

Department of Physical Education & Sports Sciences
Report 2019-20

Physical Education is one of the richest professions which are best earned through a daily routine of physical exercise and active lifestyle.

Department of Physical Education & Sports is one of the vibrant departments in Ramanujan College with full of activities. Facilities in the department are: Athletics, Aerobics, Boxing, Basketball, Cricket, Chess, Football, Kho-Kho, Kabaddi, Volleyball, Tae-kwon-do, Weight-lifting, Power lifting, and Yoga.

We also provide coaching/ Training for the above mentioned games. Our students participate in competitions Inter-college, state/ North Zone/ All India University & secured various positions. The highlights for the current academic year are as follow:

Athletics Team 2019-20

The College Athletics team (Boys & Girls) Participated in Delhi State Athletics Championship & Inter College Championship. Our students were secured following positions:

- 1) Tushar Chhiber, 3rdYr, Pol.sc (H)
 - Tripple Jump Participation in IndianGrand Prix.
 - Participation In Senior Athletics Meet
- 2) Ankita Yadav, 3rdYr, B.Voc (B)
 - Participation in National Cross Country.
 - Delhi State Bronze Medal in 10000m.
 - Inter College Bronze Medal in 10000m.

S. No	Full Name	Present Class	Name of the present course
1.	Sampa Bhuiya	IInd yr	BA(P)
2.	Shruti Sharma	IIND yr	COMP(SC)
3.	Gouri Shukla	IInd yr	BA(P)
4.	Mansi Dhaka	Ist yr	BA(P)
5.	Priti	IIIrd yr	BA(P)
6.	Ankita Kumari	IIIrd yr	BVoc(B)
7.	Jyotsna	Ist yr	BA(P)
8.	Gaurav Yadav	Ist yr	BA(H) Phil.
9.	Sudarshan Kumar	IInd yr	BA(H) Phil
10.	Aayush Sharma	Ist yr	BA(P)
11.	Md Shad	Ist yr	BA(P)
12.	Vikas yadav	IIIrd yr	B.Com(P)
13.	Aditya Jangid	IIIrd yr	B.Com(P)
14.	Rohit Kaushik	Ist YR	B.COM(P)
15.	Vishnu Choudhary	Ist yr	C.S(H)
16.	Mohammad Adil	IIIrd Yr	BA(P)
17.	Sambhu Saran	IInd Yr	B .Voc(So)

Badminton Team 2019-20

Our College Badminton Girls & Boys Team just started playing basketball this year, their efforts is really recommendable without any infrastructure support i.e., basketball court, balls, coach etc. since we don't have any infrastructure in our college we will go to the stadium or any other place for practice. But we will make a team & play for college, finally they did it. The team had participated in following tournaments:

The Girls team members were:

S.No	Full Name	Present Class	Name of the present course
1.	Garima	IInd yr	B.A.(P)
2.	Puspanjali	IIIrd yr	B.Com (P)
3.	Roshini Rathore	IInd yr	B.A.(P)

Basketball Team 2019-20

Our College Basketball Girls & Boys Team just started playing basketball this year, their efforts is really recommendable without any infrastructure support i.e., basketball court, balls, coach etc. since we don't have any infrastructure in our college we will go to the stadium or any other place for practice. But we will make a team & play for college, finally they did it. The team had participated in following tournaments:

The Girls team members were:

S.No	Full Name	Present Class	Name of the present course
1.	Alina Khan	IInd yr	BA(P)
2.	Vibha Parmar	IInd yr	Stats(H)
3.	Yashika Khandelwal	IInd yr	Bcom(P)
4.	Kritika Srivastava	Ist yr	BA(P)
5.	Suhani Bhatt	Ist yr	Bcom(H)
6.	Bheenee Sharda	IInd yr	Eng(H)
7.	Ankita Soni	IInd yr	Pol(H)
8.	Vanshika Aggarwal	IST YR	B.Com(H)
9.	Archana Kumari	IInd yr	Hindi(H)
10	Shivani Singh	IInd yr	Phil(H)

The Boys team members were:

