALORIES
CHILL. SIP. REPEAT.

**Bad nutrients-
High Sugar**
**Burn formula - 20
min running**

266 CALORIES

**Bad Nutrients -
Saturated Fat**
**Burn formula - 3.4 km
walk**

459 CALORIES

**Bad nutrients - High
Sodium**
**Burn Formula - 50
min walk**

312 CALORIES

**Bad nutrients -
Trans Fat**
**Burn Formula - 60
min walk**

Source: <https://www.verywellfit.com/walking-calories-burned-by-miles-3887154>



ELITE INTERVIEW
Pincky Balhara B.A.P. 2nd Year
Indian Judo team player

Q.WHO IS YOUR ROLE MODEL?

Definitely my uncle, he is an international judo player and has won several medals for our country, his caching skills are always ethical and valuable for me

Q.TELL US ABOUT YOUR BIGGEST ACHIEVEMENT -

Winning bronze medal at beach Asian games is my highest achievement till now.

Q. HOW SUPPORTIVE IS YOUR FAMILY?

My family supported me throughout. Especially my mother, the way she handled things after my father is commendable.

Q. WHAT WAS YOUR THAT ONE "SPECIAL MOMENT"?

There was one girl who always used to defeat me whether it's trials or match i never won against her until one national where she was representing Madhya Pradesh while I was representing Delhi and I defeated her. Literally I cried after that because somewhere down the line that was the moment I was eagerly waiting for.

Q. TELL US ABOUT YOUR WORKOUT ROUTINE-

I practice three times a day. In morning 6 to 8 a.m., in afternoon 11 to 2 p.m., and in evening with my uncle from 5 to 7 p.m. while in morning and in afternoon I do practice myself.

Q. WHAT ARE YOUR DIET PLANS?

I do not eat junk and as I am vegetarian so I have to keep special focus on my diet there are some nutrients and supplements which I always take and which I always keep with myself other than that I follow special diet given by my coaches.

Q.YOUR ADVICE TO JUDO TEAM-

I'll advice my Judo team to bring more seriousness in themselves.

Q. WHAT ARE YOUR FUTURE AIMS?

Till now no Indian has won any medal in Olympics from Judo so I want to work hard and win medal for my country in judo and I want other countries to sing National Anthem with us.

Q. TELL US ABOUT YOUR TRANSFORMATION FROM BEEN A 1ST YEAR STUDENT AND TILL NOW

I have learnt a lot of self-discipline from my college life.

Q. HOW DO YOU PREPARE YOURSELF MENTALLY AND ESPECIALLY WHEN THERE IS STRONG OPPONENT AGAINST YOU?

I really don't do anything special but all I remember is to be fearless because at the end this state of mind can only bring best out of me and in the game like Judo if you are carrying fear with you then you do not deserve player for this game. SO BETTER BE FEARLESS. For most important is to perform with your utmost capability in every match and the rest part acceptable.

Q. WHAT ARE YOUR HOBBIES?

I love dancing and even I record my dance videos. Other than this I love talking to my mother.

Q.WHAT IS YOUR ADVICE TO GARGI STUDENTS?

