



# *From Principal's Desk*



It is indeed wonderful to know that the Department of Physical Education & Sports, Miranda House has been able to harness its energies beyond the field to bring together this collection of writings. During these difficult times when we are not on the campus but connected through online modes, the enthusiastic words of the young editorial team and the contributors has given us hope and light. Miranda is known for its spirit of innovation, creativity and resilience. The resonances of the young minds in their written words rejuvenate us. The traditions and legacy of the college is committed to not just mere winning but of inculcating a sense of camaraderie, comfort, commitment and care. These are the values upheld by each and every member of the Department of Physical Education & Sports. The convener Dr Amita Rana is the flag bearer of nurturing the never-say die spirit in each and every student. This magazine is a culmination of her guidance and is indeed a fine blend of the emotive and the practical in life and living. It espouses the values of self discipline, self-reliance and self-expression. Reading the magazine was a riveting experience. Congratulations to the editorial team and to Dr Amita Rana for their painstaking work.

Miranda has always set its own path to reach for the stars. This is indeed a step in the right direction.

Wishing everyone good health and safety!

Dr. Bijayalaxmi Nanda  
(Acting Principal)





*From  
Teacher-In-Charge  
Desk*



**“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair”- Nelson Mandela**

**W**elcome to the first edition of e-magazine published by the Department of Physical Education and Sports. The magazine named “APOGEE” is expected to bring new rays of hope and dream to unfold the disentangled world of the most unforgettable and precious moments of the Department.

Sports inculcates the roots of self-esteem, love, affection, sensibility, responsibility and compassion in students. These values help them to explore their potential to excel in their chosen sport. Their efforts are reflected in numerous achievements they attain at the Inter-College, Inter-University, State, National, International levels. This magazine is indeed a dedicated attempt of our budding athletes who sharpened their creativity in the form of enthusiastic write ups and their sports achievements at the same time.

The reflection of the creativity and breathtaking achievements of our students is the epitome of APOGEE. The efforts of our young women are inarguably sufficient to hold the interests and admiration of the readers. This magazine also embrace the spirit built over years through the cumulative efforts, vision and aspirations of our young women. It gives me immense pleasure to ensure that APOGEE has successfully accomplished its purpose.

The task of editing this magazine would not have been possible without the sincere efforts of the members of the editorial board. I am really thankful to our principal Dr. Bijayalaxmi Nanda for entrusting us with the responsibility of coming up with this first ever sports magazine.

I convey my best wishes to all the readers of this magazine.

Dr. Amita Rana  
Department of Physical Education & Sports





## *Teacher's Note*



Everyday digital media is becoming more important as a means of receiving, producing, sharing and broadcasting information. There is no doubt that digital publications have always been a great option that provides a whole new world of magazine design. It gives me immense pleasure to note that the family of Department of Physical Education and Sports, Miranda House has taken this initiative to bring upon their e-magazine for the very first time. The whole department shall always strive to move ahead no matter what the situation is and celebrate this proud moment. This edition becomes more important during these pandemic conditions which showcases the creativity of the students and converting challenges into opportunities.

This magazine 'Apogee' reflects all achievements and efforts of the students. It captures the momentous moments of college journey. It tries to bind together each and every aspect of our own Miranda House Sports family. This issue might be termed as a reminiscence of our Alma Mater's glory. This was another splendid year, with our students bringing laurels to the college in the field of sports. Their achievements were so vivid that all our efforts to include their accomplishments in one issue went in vain. The present magazine has been drafted to exact demand as well as requirement of readers. It is written in systematic manner to provide the widest possible exposure to the topics. Diagram and photographs have been given to enhance clarity and better understanding of the concern topics.

I congratulate all the contributors and Sports Union for their sincere efforts in bringing out this magazine. This is the perfect platform for you to reflect your vibrant talents in a creative way.

I hope that teachers and students would find this magazine useful in several ways.

Best wishes to all the readers of this magazine.

Dr. Neeru Yadav  
Asst. Professor  
*Department of Physical Education & Sports*





## *President's Note*

**A**n everlasting field of Miranda House, this Department of Physical Education & Sports beholds every women that is propelled with extraordinary achievements and have set nailing sportsmanship examples in their respective fields. To honour this, we bring this very first Sports Magazine "APOGEE" of this supreme institution Miranda House.

To begin with, first and the foremost thought that comes to my mind is a quote by Chris Evert which says " You've got to take the initiative and play your game. In a decisive set, confidence is the difference". And this is what we are known for. The magazine contains a brief insight about the blooming buds of the department who with their confidence, potential, creativity and dedication constantly strive for the best showing their extremities out in every phase of competitions.

Being the President, it has always provided me immense pleasure to try and bring the department at the top in all kinds of levels. The dream of setting a perfect blend of spirit and high hopes in the sports field as well as remaining united as one even if belonging to different sports backgrounds has set this platform on the rocks and lighting up a frame that outlays healthy teamwork, opinions, diversity and much more.

Working at this post has taught me enough of the determination, compassion, passion and what not. Coming from an entirely different sport (Skating) and a non-sports quota student to becoming the President, it has been truly an amazing journey where in the whole sole support goes to the TIC Dr. Amita Rana and Assistant Professor Dr. Neeru Yadav. Throughout these troubled times when Corona hit the country badly, keeping up the work and bringing new ventures for the department to virtual platforms instead of physical ones, the year had been full of ups and downs. But, I would really like to appreciate the efforts of the Sports Union, Department, Students who with their endearing efforts have put the scale much higher and their great work and collective effort proved us successful with flying colours.

The confidence and the amount of love we get from the whole college and especially our Principal Ma'am, encourages us to do a lot more and keeps us inspiring all the way. The whole magazine covers vast details where we have brought out the two year journey of our department encompassing various achievers, specificities, awards, talents, games, teams and events that makes it a hub of diversity and secures a different place in everyone's hearts. I believe that this stride will definitely be continued as a legacy in coming years as this being the very first edition.

I also hope that through the medium of this magazine, you all give away your lost hopes and bad vibes celebrating its awesomeness and enjoying the true statute of versatility.

Best  
Visheshta Singh  
President (2020-21)

# Preface

After days of hardwork , we humbly present to you all the most awaited thing of the year - 'APOGEE ". For all of us, APOGEE is more than just a magazine, its an emotion as it is for the very first time Department Of Physical Education & Sports, is coming up with its magazine. It holds in its pages the dreams, aims, struggles, experiences ,cuts and bruises and above all smiles and sparkles. Doing it for the very first time the path seemed difficult but as the saying goes " Difficult roads lead to beautiful destinations" and here we are! We wanted to make it as diverse as possible so that people could know that sportspersons have a lot more than what they show to the world and for this we would like to thank each and everyone who stood up and extended their support with their submissions with divergent views on various issues. We literally had fun going through the creative expressions and getting a privileged insight into the minds of our community which also made us realize how energetic, beautiful and unique the Women of our Department or rather say Miranda House are. Working on this magazine made us realize how one plant seeds every single day, in the world and in others, with every thought one thinks and words they speak and action that they take. You have influence. You're making a dent in the universe and you matter, in a very real way.

As a Department, we hold the dignity and integrity of our teachers and the players. We are all one and this road towards Apogee, is way more induction of ideas, the thoughts, the hard work of our players, the confidence of our teachers and the strength as well as determination of every single individual attached to it.

Miranda House Sports family constantly strives to be best in all arenas and upholds the trust of the erstwhile Miranda House in totally. The Student Union Of this Department firmly stands with it and is dedicated to work upon every ounce of courage and discipline to reach at the top position.