S.No	Full Name	Present Class	Name of the present course
1.	Aryan Dhouni	IIIrd yr	BMS
2.	Hemant Dutta	IInd yr	Phil(H)
3.	Yogesh Agrawal	IInd yr	Pol (H)
4.	Bhavya Chawla	Ist yr	Math(H)
5.	Ayush Kashyap	IInd yr	B.Com(H)
6.	Tarun Kant	IInd yr	BA(P)
7.	Arosh Kumar	Ist yr	BA(P)
8.	Sachin Bhagat	IInd yr	Pol(H)
9.	Paorush Mohan Puria	IIIrd yr	BMS

Boxing Team 2019-20

The College Boxing team had performed very satisfactory this year our two students have participated in Inter-College Championship, the result as follow:

- 1) Naveen B.A. (Prog) 3styr, secured Second position in Inter College
- 2) Tahir B.A(prog) 2nd yr, secured Third position in Inter College

The Boys Teams were:

S.No	Full Name	Present Class	Name of the present course
1.	Naveen	IIIrd Yr	B.A.(P)
2.	Pramod Kumar	IIIrd Yr	HINDI(H)
3.	Md. Tahir	IInd Yr	B.A.(P)
4.	Hritik	IInd Yr	BA(P)
5.	Abhinav Kumar	1st Yr	ENG(H)

The Girls Teams were:

S. No	Full Name	Present Class	Name of the present course
1.	Pushpanjali	IIIrd Yr	B.COM(P)

Chess Team 2019-20

The College Girls Chess team has participated in Inter-College Championship, the team members were:

S.No	Full Name	Present Class	Name of the present course
1.	Shikha	IInd yr	MATH(H)
2.	Nameera	IInd yr	B.A.(P)
3.	Anuradha	IInd yr	C.S.(H)
4.	Anshu	Istr yr	B Voc(B)
5.	Anchal	IInd yr	B.voc(B)
6.	Shivani Awasthi	IInd yr	B Voc(B)

The College Boys Chess team has participated in Inter-College Championship, the team members were:

S.No	Full Name	Present Class	Name of the present course
1.	Saksham	IIIrd yr	App Psy(H)
2.	Harshit Kumar	IInd yr	B. Voc(H)
3.	Shoibam	IIIrd yr	App. Psy (H)
4.	Ansh Arora	Ist yr	B.Com(H)
5.	Akshit Katyal	Ist yr	B.voc.(B)
6.	Rahul	IInd yr	B.A.(P)

Cricket Team 2019-20

The College Girl Cricket team had performed very satisfactory this year one students have participated in Inter-College Championship, the result as follow:

- 1) Mansi Dhaka B.A (Prog) Ist yr A) Participation Cricket Tournament in Greater Noida
B) Participation Cricket Tournament In Ghaziabad.

The Boys Cricket team has participated in Inter-College Championship, the team members were:

S. No	Full Name	Present Class	Name of the present course
1.	Tushar Sharma	Ist Yr	BA(P)
2.	Rohit Kumar	IIIrd Yr	BA(P)
3.	Devashish	IIIrd Yr	B.Com(P)
4.	Sudarshan Kr	IInd Yr	Phil(H)
5.	Aryan Maity	Ist Yr	Stats(H)
6.	Nikhil Kumar	IIIrd Yr	B.Com(P)
7.	Niwas Kumar	Ist Yr	BA(P)
8.	Vivek Krishna	IInd Yr	Math(H)
9.	Tarun	IInd Yr	B.Com(H)
10.	Prince	Ist Yr	B.Com(P)
11.	Arun Kumar	Ist Yr	B.Com(P)
12.	Nitesh Kr	Ist Yr	B.Com(H)
13.	Faisal Yusuf	IInd Yr	B.Com(P)
14.	Praveen	IInd Yr	B.Voc(B)
15.	Chetanya	Ist Yr	B.Com(P)
16.	Jai Langyan	Ist Yr	Eng(H)

Football Team 2019-20

The College Football team has participated in Inter-College Championship & Open tournaments, the team members were:

