



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Raghunath Girls P G College, Meerut.

Our Mission Healthy People, Healthy Nation













- To Provide a platform to the students to exhibit their sports potential at different levels.
- To make the students fit and healthy with quality education.
- To raise the standard of our students to global level and make them employable.
- To prepare the students in physical education for higher progression.
- To provide the students value based quality education for inculcate social awareness and leadership qualities.

Department e-mail-id sportsdeptt@gmail.com



जारजी दिवी सक्तेन में अवविभिन्न कार्नेटकान प्रतिवर्धातक की किलेक दीमा 20



THE 6 YEARS OF **SUCCESS** (2015 TO 2021 (Media showcase)



छात्राएं सीख सकेंगी निशुल्क मार्शल आर्ट

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SCHOOL SECTION AND DESCRIPTION OF PERSONS PROPERTY IS NOT

कैंपस कॉर्नर

डॉ.भावना मित्तल बनी सचिव

आरजी कॉलेज बना चैंपियन

सीसीएसयू अंतर महाविद्यालय महिला वास्केटबॉल प्रतियोगिता

मेरत। वेस्ट एंड रोड स्थित जीटीभी मे फिजिकल एजुकेशन फाउंडेशन ऑफ इंडिया (पैफी) की बैटक में आरजी कॉलेज में फिजिकल एजुकेशन की एचओडी डॉ. प्राथना पिराल को जिला सचित्र विदुक्त किया गया है। श्रीएवी कलित के एसओडी वाँ,विनीत त्यांगी को जिलाध्यक्ष बनावा त्रया है। ये दोनों हो टीम का विस्तार आरंगे। फिलिकल एजुकेशन की बेहतरी के

लिए पैकी के राष्ट्रीय महासचित्र डॉ.पीपूप जैन और उत्तर प्रदेश पैकी के महासचित्र डॉ.एसएन मित ने उक्त घोषणा की।





आरजी कॉलेज में खिलाड़ियों का सम्मान

OTHER WAR SHEET WASHINGTON

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* MANUFACTURE AND ADDRESS.

सम्बद्धित विधा यसा । + विश्ववद्या

आरमी पीनी क्षतित्र में राष्ट्रीय संल दियम के मेर्क पर Revolution प्रशासित एक देखन











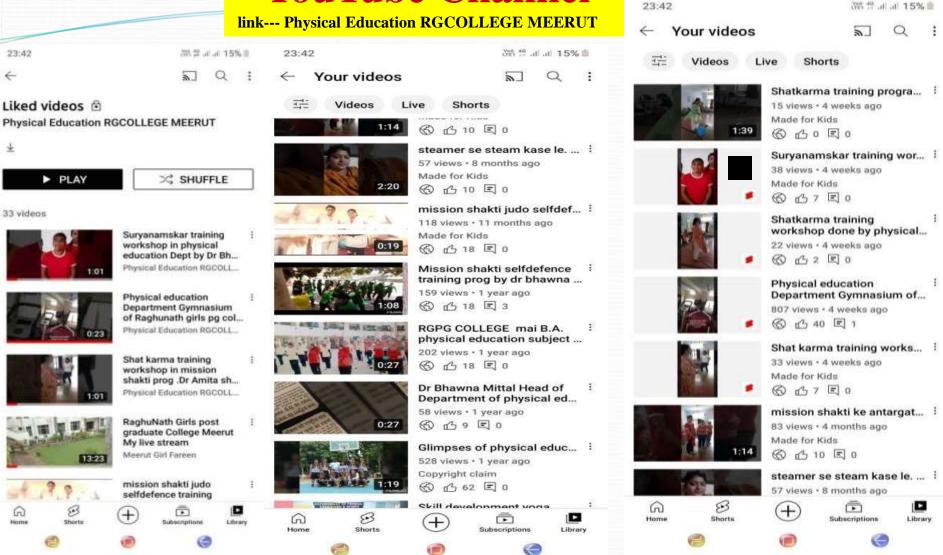






Historical moments of the Department

YouTube Channel



Citation details -163 subscribers and 809 views.

LiveUpdates 29 AUG 2017



मेरठ : आर.जी.पी.जी. कॉलेज मेरठ में मेजर ध्यानचंद के जन्मदिन के अवसर पर राष्ट्रीय खेल दिवस मनाया गया। इस मौके पर महाविद्यालय एवं फिजिकल एजुकेशन फाउंडेशन ऑफ इंडिया (मेरठ चौप्टर) के सौजन्य से महाविद्यालय की 16 खिलाड़ियों व खेल प्रशिक्षक एवं खेल से जुड़ी कॉलेज क्रीड़ा समिति को पुरुस्कृत किया गया।

Our Collaboration with PEFI
Physical Education foundation of India.(NGO)



Renowned member of this NGO Olympian Abha Dillion awarded our players and coaches on National Sports day-2017. All Prizes were sponsored by PEFI for all.

