



Academic Session 2021-2022

Surya Namaskar



“Sun is the soul and source of all life and Surya Namaskar is the symbol of Indian culture. Surya Namaskar is being promoted for the wellness and health of mankind as well as for glory of India. Surya Namaskar is offered as a salutation to the Sun to exhibit one’s gratitude for each of its rays as it nurtures all living beings.”

The Department of Physical Education and Sports Committee has organized a mass Virtual demonstration of Surya Namaskar on the occasion of Makar Sankranti 14/01/2022 under the aegis of the Ministry of Ayush, Government of India, celebrating 75 years of Independence ‘Azadi ka Amrit Mahotsav’. It was performed in different time slots in the morning from 7:00-9:00 am. The program started with a welcome note by the Principal, Prof. Naina Hasija. More than 500 participants including faculty members, non-teaching staff, and students have attended the program. Many sports students have enthusiastically displayed the Surya Namaskar demonstration during the program. The students were also advised to perform the same for at least a week and so to get benefitted. It was also suggested to include this activity in their day-to-day exercises to get maximum health benefits.

Scientifically, the sun radiates energy to the earth in the form of heat and sunlight – without which life couldn’t have sustained here. Sparing just 10 minutes for yourself every day can have dramatic changes in various aspects of your life. Hence, Surya Namaskar, or Sun Salutation, has a range of effects on the human body.

Before Makar Sankranti, the sun is in the Southern Hemisphere. For this reason, in India, in winter nights are longer and days are smaller. But with the Makar Sankranti, the sun starts its journey towards Northern Hemisphere and so, days will be longer and nights smaller. Dakshinayan symbolizes the night of god or the sign of negativity, and Uttarayan is considered as a symbol of the day of God or a sign of positivity. On the occasion of Makar Sankranti, people express their gratitude towards the people of India throughout the year by worshiping the sun God in various forms.

The program ended successfully with huge efforts of the Sport Committee members.

Regards & Thanks

Dr. Renu Bala

Convenor

Sport Committee



MINISTRY OF
AYUSH



सूर्य नमस्कार

75
Azadi Ka
Amrit Mahotsav



KALINDI COLLEGE

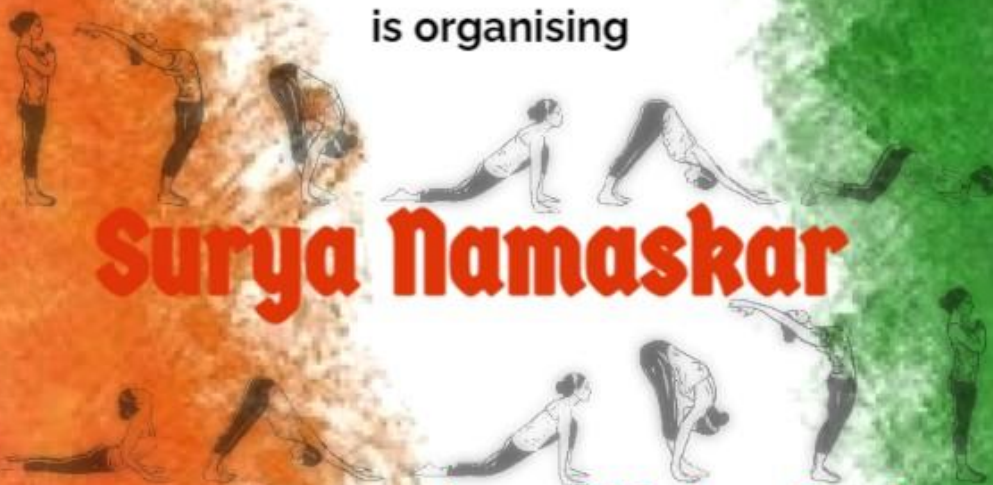
(University of Delhi)

Accredited with Grade 'A' by NAAC

*Celebrating 75 years of Independence
under the aegis of
'Azadi ka Amrit Mahotsav'*

