



# Miranda House

University of Delhi

## Department of Physical Education & Sports Sciences



*Achieving fitness through active lifestyle...*

## About Us

The Department of Physical Education and Sports Sciences was established in 1954. It marks itself as one amongst the most efficacious Department of Miranda House. It strives to excel at all levels and bring laurels to the college. Physical fitness is an empowering attribute and a key element for a healthy life. Hence to promote the cause of sports in addition to nurturing the talent of acclaimed sportswomen, the Department strives to reach out to each member of the Miranda House community through specially designed activities and events for the students, teachers and non teaching staff.

The Department focuses on the organization of the following events throughout the year:

- Competitive Sports Training & Competitions.
- Community Sports Activities.
- Recreational Sports Activities.
- Fitness for All Activities.
- Erobern: The Annual Sports Fest.
- Annual Sports Award Distribution.



Apart from sports and recreational activities, Department is also engaged in teaching Physical Education in B.A. Programme. The following courses are being taught in the Under Graduate Level:

- Application Course (2007 onwards)
- Discipline Course (2008 onwards)
- Discipline Specific Core Course (2015 onwards) in CBCS
- B. El. Ed. (2008 onwards).

# Competitive Sports

Miranda House offers specialized sports coaching/ training in the following 14 competitive sports/ games:

1. Athletics
2. Archery
3. Ball Badminton
4. Basketball
5. Chess
6. Cross Country Race
7. Netball
8. Power Lifting
9. Taekwondo
10. Table Tennis
11. Tennis
12. Volleyball
13. Yoga
14. Weight Lifting

The Department also has a well equipped fitness center for training.





# Erobern: The Annual Sports Fest

Erobern is the Annual Sports Fest of Miranda House which is being organized every year to promote the women empowerment through sports. Erobern, is a German word that means “to win/ to conquer”. True to its name, it caters to youth interested in wide variety of sports to showcase their talents and promote healthy competition. In EROBERN 2017 more than 350 women athletes had participated in the following 6 events: Archery, Ball Badminton, Netball, Rhythmic Yoga, Taekwondo and Tennis.



# Annual Sports Award Ceremony



Inter College Team Championships in past 6 years

The Annual Sports Award Ceremony is conducted during the month of April to award those students who have excelled in their respective sports and to enforce the passion among the students to perform at the sports field. The awards are being presented by eminent sports persons/ academicians/ sports administrators.

The Five Major Sports Award given are:-

1. Best Sports Women of the Year
2. Best Outgoing Athlete (III Year Student)
3. Most Promising Athlete (II Year Student)
4. Best Emerging Athlete (I Year Student)
5. Most Versatile Athlete

## A Glimpse to our International Athletes



**Ms. Harshita Chugh**  
**B.Sc. (H) Mathematics**  
**(2014-17)**  
**Runner's Up, Asian**  
**Tennis Tour to Sri**  
**Lanka**



**Ms. Meena**  
**B.Sc. (H) Chemistry**  
**(2015-18)**  
**Asian Korfbal**  
**Championship, Jaipur**



**Ms. Tanu Sharma**  
**B. A. Programme**  
**(2012-15)**  
**Asian Netball Championship, Singapore**



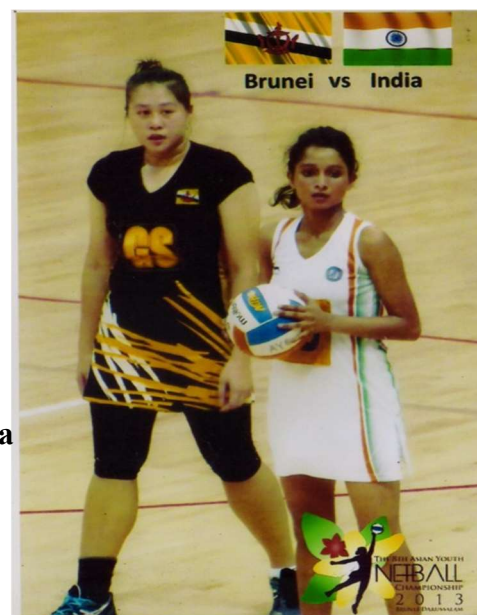
**Ms. Shailja Aswal & Ms. Pooja Behl**  
**B.A. Programme**  
**(2011-14 & 2010-13)**  
**World Korfbal Championship, Barcelona**