Academic Courses offered in Physical Education Subject 2015 to 2021

- 1. Physical Education (2005) Qualifying course. for all UG classes. Old course.
- 2 Physical Education (2011) Elective subject for Arts stream.
 0ld course.
- 3 Physical education (NEP 2021) Major Elective subject for Arts stream students. New course
- 4 Physical Education (NEP 2021) Minor Subject for other stream students. New course
- 5 Value added certificate courses in Yoga and Acupressure.



Academic Courses offered in Physical Education Subject 2015 to 2021

Courses	No of seats available
B.A Physical Education Optional subject old course	8o seats
B.A Physical Education Major subject NEP new course	80 seats
Physical Education Minor subject NEP new course	80 seats
Physical Education Qualifying course old course	For all UG streams

All seats fulfilled every year and the result remained 100%.

Best Practices in Teaching

- Audio and video teaching tools are used.
- Smart -boards and E-learning classes are used.
- Course materials are given by e-technology like messengers and e-mails.
- Practicing sports skills by recreational activities and make learning easier.
- Weekly classes for interaction, counselling and discussions to students.
- Improve facilities regarding sports and recreational activities in college.
- Physical anatomical models and charts used as teaching aids in lab.

Teaching learning Process Material and Methods

- Teaching according prescribed syllabus.
- Well manage timetables for each class.
- Remedial/tutorial classes every month for all classes.
- Monthly assessment tests in practical's and evaluating the impact of tests.
- Online classes during Covid conditions through LMS tools and Zoom application.
- Mentor mentee sessions given for counselling of students regarding their problems.

Anatomical models and physiological equipments

Human body charts

Computer & laptops ,smart board for PPTs.

Teaching Aids

Students Feedback Questionnaire

Questionnaire

Students overall Evaluation of the	P Drogramm			
Students overall Evaluation of th College: R.G.(P.G.) Co	alliane M.			
Department:				
	Courses:			
Teachers:	Year			
· Vocament of the second	1 cur			
Your responses will be used only for the improve You need not disclose your name if you do not w	ment of the course and teaching in house			
Ym nga sarte the name of				
· You may had more than one organize in board of o	te optime.			
1. The syllabus of each course was:	or option. In the extent that they do not contradict each other.			
# Adequate	4.5-4			
- Park	h Indepen-			
c Challenging	4 Duli			
Background for benefiting from the course war.				
a. More than adequate	b. Adequate			
← Inadequate				
	d. Cannot say			
 Was the course easy or difficult to understand? 				
a. Easy				
w. cary	b. Managrable			
v. Difficult	d Nov. day			
4. However, and the second	d. Very difficult			
 How much of the syllabus was covered in the class 	s?			
a. 85 to 100%				
	b. 70 to 85%			
c. 55 to 70%	d. Jesa than 35%			
5. What is some onlines about at 12.				
5. What is your opinion about the library material an	d facilities for the course?			
a. More than adequate	b. Adequate			
A Best	or supplicate			
C. Inadequate	d Very poor			
6 To what extent were you able to get material for	To what extent were you able to got material for the prescribed readings?			
a. Easily	b. With some difficulty			
c. Not available at all	water and a controlled			
A STATE OF THE STA	d. With great difficulty			

The students feedback questionnaire used for overall evaluation of the programme and teaching assessment and on the basis of their feedbacks, we arrange mentor mentee counselling and remedial sessions.

Mentor Mentee sessions

On the basis on this questionnaire, we took mentor mentee counselling sessions for the students on their academic ,psychological and social problems.

Learning Outcome

After graduation, Depending on subject at UG level, the students has options to undertake:-

- **✓** Post-Gradution studies in Physical Education like M.A
- **✓ Teachers training like B.P.Ed and M.P.Ed.**
- **✓** Postgraduate coaching diploma like NIS.
- ✓ Every year our UG students took admission in these courses for higher progression.

Physical Education & Sports Department Staff Profile





DR. BHAWNA MITTAL

Prof. & Incharge M.PED,NET, Ph.D (Phy. Edu), PG in Yoga. (18 years experience of service)

APPOINTED In 16 Nov, 2006.

By Higher Education Commission

- An International Black Belt Judo Player and achieved 1 International bronze medal for India & 13 National Gold medals for U.P.
- Achieved Best Paper Award in International Conference in Physical education held at Manav Rachna University in 2015.
- She published 6 papers in International Journals and 2 papers in National Journals.
- She has good experience for organizing the University Intercollegiate championships from 2008 to 2021 and departmental association activities.
- She selected many times expert for practical examinations, university teams and prepared university examination papers every year. She was team member of flying squad of university in 2016-17 also.