**Department of Physical Education
&
Sports Committee**

is organising



Surya Namaskar

on the auspicious day of Makar Sankranti

Date: 14 January 2022, Friday | Time: 7-9 am

**Prof. (Dr.) Naina Hasija
(Principal)**

**Dr. Renu Bala
(Convenor)**

**Dr. Sunita Sharma
(Organiser)**



REC

75 Crore Suryanamaskar Video

Azadi Ka Amrit Mahotsav

Supported by

MINISTRY OF AYUSH

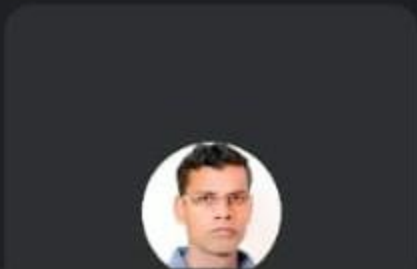
A Tribute on 75th Anniversary of Independence

75 Crore Suryanamaskar

Learn Suryanamaskar

Video


Sports is presenting



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Gmail YouTube Maps

S Sports Event is presenting



S Sports Event Sunita Sharma

42_Sakshi GPS Map Camera Lite

Dr. Abhishek


khasara no. 769/1, Sun View Apartment, 2, West Sant Nagar, Burari,
om mitrāya namaḥ | Delhi, 110084, India

AM | msw-fedu-znt

Latitude Longitude

28.7476624° 77.1966075°

Local 07:41:28 AM Altitude 0 meters
GMT 02:11:28 AM Friday, 14-01-2022



Pādahastāsana

35_Jalmece has left the meeting

msw-fedu-znt

Sunita Sharma Sunita Sharma

S Sports Event 37-kajal yadav

Khusboo Garg Tavleen Singh

Ms. Sunita Pandey Renu Bala

29 others You

hp

REC Sports Events is presenting

75 Azadi Ka Amrit Mahotsav
 Government of India Ministry of Ayush
Surya Namaskar
 आदित्यस्य नमस्कारान् ये कुर्वन्ति दिने दिने।
 आयुः प्रज्ञा बलं वीर्यं तेजस्तेषां च जायते॥

6:08 / 1:17

msw-fedu-znt

Sunita Sharma
 Ms. Sudha Pandey
 Khushboo Garg
 30 others
 You

Time slots for joining SUR... | 75 Lakh people around the... | Meet - "Surya Namskar" | Meet Attendance 01/14/22 | Meet Attendance 01/14/22 | My Drive - Google Drive

meet.google.com/msw-fedu-znt?pli=1

REC

34-Vaishali Yad...	Sunita Sharma	12_Sonia Mawri	Renu Bala	Dr. Arvind Kumar	30_Shreshthi T...	Shweta	Ms. Sudha Pan...	Meenakshi Ver...	Sunita Sharma
RUHI SHINHA	Khushboo Garg	37-Kajal yadav	Gaurav Kumar	Dr. Abhishek	Anjali Bansal	Kajal Shukla 60...	Hemant Raman ...	Sports Event	Bhumika Arora
suresh km	Sarla Yadav	3002_Kirti	Sunjay Kumar S...	Kamini Yadav	Shruti Anand	Shambhavi Mishra	priyanka sharma	Mr. Ezra John	11_Savita
Shruti Choudhary	Harshita Sharma	40_Navya yadav	07_Priya Sharma	7177_Ashu Kum...	Ekta Sharma N...	22_DEEPTI	Tanishu Mahato	7 others	You

9:08 AM | "Surya Namskar"

10°C Fog | 09:08 | 14-01-2022

msw-fedu-znt



REC

K
Kashish

Renu

S
Sports

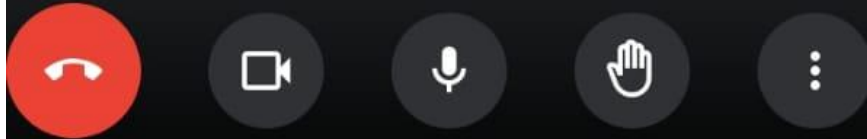
Ms. Sud...