**Ms. Deepika Rawat**  
**B.A. (H) Geography (2011-14)**  
**Asia Pacific Academy, Lincoln University, New Zealand**



**Ms. Himani Mor**  
**B. A. Programme**  
**(2015-18)**  
**World Soft Tennis**  
**Championship, New Delhi**



**Ms. Anjali Raina**  
**B. A. Programme**  
**(2012-15)**  
**Asian Youth Netball**  
**Championship, Brunei**

## Sports Achievements in Inter University/ National Level 2016-17

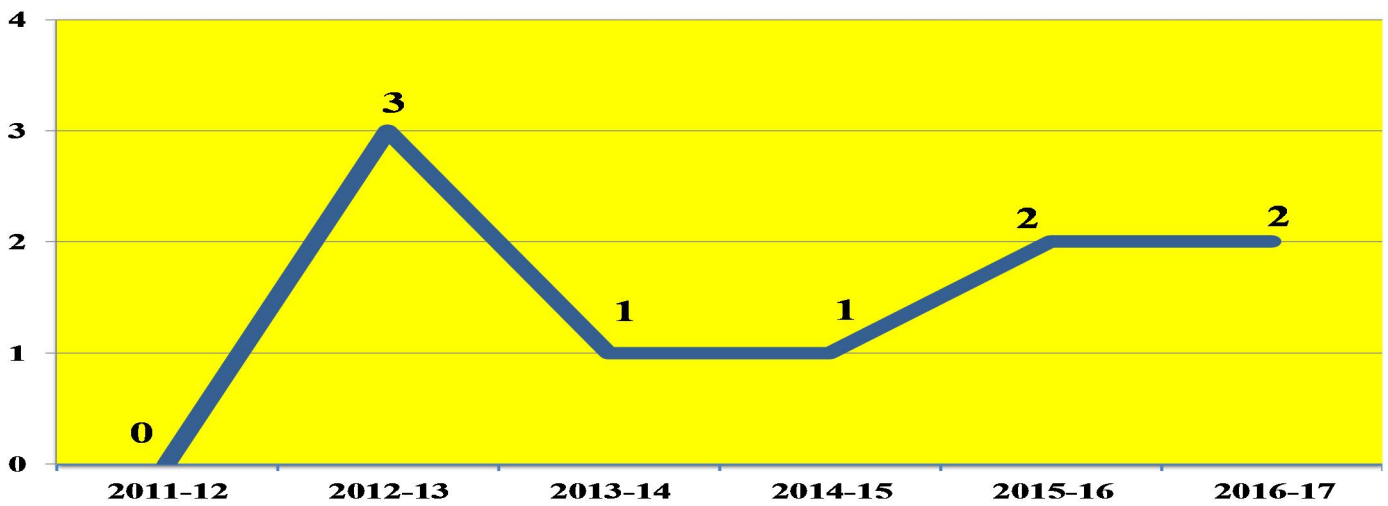
Name	Championship/ Tournament
Himani Mor	<ul style="list-style-type: none"> <li>Winner, All India Inter University Tennis Championship,, Jaipur</li> <li>Winner, North Zone Inter University Tennis Championship, Noida</li> <li>All India Inter University Ball Badminton Championship, Chennai</li> </ul>
Shriya Kandpal	<ul style="list-style-type: none"> <li>II Position, 35<sup>th</sup> Senior National Taekwondo Championship , Vishakhapatnam</li> <li>II Position, 36<sup>th</sup> Junior National Taekwondo Championship , Punjab</li> <li>All India Inter University Taekwondo Championship, Rohtak</li> </ul>
Ayushi Bolia	<ul style="list-style-type: none"> <li>II Position, Senior National Netball Championship, Delhi</li> <li>All India Inter University Basketball Championship, Murthal.</li> <li>All India Inter University Netball Championship, Nanded</li> </ul>
Ruchi	<ul style="list-style-type: none"> <li>II Position, Senior National Netball Championship, Delhi</li> <li>All India Inter University Netball Championship, Nanded</li> </ul>
Aashna Rojh	<ul style="list-style-type: none"> <li>III Position, All India Inter University Basketball Championship, Tamil Nadu</li> </ul>
Meena	<ul style="list-style-type: none"> <li>67<sup>th</sup> Senior National Basketball Championship 2017, Puducherry</li> <li>All India Inter University Basketball Championship, Murthal.</li> <li>Federation Cup in Basketball, Puducherry</li> </ul>
Deepika Sehrawat	<ul style="list-style-type: none"> <li>35<sup>th</sup> Senior National Taekwondo Championship 2017, Vishakhapatnam</li> <li>All India Inter University Taekwondo Championship, Rohtak</li> </ul>
Julie Boruah	<ul style="list-style-type: none"> <li>35<sup>th</sup> Senior National Taekwondo Championship 2017, Vishakhapatnam</li> <li>All India Inter University Taekwondo Championship, Rohtak</li> </ul>
Iftesam Khan	<ul style="list-style-type: none"> <li>35<sup>th</sup> Senior National Taekwondo Championship 2017, Vishakhapatnam</li> <li>All India Inter University Taekwondo Championship, Rohtak</li> </ul>
Saumya	<ul style="list-style-type: none"> <li>All India Inter University Taekwondo Championship, Rohtak</li> </ul>
Arshdeep Kaur	<ul style="list-style-type: none"> <li>All India Inter University Taekwondo Championship, Rohtak</li> </ul>
Kritika	<ul style="list-style-type: none"> <li>All India Inter University Taekwondo Championship, Rohtak</li> </ul>
Meenakshi	<ul style="list-style-type: none"> <li>All India Inter University Netball Championship, Nanded</li> </ul>
Rashi Daga	<ul style="list-style-type: none"> <li>All India Inter University Netball Championship, Nanded</li> </ul>
Chinu	<ul style="list-style-type: none"> <li>39<sup>th</sup> Junior National Archery Championship, Satara</li> </ul>
Jaya Bhandari	<ul style="list-style-type: none"> <li>Upcoming Player Award, 62<sup>nd</sup> Jnuior National Ball Badminton Championship</li> </ul>
Sukanya	<ul style="list-style-type: none"> <li>62<sup>nd</sup> Jnuior National Ball Badminton Championship 2017, Bellampalle</li> </ul>
Krati Girhotra	<ul style="list-style-type: none"> <li>32<sup>nd</sup> Junior National Athletics Championship 2016, Coimbatore</li> </ul>

