

## **Institutional Distinctiveness**

The College students are immensely encouraged to participate in various sports activities and release their unexpressed energy to facilitate their overall development. This way, the College helps students lead happier and brighter life as participating in sports activities increases mental alertness, self-esteem and confidence of the students which is an essential part of the curriculum.

College realises that Sports activities can be a gateway to better opportunities for students. To boost participation of students in sports in India, scholarships and financial support through excelling in sports are given which subsequently improve their lives quite significantly. In competitive scenario such as excellence in sports helps in placements. Students can develop better interaction skills such as conflict resolution and effective communication through sports.

The activities of Physical Education and Sports came in to being in 1993, with the inception of College. Since then it is actively engaged in training of students in sports/games and has produced many players of National/ International Level. The activities in Physical Education and sports focus on physical fitness of students and on making their participation in Inter - College tournaments such as- Athletics, Netball, Kabaddi, Cross Country, Football and many more. The Alumnae of the department are working on different positions in the field of sports and in other prestigious professions.

One of the most eventful and prestigious activities conducted by the College is the exposure to sports and yoga to students.

Our College has Sports Club, PG Diploma in Yoga Science and Sports Nutrition & Physiotherapy to boost a holistic approach among students. These departments are interrelated to each other which offer students a full utilization of resources in College paving way to act as stewards of the best practices at Inter College/ Inter University and National and International level.

**Vision:** Our institution makes every effort to become the leading voice of sports and academics as well. We hope to use this voice to unite, challenge and motivate the next generation of students to engage in relentless pursuit of excellence in the promotion and development of Physical Education and Sports through innovative programs in teaching,

coaching and outreach activities to the betterment of human resources along with blend of body, mind and spirit.

### **Objectives:**

- To act as a catalyst to bring about a positive change in the minds of players.
- To promote/ develop sports facilities at Inter College, Inter University and National Level.
- To provide service of the play grounds, tracks equipped with all modern activities.
- To provide access to coaching of different games by expertise with a special emphasis on under privileged students enrolling from rural area.

The College thrust area is to nurture talents of the students in sports. For these various activities are being organized since the inception of College. The concrete activities undertaken by the College are as following:

- College organizes various Inter-College, Block/District/ National Level Tournaments, Yoga Workshops, First Aid Trainings and Physiotherapy sessions to bring excellence in sports.
- Eminent Dignitaries are invited from time to time to inculcate a feeling of leadership and self-confidence, Renowned Wrestler **Ms. Vinesh Phogat, First Indian Woman Wrestler to win Gold in Both Commonwealth and Asian Games**, was invited as a Chief- Guest in Inter College Netball Tournament to inspire students.
- College felt elated by inviting **Sh. Omparkash Ji (Former SAI Coach of Wrestling)** who is '**Dronacharya Awardee**' by Hon'ble President of India on the occasion of Annual Athletic Meet. Sh. Omparkash Ji shared his experiences among students and motivated them to put dedication and team spirit in each & every sport.
- National Championship of Netball Men/ Women was organized from 04-02-2016 to 07-02-2016 in which 22 states participated with enthusiastic players. This activity is distinct in a way that students were exposed to inter lingua cultural atmosphere for future prospects.
- Five students of the College participated in All India Inter-University (Rugby) Women Championship held at Punjab University Patiala in Session 2017-18.
- Twelve students of the College participated in All India Inter-University Rugby Women Championship held at KIIT University Bhubaneswar and team got third position in the Session 2018-19.

- Seven girls participated in Rugby and Sneha & Komal participated in Weightlifting under Khelo India University Games. Student, Nisha participated in Kabaddi and got first place in National Women Championship at Andhra Pradesh in the Session 2019-2020.

#### **List of International Players**

<b>S. No</b>	<b>Name</b>	<b>Father's Name</b>	<b>Game</b>	<b>Venue</b>	<b>Session</b>	<b>Position</b>
1.	Neelam	Sh.Shamsher Singh	Asian Netball Championship	Singapore & South Korea	2008	Participation
2.	Promila	Sh.Jai Singh	Asian Games Kabaddi Championship	Dhaka, Bangladesh	2010	Asian Gold Medal
3.	Anita	Sh.Satish	8 <sup>th</sup> Asian Netball Championship	Colombo, Sri Lanka	2012	Participation
4.	Sonali	Sh.Rajender Singh	Asian Netball Championship	Singapore	2014	Participation
5.	Preeti Bose	Sh.Rakam Singh	Cricket Challenger Trophy	Sri Lanka	2014	Gold Medal
6.	Meenu	Sh.Satpal	Indian Open Badminton Championship	Bangkok, Thailand	2015	Participation
7.	Reena	Sh. Mukesh	Netball Championship	Bangkok, Thailand	2016	Participation
8.	Nishu	Sh. Yashweer	International Basketball Championship	Kathmandu, Nepal	2018	Silver Medal
9.	Pinki	Shri Bhagwan	International Basketball Championship	Kathmandu, Nepal	2018	Silver Medal
10.	Shivani	Sh. Devender	2 <sup>nd</sup> Indian Open Grappling Super League	Talkatora Stadium, New Delhi	2019	Gold Medal

11.	Urmi	Sh. Devender	2 <sup>nd</sup> Indian Open Grappling Super League	Talkatora Stadium, New Delhi	2019	Gold Medal
12.	Suman	Sh. Gulab Singh	International Students Games, Taekwondo	Petersburg, Russia	2020	Gold Medal
13.	Meenu	Sh. Surender	International Students Games, Taekwondo	Petersburg, Russia	2020	Gold Medal
14.	Varsha	Sh. Uday Singh	International Students Games, Taekwondo	Petersburg, Russia	2020	Gold Medal

**Appreciation Certificate by Director Sports M.D. University, Rohtak**

**MAHARSHI DAYANAND UNIVERSITY, ROHTAK**

(A State University established under Haryana Act No. 25 of 1975)

**NAAC Accredited 'A' Grade**

**SPORTS OFFICE**



**Dr. Davinder Singh Dhull**  
DIRECTOR SPORTS & SECRETARY, MDUSC

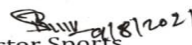
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No. Sports / 20 21 / 2 / 28

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**TO WHOM IT MAY CONCERN**

This is to certify that Kanya Mahavidyalaya, Kharkhoda (Sonapat) is hosting Inter College Tournaments of Netball, Kabaddi (N.S.), Rugby and Grappling allotted by M.D. University, Rohtak regularly since past five years. All arrangements of the college from Hospitality to Hostel arrangements along with smooth conduct of above Championships/Tournaments have been worth appreciating. We also applaud its contribution in the field of Sports Organization and its promotion. The performance in Sports activities of the College is worth appreciable.

  
 Director Sports

**It is the distinctiveness and hard work in Sports that College got appreciation certificate from Director, Sports, M.D.University Rohtak for exemplary achievements during last 5 years.**

**To conclude this institutional distinctiveness has emerged strong in its pursuit for quality assurance in sports to make this institution a center for excellence in line with the College Vision.**