Sanjay

Mr. Ezra

You

Suni 39 others





Members of Sports Committee present on the occasion of the event:

- i. **Convenor–Dr. Renu Bala**
- ii. **Co convener –Dr. Sunita Sharma**
- iii. Member- Ms. Sudha Pandey
- iv. Member- Dr. Anjali Gupta
- v. Member- Dr. Sandeep Kumar
- vi. Member- Dr. Hemant Raman Ravi
- vii. Member– Mr. Gaurav Kumar
- viii. Member- Dr. Ezra John
- ix. Member- Dr. Sanjay Kumar Singh (Hindi)
- x. Member- Dr. Abhishek Kumar Singh
- xi. Member - Dr. Aravind Kumar
- xii. Member- Dr. Meenakshi Verma

Activity Link:

<https://meet.google.com/msw-fedu-znt>

Department of Physical Education

Kalindi College

Report of National Webinar on National Sports Day 29th August 2021 (Azadi ka Amrit Mahotsav)

National Sports day is celebrated every year in India on 29th August since 2012 on the birth anniversary of Hockey legend Major Dhyan Chand Singh. We pay our tribute to Major Dhyan Chand Singh whose magic with hockey stick can never be forgotten. The aim of National Sports day is to spread awareness about the importance of physical activities and sports in everyone's life. National Sports day is also a timely reminder for the need of sporting/physical activities in daily life to keep fit ourself. Sports play a huge role when it comes to nation building by creating a sense of national pride and unity. Today, sports are very important component of the socio- economic development of a country. The active participation in sports improves community health and productivity, reduces medical expenses, inculcates discipline in character, positive attitude, team spirit, unity, generates great leadership and enhances spirit of togetherness. Sports unites nation and creates peace and happiness among people of the country.

Keeping in view the importance of sports, Department of Physical Education celebrated **Azadi ka Amrit Mahotsav** on the occasion of **National Sports Day on 29th September 2021**. On this occasion department organized a National webinar on the topic, "**Rashtra Nirman Mai Khelo Ki Bhoomika**" for the staff and students of different Universities. Dr Sunita Sharma was the organizer of this programme, Dr Renu Bala and Ms Sudha Pandey were the Convenors. Mr M.S. Tyagi, General Secretary of the Kho-Kho Federation of India and the International Federation of Kho-Kho, was the chief guest and Ms Kamal Preet Kaur, 6th place holder in the Discus Throw at the Tokyo Olympics, and her coach, Ms Rakhi Tyagi, were the guests of Honor of this webinar. All the guest motivated all participants and shared their experiences. They encouraged our students to involve in at least one sports activity to keep themselves fit. On this occasion our Principal Prof. Naina Hasija blessed all the participants.

Dr. Renu Bala Convenor
Physical Education



KALINDI COLLEGE

UNIVERSITY OF DELHI

NAAC Accredited with Grade A

celebrates

AZADI KA AMRIT MAHOTSAV

DEPARTMENT OF PHYSICAL EDUCATION

Organizes a

National Webinar on

राष्ट्र निर्माण में खेलों की भूमिका

On the occasion of

National Sports day

On 29th August, 2021

at

1:00 p.m.



Mr. M.S Tyagi
General Secretary
KHO-KHO Federation of
India
Chief Guest



Ms. Kamalpreet Kaur
6th Position Holder Tokyo
Olympics
(Discus Throw)
Guest of Honour