Visiting faculty (On role) 2015-2021

S.No	Name of faculty	Appointment	Achievement	Qualification	specialization
1	Ms. Amandeep kaur (Alumi of the college)	On role	Senior National badminton player and university champion	Mped, JRF	Badminton
2	Mr. Omkar singh	On role	Senior national basketball player	NIS and B.P.Ed	Basketball
3	Mrs. Shivani Gupta	On role	Yoga Teacher	Diploma in yoga	Yoga
4	Mrs. Vandana Gupta	On role	Computer faculty	MCA, MTech	Statistics and computer
5.	Dr. Pallavi Rastogi (Alumi of college)	On role	Acupressure specialist	ABAAHS (MVGU) DNYS	Acupressure and naturopathy

Sports Committee



Sports committee is a college body which is look after the sports programmes and policies in the college. All the sports programmes are manage under the supervision of sports committee members. Brilliant players of the college also are the part of this committee.





Infrastructure of the Department

Outdoor Facilities

- 1. Basketball
- 2. Kho-kho
- 3. Volleyball
- 4. Kabbadi
- 5. Badminton
- 6. Physical training

Other facility

- One sided stairs with 6 rows for players and audience.
- Our students have facility for training in Kailash Prakash stadium.



Indoor Arenas

- Multi purpose hall for Judo, Yoga, Aerobics classes, boxing, wushu, taekwondo, Table-tennis and chess.
- Staff room, store room and changing room facilities are also available.





Smart e-classroom



One smart e-classroom equip with latest internet facility available for 50 students.

Gymnasium of the college



Gymnasium latest Machines Available

Machines	Quantity
Electronic Treadmills	04
Cross trainers	03
Cycles and bikes	03
Electronic weight machines	01
Yoga mats	04
Gym balls	02
dumbles	10
Stations for weight training	08
Foot stepper Reebok	02

^{*} Maintenance process-Repair and maintained in every 6 month by experienced gym engineer.

Departmental Library



College has 1 central library where so many physical education books are available but we have many students who need books regarding competitions, projects and syllabus needs .so these students are provided books accordingly from the department library in their classroom periods .

Library periods

Every second Saturday, our students visit central library and access books, internet, magazines, newspapers etc.

Sports Equipments Available

Game	Game Game		Game
Basketballs cosco and Nivia brands	Fibre basketball boards , poles and net	Electric basketball scoreboard	Basketball training cones and official equipments
Hockey balls and sticks	Hockey nets and poles	Cricket balls and bats	Volleyballs cosco brand
Judo mats stag brand 32	Table tennis rackets and balls	Table tennis table with net	Shotputs, discuss, javelin for athletics
Judo dresses in all sizes.	Chess boards	Badminton poles with nets	Badminton rackets yonex and cosco brand
Kho kho poles	Volleyball poles with net	Skipping ropes	Sports kits and track suits.

SPORTS EVENTS ORGANISED from 2015 to 2021





ESPECT YOUR SELECT

चौ. चरणसिंह विश्वविद्यालय

अन्तर महाविद्यालय बॉस्केटबॉल (महिला) प्रतियोगिता 2017-2018

_{प्रकारक} - क्रीड्रा विभाग, आर. जी. (पी. जी.) कॉलिज, मेरठ टिकांक — 13 विस्मबर 2017 - 14 दिसम्बर 2017

YEAR WISE SPORTS EVENTS ORGANISED

(C.C.S. University Inter collegiate championships)

Year	Game	Total Teams	Our team status	Our Selection status
2015-16	Judo (M/W)	12	Winner	03
2015-16	Hockey(W)	06	Selection Trial	02
2016-17	Basketball (W)	12	Winner	04
2016-17	Hockey (W)	06	Selection Trial	02
2017-18	Basketball (W)	08	Winner	04
2017-18	Hockey (W)	06	Selection Trial	02

From 2008 to 2018, we organised 12 times CCS University Inter Collegiate championships.

Skill development / value added courses organized



Value added Certificate course in Acupressure therapy 2017/18



From 1 Feb,2018 to 14 Feb.2018 60 students participated in value added certificate course.

Yoga value added certificate course in 2018/19





From 1 Feb, 2019 to 18 Feb. 2019 41 students participated in Yoga value added certificate course.

CELEBRATE International YOGA Day on 21st JUNE every year



Award & Prize Distribution Function for Players





मेरठ : आर.जी.पी.जी. कॉलेज मेरठ में मेजर ध्यानचंद के जन्मदिन के अवसर पर राष्ट्रीय खेल दिवस मनाया गया। इस मौके पर महाविद्यालय एवं फिजिकल एजुकेशन फाउंडेशन ऑफ इंडिया (मेरठ चौप्टर) के सौजन्य से महाविद्यालय की 16 खिलाड़ियों व खेल प्रशिक्षक एवं खेल से जुड़ी कॉलेज क्रीड़ा समिति को पुरुस्कृत किया गया।







We organize every year on the occasion of National Sports day on 29 August ,we awarded outstanding players of the college for their outstanding achievements by tracksuits, certificates and equipments

Physical Education students Association Activities





Association Inaugural & Farewell function for the physical education students every year.

Community work





Tree Plantation every year with college plant conservation society.





