

Institutional Distinctiveness:

The college students are encouraged to participate in different sports activities to live a better and more fulfilling life since sports activities improve students' intellectual ability, sense of worth as individuals, and confidence, all of which are crucial aspects of the curriculum. Sports activities can provide better opportunities to students. Our college is well aware of the above said fact and in order to increase the students' participation in sports, Scholarships and financial support are being offered to them, which considerably improves their quality of life. In a competitive environment too, Sports help in placements as students get opportunities to improve their social skills, such as conflict resolution and effective communication.

The college actively trains students for sports and competitions and has produced a large number of players at the national and international levels. The emphasis of physical education and sports activities is on ensuring that students are physically healthy and prepared to compete in inter-college competitions in sports like football, hockey, cross-country, basketball, netball, and many more. The department's alumni hold a variety of important jobs in the sports industry and in other prestigious professions. The College's efforts to introduce students to yoga and sports are among its most exciting and respected initiatives.

Our college has Sports Club, and offers courses in sports which include - B.Sc in Sports Science and B.P.ED, PG Diploma in Yoga Science to boost a holistic approach among students. These courses are interrelated to one another and allowing the students to utilise all of the resources available to them in the college and to prepare them to perform well at the Inter College/ Inter University, National and International level.

Vision:

Our college aims to establish itself as the leading voice in both sports and academics. Through creative teaching methods, programmes and our outreach programmes as well, we seek to use this voice to inspire the next generation of students to pursue accomplishment in the development and advancement of Physical Education and Sports and also to improve human resources and promote a balance of body, mind, and spirit.

Objectives:

- To act as an inducer to transform players' attitudes for the better.
- To foster or promote sports facilities at Inter College, Inter University, National and International level.
- To provide and maintain the playgrounds, tracks with all modern activities.
- To offer access to coaching in various sports by experts to the underprivileged students hailing from rural areas with a specific emphasis on them.

The focus of the college is on enhancing students' sports skills. The following are some specific measures that the College has taken:

- To promote excellence in sports, the college sponsors a variety of district/State/intercollege/NorthZone/AIIU/national/International level tournaments, yoga workshops, first aid trainings, and physiotherapy sessions.
- In the session 2018-2019, One student of our college (Preeti) won Silver Medal at International Level Judo. Two students were selected in All India Cricket Tournament and got first position.
- One student of the college was selected in AIIU American Football and four students were selected in AIIU Rugby 7s.
- In the same year, one student, Sneha won bronze medal at International Level Shooting (pistol).
- In the session 2019-2020, one student was selected in AIIU Cross Country and got first position.
- Five students were selected in AIIU Quan-ki-Do who won silver and gold medals.
- In the session 2020-2021, our college organized State Level Inter College Yoga Competition and got 2nd position.
- In the session 2021-2022, three students of our college represented India at International Level in many competitions (Nikki, Nishu (badminton), Priya Yadav(poomsae)).
- Three students won gold medal in AIIU Lawn Tennis, one student won gold medal and two students won bronze medal in AIIU Athletics as well as in Khelo India.

- Six students won gold medal in north-zone and silver in AIIU Cricket, two students won 1 gold and one silver medal respectively in AIIU Kick Boxing.
- Six students won silver medal in north-zone hockey, four students won 4 gold medals in north-zone Taekwondo and five students won gold medal in AIIU Football in the session 2021-2022.
- One student of our college Bindu got first position in 4th Asian Kho-Kho championship, Assam.
- During 2022-2023, four students of our college were selected in AIIU Hockey and won gold medal, nine students were selected in Football and got 2nd position, two students were selected in Kabaddi and got 3rd position.