Therefore, the voices from Miranda House contained in these pages make it possible for us to dream that we will, despite the immense challenges ahead of us, achieve a better world.

Regards  
Sports Union  
2020-2021



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# Meet Our Sports Committee Members



**DR. AMITA RANA**  
Teacher-in-charge  
Department of Physical  
Education & Sports



**DR. SANJU**  
Associate Professor  
Department of Physics



**DR. BALWANT KAUR**  
Associate Professor  
Department of Hindi



**DR. KALAWATI SAINI**  
Asst. Professor  
Department Of Chemistry



**DR. NEERU YADAV**  
Asst. Professor  
Department of Physical  
Education & Sports



# Fresher's Cross Country '19

*"Running reminds you that even in your weakest moments you are strong."*

Fresher's Cross Country is an initiative taken by the Department of physical Education and Sports of Miranda House every year to build the team spirit of the newcomers. So even this year the Department organized the Fresher's Cross Country on 9<sup>th</sup> August 2019 for the fresher of all the sports. Keeping in mind the inclusivity, the event was also open to the students of other departments, if they wished to participate. Around 150 students participated in the Fresher's Cross Country. Before the commencement of the event, the participants as well as the volunteers were required to assemble near the Miranda House hostel gates at 6:15am. After all the participants assembled, they were given bib numbers to help in distinguishing the runners apart and to simplify the seemingly impossible task of getting a time for each and every one of the runners.

The Cross Country is just an initiative to give the taste of what's more to come during the college years. Along with an air of excitement there lingered a feeling of nervousness among the runners. It was a well-organized event which was evident from the fact that the traffic police was present to ensure the safety of students. The Cross Country was carried out under the total supervision of Dr. Amita Rana, Teacher in Charge and Dr. Neeru Yadav, Assistant Professor. There were more than 20 volunteers present for managing the event. Some of the volunteers were also moving around in two wheelers to ensure that the participants don't lose their way and to simultaneously motivate them. Though running is not a team sport but throughout the Cross-Country participants could be seen helping their fellow runners and encouraging them to move forward.

This small initiative by the department instilled in everyone a feeling of belonging to a team and that team was Miranda House. At the end it didn't matter who won the race or who came second what really mattered was that each and every runner finished the race and also ensured that the person next to them also did the same. Three kilometers is a small distance but it gave us a peek into the future, the coming 3 years we will be spending as the sportswomen of Miranda house-

playing together, lifting each other up, encouraging us to be a better version of ourselves, and amidst doing everything else ensuring that Miranda house remains the no. 1 college of the University of Delhi. This initiative was also important to teach the students the importance of keeping their body fit. After all it is rightly said-'Your body is your biggest asset; don't let it turn into a liability'.



The race concluded around 8:30am, after which all the participants were given refreshments. They all were then seated in the sports room for the award ceremony. Dr. Sanju, Associate Professor, was invited to award the blooming girls of Miranda House and to encourage them to never give up- be it a 3km race, 3 years in



college or their entire life ahead of them. First 10 participants to cross the finishing line were awarded with a medal and a mug which had an inspirational quote and the logo of Miranda House to keep reminding the winners of their small yet very significant achievement in coming years and face the upcoming challenges headstrong.



# Certificate Course in Foundation of Yog

**Y**oga is a complete science of life that originated in India thousands of years ago. It can be said authentically that history of yoga is as old as the Indian history. Yoga has remained a part of our civilization. On the basis of various sculptures and scriptures, Lord Shiva is seen as the first yogi or Adi yogi and the first guru or Adi Guru of yoga. While Yajnavalkya Smriti states, “Hiranya Garbho Yogasya Vakta Naneya Purataneh” which means Hiranyagarbha is first speaker of yoga. Nobody is more ancient than him. However, Maharishi Patanjali is considered to be the first compiler of body culture in yoga. He was the first person to structure Yoga in systematic and scientific way and divided Sadhanpaad into eight limbs of yoga including Yama, Niyama, Asana, Pranayam, Pratyahara, Dharna, Dhyana, and Samadhi.

In the era of technological advancements and globalization, students have started following a sedentary lifestyle and not participating in any kind of physical fitness activities. This is leading them to suffer from many physical and mental ailments. The beauty of Yoga is that it is accessible to everyone, you don't need equipment, partner and much space. Yoga is not a religion but a way of life. The main goal of yoga is to educate people about the scientific way of yoga and make them aware of the rich tradition of Indian Culture for maintaining wellness. The aim of this course was to aware the students about the importance of health, wellness and to motivate students to take part in health and fitness activities so that they can have sound mind in sound body.

Objectives of the Course:

1. To teach the scientific and spiritual aspects of yoga.
2. To teach the precautions to be taken care for performing different asanas.
3. To make aware the benefits of performing different yogasana.
4. To make aware of therapeutic aspects of asanas and pranayama and promotion of health.
5. To develop healthy lifestyle of an individual through practice of Yoga

The syllabus of the course included various asanas in different postures such as Standing Posture ; Sitting Posture ; Supine Posture ; Prone Posture ; Pranayama and many others. The duration of the course was 36 hours, for a period of one month. The classes were conducted 6 days in a week, Monday to Saturday for one and half hours from 7:00 am to 8:30 am. All the students of Miranda House were eligible for this course and medium of instruction



was both English and Hindi. Other rules and regulations were also informed to the candidates beforehand.

At the end of the course, a practical exam was conducted and those candidates who had secured minimum 90% attendance were only allowed to appear in the practical examination. Certificate was also awarded only to those candidate who cleared the practical examination. It was quite a knowledgeable and interactive experience and After having practiced the course, students mastered the art of yoga and can reap its benefits for lifelong. (In picture- students practising yoga as part of their course)

Department of Physical Education and Sports also organised “Therapeutic Yoga Sessions for the Faculty” under the aegis of FIT INDIA MOVEMENT. The session lasted for a week from 30 September 2019 to 5 October 2019 and timings for the same were 7:30 am to 8:30 am. The benefits of yoga are not unknown to us it help us bring together physical and mental disciplines to achieve a peaceful body and mind ; it helps manage stress and anxiety and keeps one relaxed. Keeping all of this in mind a Yoga session for faculty was also much needed providing them an easy escape from the busy schedules and other hustle and bustle of life.



# Yoga Saptkundali Chakra with their Mantra

Parul Kathuria (Yoga)  
B.A. Programme, Batch of 2020-21

The word “Chakra” translates to wheel in Sanskrit.  
Energy flows through the seven Chakras in our body.

## 1. \*Root Chakra\* – I Am

मूलाधार चक्र :  
मंत्र : लं

The Root Chakra, represents our foundation and is all about feeling grounded and secure.

Location: Base of spine in tailbone area

What affects it: Survival issues, such as money and food

**Color: Red**

## 2. Sacral Chakra – I Feel

स्वाधिष्ठान चक्र  
मंत्र : वं

The Sacral Chakra relates to our ability to feel creative, sexual, accept change and accept others and new experiences.

Location: Lower abdomen, about 2 inches below the navel and 2 inches in.

What affects it: Sense of abundance, well-being, pleasure, sexuality, lack of activities.

**Color: Orange**

## 3. Solar Plexus Chakra – I Do

मणिपुर चक्र :  
मंत्र : रं

The Solar Plexus Chakra, represents our ability to be confident and in-control of our lives.

Location: Upper abdomen in the stomach area.