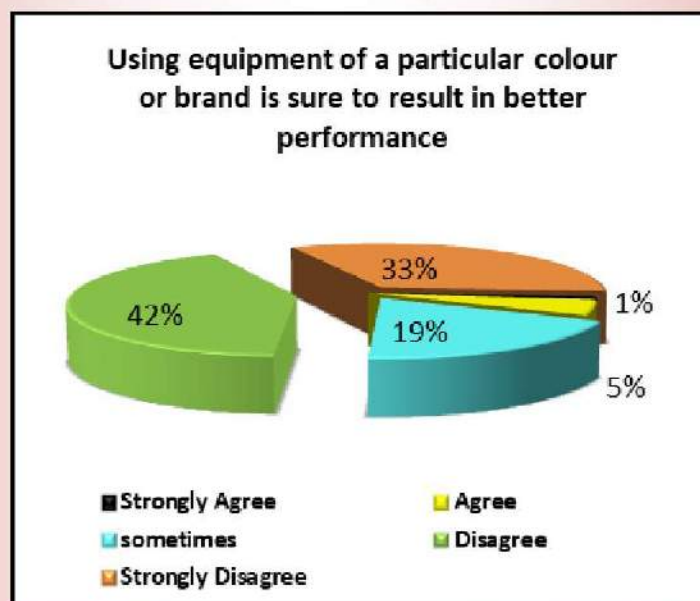
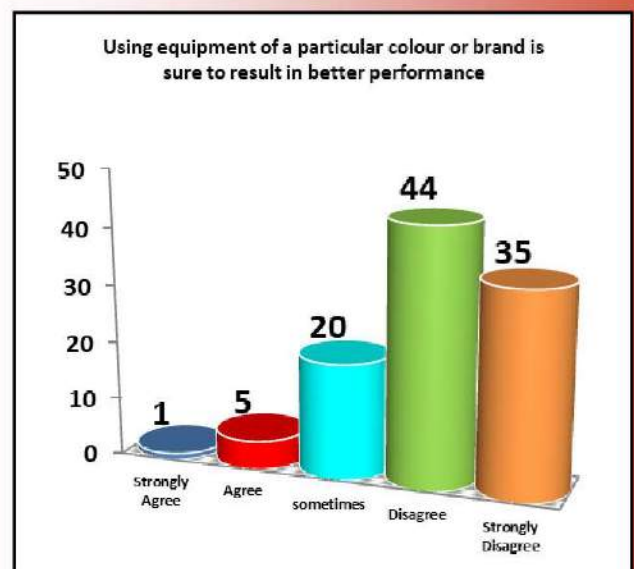
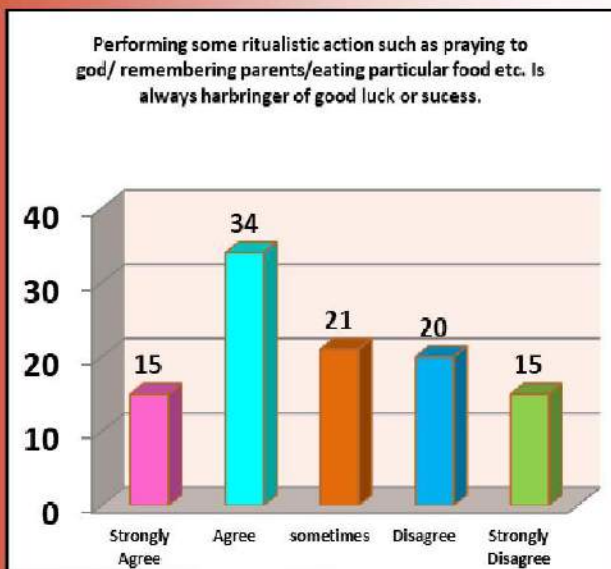
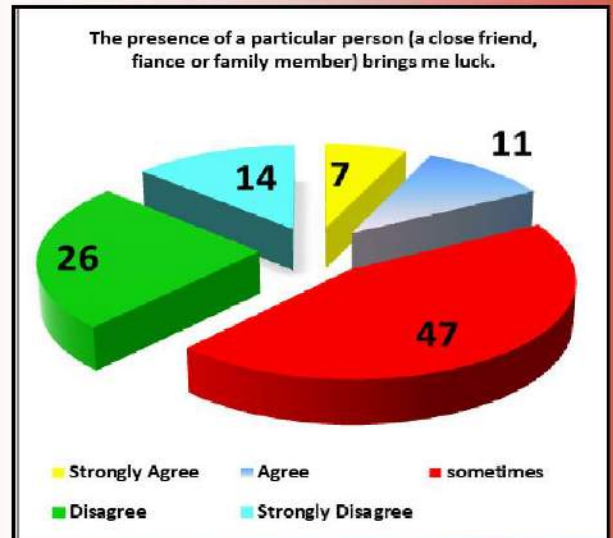
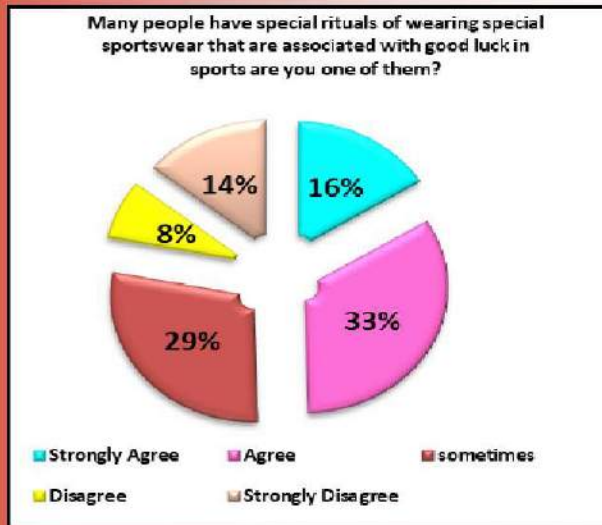
For sports students, I will advise them to play their game with 100% determination and grit and to set their aims high and to general students I would advise them to focus on their studies as well as to participate in games because in life sports and studies are equally important.