Self- defense and Mission Shakti Camps



Self- defense camp for girls in 2016 with District Karate Association.



Judo Training Camp with Krida Bharti parishad



Sports Achievements in the Year 2015-2016



Achieved Basketball Winner champion trophy in CCS University Inter-collegiate basketball(W)championship held at J V Jain college, Saharanpur on 14-15 Oct, 2015.



Achieved Winner Judo women team champion trophy in CCS University Intercollegiate Judo(W) championship held at R.G.P.G College, Meerut on 9 Dec, 2015.



Achieved Badminton Runner-up trophy in CCS University Intercollegiate (W) badminton championship held at SSV college, Hapur on 19-20 sept, 2015.

Individual Achievements

HOCKEY

2 selections in CCS university I/C women hockey trial for North Zone Interuniversity hockey championship held at R.G college, Meerut on 4 Jan, 2016.

CRICKET

1 selection in CCS university I/C Cricket trial for North Zone Inter university cricket championship held at Sri Ram college, MZN on 31 oct,2015.

BOXING

Achieved 1 bronze medal in CCS university Inter collegiate Boxing women championship held at SPDC college, Baghpat on 8-9 Oct,2015.

TAEKAWANDO

2 selections in CCS university I/C Taekwondo women trial for North Zone Inter university Taekwondo championship held at CCS university, Meerut on 12 Feb,2016.

Result Assessment of the year

- Our 2 women teams achieved Winner champion Trophy in Basketball and Judo CCS university Inter collegiate championships and 1 runner-up team trophy in badminton.
- Total brilliant 24 players participated in CCS University

 Inter collegiate championships with 12 Gold medals,1 silver medal,03 bronze medals and selection trials in different games and sports.
- > 11 brilliant players selected for North zone Interuniversity tournaments in different games and sports.

Sports Achievements in the Year 2016-2017



Achieved Basketball Women winner champion trophy in CCS University Inter-collegiate basketball championship held at Raghunath girls PG college, Meerut on 17-18 Oct,2016.



Badminton

Achieved Badminton
Women team Winner
champion trophy in
CCS University
Inter-collegiate
badminton women
team championship
held at SSV college,
Hapur.



Achieved 5 Bronze medals in CCS University Inter-collegiate Athletics women championship held at Meerut college Meerut.

Individual Achievements

HOCKEY

2 selections in CCS University Inter Collegiate hockey W trial held at R.G college, Meerut on 4 Jan, 2016 for North Zone Inter university hockey championship.

Wushu

1 selection in CCS University Inter Collegiate Wushu trial for North Zone Inter university championship held at CCS University, Meerut.

Circle kabbadi

2 selections in CCS University Inter collegiate Circle kabbadi women trial held at NAS college, Meerut.

Yoga

2 selections in CCS university Inter Collegiate Yoga Women trial for North Zone Inter University Yoga championship held at CCS University, Meerut on 12 Feb,2016.

Result Assessment of the year

- Our 2 women teams achieved Winner champion trophy in Basketball and Badminton CCS university Inter collegiate championships.
- Total brilliant 26 players participated in CCS University Inter collegiate championships and selection trials in different games and sports.
- > 10 brilliant players selected for north zone Interuniversity tournaments in different games and sports.

Sports Achievement in the Year 2017-2018





International Achievement

Anjali kumari

Participated in South Asia

International Women Roll-

Ball championship held at

Nepal and represented

India.

She achieved Gold medal for India.

मेरठ की अंजलि नेपाल में देगी चुनौती

मेरठ को अजलि नेपाल में होने वाली प्रशिया रोल बॉल स्केटिंग वैपियनशिष में चुनौती देने के लिए तैयार है। वह खूब मेहनत कर रही है। नेशनल और स्टेट चैपियनशिप में ज्योति तमाम मेडल अपने नाम कर चुकी है।

नेपाल के काठमांड़ में 28 दिसबर से एशिया रोल मॉल स्केटिंग चैपियनशिप शुरू होने जा रही है। इसमें आरजी पीजी कॉलेज की छात्रा अंजील



का चयन हुआ है। इस समय ज्योति सरस्यती शिशु मंदिर में काफी मेहनत कर रही है। यस लक्ष्य मेहल लाकर शहर का मान बढ़ाना है। चार साल के कौरयर में ज्योति ने राज्य औ राष्ट्रीय स्तर पर तमाम मेहल हासिल किए है। ज्योति के पिता शिवकुमार को बेटी पर गर्य है कि उनकी बेटी बिदेश में जाकर खिताब जीतेगी। परिवार भी बेटी के लिए पूरी तरह से सहयोग कर रहा है। परिवार का सपना बल्ड चैम्पियनशिप में मेहल लाने का है। ज्योति ने बताया कि काठमांडू से मेहल लाकर तिरंगा लहराऊंगी। साथ ही शहर का मान बढ़ाऊंगी।



Achieved Basketball Winner champion trophy in CCS University Intercollegiate basketball championship held at RGPG College on 13-14 Dec, 2017.



