

Sports Activities

Session (2020-2021)

Department of Physical Education prepared Students for Physical Fitness in July and August in Online/Offline mode. After August 2020 we prepared sports students for M.D.U Inter-College Tournaments like Kabaddi (NS),Basketball, Netball, Weightlifting, Rugby Football ,Grappling, Kabaddi (HS) and Athletics in offline mode. Classes of P.G Diploma were conducted in Yoga Science online/offline mode.

Received Trophies (for Games Netball, Rugby and Grappling) and Blazers (All India Inter - University position holders Sports Students) from M.D.U Director Sports, Rohtak.

1. Physical Education Department conducted Value Added Certificate Course “Components of Physical Fitness for Sports Training Program” like Speed, Strength, Endurance, Flexibility and Coordination from October-November 2020.
2. Komal, student of B.A 2nd was selected for Commonwealth Games (Camp) in 45KG Weight Category in Weight Lifting. Camp was organized by Sports Authority of India, Lucknow from 5 Nov. 2020 to the date of conducting of Tournament.
3. 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.
4. 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.
5. 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.
6. Physical Education Department organized two days online Yoga workshop on International Yoga day from 20-21 June 2021, 50 Students participated in this workshop.