Q. TELL US ABOUT YOUR EXPERIENCE IN GARGI COLLEGE-

My experiences in Gargi College have been amazing. Gargi College supports sports a lot and they provide complete facility to a student and especially Sheela ma'am, Rakesh sir, Gursharan ma'am and Xavier sir they all are very helpful and supportive. They stand with you and will support you in each and every right situation.

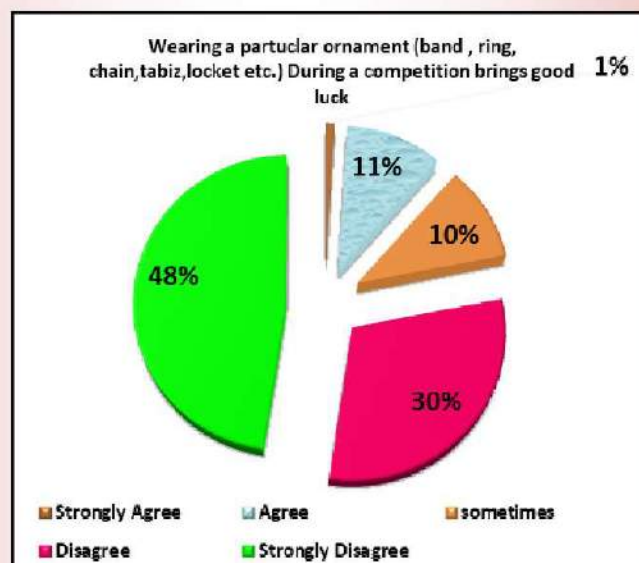
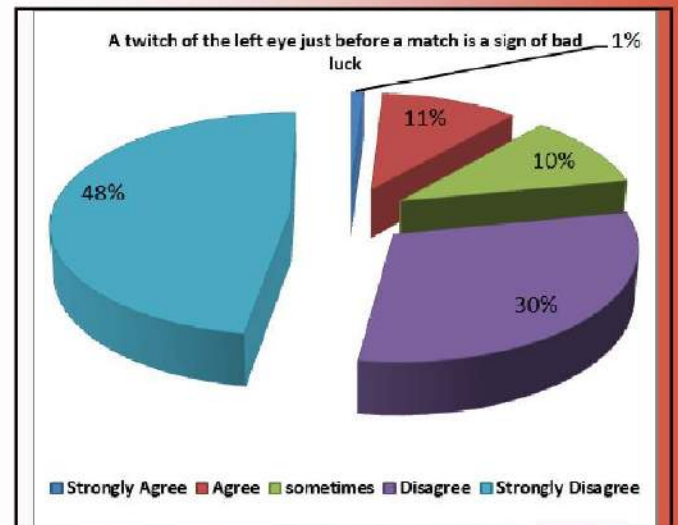
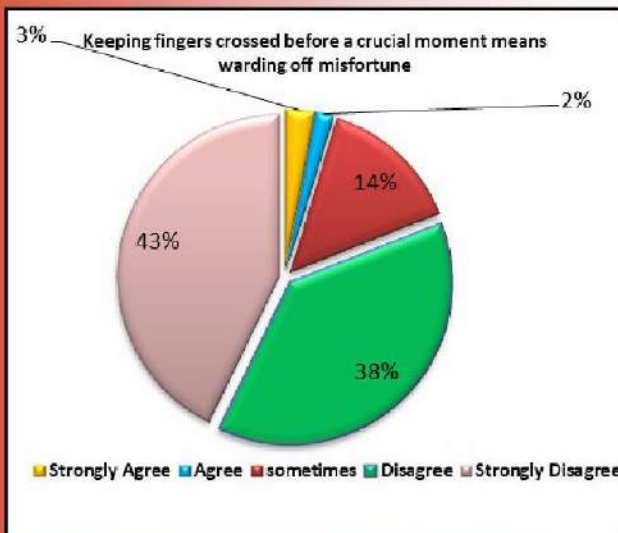
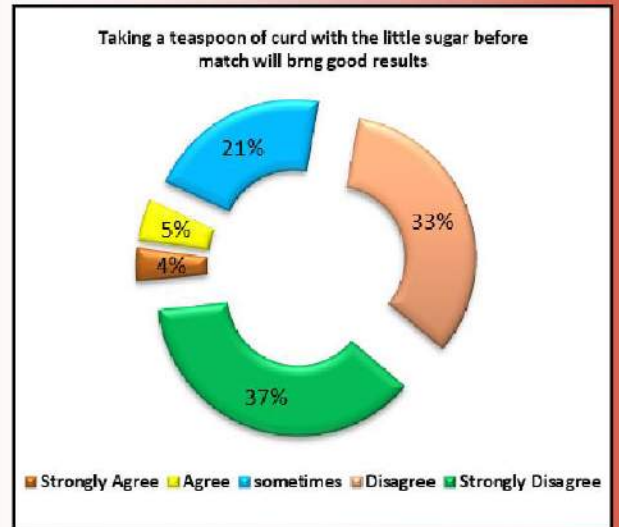