Badminton

Anjali kumari achieved third place in CCS University Inter-collegiate Badminton single championship held at Meerut college, Meerut on 24-25 Nov,2017 and selected for North zone Inter university badminton championship.



Athletics

Achieved 4 Bronze
medals in CCS
University Intercollegiate Athletics
women championship
held at Meerut college
Meerut on 16 Nov,
2017 to 18 Nov ,2017.

Boxing



Kanika Choudhary

Achieved Silver Medal in CCS
University Inter-collegiate
Boxing championship in 48 wt.
Category on
4 Nov-5 Nov,2017.





Shashikala achieved Gold medal in 63 wt category and selected for all India Interuniversity Judo championship.

Pooja som achieved Silver medal in 48 wt. category and selected for all India Interuniversity Judo championship

Anju Tyagi achieved Silver medal in 78 wt category.

CCS university Judo championship

Individual Achievements

Hockey

2 selections in CCS University Inter Collegiate hockey W trial held at R.G college, Meerut on 29 Nov,2017 for North Zone Inter university hockey championship.

Chess

1 selection in CCS University Inter Collegiate Chess championship for North Zone Inter university championship on 6 Oct,2017.

Cross country

1 selections in CCS University Inter collegiate Cross-country women championship held at CCS university campus, Meerut on 3 oct, 2017.

Cricket

1 selections in CCS university Inter Collegiate Cricket Women trial for North Zone Inter University Cricket Trial held at Meerut college, Meerut on 6 Nov,2017.

Result Assessment of the year

- Our Basketball women teams achieved winner champion Trophy in CCS university Inter collegiate Basketball championships.
- ▶ 1 player achieved Gold medal in International Roll-ball Championship in Nepal.
- Total brilliant 31 players participated in CCS University
 Inter collegiate championships and selection trials in
 different games and sports and achieved 13 gold medals,3
 silver medals and 7 bronze medals.
- > 12 brilliant players selected for north zone Interuniversity tournaments in different games and sports.

Sports Achievement in the Year 2018-2019





Achieved Winner champion basketball women trophy in CCS University basketball Intercollegiate championship held at Anoopshaher.

Boxing





Kanika Choudhary
Achieved Gold medal with University
boxing champion trophy and qualify for All
India university Boxing championship at
SPDcollege, Baghpat.

Individual Achievements

Hockey

1 selections in CCS University Inter Collegiate hockey Women trial held at on 29 Nov,2017 for North Zone Inter university hockey championship.

Cricket

4 selections in CCS university Inter Collegiate Cricket Women trial for North Zone Inter University Cricket Trial held at Meerut college, Meerut.

Result Assessment of the year

- Our Basketball women teams achieved winner champion Trophy in Basketball CCS University Inter collegiate championship held at Anoopshaher.
- Total brilliant 15 players participated in CCS University Inter collegiate championships with 9 Gold medals and selection trials in different games and sports.
- > 11 brilliant players selected for north zone Interuniversity tournaments in different games and sports.

Sports Achievement in the Year 2019-2020

Chess



Achieved 4th position in CCS University Inter Collegiate Chess competition and selected for North zone Inter university chess championship on 22 Oct, 2019.

Boxing



Kanika Choudhary **Achieved Silver medal** in CCS University **Inter-collegiate Boxing** championship in 48 wt. Category on 16 Nov-17 Nov,2019 held SPDCollege, Baghpat.

Athletics



Chandni
Achieved Bronze medal
in CCS University Intercollegiate Athletics
championship in 5 KM
race held Meerut
college, Meerut on
7 Nov-9 Nov,2019.

Whushu



Ananya Bhardwaj
Achieved first place in CCS University Intercollegiate whushu championship held at
CCS University campus Meerut and selected
for Interuniversity championship.



Akansha choudhary
Achieved third place in CCS University
Inter-collegiate whushu championship held
at CCS University campus Meerut.

Individual Achievements

Hockey

1 selections in CCS University Inter Collegiate hockey Women trial held at on 29 Nov,2017 for North Zone Inter university hockey championship.

Cricket

4 selections in CCS university Inter Collegiate Cricket Women trial for North Zone Inter University Cricket championship held at Meerut college, Meerut.

Wrestling

1 selection in CCs university Inter collegiate Wrestling trial for North zone inter university wrestling championship.



फिट इंडिया कार्यक्रम को आरजी पीजी कॉलेज में लाइव दिखाया गया। उसके बाद कार्यक्रम में 250 से अधिक छात्राओं ने उत्साह के साथ हिस्सा लिया। इस अवसर पर स्पोर्ट्स डायरेक्टर डॉ. भावना मितल ने योगा अभ्यास कराया। प्रिंसिपल डॉ. अर्चना शर्मा, डॉ. दीक्षा, डॉ. अंजली, डॉ. निशा गोयल, डॉ. मीनू आदि उपस्थित रहे। • हिन्दुस्तान

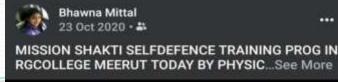
Fit India Programme

Result Assessment of the year

- Total brilliant 26 players participated in CCS University Inter collegiate championships with 1 gold medal,1 silver and 2 bronze medals and selection trials in different games and sports.
- 10 brilliant players selected for north zone Interuniversity tournaments in different games and sports.