S.No	Full Name	Present Class	Name of the present course
1.	Lakshya Khandelwal	IIIrd yr	Bcom(P)
2.	Aryan Bedi	IIIrd yr	B.Com(H)
3.	Vishal Tiwari	IInd Yr	B Com(P)
4.	Shaurya Singh	IInd Yr	B.M.S
5.	Kushal Prasad	Ist yr	Bcom(H)
6.	Sourav Ranga	Ist yr	Bcom(H)
7.	Pankaj Yadav	Ist yr	Bcom(P)
8.	Divyanshu Malviya	Ist yr	B Com(P)
9.	Anshul Rawat	Ist yr	Psy(H)
10.	Shubham Godara	IInd Yr	BA(P)
11.	Aniket Gautam	IInd Yr	BA(P)
12.	Harat Jyoti Deori	IInd Yr	BA(P)
13.	Piyush Thapa	IInd Yr	BA(P)
14.	Kunal Saran	Ist yr	B.Voc(B)
15.	Syed Abbas Kazim Ali	Ist yr	B.Voc(B)
16.	Akshit Khurana	Ist Yr	BA(P)

Judo Team 2019-20

The College Judo team had performed very satisfactory this year our 4 students have participated in Inter-College Championship, the result as follow:

- 1) Jansher Khan B.A. (Prog) 3styr, secured 3rd position in Inter College
secured 3rd position in Kurash Delhi State Judo
secured 1st position in Inter College Zakir Hussain College
- 2) Devansh Attri B.A(prog) 2nd yr, secured Third position in Inter College
secured 3rd position in National Kurash Punjab
Participation In Junior Asian Khurashi Event in Thailand.
InterNational Junior Asian Kurash Trail in Bhopal.
- 3) Md Adil B.A(P) 3rd yr,Secured 1st Positon Inter College Sports Fest Zakir Husian College
- 4) Gouri B.A(P) 2nd yr, Secured 3rd position in L.S.R College Inter College.
Secured 1st position in Swabhimaan Sports Festival.
National Blackbelt holder

The College Girls Judo team has participated in Inter-College Championship & Open tournaments, the team members were:

S. No	Full Name	Present Class	Name of the present course
1.	Sonal Kanojia	IIIrd Yr	B.A(P)
2.	Gouri Shukla	IInd yr	B.A(P)

The College Boys Judo team has participated in Inter-College Championship & Open tournaments, the team members were:

S. No	Full Name	Present Class	Name of the present course
1.	Jaansher Khan	IIIrd Yr	BA(P)
2.	Mohammad Adil	IIIrd Yr	BA(P)
3	Devansh Attri	IInd Yr	BA(P)
4	Rampreet	IInd Yr	BA(P)

Kabaddi Team 2019-20

The College Kabaddi team had performed very satisfactory this year our 3 students have participated in Inter-College Championship, the result as follow:

- 1) Shruti C.S (H) 2ndyr, secured 1st yr position in District Championship Ghaziabad.
- 2) Sejal B.Com(P) 2nd yr secured 1st yr position in District Championship Ghaziabad.
- 3) Ankita Gupta B.Com(P) 1st yr secured 1st yr position in District Championship Ghaziabad.

The College Girls Kabaddi team has participated in Inter-College Championship & Open tournaments, the team members were:

S. No	Full Name	Present Class	Name of the present course
1.	Shruti Sharma	IInd Yr	Comp Sc(H)
2.	Vandana	IInd Yr	Hindi(H)
3.	Ankita Gupta	1st yr	B.Com(P)

4.	Gouri Shukla	IInd yr	BA(P)
5.	Priti	Iiird yr	BA(P)
6.	Sejal Jain	IInd Yr	B.Com(P)
7.	Sonia	IInd Yr	Phil(H)
8.	Nancy Dutta	IInd Yr	Hindi(H)
9.	Taruna	IIIrd Yr	Pol.Sci.(H)
10.	Mansi Dhaka	Ist Yr	BA(P)
11.	Pratiksha	Ist Yr	Comp Sc(H)
12.	Shalini Singh	IIIrd Yr	Pol(H)

The Boys Kabaddi team has participated in Inter-College Championship & Open tournaments, the team members were:

