



NATIONAL SPORTS ORGANISATION (N.S.O)

2018-19



NSO LOGO



NSO BANNER



ANISHA, GOLD MEDALIST WINNER IN INDIAN OPEN TAEKWONDO



C LICENSE FOOTBALL COACHING COURSE



Dr. Abha Jain, Invited Speaker National Alliance Conclave at Australian Embassy



JDMC Team in Inter College Hockey Championship



INTER COLLEGE FOOTBALL @ JDMC



SHM 6- a side Football Tournament @ JDMC



JDMC SHOOTING TEAM



JDMC TEAM PERFORMING INTER COLLEGE YOG CHAMPIONSHIP @ RUGBY STADIUM



PARTICIPATING TEAMS IN DELHI STATE HOCKEY CHAMPIONSHIP



DELHI STATE HOCKEY CHAMPIONSHIP@DMC



Delhi State 6-A-Side Hockey Tournament



SHM 6-A-SIDE FOOTBALL TOURNAMENT ORGANISED BY JDMC



Fitness tests of all Sports Girls



Educational Excursion Trip of Sports girls to Historical Monuments in Delhi



SELF DEFENSE DSPLAY ON SPORTS DAY



Cricket Match Teaching vs Non-Teaching Staff on Sports Day



Staff vs Students Union Basketball match on Annual Sports Festival



JDMC Sports Committee



SPORTS GIRLS COMMON ROOM

International NSO ACHIEVERS:

- **Tamanna Mehta** participated in *49th Grand Prix of Liberation* held in Pizen, Czech Republic and *International Shooting Competition* in Hanover, Germany, May 3 to 14, 2018.
- **Taranjeet Kaur** and **Sushmita** represented India in *3rd India TIA Open International Taekwondo Championship* at Kolkata, W. Bengal, Dec. 29, 2018. **Taranjeet Kaur** secured **2nd position**.
- Anjali represented *Indian Rugby team* in *Asian Rugby Championship* held in Colombo, Sri Lanka in Nov. 2018. As part of *Delhi Hurricane Team*, won *Silver medal* in *All India Rugby Championship* at CCFC Club, Kolkata

National/ Inter-University level NSO ACHIEVERS -

- **Perna Negi**, **Garima Chhimwal**, **Manta Chhimwal**, **Navita Rawat**, and **Parul Negi** represented Delhi in *Senior Women National Football Championship* at Cuttack, Odisha, Sept. 19 to Oct 13, 2018.
- **Perna Negi**, **Garima Chhimwal**, **Priyabala Subramaniam**, **Deepti** and **Parul Negi** as part of DU Football team won *1st runners up trophy* in *North Zone Inter University Football tournament* from Jan. 22-28, 2019 and participated in All India Inter University Football Tournament at GNDU, Amritsar from Feb., 14-19, 2019
- **Neha Kumari** participated in *All India Inter -University Cross Country Championship* held in Bangalore in Oct. 2018.

- **Nikiita Varun** participated in *All India Inter –University Ball Badminton Championship* held in Chennai, TN in Jan. 2019.
- **Roshni** participated in *All India Cross Country Championship* held in Mathura on Jan. 20, 2019.
- **Anamika Bose and Rashmi** represented Delhi in *Senior National Hockey Tournament* at Hissar, Haryana in Feb. 2019.
- **Pooja Dodve** represented Madhya Pradesh in *Senior National Hockey Tournament* at Hissar, Haryana in Feb. 2019.
- **Neha Kumari & Kumari Sanana** participated in *Junior National Hockey Championship* at Kochi, Kerala from Jan 26 to Feb. 7, 2019.
- **Rajveer Kaur, Deepali Tomar, Kumari Sanjana, Laxmi, Neha Kumari, Vijay Madhuri** participated in *Inter-University Hockey Championship* at Chandigarh in Nov.. 2018-19.
- **Preeti** participated in *North Zone Ball Badminton Tournament* in Ambala, Punjab from April 13 to 15, 2018.