Sports Events Year 2020-21

Due to Covid conditions, this year University and Inter University tournaments cancelled by AIU.







प्याचीति - आरतीयीजी क्षतिता की प्राणायां जी द्वीपनिष्या सभी में मांग्यात को मिनार क्षति कार्यक्रम का अंतराहरू कुन्तरंभ किया श्याः कर्यक्रम का अंतराहरू कार्योतिक क्षित्र किया गया। कर्यक्रम का अंतराहरू कार्योतिक विद्या किया गया। यह कर्याद्वम कार्योतिक व्याचे क्षित्र कीरा मांगा के कर्योत्व के द्वीरा मांगा के क्षतित्र व्याचे के अर्थद्र कीराहरूप कीरी कार्यात्र में मांगाओं को शारीयोव एवं 2.3 अक्टूबर तक चलाता जाएगा। कार्यक्रम के द्वारा सभी बाताओं को शारीयोव क्षित्र , NCC, NSS, परिता मुख्या केल अर्थद्र के द्वारा सभी बाताओं के शारीयोव क्षत्र कीरा मांगा कार्यक्रम कीराहरूप किया कार्यक्रम कीराहरूप व्याचित्र की स्था कार्यक्रम कीराहरूप व्याचित्र कीराहरूप क्षत्र कीराहरूप कार्योत्र के स्था कार्यक्रम कीराहरूप की





एमटीवी:- जारजीपीजी जीतीज में विश्वन शक्ति अभियान के दूसरे दिन मगलवार को कांतिज की प्रावध्यों डॉ.डीपिनिका राम, शिविकका जो म छावाओं ने भाग किया। कार्यक्रम में शारीरिक विश्वा विभागाध्यक्त डॉ.भाग्य में सावाओं को रोजाना किर रहने एसं शरीर को मजबूत कर्ना के क्रम में सावाओं को रोजाना किर रहने एसं शरीर को मजबूत करने केंद्र फिटनेस स्वाधान करवाए। डॉ. भावना ने कहा कि जब तक हम दिमाम से मजबूत नहीं होंगे तब तक हम सावस्थ्य प्रविक्षाना में सफल की हो सकते। यदि हमारा शरीर सजबूत होगा तो हम किसी थी स्थिति में जाखिरी दम तक लड़ सकते हैं।





प्याधीक्याः आरजीयाज्ये कांत्रेज में चान ग्रुं निमान बालि अभियान कार्यक्रम के जीये दिन शारीरिक मिला विभागाध्यक्षा डॉ. भावना मिलात के द्वारा सरकार द्वारा प्रदान की आने कांत्री इमरवेन्स्री हैन्यलाइन सेवाओं की जानकारी दी गई। साथ ही किया चानी पेर्टी के द्वारा कैसे आधात करके दुश्यन को बदाशायी किया जाए, इसके बार्र में बतायाः इस संपूर्ण ट्वेजिंग में डॉ. भावना मिलात का सोविया मिलाक ने सहयोग दिया एवं जून ऐप के द्वारा प्रशिक्षण दिया।



दुमटीक्षी: आदणीयोजी कॉलेज में मिसन श्रीके अभियान कार्यक्रम व पांचर्व दिन कॉलेज की सी झाजाओं को आदमसुरक्षा का प्रशिक्षण दिया गया। जिसमें किक व यंय के साथ ब्लॉकिंग और आत्मसुरक्ष की तकनीक बताई गई। तकनीकों में कंधे पर वार होने पर, गले प बार होने पर, पीछे से पकड़े जाने पर या दोनों हाच्यें को बांधे जाने प कैसे दुक्मन से खुटना है एवं उस पर वार करना है इन तकनीकों के बा में बताया गया। यह प्रशिक्षण डॉ.भावना निकल के द्वारा दिया जा रह है। जिसमें ऑनलाइन के साथ ऑफलाइन प्रशिक्षण भी शुरू किय गया है।

Mission Shakti –Phase 1 Online Women Self-Defence training programme 19 oct,2020 -23 oct,2020