What affects it: Self-worth, self-confidence, self-esteem, low immunity and weakness in core muscles.

**Color: Yellow**

## 4. Heart Chakra – I Love

अनाहत चक्र :  
मंत्र : यं

The Heart Chakra, represents our ability to love

Location: Center of chest just above heart

What affects it: Love, joy, inner peace and anger

**Color: Green**



## 5. Throat Chakra – I Speak

विशुद्ध चक्र

मंत्र : हं

The Throat Chakra, represents our ability to communicate and express ourselves.

Location: Throat

What affects it: Communication, self-expression of feelings, speaking the truth, holding secrets and inability to express oneself.

**Color: Blue**

## 6. Third Eye Chakra – I see

आज्ञाचक्र :

मंत्र : उ

The Third Eye Chakra, is related to our ability to focus on and see the big picture.

Location: Forehead between the eyes

What affects it: Intuition, imagination, wisdom, ability to think, make decisions, lack of insight, and feeling lost

**Color: Indigo**

## 7. Crown Chakra – I understand

सहस्रार चक्र :

मंत्र : ऊँ

The Crown Chakra, represents our ability to be fully connected spiritually.

Location: The very top of our head

What affects it: Inner and outer beauty, our connection to spirituality, pure bliss, fear, and disconnection

**Color: Violet**



# Team Athletics

**“An Athlete cannot play with money in his pockets. He must play with hope in his heart and dreams in his head.”**

Athletics is a group of sporting events that involves competitive running, jumping, throwing and walking. The most common types of athletics competitions are track and field, road running, cross country running, and walking. The results of racing events are decided by finishing position (or time, were measured), while the jumps and throws are won by the athlete that achieves the highest or furthest measurement from a series of attempts. The simplicity of the competitions, and the lack of a need for expensive equipment, makes athletics one of the most common types of sports in the world. Athletics is mostly an individual sport, with the exception of relay races and competitions which combine athletes' performances for a team score, such as cross country.

## Miranda House Athletics Team



Left to Right- Upper row; **Aaradhana, Neema Bisht, Sapna Rawat, Shiksha, Ekta**  
Lower row; **Priyanshi Vats, Nandini Sharma, Amanpreet Kaur, Srishti Kasar, Pooja, Komal Sehrawat**  
Bottom; **Akansha Srivastav**

Left to Right- **Standing; Neema, Ekta, Pooja Thakur, Akansha Srivastav, Priyanshi Vats, Nikita Rajawat**  
Sitting; **Amanpreet Kaur, Srishti Kasar, Divya Tiwari, Sapna Rawat, Nandini Sharma, Shagun Singh**

Miranda House College has an athletics team of total seventeen players for the track and field events. The team has athletes from all four categories of the sport, i.e. running, jumping, throwing and walking. Few of the team athletes participated in various national level competitions and also earned their places on the medal tally in various state level tournaments as well. The Miranda House Athletics team has its players trained from all round the country. The game itself is an epitome of the phrase “unity in diversity”. The Miranda House Athletics team has always been showcasing splendid performances in the Inter college competitions. In the session 2019-20, the Miranda House Athletics team won Two gold and Three Bronze medals in the Delhi University Inter college Athletics Championship.



## EXEMPLARY PERFORMERS

### Neema Bisht

Batch of 2022 (B.A.(H) Hindi)

#### Achievements:

79<sup>th</sup> Delhi State Athletics Championship,  
2019-20 – *Bronze medal*  
Delhi State Junior Athletics Championship,  
2019-20 – *Silver medal*  
Reliance Foundation Youth Sports Delhi State  
Athletics Championship, 2019-20 – *Gold medal*  
Reliance Foundation Youth Sports National  
Athletics Competition 2019-20,  
Mumbai – *Represented Delhi*



### Pooja Thakur

Batch of 2021 (B.A. Programme)

#### Achievements:

Delhi State Junior Athletics Championship  
– *Gold medal (3km Race)*  
Delhi State Athletics Championship  
2019-20 – *Double*  
*Silver Medals (3km and 5km races)*  
Reliance Foundation Youth Sports Delhi Athletics  
Championship 2019-20 – *Silver medal*  
(4\*400m relay)  
SRCC Cross-Country Run – *Gold medal*

### Vinita Choudhary

Batch of 2022 (B.A. (H) History)

#### Achievements:

Delhi State Athletics Championship, 2019-20 –  
*Silver medal (800m), Bronze medal (1500m)*  
Reliance Foundation Youth Sports Delhi State  
Athletics  
Championship, - *Silver medal (4\*400m relay race)*  
North Zone Junior Athletics Championship –  
*4th Position (800m race)*



## EXEMPLARY PERFORMERS

### **Nandini Sharma**

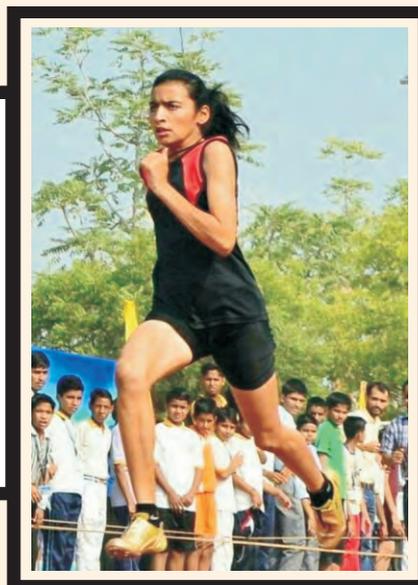
Batch of 2022 (B.A. Programme)

#### **Achievements:**

Rajasthan State Junior Athletics Championship –  
*Silver Medal* (Long Jump)

Reliance Foundation Youth Sports Delhi State  
Athletics Championship – *Bronze medal*  
(4\*100m relay race)

Delhi State Junior Athletics Championship –  
*4th position* (Long Jump)



### **Srishti Kasar**

Batch of 2022 (B.Sc.(H) Zoology)

#### **Achievements:**

Chhattisgarh State Athletics Tournament, 2019-20 –  
*Double Gold medals* (100m & 200m sprint race)

Reliance Foundation Youth Sports Delhi State  
Tournament, 2019-20 – *Bronze medal* (4\*100m relay)

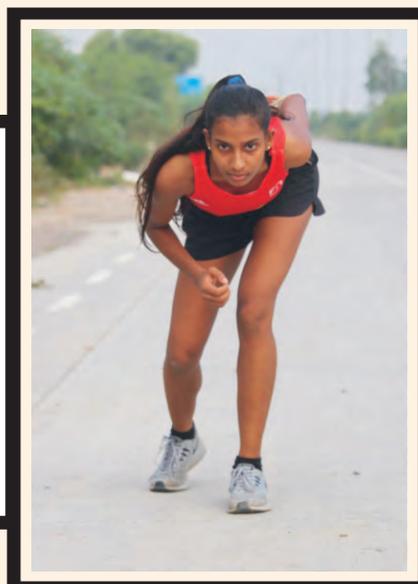
### **Ekta**

Batch of 2020 (B.A. Programme)

#### **Achievements:**

Delhi State Athletics Championship – *Silver medal*  
(5000m race), *Bronze medal* (1500m race)

Reliance Foundation Youth Sports Delhi State Athletics  
Championship – *Silver medal* (4\*400m relay race)



## EXEMPLARY PERFORMERS

### **Sapna Rawat**

Batch of 2022 (B.A.(H) Philosophy)