## Inter College Team Championships 2016-17

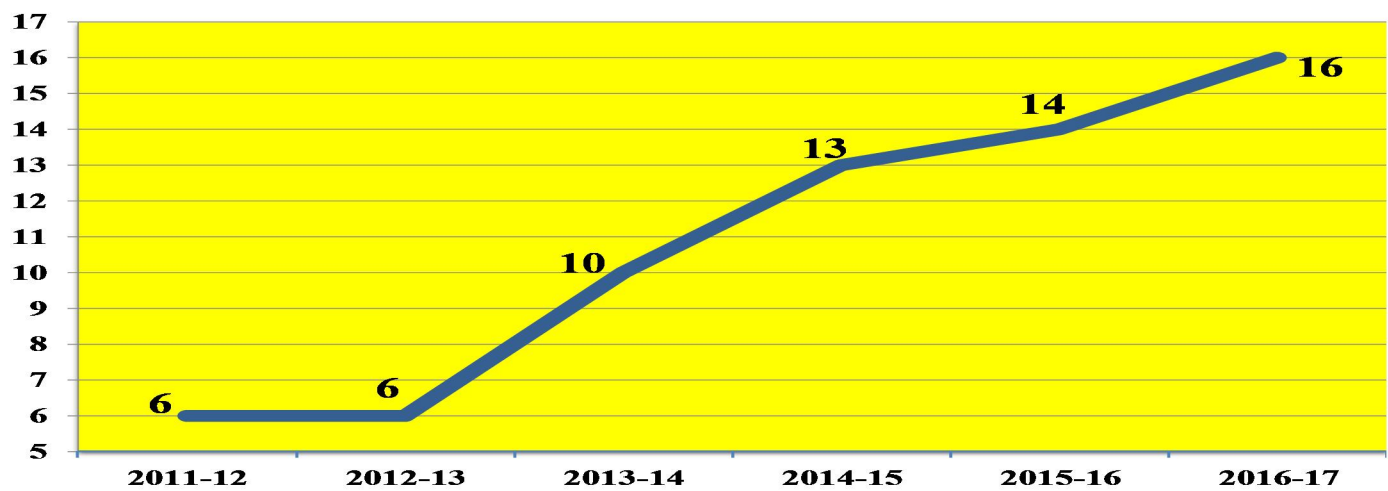
Championship	Position
Inter College Netball Championship	I
Inter College Tennis Championship	I
Inter College Taekwondo Championship	I
Inter College Archery Championship (Indian Round)	II
Inter College Yoga Championship	III



