

Achievement of sports in 2017 - 18

Student's participation in sports :-

S.G.N.D. Khalsa College has excelled in individual as well as team games like athletics, weight lifting, power lifting, boxing etc. Yoga was introduced this year in the list of sports activities at our College, and it is gaining popularity among students. Gatka, a traditional Sikh martial art form, which was introduced in the College in 2015, has been followed ever since. 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 Achievement at a Glance :-

In keeping with the fine tradition of the sportsmanship, our students excelled in both the individual and team competitions and have won many laurels for the College:

- **Boxing - Gold Medal in Heavy Weight Boxing .**
- Inter-College Championship (Men) cross-country - **Individual Gold and silver.**
- Our Yoga team won an **Inter-College Championship** held at Multipurpose Hall, University of Delhi on 7 February, 2018.
- Inter-College Championship (Men) cross-country - **Second in Team Event**
- Hockey - **Reached Quarter Final**
- Tennis - **Reached Quarter Final**
- Cricket - **Reached Pre-quarter Final**
- Football (Men) - Reached Pre-quarter Final
- **Special Achievement:** Our talented Para Athlete Prashant performed very well in various prestigious tournaments this year.
- - ❖ National Paralympic Patna Short Put 2nd position, Discus 3rd position, 100m 3rd position, Relay 400m 1st position
 - ❖ Delhi Paralympic State Level Short Put -2nd position, Discus 3rd position, 100m 3rd position.
 - ❖ Kirori Mal College Short Put - 3rd position.
- **Athletics (Men)**
 - Our talented athlete Rahul has earned the distinction of being selected for **India Camp of Athletics of World Championships**. Equally gifted athlete Sarthak Bhambri was selected for **400m in the India Camp League**.
- **Handball**
 - Two students participated in **North Zone Inter Varsity Championship** held at **PAU, Ludhiana**.

➤ **Gatka**

Four students of our College participated in the **All India Inter-University Gatka Championship** held between 12-14 March 2018 at Punjabi University, Patiala, and successfully bagged a Silver medal and a Bronze medal.

Currently there are twenty students in the Gatka team who are practicing regularly under the supervision of a Gatka coach provided the Parent Body DSGMC. This year, our College team participated in the Inter-College Gatka Championship held at Sri Guru Gobind Singh College of Commerce. The team also participated in state championships.

S.G.N.D. Khalsa College Cricket Tournament 2018 :-

The First S.G.N.D. Khalsa College Cricket Tournament was organised from 9 to 12 April, 2018 at Talkatora Cricket Ground. A total number of six Teams from various Colleges participated in the tournament. The final match was played between NSIT Dwarka and Aryabhata College on 12 April 2018. The Trophy went to the Champion NSIT Dwarka Team.

ANNUAL SPORTS DAY :-

Convenor: Dr. Vinay Neet Kaur

Co-Convenor: Dr. Rajwant Singh

The Annual Sports Day of S.G.N.D. Khalsa College was held at Thyagraj Sports Complex, New Delhi on 15 March, 2018. This event was organised on a grand scale and witnessed enthusiastic participation of a large number of students of the College. The event began with an Inaugural ceremony which included the rendition of the College prayer by students of Divinity Society. This was followed by introduction and felicitation of the distinguished guests. The dignitaries who graced the occasion included Mr. Vijay Kapoor, (Retd. IAS) former Lt. Governor of Delhi, Mr. Daljit Singh Chawdhary (IPS) I.G. (ITBP) and Major Gen. (Retd.) Ian Cardozo. Students also took part in a March-Past representing their Societies. The various sporting events that were held for the students included Table Tennis (Boys/Girls), Badminton Singles (Boys/Girls), Basketball (Boys/Girls), Volleyball (Boys) and Mini Football (Boys), Football Penalty Shootout, Athletic events and Tug of War. There were some games played by faculty members also, which included 50m race (Men/Women), spoon and lemon race and Musical Chairs. Races were also held for Non-teaching and support staff.