#### **Achievements:**

Reliance Foundation Youth Sports Delhi State  
Athletics

Championship – *Silver medal*  
(4\*400m relay race),  
*Bronze medal* (4\*100m relay race)



### **Vyakhya**

Batch of 2021 (B.A.(H) Music)

#### **Achievements:**

Delhi State Junior Athletics championship,  
2019-20 – *Silver medal*  
North Zone Athletics Championship,  
Sangrur 2019-20-*Bronze medal*  
Reliance Foundation Youth Sports Delhi State  
Athletics  
Championship, 2019-20 – *Silver medal*

### **Divya Tiwari**

Batch of 2022 (B.A. Programme)

#### **Achievements:**

Delhi State Junior Athletics Championship – *Bronze Medal* (200m sprint)



## EXEMPLARY PERFORMERS

### **Akansha Srivastav**

Batch of 2021 (B.A. Programme)

#### **Achievements:**

Delhi State Junior Athletics Championship  
– *Gold medal*  
(4\*400m relay race)



### **Amanpreet Kaur**

Batch of 2022 (B.A.(H) Political Science)

#### **Achievements:**

SRCC Sports fest 2019-20 – *Double Gold medals*  
(Cycling & Long Jump)  
NSUI Delhi Cycling mini Marathon – *Gold medal*

### **Priyanshi Vats**

Batch of 2021 (B.A. Programme)

#### **Achievements:**

SRCC Sports Fest 2019-20  
– *Gold medal* (shotput),  
*Silver medal* (Discus throw)



## EXEMPLARY PERFORMERS

### **Prarthana Bhattacharya**

Batch'23 (B.A. Programme)

#### **Achievements:**

Participated in 36<sup>th</sup> Junior National Athletics Championship (2020-21) (100 mts & 200 mts.)  
Gold medal in Chhattisgarh Open State Athletics Championship (2020-21) (100 mts.)  
Gold medal in Chhattisgarh Open State Athletics Championship (2020-21) (200 mts.)



### **Mridnalini**

Batch'23 (B.A.(H) English)

#### **Achievements:**

Gold medal in Delhi State Athletics Championship (2020-2021) (Javelin Throw)



# Interview: Mrs. Shatabdi Awasthi



## Introduction

The Department of Physical Education and Sports, Miranda House organized an interview with the Indian Para Athletics star, Ms. Shatabdi Awasthi. She has won medals for India on various international platforms like the 2018 Berlin Grand Prix, World Para Athletics Grand Prix held in Dubai. She has also won medals on national platforms like National Para Athletics Championship (2018) and India Para Athletics Championship. She is currently working as a branch manager at SBI bank, she's also a social worker. She's given a glimpse of her intelligence sitting in front of the legend Big B in KBC. She has been a pride for our nation and has earned recognition in the world for her excellent sportsmanship. She has always had a 'not giving up' spirit and has always been a fighter.

## The Interview

### Q1) Winning an international medal is always a great deal for a sportsperson? What experiences do you have that you'd like to share with us?

*"Logon ne mujhe shikhar par bethe hue to dekha hai, par mere pairon ke chaale nahi dekhe"*

"I was a normal girl who wanted to join the armed forces & was preparing for the same. But something else was destined for me. Everything changed when I met with an accident in 2006, damaging my spinal cord which resulted in a complete loss of sensation below my waist. My dream to join the armed forces was shattered. Life ahead became very difficult, and I was left with two options- either to stay in bed and live a life of pity or to show everyone that this accident will not stop me from doing anything. Definitely I chose the second option or else I won't be sitting in front of you."

*"Circumstances can slow down things but they cannot stop you from going forward"*

"At this time of hardship my only weapon was education- I worked in the State Bank of India from 2010 & appeared in the KBC in 2012. But this was not my dream, I wanted to serve my nation. I feel proud to tell you that in the 2016 Rio Olympics for the able body- 2 medals were won by India, whereas in Paralympics India secured 4 medals out of which 2 were gold. I was always aware about Paralympics but never thought I could do something in it. When I saw the tremendous performance of India in 2016 Paralympics I thought of it as a way to represent my country and started training for the same. My Coach is Mahavir Prasad Saini who guided me throughout my journey as a Paralympian. He was always there to show me the right way."

### Q2) What was it like to begin a career in sports being a 31-year old and a woman? May you share your experiences with us?

"I Started my career at a time when people think of retiring while being 24 hours wheelchair ridden. Definitely, there were a lot of struggles as my body was not very compatible with sports. It was very challenging but I believe that '*Nothing is impossible*'. My greatest source of inspiration was Geeta Malik, India's 1st women Paralympian who started her career at an age of 43 years. Seeing her achieve so much at this age made me feel like- if she can do it then why can't I? I believe '*Where there is will, there is way*'. Struggle for a Paralympian is double- the first fight is with yourself and then the competitors."



### Q3) What motivated you to pursue sports?

"I always wanted to do something for my country. When I played for the first time in 2017 in Dubai, bearing the jersey with 'INDIA' written on it, it was an experience which cannot be shared in words. Being called as 'Shadabdi Awasthi from India' in all the tournaments provided me with a sense of pride and immense satisfaction. The biggest motivation to continue even after all the hardships is to see the Indian flag go up after winning a medal for India."

### Q4) What was the lowest point in your life and how did you overcome it?

"I had to face a lot of challenges to come this far. In my small span of 3 years as a para athlete I have had 2 major injuries and had to get my shoulder operated on along with a hip surgery. In these 3 years I was bed ridden for almost one and a half years. I was to participate in the 2018 Asian Games & was operated in 2017. But I never gave up because of my firm belief that '*If you want to move forward no one can stop you*'."

### Q5) There were many obstacles in your life. Yet, you always fought back and achieved what seems impossible to most people. What keeps you driven to keep doing more and more?

"The biggest driving force in my life is my family who supports me no matter what. I am here only because of my family. I could not even drink water on my own, during this time my family provided me with their unconditional love and support. My father always motivated me by saying that one day I will make a very big name for my family. People who do not have the support of their family are very susceptible to a meltdown, but this was not the case with me. My family was always there for me, no matter what and I am always determined to give back to my family."

### Q6) What message would you like to deliver to every woman in the society? Especially the ones following your footsteps and also aspiring sports persons?

"This message is not just for women or sportspeople. I would like to say to all of you - '*Never Give Up*'. I feel that suicide is very common now a days and I am strictly against it. I am not disabled, I am just differently abled. Disabled are those who have a bad mentality and they need rehabilitation. Life is not easy, giving up and making excuses is very easy. The real taste of life is in doing something for which you are not built for. I believe that no work is impossible because even the word 'impossible' can be broken down into '*I AM POSSIBLE*'. I believe that no work is big or small. Everyone is meant to do something great; we just have to find the '*Khoobi*' in ourselves and polish it further."

*"Koi takat apni manzil tak jaane se nahi rokk sakti, or zindagi se kabhi haar nahi maani chahiye."*



**Q7) We can totally see that the popular phrase “sky’s the limit” seems to have been ‘made’ just for you. What do you hold in the future? What are your future plans?**

“I have qualified for the 2020 Olympics but owing to the current situation of covid19 they have been postponed. Currently I’m out of practice for the past 5 months as I have been advised by the doctor to not to go outside due to my low immunity levels. I am practicing at home to the best of my abilities. I plan to play many more tournaments and win many more medals for my nation. And even if I’m unable to bring a medal for my country, it’s alright- *Zindagi yahan pe khatam nahi hoti hai, Manzilein yahan pe nahi rukkti hai, aur bhi rahe hai, aur bhi manzilein hai.*”

**Q8) Who is your role model in life?**

“My role model in life is my sister, Savita Awasthi. My sister has also overcome a lot of struggles in her life but the best thing is that she keeps smiling. Despite all the problems if you keep smiling then the person next to you also gets inspired.”