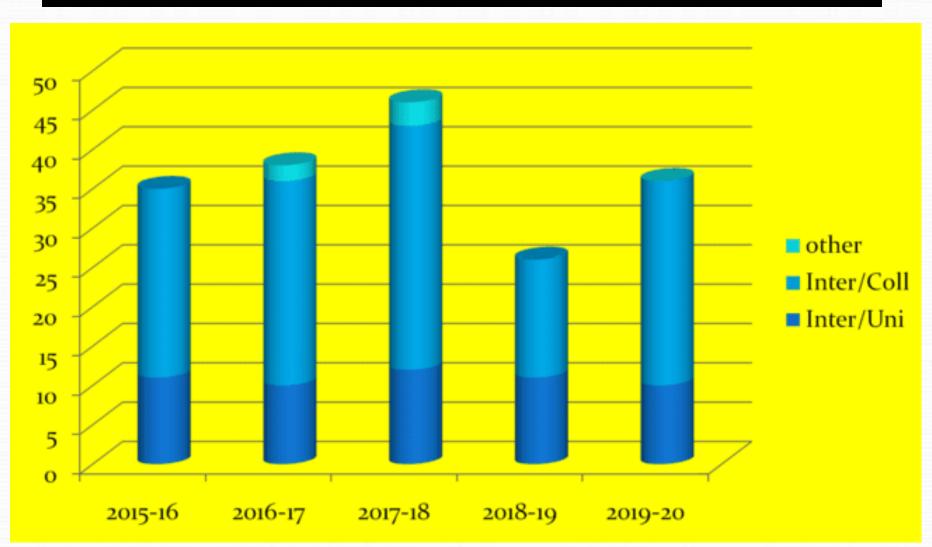


Mission Shakti –Phase 2
Offline One day Self defence training Workshop on 7 March, 2021.

Assessment of Sports Participation From 2015 to 2021.

Year	Inter university	Inter collegiate	International and National
Year 2015-16	11	24	
Year 2016-17	10	26	02
Year 2017-18	12	31	03
Year 2018-19	11	15	
Year 2019-20	10	26	
total	54	122	05

Assessment of Sports Participation From 2015 to 2021.



Summary of Big Achievements

- We achieved 10 times basketball women Winner champion trophy continuously in C.C.S. University Intercollegiate basketball championships from 2008 to 2018.
- We achieved 6 times badminton team winner champion women trophy and 7 times badminton singles winner champion trophy in C.C.S. University Inter-collegiate badminton championships.
- We achieved 3 times winner champion team trophy in C.C.S. University Inter-collegiate Judo championships and 3 times runner-up team trophy in C.C.S. university Inter-collegiate Judo championships.

Our Renowned Sports Alumni



International Players



Neha kashyap
International Wushu player
National Gold medalist and
played 2 Inter-University in
Taekwondo and one Inter
university in Boxing. Now
she is doing NIS diploma
from Patiala.

नेहा कर्यप ने अंर्तराष्ट्रीय वृश्

मेरठ। आर जी पीजी गर्ल कॉलिज की नेहा कष्यम ने अर्लरास्ट्रीय वृष् प्रतियोगिता में कास्य पदक हासिल कर मेरठ का नाम रीमन किया।

आर जी पी जी गर्ल्स कॉलिज बी बी ए प्रथम वर्श की छात्रा नेहा कथ्यप ने मनीला फिसीपिन्स में बल रही सारावी एवियन चूबू प्रतियोगिता में 6 अगस्त को लगातार सात वर्शों से राश्ट्रीय गोल्ड मेंडल प्राप्त करती आ ं थी और अब अर्तरास्ट्रीय स्तर पर गीडविन सार्ड एवं इण्डिया को कास्य पटक दिया और इण्डिया को कास्य पटक दिया और इण्डिया को नाम रोयन किया नेहा, कथ्यप ने बताया कि इसका श्रेय उनके पूर्व स्कूल गाँडविन के कोच



(एन आई एस) सजय हल्हानी एवं एन आई सी कोध सोनू हल्हानी को

जाता है जिन्होंने पूर्ण विश्वास के साथ उन्हें ट्रेनिंग दी। नेहा कच्चप के द्वारा कारय पदक प्राप्त करने पर उन्हें भारतीय पूष्ट संघ के अध्यक्ष सूपेन्द सिंह बाजवा एवं उप अध्यक्ष जितेन्द्र सिंह बाजवा गाँडविन रकूल के प्रधानाचार्य ए एन पंडिल उप प्रधानाचार्य देव नागर संघ के सचिव सुहेल अहमद कोच संजय हल्द्वानी व सोनू हल्द्वानी ने बचाई देते हुये उनवे उज्जयल मंदिश्य की कामना की। सुहेल अहमद ने बताया कि सब जूनियर पूष्ट का ट्रायल 13 अगस्त की स्कूल के प्रापण में हुआ। नेहां कच्चप आज थान को अपने पैतृक निवास खड़ीली गांव रोहटा रोड पर पहुचेंगी।

International Players



Anjali kumari
Gold medalist
International Player
Participated in south
Asia International
Women Roll-Ball
championship held at
Nepal and represented
India.
National Gold Medalist.