Inter College/ State Achievers –

- JDMC team secured *1st place position* in *Inter College Hockey Championship*.
- JDMC team secured *3rd place* in *Inter College Football Championship*.
- JDM College Yog team secured *2nd Runners Up position* in *Inter College Yog Championship*.
- JDMC team secured *4th spot* in *Inter College Ball Badminton Championship*.
- JDMC team secured *4th spot* in *Inter College Cross Country Championship*.
- JDMC team secured *4th spot* in *Inter College Handball Championship*.
- JDMC team secured *Best College Championship* in *Delhi State Athletics* in *Reliance Youth Games*.
- JDM College Football team won *1st Runners Up trophy* in *1st Senior State Chaunna Football Tournament*.
- JDM College Football team won *2nd Runners Up trophy* in *4th KNC Inter College Football Tournament*.
- JDM Handball team secured *4th place* of *Delhi Olympic Week Handball tournament*.
- JDM College Yog team secured *2nd position* in *Spardha- Shaheed Rajguru College*
- JDM College Ball Badminton team got *2nd position* in *Shri Ram College of Commerce Sports festival*.
- JDM College Ball Badminton team got *3rd position* of *Bharti College Sports festival*
- JDM College Football team emerged *Champions* in Women Football event of *Spree- BITS, Pilani Goa Sports Festival* held from Mar. 21 to 26, 2018.

Individual Honours at College/ State –

- **Samiksha Puri** grabbed a gold medal in a record haul in U-47 kg of **Inter College Power lifting** event in Sept. 2018. She topped in all three events of Squat (105kg), dead lift (130 kg) & 57.5 kg in bench press to total 292.5 kg.
- **Neha Kumari** secured a **Bronze** in **1500 m** in *Inter College Athletics Championship and 6th position* in *Inter-College Cross Country Championship* on Sept. 22, 2018.
- **Neha Kumari** won **3 km Pinkathon race** held on Sept. 23, 2018
- **Neha Kumari** secured a **Gold medal** in **800 m** in *Reliance Delhi state Athletics Championship*.
- **She** also secured **2nd place** and **cash award of Rs. 2000/** in **Inter College 5 Km Run** organised by IP College.
- **Deeksha** won 2 Gold medals in her events and earned **Champions of Champion** in senior category of **Sqay K National** tournament in Panchkula, Chandigarh from 24-27Jan., 2019.
- **Anisha Kmaari** won **Gold Medal** in Taekwondo event of *Delhi Olympic Games*.
- **Anisha Kumari** won **Gold medal** in her weight cat. In *Haryana State Taekwondo tournament* held at Panipat, Haryana in Dec 2018.

- **Sushmita Banerjee** secured a **Gold medal** in **Tang Su Do** event (Martial art) of *Delhi Olympic Games*
- **Deepanshi** secured **7th position** among 144 participants in **Inter College Yog Championship**
- **Karishma** secured **1st position** in *Delhi state Open Yog Championship*
- **Deepanshi** grabbed a **Gold medal** in *Delhi Yog Championship 2018*.
- **Karishma** got **Gold medal** in *Artistic Yog* and got **6th position** in *Individual category* in *Delhi state Yog Championship 2018*.
- **Deepanshi** secured a **Bronze medal** in *2nd Haryana State Yogasna Sports Championship* at Faridabad on Oct. 14, 2018.
- **Roshni** secured **6th position** in *Delhi State Cross Country Championship*.
- **Parul Negi** won **Best Mid fielder of the Tournament** award in *4th KNC Inter College Football Tournament*
- **Aishwarya S. & Deepti Papnai** got **Player of the Match** award in *4th KNC Inter College Football Tournament*.

Departmental Activities

- A national level Asian Football Confederation (AFC) recognised **International C- License Coaching Course** in Football was organised in collaboration in Football Coaches Association of India (FCAAI) and AI India Football Federation (AIFF) in Dec. 2018.
- **Dr. Abha Jain** as **Convenor, DU Hockey Selection Committee** conducted **Inter College, Selection Trials** and **Coaching Camp** for **Delhi University Hockey team** at JDMC field.
- She as **Convenor, DU Handball Selection Committee** conducted **Inter College and Selection Trials** for **Delhi University Handball team** at JDMC field.
- **Dr. Jain** as **Convenor, DU Football Selection Committee** conducted **Inter College and Selection Trials** for **Delhi University Football team** at Rugby field, DU in Jan. 2019. She also convened the **Coaching camp** for **DU Football team** for **North one and All India Inter University Tournaments** at JDMC grounds.
- **Training cum Selection Trials** of **Junior and Senior women** was conducted under the **convenorship** of **Dr. Abha Jain** at JDM College to select Delhi State teams in both the sections.
- The Department also conducted **1st Senior State Chaunna (6 –a- side) Football Tournament at college grounds**.