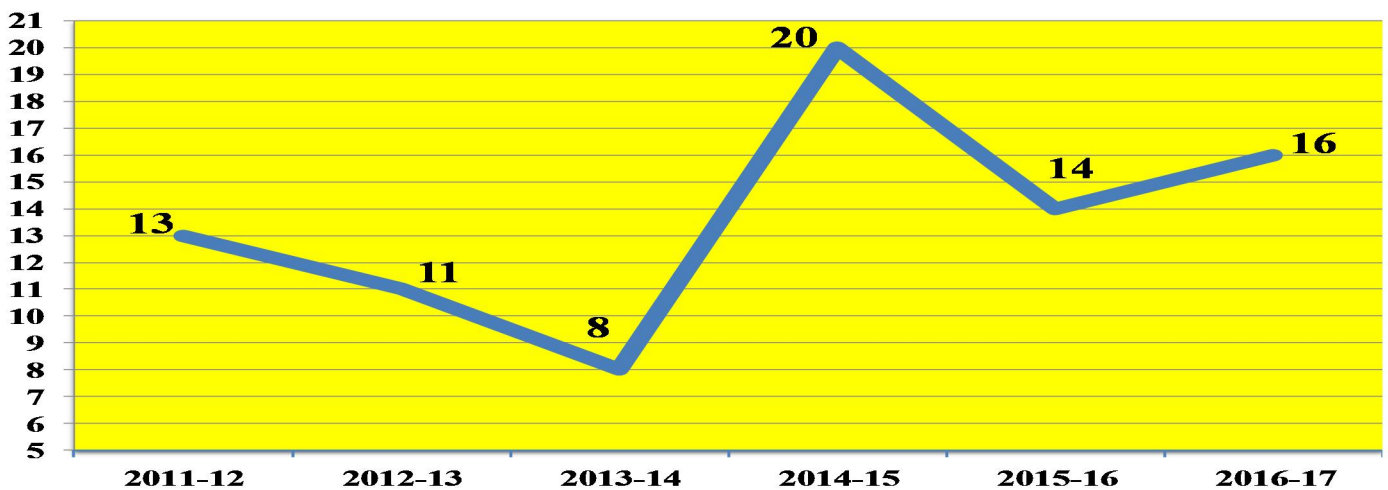
## Sports Achievement's Analysis



**Individual Participation in International Championship in past 6 years**

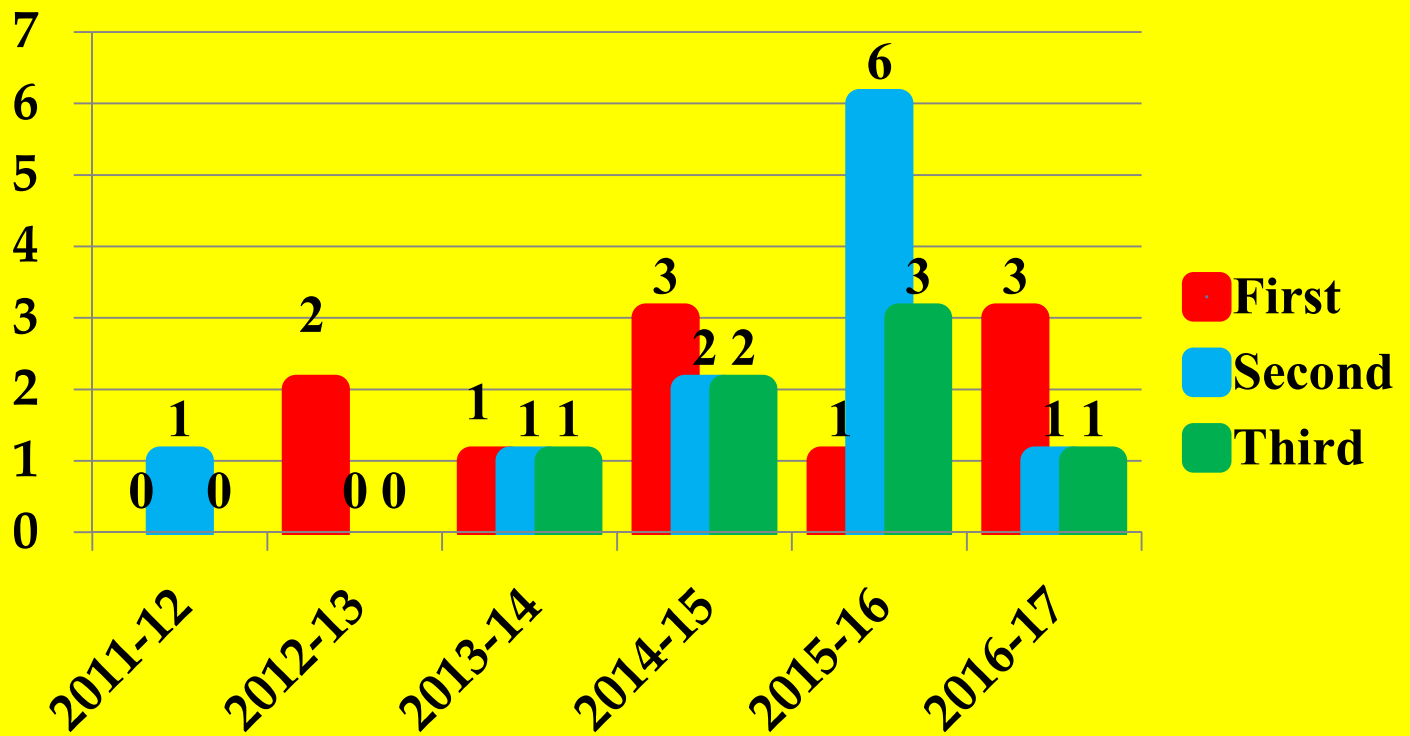


**Individual Participation in Inter University Championship in past 6 years**

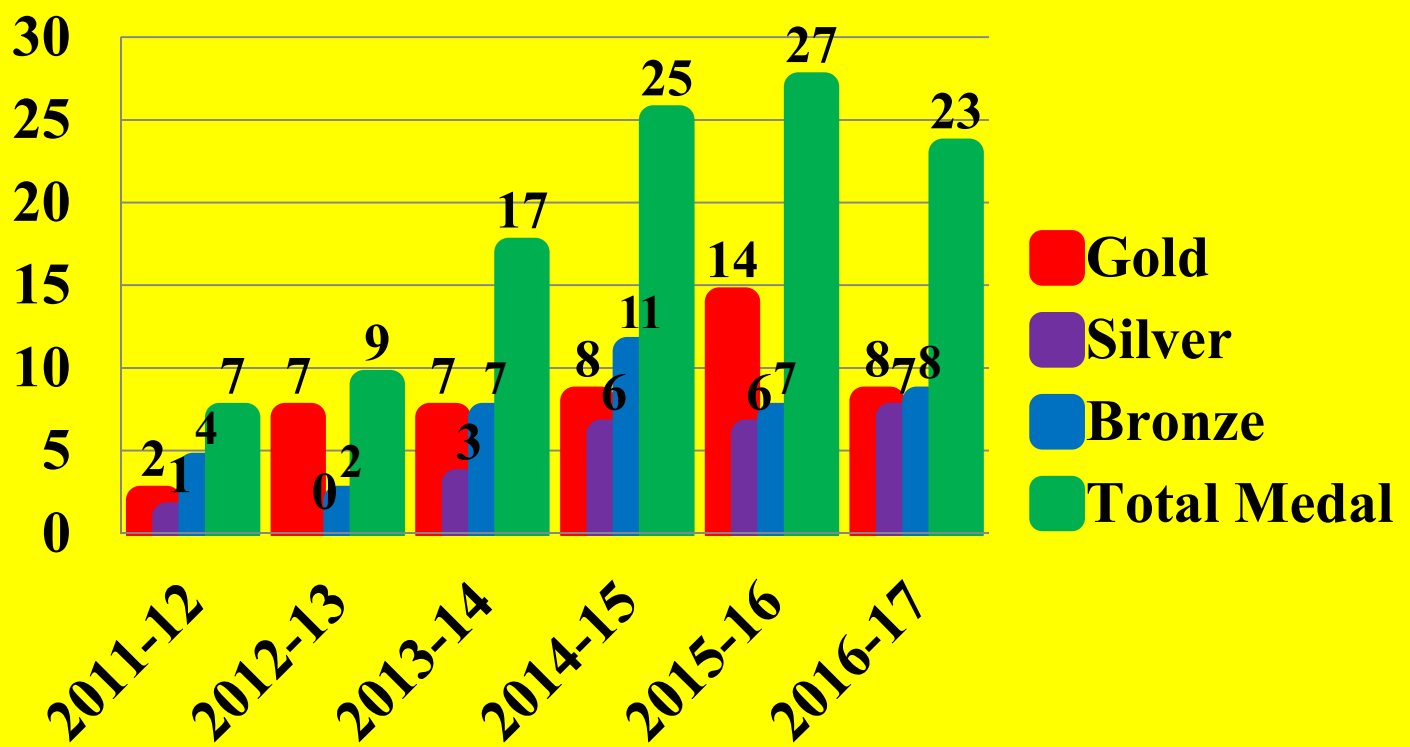


**Individual Participation in National Championships in past 6 years**

## Sports Achievement's Analysis



Inter College Team Championships in past 6 years



Individual Medals in Inter College Championships in past 6 years

## Faculty



**Dr. (Mrs.) Amita Rana**  
(M.A., M.Phil., Ph.D.)  