Ms. Rakhi Tyagi
Coach
Sports Authority of
India
Guest of Honour

Chairperson

Ms. Rajni Nagpal

Principal

Prof. (Dr.) Naina Hasija

Organizer

Dr. Sunita Sharma

Convenor

Dr. Renu Bala

Convenor

Ms. Sudha Pandey

M Ms. Sudha Pandey is presenting

The screenshot shows a Zoom meeting in progress. The main window displays a presentation slide from Kalindi College, University of Delhi. The slide is titled "राष्ट्र निर्माण में खेलों की भूमिका" (Role of Sports in Nation Building) and is part of the National Sports Day celebration on 29th August 2021. It lists several dignitaries: Mr. M S Tyagi (Chief Guest), Mr. Kamaljeet Singh (Guest of Honor), and Mr. Rishi Tyagi (Special Authority of India). The slide also mentions the presence of the Hon'ble Minister of Education, Government of India, and the Hon'ble Minister of Sports, Government of India. The video call interface shows three participants: Ms. Sudha Pandey, Se sharma, and You. The system tray at the bottom indicates the time is 12:46 PM and the date is 29-08-2021.

REC

The screenshot shows a Zoom meeting with a large video of Rakhi Tyagi in the foreground. She is wearing a white and orange polo shirt. The gallery view on the right shows several other participants: Se sharma, M S Tyagi, Ms. Sudha Pandey, Mansi Gupta, Naina Haqija, Anjal Bansal, and You. A "59 others" icon is also visible in the gallery. The system tray at the bottom indicates the time is 2:04 PM and the date is 29-08-2021.

REC M Ms. Sudha Pandey is presenting

Photos - poster national sports day.tif

1:38 PM vde-uwsz-jps

REC

Grid of participants:

- Ss sharma
- Ms. Sudha Pandey
- Rakhi Tyagi
- Mansi Gupta
- LCPL Kiran Tatar
- Kanika Bisht
- Naina Hasija
- 022 Amrita Tiwari
- Nandini Deodhia
- 8085 Tarana
- pratibha pratibha
- Aarti Mishra
- 61-lakshya Rakhra...
- Sweta Rawat
- Sanjay Kumar Sin...
- Pratibha Patel
- Himanshi
- hemant raman Ravi
- harshit kaur68
- Gaurav Kumar
- Ms. Ritu Sharma
- RADHIKA CHAU...
- Parthivi Khurana
- rakshaggeeta
- LCPL Kiran Tatar
- 033 Raksha Upa...
- Nivedita Giri
- Anjali Bansal
- Nisha Bakshi
- Sajid Iqbal
- 30 others
- You

2:28 PM vde-uwsz-jps

Session 2021-2022

Sports Orientation

On 1st December 2021

Sports orientation was held on 1st December 2021 on online mode. All the students from the first year attended the orientation program. The organizer of the program was Dr. Sunita Sharma and the convenors Dr. Renu Bala and Dr. Sudha Pandey. All the related information regarding the facility of sports and games, coaching, training programs, classes, workshop, and seminars is given to the students.