List of International Players

S.No	Name	F'Name	Game	Tournament/ Venue	Session	Position
1	Ruchika	Joginder	Netball	9th Asian Netball Championship, Singapore	2014-15	Participation
2	Megha	Dharampal	Netball	9th Asian Netball Championship, Singapore	2014-15	Participation
3	Renju	Shree Krishan	Netball	9th Asian Netball Championship, Singapore	2014-15	Participation
4	Pooja	Jagbir	Badminton	Granular Thailand International Challenge-2015	2014-15	Participation
5	Priya Saroha	Satbir	Hockey	Hockey Test Series, New Zealand	2014-15	Participation
6	Sweta	Bijender Singh	Hockey	7th Women's Junior Asia Cup, Changzhou (China)	2015-16	Participation
7	Savita	RamGopal	Netball	8th Asian Youth Netball Championship, Hongkong	2015-16	Participation
8	Pooja	HariRam	Netball	8th Asian Youth Netball Championship, Hongkong	2015-16	Participation
9	Savita	Pardeep Singh	Baseball	VII Women's baseball World Cup, Gijang City (Republic of Korea)	2016-17	Participation
10	Pooja	Partap Singh	Baseball	VII Women's baseball World Cup, Gijang City (Republic of Korea)	2016-17	Participation
11	Savita	RamGopal	Netball	9th Asian Youth Netball Championship, Korea	2016-17	Participation
12	Pooja	HariRam	Netball	9th Asian Youth Netball Championship, Korea	2016-17	Participation
13	Savita	Pardeep Singh	Baseball	1 BFA Women's Baseball Asian Cup, Hongkong	2017-18	Participation
14	Rajani	Raj Kumar	Basketball	Basketball United Asian Games, Nepal	2017-18	Silver
15	Savita	RamGopal	Basketball	Basketball United Asian Games, Nepal	2017-18	Silver
16	Kajal	Virender	Basketball	Basketball United Asian Games, Nepal	2017-18	Silver
17	Mahima Chaudhary	Satish Kumar	Hockey	4-Nations Tournament (U21 Jr. Women), Dublin (Ireland)	2018-19	Gold
18	Mamta	Satish	Taekwando	World University Taekwando Championship, China (Taipei)	2017-18	Participation
19	Preeti	Bijender	Judo	Commonwealth Judo Championship, India	2018-19	Silver
20	Sneha Bhardwaj	Sanjeev Kumar	Shooting	Asian Games, Qatar (Doha)	2019-20	Bronze
24	Nikki Rapria	Rajender	Badminton	Infosys Foundation Open India International Challenge 2021, Bengaluru (India)	2021-22	Participation

25	Nishu Rapria	Rajender	Badminton	Infosys Foundation Open India International Challenge 2021, Bengaluru (India)	2021-22	Participation
26	Priya Yadav	Jitender	Poomsae	World Taekwando Poomsae Championship, Goyang(Korea)	2021-22	Participation
27	Bindu	Dharambir	Kho-Kho	4th Asian Kho-Kho Championship, Assam (India)	2022-23	Gold
28	Priya Yadav	Jitender	Poomsae	Swedish Open Poomsae G2 Championship, Stockholm, Sweden	2022-23	Silver
29	Tamanna	Jagbir Singh	Kurash	7th Asian Junior U20 Kurash Championship, Thailand	2022-23	Bronze
30	Sakshi Gahlawat	Jaipal Singh	Badminton	Uganda International Challenge, Kampala (Uganda)	2022-23	Bronze
31	Sheetal	Dharampal	Kurash	Senior Asian Kurash Championship, China	2022-23	Bronze
32	Nikki Rapria	Rajender	Badminton	Yonex Sunrise Bangladesh International Challenge, Bangladesh	2022-23	Participation
33	Nishu Rapria	Rajender	Badminton	Yonex Sunrise Bangladesh International Challenge, Bangladesh	2022-23	Participation
34	Ritu	Jagat Saroop	Kabaddi NS	Women's Kabaddi League, Dubai	2022-23	Participation
35	Tannu	Jagbir	Kabaddi NS	Women's Kabaddi League, Dubai	2022-23	Participation
36	Priyanka	Mehtab Singh	Kabaddi NS	Women's Kabaddi League, Dubai	2022-23	Participation
37	Nikita Kumari	Karan singh	Kabaddi NS	Women's Kabaddi League, Dubai	2022-23	Participation