

Final Sports Achievements Session 2021-22

Sr. No.	Level of Championship	Name of the Game	No. of Player	Venue	Date	Position	Individual / Team
1	State Level	Yoga	7	Tika Ram P.G College, Sonapat	09 Feb. 2021	4th Position	Team
2	State Level (Inter-College)	Rugby	12	K.M Kharkhoda	20 Feb. 2021	First Position	Team
3	MDU Inter College Tournament	Circle Kabaddi	12	MDU Sports Complex, Rohtak	15.04.2021 to 16.04.2021	Third Position	Team
4	National Championship	Weight Lifting	3	Sports Authority of India, Patiala	09.08.2021 to 12.08.2021	First Position	Individual
5	National Sports Day	Basket Ball, Badminton	50	K.M Kharkhoda	29.08.2021	Participation	Team
6	National Championship	Grappling	Shivani, Urmi	Indira Gandhi Stadium, New Delhi	20.10.2021 to 22.10.2021	First Position	Individual
7	MDU Inter College Tournament	Cross - Country	12	MDU Sports Complex, Rohtak	01.12.2021	Forth Position	Team
8	MDU Inter College Tournament	Football	16	MDU Sports Complex, Rohtak	02.12.2021 to 04.12.2021	Third Position	Team
9	MDU Inter College Tournament	Wrestling	12	MDU Sports Complex, Rohtak	09.12.2021	Participation	Team
10	MDU Inter College Tournament	Athletics	12	MDU Sports Complex, Rohtak	09.12.2021 to 11.12.2021	Participation	Team
11	MDU Inter College Tournament	Netball	12	K.M Kharkhoda	13.12.2021 to 14.12.2021	First Position	Team
12	MDU Inter College Tournament	Judo	Simran (01)	MDU Sports Complex, Rohtak	14.12.2021	Second Position	Individual
13	MDU Inter College Tournament	Weight Lifting	12 Players	MDU Sports Complex, Rohtak	17.12.2021	First Position	Team

14	MDU Inter College Tournament	Hand Ball	Tannu (01)	MDU Sports Complex, Rohtak	24.12.2021	Hand Ball Camp Selection	Individual
15	National Championship	Grappling	Shivani, Urmi	Nasik, Maharashtra	24.12.2021 to 26.12.2021	First Position	Individual
16	All India Inter-University	Weight Lifting	Komal, Sneha, Yashika	Gantur, Andhra Pradesh	27.12.2021 to 30.12.2021	First Position	Individual
17	Brand Ambassador Swachta Abhiyan	Weight Lifter	Yashika (80 Kg. Weight)	Kharkhoda, Nagar Palika			
18	MDU Inter College Tournament	Grappling (Nogi) (GI)	12 Players	MDU Sports Complex, Rohtak	13.03.2022 to 14.03.2022	Second Position	Team
19	All India Inter-University	Grappling (Nogi) (GI)	04 Students (Shivani, Urmi, Simran, Neha)	MDU Sports Complex, Rohtak	31.03.2022 to 04.04.2022	First Position	MDU Team
20	MDU Inter College Tournament	Rugby	12 Players	MDU Sports Complex, Rohtak	07.04.2022	Second Position	MDU Team
21	Khelo India University Games	Weight Lifting	Sneha, Komal	Bangalore University	22.04.2022 to 27.04.2022	First Position	MDU Individual
22	All India Inter University	Kho Kho	Muskan	Mysore, Karnataka	05-07 July 2022	Second Position	MDU Individual

**Physical
Education**

Dr. Darshana

Principal

Sports activities/competition organized at the institution level during the year 2021-2022

	Activity	Level	Participants	Date
1	State Level Inter College Rugby Tournament	Institutional	70 Students for difference Colleges	20 Feb. 2021
2	Online Youth Inter National Day	Institutional	100 Students	12 Aug. 2021
3	Azadi ka Amrit Mahotsav (Fitness ki Dose, Aadha Ghanta Roz	Institutional	30 Students	10 Sept. 2021
4	Extension lecture health and balanced diet	Institutional	30 Students	15 Sept. 2021
5	National Sports Day (Major Dhyan Chand Birthday)	Institutional Extension Lecture Prof. R.P Garg, MDU Rohtak	50 Students	28-29 Aug. 2021
6	Gandhi Jayanti	Institutional	50 Students	02 Oct. 2021
7	Netball	MDU Inter College	60 Students	13-14 Dec. 2021
8	Mahila Avm Bal Vikash Pariyojna (Aangan badi)	Khel Khud Prtiyogita	200 Women	14.03.2022
9	Value Added Certificate Course	Progressive Circuit Training Programme	40 Students	01.05.2022 to 31.05.2022
10	8 th International Yoga day Training Camp,	Collaboration of Ayush Department Kharkhoda	70 Students	09.06.2022 to 11.06.2022
11	Two days Yoga Workshop on Yoga International Day	Institutional (Yoga for humanity)	70 Students	20-21 June 2022

Dr. Darshana Sports Achievements Session (2021-2022)

Department of Physical Education prepared Students for Physical Fitness and prepared for M.D.U Inter-College Tournaments teams like Kabaddi (NS), Basketball, Netball, Weightlifting, Rugby Football, Kho - Kho Grappling, Kabaddi (HS) and Athletics in offline mode. Classes of P.G Diploma were conducted in Yoga Science offline mode.

1. Our college Yoga Team participated in Offline Yoga Competition held at T.R.P.G College, Sonipat on 9 Feb 2021 and our College got 4th place Consolation Prize.
2. Our College organized an offline State Level 7-Side Rugby Inter College Tournament on 20th Feb 2021 at Kanya Mahavidyalaya, Kharkhoda and Five Teams participated in this Tournament and our college team got 1st Position.
3. Our College Circle Kabaddi team participated in M.D.U Circle Kabaddi Inter-College Tournament from 15-04-2021 to 16-04-2021 held at M.D.U Sports Complex, Rohtak and our team got 3rd Position.
4. Physical Education Department organized two days online Yoga workshop on International Yoga day from 20-21 June 2021, 50 Students participated in this workshop.
5. Examination duties as Supervisor from February and March 2022 in U.G Examination at Kanya Mahavidyalaya Kharkhoda.
6. Paper Evaluation work checked examination copy of Physical Education above 500 at Kanya Mahavidyalaya Kharkhoda in Session B.A - III, 5th sem. 2022.
7. Attended online International seminar on breathig biomechanics mind fullness and practice of different kinds netis on 13.09.2021.
8. Attended One day National Webinar on Health and Fitness Programme 21/04/2022 held at Saraswati Mahila Mahavidyalaya, Palwal 2022.

9. Attended FDP faculty development programme on Academic Research Writing organized by GMN College, Ambala Cantt. in Association south india IQAC Cluster sponsored by DGHE Panchkula, Haryana from 23rd April to 29th April 2022.
10. Conducted Value Added Certificate Course In Progressive Circuit Training Programme on Physical Fitness from 1st May 2022 to 31st May 2022 held at Kanya Mahavidyalaya Sonapat.
11. Member of Selection Committee MD University Sports Council Game like Kabaddi (NS), Kabaddi (HS), Netball (M/W), Rugby (W), Fencing (W).
12. Member of MD University Sports Council (Sports Office).
13. Conducted Annual Athletics Meet 15/03/2022 at Kanya Mahavidyalaya Kharkhoda.