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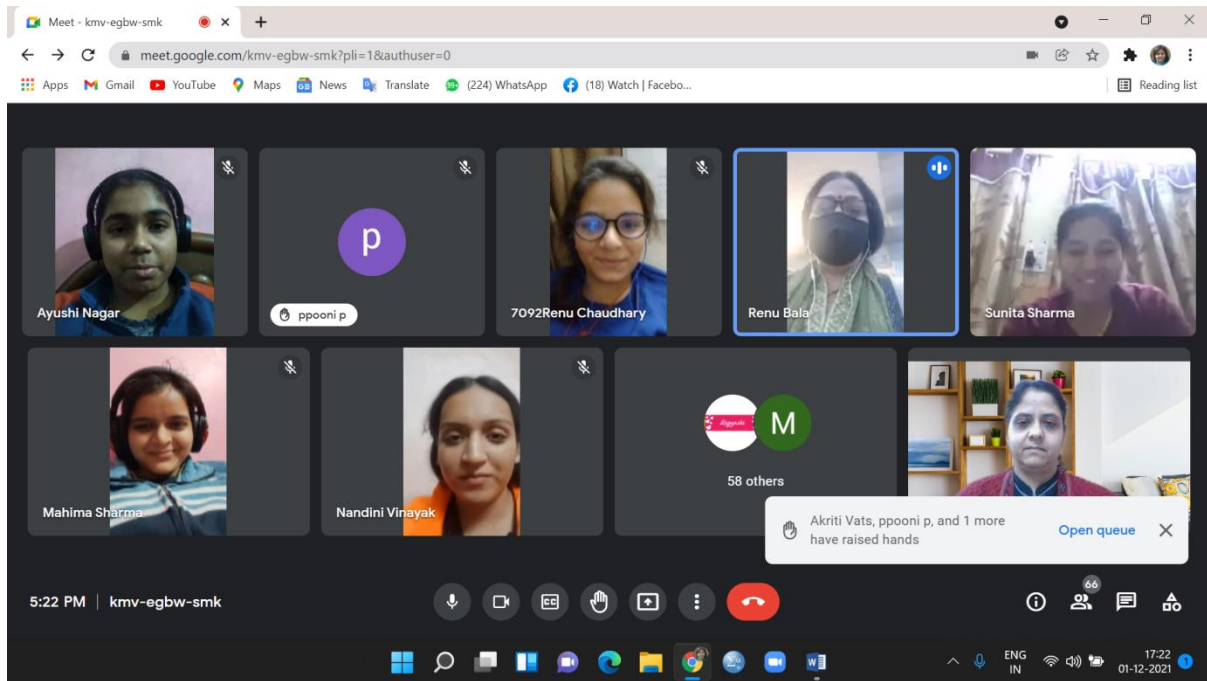
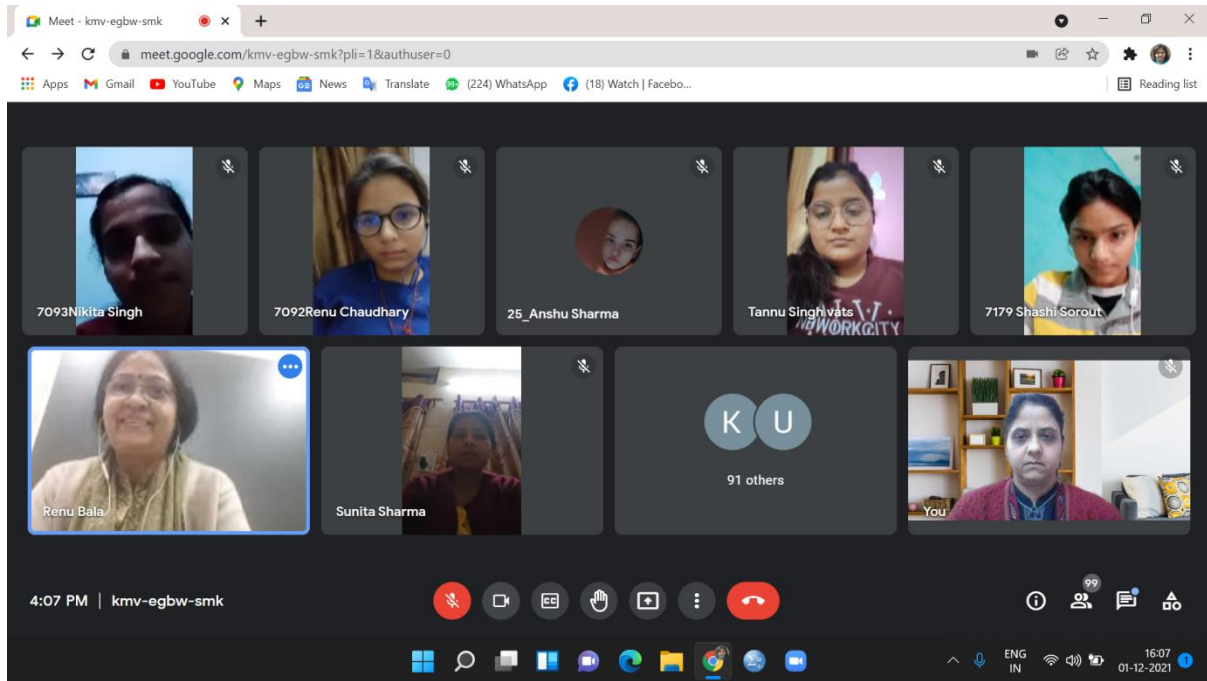
Department of
Physical Education