Faculty Achievements

- Invited Speaker, *National Alliance Conclave* on **Women's Football** held on March 1, 2019 at Australian Embassy, Delhi
- A national level Asian Football Confederation (AFC) recognised **International C- License Coaching Course** in Football was organised in collaboration in Football Coaches Association of India (FCAAI) and AI India Football Federation (AIFF) in Dec. 2018.
- **Dr. Abha Jain** as **Convenor, DU Hockey Selection Committee** conducted **Inter College, Selection Trials** and **Coaching Camp** for **Delhi University Hockey team** at JDMC field.
- She as **Convenor, DU Handball Selection Committee** conducted **Inter College and Selection Trials** for **Delhi University Handball team** at JDMC field.
- **Dr. Jain** as **Convenor, DU Football Selection Committee** conducted **Inter College and Selection Trials** for **Delhi University Football team** at Rugby field, DU in Jan. 2019.
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- The Department also conducted **1st Senior State Chaunna (6 –a- side) Football Tournament at college grounds**.
- **Manager, Delhi University Football team** that won **1st Runners up** position in **North Zone Inter University Football tournament** held at Amritsar, Punjab from Jan. 22-28, 2019.
- **Manager, DU Hockey team** for **North Zone Inter University Hockey tournament** held in Chandigarh, Punjab in Oct. 2018.

- **Expert, DUSC, Football, Selection trials of female candidates for Sports Quota Admissions to Undergraduate Course** in University of Delhi, 2018.
- **Convenor, Delhi University Hockey Selection Committee to conduct Inter- College Hockey tournament and Coaching Camp** for University Team in Feb. 2019.
- **Convenor, Delhi University Handball Selection Committee to conduct Inter- College Handball tournament and in Nov. 2019.**
- **Convenor, Delhi University Football Selection Committee to conduct Inter- College football tournament** in Jan. 2019 and **Coaching Camp** for University Team in Oct. 2018.
- **Convenor, Women's Football Committee** (all age categories) **Football Delhi** to screen talent and oversee the growth and development activities of Women Soccer in Delhi.
- **Venue Manager**, conducted a 2 week **AFC C-License Coaching Course** in Football.
- **Joint Secretary, Delhi University Physical Education Teachers Association (DUPETA)**
- **Member, Selection Committee & Inter College Women Yog, DUSC, University of Delhi, 2018**
- **Member, Sub-committee, Department of Physical Education & Sports Sciences for Syllabi Formation of Generic Elective Course** option to Under-Graduate Honours Courses, University of Delhi, 2016 & 2017
- **Member, DUSC, Committee to Formulate Norms and Criteria for Certificates Marking for Under-Graduate Admissions on Sports Quota**, University of Delhi, 2016-17-18
- **Member, Committee DUSC, for Certificates Marking for Under-Graduate Admissions on Sports Quota** in University of Delhi, 2016-17-18.
- **Member, Board of Examination, Paper Setting, B. A. Prog/.B. Com Prog. - Generic Elective, Sem. V, Dept. Of Physical Education & Sports Sciences, University of Delhi, 2018-19**
- **Member, Board of Examination, Paper Setting, B. A. Prog/.B. Com Prog. - Skill Enhancement Course, Sem. V, Dept. Of Physical Education & Sports Sciences, University of Delhi, 2018-19**
- **Dr. Jain as Organising Secretary conducted a 2 day 1st Senior State Chaunna (6 –a- side) Soccer tournament at JDM College in Fe. 2019.**

Ms. Nisha

- Nominated as **Games Coordinator, Khelo Master Games Association, India and Executive member, Khelo Master Games Association, Delhi.**
- **Manager, DU Handball team** for North Zone Inter University Handball tournament held in Jind, Haryana in Nov. 2018.
- **Asst. Venue Manager** conducted the 2 week **AFC C-License Coaching Course** in Football.
- She also attended a workshop in **Knowledge Sharing Program on Perspectives on Modern Teaching Techniques - Use of Case Studies & Experiential Methods.**

Dr. Abha Jain

(TIC, Physical Education)