Associate Professor



**Dr. Tarun Routhan**  
(M.P.Ed., Ph.D.)  
Assistant Professor (Ad hoc)

❑ Specialized in Physiology of Exercise and Track & Field.

❑ Deputy Director General- Sports  
Functional Areas: XIX Commonwealth Games, 2010.

❑ Awards

- i. Rajiv Gandhi Khel Ratna Award.
- ii. Dr. Radha Krishnan Memorial Award.

❑ Publications:

- i. Book Authored : 3
- ii. Chapters in Books : 1
- iii. Presentations : 7
- iv. Curricular Resources : 4

❑ Specialized in Sports Biomechanics and Taekwondo.

❑ National Referee: Taekwondo & Sports Climbing.

❑ Courses/ Workshops:

- i. Structural Equation Modeling.
- ii. Statistical Package for Social Science.

❑ Publications:

- i. Chapters in Books : 2
- ii. Presentations : 14
- iii. Journal Publication's : 8



L-R: Aanchal Poonia (Treasurer), Rishu (Vice-President), Sween Kullar (President) and Julie Boruah (Secretary General)



# Miranda House

University of Delhi



## Department of Physical Education & Sports Sciences

Phone: 011-27662193

Email: [amita.rana@mirandahouse.ac.in](mailto:amita.rana@mirandahouse.ac.in), [tarun.routhan@mirandahouse.ac.in](mailto:tarun.routhan@mirandahouse.ac.in)