**Q9) There is always a mentor and a coach in the making of a sportsperson. Would you like to share your experience about how your coach molded you into the person you are today?**

“My Coach motivates me a lot. I have a lot of people in my life, including my family who have always motivated me. My coach has always been there for me. I am the oldest person in my stadium and being represented as a role model in front of all the kids does develop a pressure in me to always uphold that status. Many people come to me and tell me that i have inspired them to always move forward in life by setting an example of a person who never gives up despite all the challenges and obstacles in life. This makes me feel that if I can motivate a person then I have done my bit as a human being by giving back to humanity. I would also like to add one more thing- I have also met people in her life who have tried to demotivate but she always tries not to pay heed to these comments. In a country where female feticide is still prevalent, I feel proud when people come and tell my mom - *‘Bhagwan esi beti sabko de’.*”

It was a pleasure to hear those words of wisdom from Ms. Shatabdi. We would like to Thank Ms. Shatabdi for providing us with an opportunity to interview her. We were really honored to have her and we look forward to her future embellishments. We’re sure to believe that she will be earning more glories for herself as well as for the nation!



# Table Tennis

*"I am standing when the ball comes, that's why I don't have to move. I can read the game."*

- Jan Ove Waldner

Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight ball, back and forth across a table using small rackets. The ball travels at an average speed of 25mph, which covers the table length in less than 15 seconds. Thus, making it a must for players to work on their reflexes. The game takes place on a hard table divided by a net. Except for the initial serve, the rules are generally as follows: players must allow a ball played toward them to bounce one time on their side of the table, and must return it so that it bounces on the opposite side at least once. A point is scored when a player fails to return the ball within the rules. Play is fast and demands quick reactions. Spinning the ball alters its trajectory and limits an opponent's options, giving the hitter a great advantage.

## Miranda House Table Tennis Team



Left to Right: **Ria Goel, Chhavi Singh, Maithili Soni, Anjan Dheer, Lovely Tajuria, Anushka Saraf (Missing)**



## EXEMPLARY PERFORMERS

### **Chhavi Singh**

Batch of 2021 (B.A.(H) Political Science)

#### **Achievements:**

**IIIrd in UTT National Ranking  
Table Tennis Tournament held  
at Sonapat, Haryana**



### **Anushka Saraf**

Batch of 2022 (B.A.(H) English)

#### **Achievements:**

**IIIrd in Shaheed Rajguru College  
Sports Fest, SPARDHA'2020**

### **Anjan Dheer**

Batch of 2022 (B.A.(H) Political Science)

#### **Achievements:**

**I<sup>st</sup> in Shaheed Rajguru College Sports  
Fest, SPARDHA'2020**

**I<sup>st</sup> in Zakir Hussain College Sports Fest  
IIInd in individuals in Lady Shri Ram  
College Sports Fest**



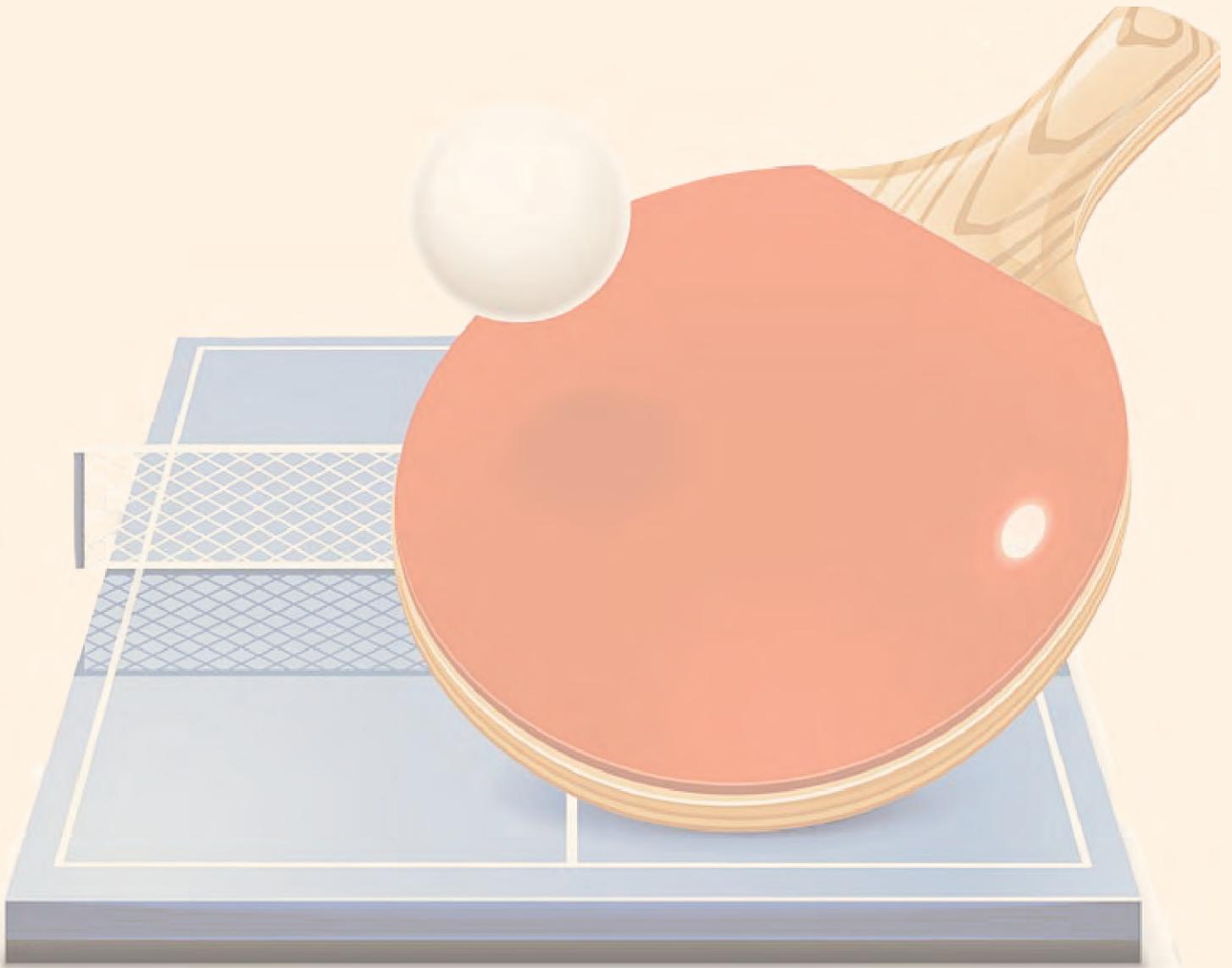
## EXEMPLARY PERFORMERS

### **Vanshika Yadav**

**Batch'23 (B.Sc.(H) Mathematics)**

#### **Achievements:**

**Participated in UTT 82<sup>nd</sup> Senior Table Tennis  
National Championship(2020-21)  
Gold and Silver medal in Uttarakhand State  
Table Tennis Championship(2020-21)**



# Hope Never Dies



## Lovely Tajuria

BA programme

Batch of 2022

Table Tennis

I believe very few of you would have never heard of the sport of table tennis or ping pong, in which two or four players hit a lightweight ball back and forth across a table using small rackets. Originating as an English parlour game and invented in Britain in the early days of the 20th century, as well as widely acclaimed as the national sport in China, table tennis has become one of the most popular sports all around the world. There are a number of reasons contributing to its prevalence, one of which being that table tennis can be played by anyone across all ages, and requires very limited space and minimum equipment, namely two rackets, a ball, a table and a net that can easily be improvised. It can be easily played and adapted to any setting such as at school or a park, or even in an office or at home.

