

SPORTS EVENTS

CONDUCTED IN 2019-2020

The session 2019-20 has been valuable for students of SGND Khalsa college in the field of sports. The sports committee remained active throughout the academic session 2019-20 in its involvement with students' participation in various games at national as well as university levels. **YOGA**, which was introduced in 2018 as a sports activity in our college, gained further popularity this year and witnessed larger participation from students. **GATKA**, a traditional Sikh Martial art form, is now an activity in which our college students both at university and national level excelling and winning laurels for the college.

LIST OF 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
15. Taekwondo
16. Best physique
17. Yoga

➤ ACHIEVEMENTS AT A GLANCE

In their effort to excel in various tournaments and competitions, our sportsmen and sportswomen never forget to follow the tradition of healthy competition and 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.

Some of the achievements are:

- College Athletic Team was Runner's up at Inter-College Athletic Meet.
- College Athletic Team was Runner's up at Reliance Delhi State Athletic Meet.

- Two students **RAHUL** and **Arshdeep** were selected to participate in **All India Athletic Championship** held at Mangalore. Rahul won **3rd** place and Arshdeep got **5th** place.
- **Rahul** and **Arshdeep** were selected for **KHELO INDIA UNIVERSITY GAMES** held at Bhubaneshwar.
- Para Athletic Events were included in Intra-College Sports Day.
- **Prashant** of BA (prog) 3rd Yr. participated in **Para Nationals** held in Raipur in three events – Discuss throw, shot put and long jump.
- **Jetender pal** of BA (prog) 1st Yr. has been a member of Cricket tournament.
- **Jetender pal** has also won silver medal in swimming.

➤ **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 13 February, 2020. 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 “**col. Sonam Wangchuk**” **Mahaveer Chakra** and “**col. VN Thappar**” 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, Athletic events and Tug of War. Faculty members also participated in 50m race and Musical chair (Men/Women) and other interesting competitions.