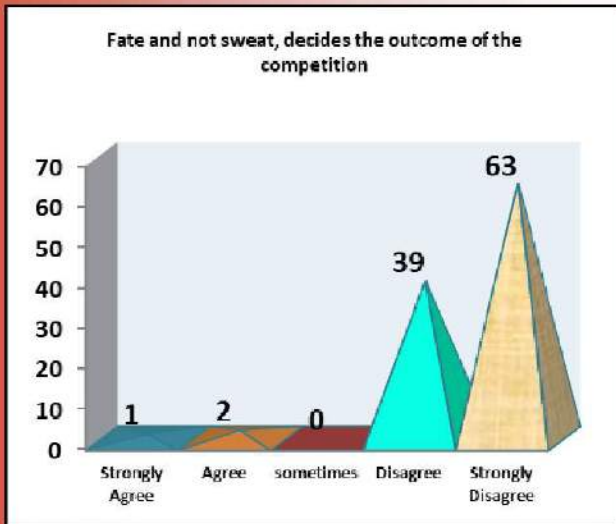
Superstition in Sports-A Survey

A self-developed questionnaire administered randomly on 105 students of Gargi College



Superstition in Sports-A Survey

A self-developed questionnaire administered randomly on 105 students of Gargi College



SPORTS COUNCIL

2017-18



CENTER: NIDHI YADAV

[L-C]: MANYA TANWAR, SIMRAN OBHRAI, AVIKA DIXIT, SURBHI SARASWAT, KAJAL, AAKTI SHARMA, RICHANAKOTI, GUNJAN GABA.

[R-C]: SUBHANGI BHARDWAJ, PRIYANKA KANDPAL, KIRAN KUMARI, JYOTI CHAUDHARY, ANJALI, ISHITA KAPOOR, DEEPA SOLANKI, NEHA BISHT.