But this scenario was totally opposite in my case. Being a villager very few of us had known about ping pong like other games and sports. We used to play cricket, badminton, volleyball with great enthusiasm. From the very beginning I binge watched cricket along with my father. One day when I was switching channels, I reached DD- sports, then at first I came to know about table tennis. I found it very interesting and confusing at the same time but still I enjoyed watching them playing. I am fascinated towards it because players seem to enjoy it like Dance. They change steps and expressions the same as dancers do and the sound of the ball is no less than the music. As I watched my eagerness to play grew more and more but due to lack of sports infrastructure here my dream was appearing as shattered before it started.

At 12 I got selected for Navodaya. By back now I left out all of my hopes to play like those girls whom I used to watch on the big screen. But God has his own ways of doing things. There, for the first time I saw Tt table and the girls whom I used to watch were in front of me. I was on cloud nine. All round were my strangers except that table. All freshers used to cry however I was completely busy exploring the ways how I could convince those girls to let me play for once. Then one day they asked for trials. Rather than curious I was more nervous because there were a lot of girls like me who reached out for trials and Seniors had clearly mentioned that they have to select only 'ONE'. For getting selected I had to pick all their simple servers and serve four simple services.

One by one everyone tried and then my turns came. I was unsteady when I picked Up bat at the earliest still I made it .Hopefully, I got selected and that day marked the beginning of my table tennis life .Finally I was there, where my heart usually stares. I knew it was not going to be simple, I need to strive hard. After a year I got a chance of playing my first ever national. I wouldn't stop there. After that I have played four nationals but still something is missing in my game, a perfect guidance.

For that missing part I moved to the city but due to the school's hectic schedule I couldn't continue it. The thing which I was missing out paved my way to an amazing college 'Miranda House '. The chance of getting trained by learned players seemed pretty sure when I entered the stadium .I played with them for about a month but then this pandemic. Again I got a smash as it spills water over my all hopes and desires. I know, I'm not the exceptional one, everyone is facing the same problem even though it hurts. Sometimes I wish I could undo things but I can't. Now what I can do is keep hope, hope of ending this pandemic super soon. Till now whenever I played, it always took me to a parallel world where just me, my dancing moves, my funny expressions, music created by balls and my happiness exist.



# *What it means to be a Sportsperson!*

**Chhavi Singh**

Table Tennis

B.A. (Hons) Political Science

Batch of 2020-21

**A** sound mind resides in a sound body is a well known maxim of Greek origin which highlights the importance of physical exercises and it's direct impact on mental health.

We are all familiar with sports and their reach in the society but behind every sportsperson, there are a lot of efforts, scars of fighting the society and brutal wounds incurred after silencing the naysayers. Being a sportsperson in the current scenario in India is no cakewalk. First off you need to fight off the society. Then again, even convincing your own parents isn't an easy deal as pursuing a career in sports is fraught with uncertainties that slither around every nook and corners. One doesn't know when people will start catching one's game, what rules will change in terms of tournaments, rules related to playing equipments and what not. Worst of all, one can face an injury leading to a bad performance or even worse, crippling of your future once and for all. Despite all the rigorous training, fitness and practice sessions, sweating in the field, controlling diet, waking up early and managing time, One might not achieve what one desires. It's at times like these when serendipity is encountered.



The line separating Victory from Defeat is very thin, just one shot, one millisecond, one edge in a table, one ace. One might try everything, give their best, practice day and night and still not be assured of winning. The constant battering against the strong rough winds of opposition both on and off field makes the sportsperson immune to despair and establishes a never dying spirit. They realise that failures are inevitable but sometimes One missed opportunity holds enough potential to destroy one's career. Yet even after all these struggles the sportsperson doesn't leave hope and gets up again and again.

On his journey to failures and victories, perseverance is inculcated and Sport becomes a way of life. Patience is another integral attribute to withhold, as after constant struggles and failures a person is battered and dazed.

We have been entrusted with managing time, on our own. Managing studies with sports is not as easy as it seems. Though we benefit from the concentration and focus that is provided by the cardiovascular exertion during physical sporting events. We toil harder to make up for the lost time, yet we face the stigma attached to a sportsperson. We did not choose sports because we were not good in academics. We chose sports because it enhanced us as a human. Pushing the limits of the human body is a feeling only few would appreciate.

Michael Jordan, once quantified the essence of sportsmanship by the following lines.

“I've failed over and over again in my life. And that is why I succeed.”



Moving on from one mistake to the other, and grabbing victories and lessons on the way make up for a positively competitive individual.

We must take a moment to appreciate that every single person that could be called a star in a particular sport, there are thousands who toil to climb those ladders. Sacrifice thus becomes an important aspect of your life. Many sports persons in the end have to face a tough choice whether to continue sports as a career or find their way in the tried and trusted academic field. And sports being far too uncertain, many forego their passion to pursue other more promising things. Years of constant devotion and hard work are endangered, but it's the risk we brave.

Sport is not limited to the stadium as True sportspersons wear the fair play and respect for discipline as a badge for the rest of their life. Sportsmanship doesn't end at the table, it seeps in and into all walks of life. Team effort, Cheerfulness, and learning from the mistakes are some of the qualities that get enshrined in the personality of the individual. To a sportsperson, what really matters is how they play the game and not the outcome associated with it. There is a stark resemblance to a beautiful line in Shreemadbhagvad Geeta, "You have the right to work, but for the work's sake only. You have no right to the fruits of work."

You can take a sportsperson out of sport, but you can never take the sports out of a sportsperson. The sportsperson inside them never actually dies. The running of Mann Kaur to the stage to receive her prize being one of the recent examples. The attributes acquired over time live on as an early riser, disciplined individual with a calm and composed mind.



# Team Archery

*A good archer is known not by his arrows but by his aim.*

- Thomas Fuller

Archery is the art, sport, practice, or skill of using a bow to shoot arrows. The word comes from the Latin arcus. Historically, archery has been used for hunting and combat. In modern times, it is mainly a competitive sport and recreational activity. A person who participates in archery is typically called an archer or a Bowman. Archery requires focus, strength, endurance and patience.

## MIRANDA HOUSE ARCHERY TEAM:



(in picture from left to right)

**Chhaya Sharma, Runa, Simar, Akanksha Bhardwaj**

The Archery team of Miranda House College has been showing an exemplary growth graph within the past few years. With well equipped players and a diligent coach, the team managed to bag gold medal in Delhi University Inter College Archery Tournament. They have been showing consistent growth and an amazing performance. With their strong will, they have made sure to astonish everyone by their team spirit and sport person spirit.