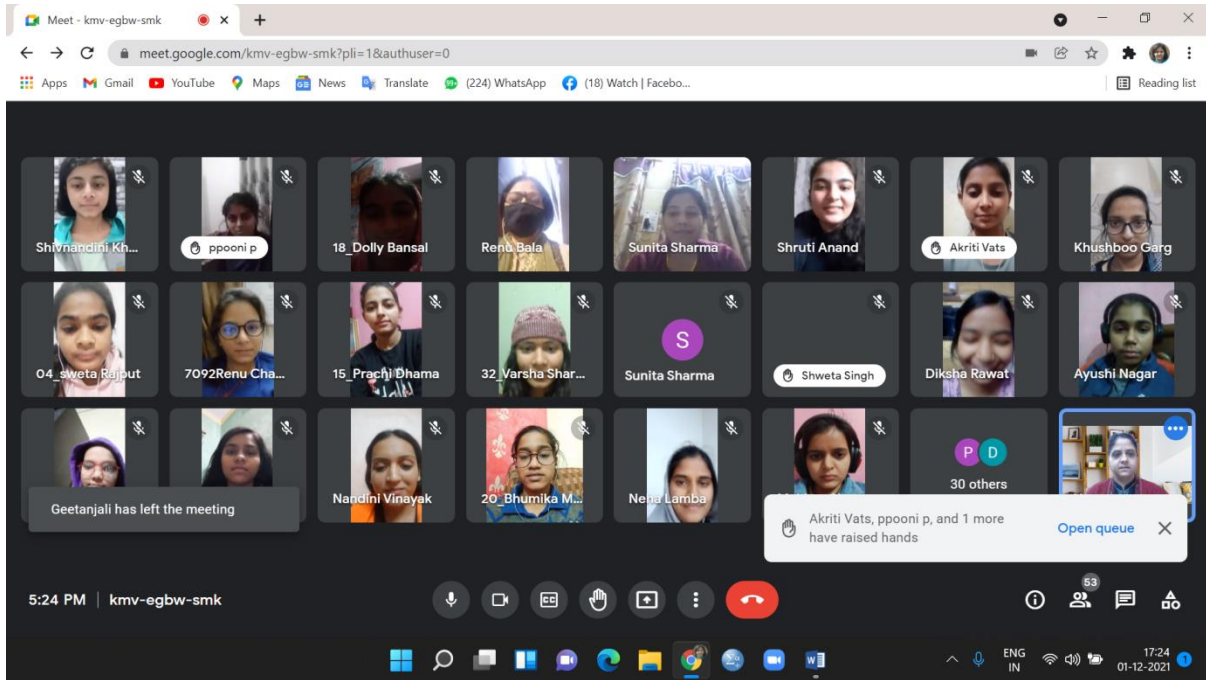
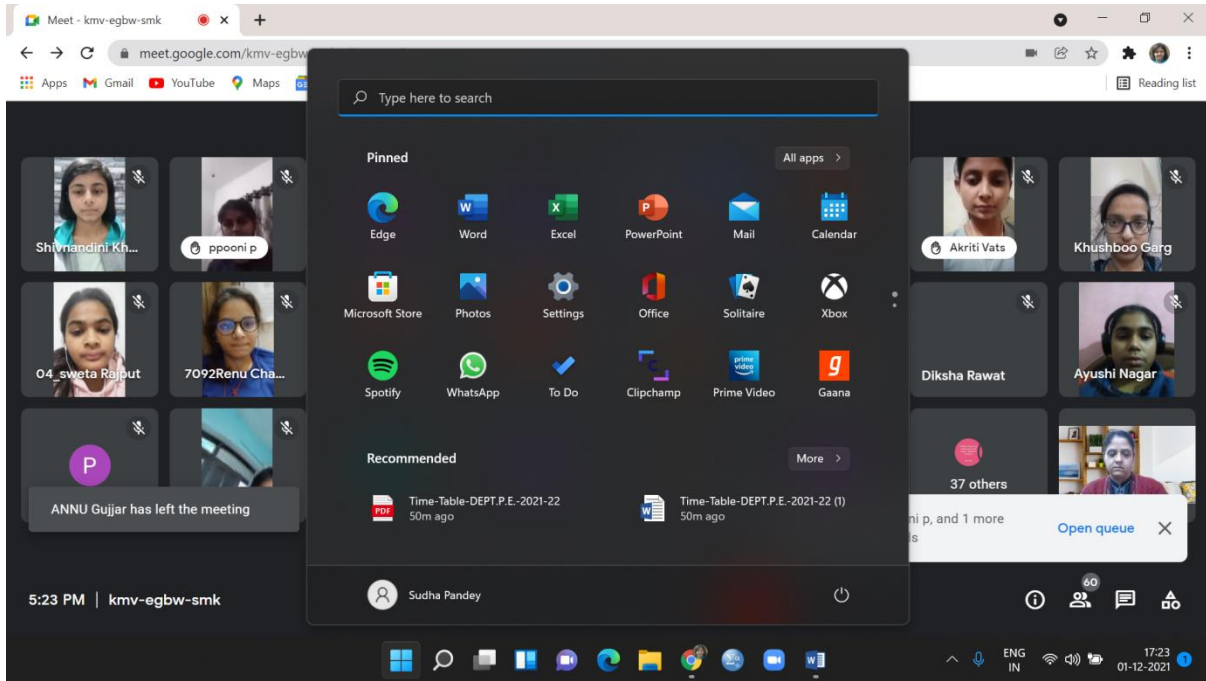
Organizes
Sports Orientation
for FIRST YEAR STUDENTS