S.No	Full Name	Present Class	Name of the present course
1.	Abhishek Nagar	Ist Yr	BMS
2.	Naveen	IIIrd Yr	BA(P)
3.	Manish Nagar	IIIrd Yr	B.Com(P)
4.	Aditya Sharma	Ist Yr	BA(P)
5.	Vinay Nagar	Ist Yr	B.Com(P)
6.	Navneet Singh	IInd Yr	B.Com(P)
7.	Arjun Sharma	Isr Yr	Pol(H)
8.	Pranshul Sharma	Ist Yr	BMS
9.	Keshav	IIIrd Yr	CS(H)
10.	Gagan	IInd Yr	B.Com(P)
11.	Lakshdeep	Ist Yr	Pol(H)
12.	Abhinav Choudhjary	Ist Yr	Hindi(H)

KHO-KHO Team 2019-20

The College KHO-KHO team had performed very satisfactory this year our 3 students have participated in Inter-College Championship, the result as follow:

- 1) Rohit Kaushik B.com. (P) Ist yr, secured Inter College Trail Qualifying.

The Boys KHO-KHO team has participated in Inter-College Championship & Open tournaments, the team members were:

S.No	Full Name	Name of the present course	Present Class
1.	Bipin Sundi	Hindi(H)	Ist Yr
2.	Pradeep Jat	BA(P)	Ist Yr
3.	Rohit Kaushik	B.Com(P)	Ist Yr
4.	Rohan	B.Com(H)	IInd Yr
5.	Aayush Sharma	BA(P)	Ist Yr
6.	Harat	BA(P)	IInd yr
7.	Dushyant	BA(P)	IInd yr
8.	Navneet	B.Com(P)	IInd yr
9.	Sammi Kumar	Hindi(H)	IIIrd Yr
10.	Mohmmad Shad	BA(P)	Ist Yr
11.	Binit Ekka	B.Com(P)	Ist Yr
12.	Ashish Singh	Math(H)	IInd yr

Karate Team 2019-20

The College Karate team had performed very satisfactory this year only one students have participated in Inter-College , the result as follow:

- 1) Ashish Singh Math(H) 2nd yr Secured 2nd Position in All India Karate.

Participation in Independence Cup International Karate.

The Boys Karate team has participated in Inter-College Championship & Open tournaments, the team members were:

S. No	Full Name	Present Class	Name of the present course
1.	Ashish Singh	2nd yr	Math(H)

Table Tennis Team 2019-20

The Boys Table Tennis team has participated in Inter-College Championship & Open tournaments, the team members were:

S. No	Full Name	Present Class	Name of the present course
1.	Rishit Sharma	Ist Yr	B.Com(H)
2	Tat Hagat Arya	Ist Yr	Stats(H)
3	Shikhar Agrawal	IInd Yr	Eco(H)
4	Prashant	Ist Yr	Math(H)
5	Varun Kumar	Ist Yr	Cs(H)

Taekwondo Team 2019-20

The College Taekwondo team had performed very satisfactory this year only 2 students have participated in Inter-College , the result as follow:

- 1) Prakhar Eco (H) 3rd yr Secured 3rd Position in Inter College.

- 2) Anshika Rana B.com(P) 3rd yr Secured 3rd Position in Inter College.

The Boys Taekwondo team has participated in Inter-College Championship & Open tournaments, the team members were:

S.No	Full Name	Present Class	Name of the present course
1.	Ashish Singh	IInd Yr	Math(H)
2	Manjeet Singh	IInd Yr	Ba(P)
3	Dipanshu	Ist Yr	Hindi(H)
4	Prakhar Bharadwaj	IIIrd Yr	Eco(H)
5	Harshit Sagar	IIIrd Yr	Eco(H)
6	Shivan Kumar	Ist Yr	Phil(H)
7	Mohit	Ist Yr	Hindi(H)
8	Md Tahir	IInd Yr	BA(P)

The Girls Taekwondo team has participated in Inter-College Championship & Open tournaments, the team members were:

S.No	Full Name	Present Class	Name of the present course
1.	Anshika Rana	IIIrd Yr	B.com(P)
2	Anula	IIIrd Yr	Eng (H)
3	Vandana	IInd Yr	Hindi(H)