## EXEMPLARY PERFORMERS

### **Simar**

Batch of 2021 (B.A. Programme)

#### **Achievements:**

**Participated in 1st Khelo India  
University games 2020**

**Selected for all India University  
Games**



### **Runa**

Batch of 2022 (B.A.(H) Hindi)

#### **Achievements:**

**Delhi State Individual Gold and  
Silver Medal**

**Archery Gold Cup- 1st**

### **Chhaya Sharma**

Batch of 2022 (B.A.(H) Sociology)

#### **Achievements:**

**Took Part in 1st Khelo India  
University Games 2020**

**Selected for All India University  
Games**

**Open District Championship Gold  
Medalist**



# Team Netball

*"Today, do what others won't so tomorrow you can accomplish what others can't."*

– Simone Biles

Netball is a ball sport played by two teams of seven players. Netball is most popular in many Commonwealth nations, specifically in schools, and is predominantly played by women. Netball emerged from early versions of basketball and evolved into its own sport as the number of women participating in sports increased. Netball is still in the process of shaking off the stereotypical image of being "just a girls sport". It's ideal for guys too! It teaches the players to cooperate successfully to attack, defend and score goals. It provides a perfect platform to develop team spirit and improve overall fitness. *"It's not the team with the best players that win. It's the players with the best team that wins!"*

Miranda House has been able to provide an environment for individual growth along with building the team spirit of the players. It teaches them to aspire to be their best version for the team. The Netball team of Miranda House is making a hat-trick from 3 years by securing the first position in Inter College.

## Miranda House Netball Team



Standing (Left to Right): **Priyanka Gupta, Prachi Wadhwan, Ekagrata, Agrima Rawat, Renu Yadav, Neetu, Dr. Neeru Yadav, Mr. Sikandar, Dr. Amita Rana, Kajol, Khushboo, Priya Khokhar, Kinzong Doma Bhutia, Manvi Tiwari, Prachi Malik, Shruti Tomar (Missing)**



## EXEMPLARY PERFORMERS

### **Prachi Malik**

Batch of 2021 (B.A. Programme)

#### **Achievements:**

- Participated in 11th Asian Netball Championship Held at Japan.
- II Position in 36th Senior National Championship held at Bangalore
- Participated in All India Netball all Championship held at Annamalai University, Chidambaram, Tamil Nadu



### **Ekagrata Vats**

Batch of 2022 (B.Sc.(H) Zoology)

#### **Achievements:**

- Participated in Centre Zone Netball Championship held at Durghillai, Chhattisgarh
- Participated in All India Netball all Championship held at Annamalai University, Chidambaram, Tamil Nadu

### **Neetu**

Batch of 2021 (B.A. Programme)

#### **Achievements:**

- Participated in All India Netball all Championship held at Annamalai University, Chidambaram, Tamil Nadu



## EXEMPLARY PERFORMERS

### **Agrima Rawat**

Batch of 2021 (B.A.(H) English)

#### **Achievements:**

- Participated in All India Netball all Championship held at Annamalai University, Chidambaram, Tamil Nadu
- Championship held at Annamalai University, Chidambaram, Tamil Nadu



# *Journey from Jhajjar to Japan*



**Prachi Malik**  
Netball  
BA Programme  
Batch of 2020-21

The year that did wonder to me was 2019. I was busy in my birthday celebration on 19th April and suddenly I got a call from Netball Federation of India Department that I have got selected in India Camp for 11th Asian Youth Netball Championship which was going to be held in Kashima (Japan) from 27th June to 7th July 2019. It was a great chance for me to participate and represent India at international level.

The journey to Asian youth Netball Championship has been very interesting. When I was in senior national tournament at Bangalore (March 2019) where we laid everyone low and received the gold medal in Senior National Championship my coach asked me to give trials for Asian championship and by God's grace I got selected in the camp of Indian Netball women team.

Though it was not so easy for me to manage all things simultaneously but as the time flies; I was able to manage things and things just kept going on. Following our daily routine of practice, diet chart, hard work I noticed an improvement in our performance day by day. And finally it was how I was selected not only in 12 players from over all India but luckily I was also announced to be the VICE CAPTAIN of Indian Netball women Team. My wings were in the sky.

It was the result of our hard work and sleepless nights. Though we lost the matches in quarters final nonetheless the match was worth it. This international match gave us a chance to improve ourselves and perform better in our upcoming tournaments.

“You can't decide your place of birth, but you can definitely choose your plane of action “.

Born in a small village, Mehrana of Jhajjar district of Haryana I belong to a middle class family. Generally people have a stereotype in their mind, while thinking of Haryana that a girl child is not welcomed, but reality is somehow different. Being a father of two daughters and a son, my father always encouraged me for participating in sports activities. As a result, I participating in various games like kabbadi, kho kho, wrestling etc. from a very young age. My turning point of life was when I got injured very badly and my coach Shri.Ramchandrar Sharma suggested me to play netball and try my luck in this amazing sport.



The argument that he presented was that Netball is somehow safe and there is relatively less chances of injuries in it and the prizes amount is also high to support us financially.

2014 was the quintessential year from when I started to live for Netball. I started my training under NIS Coach Mr. Parveen Sehrawat and his hard work and dedication helped me to bring out the madness for this game. Then I got the opportunity to represent myself at state level where we got blessed with 1st position in all over Haryana.

I got the chance to play my 1st National Tournament in 2015 where I took part in Netball Team of Haryana as a Captain and we were lucky enough to got hold of the 1st rank again.

I represented Haryana at different levels of tournaments like Sub junior, Junior and Senior and I got many certificates and medals with cash award prizes.

The sports department of Miranda House is also very cooperating and very supportive.

Dr. Amita Rana (HOD of Miranda House Sports Department) always supported me, motivated me to give our best at every level.

My coach Mr. Sikender in Miranda House always encouraged me. He is indeed a great personality and a role model who always encouraged me for a great practice and keeping a bird's-eye on our goal.

Netball is a fast growing sport and doesn't need much equipments to play. I'm little disappointed because Netball is not offered in Olympics but hopefully it would be there in Olympics.

Asian and Commonwealth Games give us an opportunity to make our country proud and I'll also keep doing my best to bring my medal for India.

“It's not about being perfect, it's about being present “.



(IN PICTURE- **PRACHI MALIK (SITTING- THIRD FROM RIGHT)**)



# Women and Weight Management

In an era, where Women are competing at par and even higher than men, it is likely that they are judged in a lot of ways all along their journey of life, the way they are carrying themselves, their complexion, their behavior, their characteristics and what not!

But, one such area that people really tend to look up is their figure and their body type. The very nature of the society and the attention towards a “zero figure” is evident from time to time at various moments. Seemingly, the attention and appeal of the people has turned a lot of girls to be conscious about their figure and weight management. In regards to this, girls try all sorts of experiments and methods to maintain and achieve a lean and thin body.

Bulimia Nervosa, Anorexia Nervosa, rigorous exercise, extreme dieting, staying empty stomach, surgeries and injections are some of the common paths which are popular among the folks to reduce weight and achieve a zero figure. Taking this as a serious concern, the Department Of Physical Education & Sports held an expert talk by Dr. Sonia Shalini which was entitled as WOMEN AND WEIGHT MANAGEMENT on September 26’2019. She is an Associate Professor at IGIPSS, University Of Delhi.

In this workshop, she made the girls aware about the repercussions of such drastic steps. She also explained that being fit by exercising daily is more important to maintain a healthy persona rather than doing extreme dieting and other methods mentioned earlier that can lead to deficiency of essential nutrients in our body. A relatively weaker body prone to diseases will be the ultimate result of these inappropriate methods. She also discussed various types of exercises that can be performed for weight loss and remain fit. She charged up the girls by making them do a stand at place running and few on-chair exercises.