Date: 1 December 2021
Time: 4 pm
Venue: GOOGLE MEET

ALL ARE CORDIALLY INVITED

SPORTS ORIENTATION 1ST DEC 21-22 WEDNESDAY 4.00 TO .30 PM







Dr. Renu Bala

Sports Committee
Kalindi College
University of Delhi

**Welcomes
First Year Students**

26

Department of Physical Education



Introduction

Under the National Sports Organization Scheme, the Department of Physical Education started functioning in the College in 1967

FACULTY

DR SUNITA SHARMA



MS SUDHA PANDEY



Games Facilities

Outdoor Games	Indoor Games
<ul style="list-style-type: none">•Athletics•Ball badminton•Football•Kabaddi•Hockey•Handball•Basketball•Volleyball•Kho Kho	<ul style="list-style-type: none">•Badminton•Boxing•Chess & Carrom•Judo•Gymnastics•Table Tennis•Taekwondo•Weight lifting•Aerobic

CHAMPION TEAMS

BOXING TEAM- Inter College championship in

- 2016-17 -III
- 2017-18-II
- 2019-20-II

POWERLIFTING TEAM

- 2015-16- II
- 2016-17-II
- 2017-18-I
- 2018-19-I

BADMINTON



BOXING



JUDO



KABADDI



KHO-KHO



TAEKWONDO



FITNESS CLUB

- Organizes-
- Workshop and training programs on Health and Fitness
- Weekly classes of Aerobics and Yoga for students

AEROBICS



YOGA



New Constructed Sports Utility Center



Matches for Teaching Staff



Badminton

Cricket



Throwball

Matches for Non-Teaching Staff



Badminton

Cricket



Volleyball

Annual Sports Day



March Past

Oath Taking Ceremony

Sports Day: Some Events



Invitational Inter College Tournament For Differently abled



Chess



Carrom

Fitness-club



Sports Prizes

- Sports Teacher's Prize
- Dwarka Nath Kailash Nath Prize
- Nehru Centenary Prize
- Asha Memorial Prize