VolleyBall Team 2019-20

The Boys Volleyball team has participated in Inter-College Championship & Open tournaments, the team members were:

S. No	Full Name	Present Class	Name of the present course
1.	Vishnudev Pratap Singh	IIND Yr	CS(H)
2	Mayank Kumar	2ND Yr	BA(P)
3	Vimalkumar Vishwakarma	3RD Yr	HINDI(H)
4	Himanshu	2ND Yr	BA(P)
5	Akrit Ahuja	2ND Yr	BA(P)
6	Himanshu Bhadana	IST Yr	B.COM(P)
7	Pawan Mandloi	IST Yr	BA(P)
8	Himanshu Singh Tomar	IST Yr	POL(H)
9	Parmender	IST Yr	B.COM(P)
10	Vishal	IST Yr	B.COM(P)
11	Rohan Garg	IST Yr	B.VOC(S)

Weight Lifting Team 2019-20

- The Weight lifting Boys' & Girls team participated in Delhi University Inter-College Championship. The Boys team is champion and qualifying for Inter University Championship. The individual Positions are as follow:

Boys:

- 1) Nikhil Phil. (H) 2nd yr Gold Medal in Inter College,Participate in All India University,Ist Position in Junior State Uttarakand.
- 2) Konarak BA(P) 3rd yr Gold Medal In Inter College, Gold Medal In Delhi State.
- 3) Hritik BA(P) Ist yr 2nd Position In Inter College.
- 4) Mohit Verma BA(P) Ist yr 3rd Position In Inter College.
- 5) Bharath B.Com(p) 3rd yr 3rd Position in Inter College.
- 6) Charan Singh B.Com(p) 3rd yr 3rd Position in Inter College

Girls

- 1) Sarita B.A(P) 2nd yr Gold Medal In Inter College,Participate in All India University
- 2) RENUKA YADAV BA(P) 2nd yr 3rd POSITIOIN IN INTER COLLEGE.

The Boys Weightlifting team has participated in Inter-College Championship & Open tournaments, the team members were:

S. No	Full Name	Present Class	Name of the present course
1.	Nikhil Bhogal	IInd Yr	Phil(H)
2	Sumit Panwar	IIIrd Yr	C.S.(H)
3	Vikas Yadav	IIIrd Yr	B Com(P)

4	Aditya Jangid	IIIrd Yr	B.com(P)
5	Hritik	IId Yr	B.A.(P)
6	Charan Singh	IIIrd Yr	B.com(P)
7	Bharat Gairathi	IIIrd Yr	B.Com (P)
8	Mohit	Ist Yr	Hindi(H)
9	Mayank	IInd Yr	B.A.(P)
10	Konark	IIIrd Yr	B.A.(P)

The Boys Weightlifting team has participated in Inter-College Championship & Open tournaments, the team members were:

1	Renuka Yadav	IInd Yr	BA(P)
2	Shilpa Sarkar	IInd Yr	Pol.(H)
3	Sarita Khatana	IInd Yr	Eco(H)

Wrestling Team 2019-20

The Boys wrestling team has participated in Inter-College Championship & Open tournaments, the team members were:

S. No	Full Name	Present Class	Name of the present course
1.	Mayank Kumar	IInd Yr	BA(P)
2	Hritik	IInd Yr	BA(P)
3	Md Tahir	IInd Yr	BA(P)
4	Mohit Verma	Ist Yr	Hindi(H)
5	Bharat Gairathi	IIIrd Yr	B.Com (P)
6	Jaansher Khan	IIIrd Yr	BA(P)
7	Mohmd Adil	IIIrd Yr	BA(P)
8	Devansh	IInd Yr	BA(P)
9	Rampreet	IIIrd Yr	BA(P)
10	Charan Singh	IInd Yr	Bcom(P)

Yoga Team 2019-20

The Boys & Girls Yoga team has participated in Inter-College Championship & Open tournaments, the team members were:

Boys:

- 1) Surender Yadav Phil. (H) 2nd yr 2nd Position in Inter College (open College)

Girls

- 1) Sarika Yadav B.Com(P) 3rd yr 2nd Position in Inter College (Open College).