

ACTICITIES /EVENTS CONDUCTED IN 2016-2017

The Sports Committee remained active throughout the academic session 2016-2017 in its involvement with students' participation in various games at National as well as University levels. Our students have participated at University Levels National in different categories, also secured positions in Inter College tournament and won prizes and brought laurels to the College.

List of Games in which the students competed this year Even though the college is traditionally strong in individual games like athletics, weight lifting, power lifting, boxing etc., yet for the last few years it has made tremendous progress in the team games too. Following are the games in which our teams 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

Achievements at a Glance

First Prize in Inter-college Championship of Athletics

2016 – 17: SGND Khalsa College continued to dominate track and field events and won the inter college Championship of Athletics this year also. Individual performance of the athletes are given below:

Event	Medal Won
100 m	Silver
200 m	Gold
400 m	Silver
800 m	Silver
1500 m	Gold
4 * 400 m Relay	Bronze
110 m Hurdle	Bronze
20 km Walk	Gold
Half Marathon	Bronze
Long Jump	Gold
High Jump	Gold

❖ **Inter-College Championship (Men) cross-country** – Second in Team Event

❖ **Inter-College Championship (Men) cross-country** – Individual Gold and Silver

❖ **Hockey** – Reached Quarter Final

❖ **Tennis** – Reached Quarter Final

❖ **Cricket** – Reached Pre-quarter Final

❖ **Football (Men)** – Reached Pre-quarter Final

❖ **Boxing** – Reached Quarter Final (Individual)

❖ **Athletics (Men)**

- Our student Rahul has earned the distinction of being selected for Indian camp of Athletics of World championships to be held in 2017.
- Our student Amit Khanduri has won Gold Medal in 10000 metres & 5000 metres in Delhi State Athletic Championships & Gold Medal in Delhi State Cross Country Championships.

❖ **Handball**

- Won the Intercollege Championship
- Three students participated in North Zone Handball championship held at Punjabi University, Patiala.
- Three students participated in All India Inter-varsity handball championship held in Salem, Tamil Nadu.

❖ **Gatka**

Gatka, a traditional Sikh martial art form, was introduced for the first time in the college in 2015. In the same year, students gave their first demonstration at the annual sports day 2015 also during the All India inter-university championship. One student of our college also participated in the All India

interuniversity championship held at Punjabi University Patiala. Currently there are twenty students in the Gatka team who are practicing daily under the supervision of a Gatka coach provided the parent Body DSGMC. This year, our college team participated in the intercollege Gatka championship held at Sri Guru Gobind Singh College of Commerce. The team also participated in the state championships. These efforts and activities are helping the Gatka team to popularise this game among the other students.

