

## **Sports Achievements of Students for the year 2018-19**

### **Students' participation in sports**

The session 2018-19 has been fruitful for students of SGND Khalsa College in the field of sports. There have been a number of remarkable performances both at the individual and team level. Yoga, which was introduced last year in the list of sport activities of our College, gained further popularity this year and witnessed larger participation from students.

Similarly, Gatka, a traditional Sikh Martial art form, is now an activity in which our College students are excelling and winning laurels. Following are the sporting activities in which students of our college participated this year at various levels.

Following are the games in which our students participated in various Inter-College and other Open Tournaments:

1. Athletics – Track & Field
2. Athletics - Cross Country
3. Hand Ball
4. Base Ball
5. Soft Ball
6. Rhythmic Gymnastics
7. Cricket
8. Football
9. Weight Lifting
10. Power Lifting
11. Judo
12. Wrestling
13. Boxing
14. Hockey
15. Taekwondo
16. Best Physique
17. Yoga

### **Sports achievements at a glance**

In their effort to excel in various tournaments and competitions our sportsmen and women never forget to follow the tradition of healthy competition and a sporting spirit. They have brought much honour to our institution in the past and continue to carry forward the legacy of high achievements in this field.

- **Yoga:**

Three students of S.G.N.D. Khalsa College participated in the All India Inter University Championship held at the University of Madras in February, 2019. They made a mark and were commended for their performances. The College Yoga team also emerged champion by winning the first three best performances in the competition held at University of Delhi.

- **Athletics:**

**Track and Field:**

The participating students of S.G.N.D. Khalsa College were adjudged as runners up in the intercollege athletics championship held at the Polo ground, University of Delhi in October, 2018. Arshadeep Singh Sidhu and Rahul, two shining sport stars of our college, made two New Meet Record (NMR) in Race Walking (28 km), in intercollege championship and also participated successfully in the inter-university athletics championship held at Mangalore University in November, 2018.

**Cross Country:**

The students of our college performed well and bagged the third place in the inter college championship held at NSIT, Dwarka, New Delhi.

- **Hand Ball:**

Atul Kumar participated in the All India Inter University Handball Championship held at Guru Nanak Dev University, Amritsar.

- **Para athletics:**

It is a matter of great pride that para athlete Prashant repeated his remarkable performance of last year bagging several prizes at the National Para Athletic Championship held at Patna in March, 2019. He won a gold medal in 200 m., silver medal in 150 m. events and a bronze medal in shot-put throw. Prashant also got a gold medal during the Taekwondo championship taking the overall tally for para athletics for our College to an all-time high.

*S.G.N.D. Khalsa College Cricket Tournament 2019*

The Second S.G.N.D. Khalsa College Cricket Tournament was organized from 25-28 February, 2019 at the Tal Katora Cricket Ground. Six teams from various colleges of the University of Delhi participated in the tournament. The final match was played between College of Vocational Studies and Delhi College of Arts and Commerce on 28 February, 2019. Delhi College of Arts and Commerce won the trophy.

## **ANNUAL SPORTS DAY**

*Convenor: Dr. Vinay Neet Kaur*

*Co-Convenor: Dr. Rajwant Singh*

Carrying forward the fine tradition of bringing together great sports talent from within and outside S.G.N.D. Khalsa College, the annual sports day was held at Thyagraj Stadium, New Delhi on 22 February, 2019. Like every year, the sports day was organized on a large scale and witnessed enthusiastic participation of eager and talented sportsmen and women.

The event began with the rendition of the college prayer by students of the Divinity Society. The occasion was graced by Lt. Col. Vikram Kashyap AO 2 Delhi BN NCC, who also took the salute of the march past by students representing various college societies.

A number of sports tournaments were held during the annual sports meet. These included Table Tennis (Boys/Girls), Badminton (Boys/Girls), Basketball (Boys/Girls), Volleyball (Boys), Mini Football (Boys), Football Penalty Shoot Out, Athletic events and Tug of War. Faculty members also participated in 50 m. race (Men/Women) and other interesting races.

### **Ankur: Inter-College Athletic Meet for Visually Impaired Students**

S.G.N.D. Khalsa College joined the exclusive club of University of Delhi Colleges that host a special sports event for visually impaired students. This initiative was aimed at building a strong base for visually impaired youth in the field of sports. The purpose was also to give an opportunity of social interaction with peers to these students. These remarkable young boys and girls took part in Ankur with great zeal and enthusiasm. Their eager participation proved that breaking barriers and tackling difficult tasks is not something reserved only for the sighted. Several Track and Field Competitions were held during Ankur, in all three categories- T-11, T-12, T-13. Seventy two prizes in all were given and new talent was discovered at our College and other colleges.