मेरठ की अंजलि नेपाल में देगी चुनौती

मेरठ की अजलि नेपाल में होने वाली प्रशिया रोल बॉल स्केटिंग वैपियनशिप में चुनौती देने के लिए तैवार है। वह खूब मेहनत कर रही है। नेशनल और स्टेट चैपियनशिप में ज्योति तमाम मेडल अपने नाम कर चकी है।

नेपाल के काठमांह में 28 दिसंबर से प्रिया रोल मॉल स्केटिंग चैपियनशिप शुरू होने जा रही है। इसमें आरजी पीजी कलिज की छात्रा अंजील



का चबन हुआ है। इस समय ज्योति सरस्वती शिशु मंदिर में काफी मेहनत कर रही है। बस लक्ष्य मेहल लाकर शहर का मान बढ़ाना है। चार साल के कौरेयर में ज्योति ने राज्य औ राष्ट्रीय स्तर पर तमाम मेहल हासिल किए है। ज्योति के पिता शिवकुमार को बेटी पर गर्य है कि उनकी बेटी विदेश में जाकर खिताब जीतेगी। परिवार भी बेटी के लिए पूरी तरह से सहयोग कर रहा है। परिवार को सपना बल्ड चैम्पियनशिप में मेहल लाने का है। ज्योति ने बताया कि काठमांडू से मेहल लाकर तिरंगा लहराऊंगी। साथ ही शहर का मान बढ़ाऊंगी।



Amandeep kaur

Our University Badminton champion of the year 2009 and 2010 and 2011 and Achieved JRF in Physical Education and working in Nawal kishore bhartiya muncipal college Chandausi, Sambhal as Assistant Professor.

Our University Badminton CHAMPIONS



Neelam singh University Badminton champion in 2012



Anjali parekh University Badminton champion of the year 2013.



Anjali Vikal University Badminton champion of the year 2014 to 2017.



Mohita Malhotra

Lieutenant in army

University Badminton champion of the year 2008 and Gold medalist in Basketball



Anupriya sherawat

University Basketball champion of the year 2012 to 2014.

Now working in Navodya vidyalaya in Bihar.

Our University Players

बास्केटबॉल में प्रदेश तक है नाम



गरिमा बंसल ने बास्केटबॉल में दूर तक नाम कमाया है। गरिमा ने बास्केटबॉल में विश्वविद्यालय चैंपियनशिंप में और दो बार विश्वविद्यालय में अपना दबदबा दिखाया है। वह स्टेट प्लेयर भी है। एयलीट में जीत चुकी हैं कई मेडल शैलेष कुमारी चौधरी चरण सिंह विश्वविद्यालय में एधलीट प्लेयर हैं।शैलेप ने ग्धलीट में ब्रांज मेडल और 400 मीटर की रिले रेस में भी ब्रांज मेडल प्राप्त



Garima bansal
University basketball
champion 2015 to 2018.
Working in HDFC bank as
a Bank manager

Selash kumari University 400 mt hurdle Athletics player.

किया है।

Manasvi Gaur University basketball player.

Career & Placements Achievements in Physical Education & Sports



Name	Achievements	Year	Game
Mohita Malhotra	Selection in Army	2011	Badminton
Ayushi Choudhary	Selection in Ranji Jr. women team	2011	Cricket
Anupriya	Selection in Navodya Vidyalaya in Bihar	2018	Basketball
Amandeep kaur	Achieved JRF and working in Nawal kishore bhartiya muncipal college Chandausi,Sambhal as Assistant Professor.	2019	BADMINTON
Hivalni Chaudhary	Selected in RPF.	2015	Judo
Khushi pant	Selection in Sports hostel Lucknow	2021	Badminton
Neha Kashyap	Selection for NIS	2021	Wushu

Placements in Government sector

SWOC Analysis

Strength:

- ➤ Qualified ,competent and motivated faculty with a blend of high experience and energetic dynamism.
- > Supporting weaker students through many counselling sessions.
- **➤** Well equipped classroom and facilities.
- **Effective teaching learning process for online and offline sessions.**

Weakness:

- **►** Limited Job opportunities because PG course is not available.
- > Research facilities are limited.
- > Limited infrastructure for sports facilities.

Opportunities:

- ➤ To become skilled professional in physical education and sports.
- ➤ To participate in university and interuniversity levels.
- **➣** To become eligible for further higher education

Challenges:

- > Accepting ,adapting and updating the technologies in Teaching and learning.
- > Implementation of New education Policy.

Future Plans for Innovations, Research and Special Activities

- Plan to organize sponsored National or International seminars/ workshops /guest talks in Physical education and yoga.
- Develop Anatomy and physiology lab.
- Establish Physical Education research center.
- Plan more skill development/value added courses in sports for students.
- Improve community development and extension activities programmes.
- Plan to organize more Inter-collegiate championships.
- Plan to collaborate with NGO's and sports authorities.
- Plan to take minor and major projects.
- Plan to maintain our Digital Department System like E-Attendance process with classroom activity with LMS Microsoft team tools.

Thank you