She focussed more on having a balanced diet by discarding strategies that can harm the health of the individual. Busting myths about weight management, role of stress and anxiety as well as colours counts were the highlights of the session. The session ended with the concluding remark by Dr.Amita Rana. Students listened the guest with utmost zeal and have even started following the insights provided by the session.Hence, this eye-opening talk over the leading concerns of Weight Management and how we look up to it totally impacted students in a very positive manner.



(Students Enjoying Session with Fun Activities)



Dr. Amita Rana (Right) Welcoming Dr. Sonia Shalini (left)



(Dr. Sonia Shalini)



# Team Shooting

“Shooting is all about confidence” – Tubby Smith

“Accuracy” is one word that can be used to describe the game of Shooting. Being accurate in the most difficult of circumstances while keeping your cool is one of the most difficult tasks that these shooters perform with an ease.

Shooting began at a mark as a test of skill with archery, long before the advent of firearms (c. 1300). Firearms were first used in warfare and later in sport shooting (hunting), and because of the shadowy early history of firearms, it is not known when target shooting began. At first, bows and wheel-lock muskets were shot from the standing position, but by the 16th century, firearms with rifled barrels were used in public matches.

Shooting is an important Olympic sport in India. Of India’s 26 Olympic medals, four have come from shooting, including a gold by Abhinav Bindra in the 2008 Olympics.

Patience being one of the most important aspects of a shooter’s mental competence decides all about the kind of shooter one is. Shooting is more of a mental game than a physical game which requires immense focus and concentration. Here, at Miranda House, we play to win and winning does not come easy. Our shooting team puts all their work and sweat to prove to be best. From inter college to inter university, our shooting team has left no stone unturned. The team spirit they work with is commendable and never fails to surprise us.

From early morning workouts to trainings, our shooters have never let Miranda down.

## Miranda House Shooting Team



Team members standing (left to right)- **Mumal Vaishnav, Shweta Kakkar, Sumedha Dahiya**  
Sitting – **Vishakha, Ananya, Sumita**

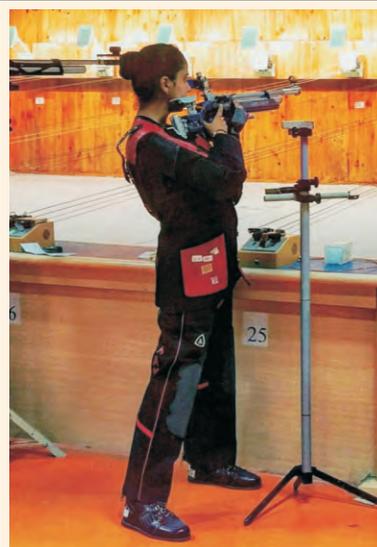


## EXEMPLARY PERFORMERS

### **Shweta Kakkar**

Batch of 2020 (B.A. Programme)

**Achievements:**  
Participated in 63rd National Shooting Championship held at Bhopal, MP (2019-20).



### **Sumita Solanki**

Batch of 2020 (B.A. Programme)

**Achievements:**  
Participated in 63rd National Shooting Championship held at Bhopal, MP (2019-20)

### **Mumal Vaishnav**

Batch of 2021 (B.A.(H) Geography)

**Achievements:**  
Participated in 63rd National Shooting Championship held at Bhopal, MP (2019-20)



# Team Taekwondo

“Martial arts does not teach you how to fight, it teaches you why not to.”

Taekwondo is a martial-arts game having its origins marked in South Korea. The game mainly involves head-height kicks, jumping spinning kicks and quick paced powerful kicking techniques used only above waist level. It is a combative sport and was developed during the 1940s and 1950s by Korean martial artists with experience in various other martial arts such as karate, Chinese martial arts. Every Taekwondo player has to wear an *Obi* (traditional martial arts belt), its colour depending upon the rank of the player in the sport. The highest rank being *Black-belt*, further divided into nine sub ranks.

## Miranda House Taekwondo Team



Pic: Left to Right: **Deepika Choudhary, Rubal Grover, Muskan Maheshwari, Dr. Neeru Yadav, Dr. Amita Rana, Mr. Satyanarain, Khemarun Yumnam, Ishita Deshwal, Parul, Akshita Saini.**

Miranda House has a fair share of fine Taekwondo players competing for the college in the Delhi University Inter College Taekwondo Competition every year. In the session 2019-20, the college team had ten players competing against the other DU colleges in eight weight categories i.e. U-46kg, U-53kg, U-57kg, U-62kg, U-68kg, U-73kg, 73+ kg. The Taekwondo team showcased amazing performance on other intercollege platforms as well and further carried the reputation of Miranda House College as one of the top known colleges in India. Some of the gem players also represented Delhi University in All India Inter University Taekwondo Championship, 2019-20.



## EXEMPLARY PERFORMERS

### **Reetika**

**Batch of 2022 (B.Sc.(H) Chemistry)**

#### **Achievements:**

Gold Medallist in International  
Combat games, 2019



### **Rubal Grover**

**Batch of 2021 (B.A.(H) English)**

#### **Achievements:**

Haryana State Taekwondo  
Championship, 2019-20 - Silver  
Haryana Khel Mahakumbh, 2019-  
20, Bronze Medal



# The Indian Sports Irony

**Rubal**

Taekwondo  
BA (Hons) English  
Batch of 2021



Batch of 2020-21

The least explored arena in India, its sports system: system that doesn't match international standards? A cricket fanatic nation, only providing a correct ecosystem to the 'gentleman' players and also a team of potential and professional mentors which places India on top of the chart only in this particular field sport.

The negligence of other sports federation is a clear depiction from a very long period of time, be it a team game or any individual sport. This is the reason why Indian elite sportspersons who individually come up to the top-tier are mutating their mindsets and appointing their mentors from other countries.

Bajrang punia attained world no. 1 ranking under the guidance of Georgian coach Shako Bentinidis Emzarios and is associated with him for almost three years. The Asian Games and Commonwealth Games gold medallist Bajrang Punia is training at Inspire institute of sports, Bangalore where his Georgian coach is guiding him for the preparation

of Tokyo Olympics 2021. Other athletes, specifically 'elite' athletes including Sakshi Malik, Arpinder Singh, Neeraj Chopra are currently training in this institute or to some extent a part of this institute to retain their world level rankings.

IIS, Bangalore is a refine exemplar of emergence of modern private sports institute in the country. The facility accomplishing itself with all the modern amenities which includes all the faculty of head coaches, junior coaches, physiotherapists, nutritionists from abroad nestled up in a single plan of action, predominantly focusing on athlete's medical care, performance, academic training and recreational sources. This convincing structure, predominantly reflects a certain doubt about what government aided centres are doing from decades to make such world class champions. The non-parallel comparison of these two domains is creating a wide gap between the athletes' performance and what opportunity they are provided in government sports centres.

Numerous SAI (Sports Authority of India) centres lacks a self-sustaining model that could nourish and build professional sports players, coaches, physical trainers, etc in same vicinity. The athletes who are not at the top are struggling for their betterment in the game and athletes coming up from poor backgrounds are fighting a contest for proper nutritional support in a place where they are supposed to work on their skills and performance. Competitive sports is expensive and in a place where coach presents all the responsibilities, where injuries are the deciding crux of the future of players who unfortunately face them are encountering negligence from the part of Government, which ultimately leads to end up their sports career.

Athletes acquire basic knowledge of their well-being and sports when they encounter international standards. Before this, maximum athletes lack basic sports education as well. The ignorance to the knowledge is the main fault, and the flaw totally lies in mentors that don't want their trainees to explore in the particular domain.



NIS and other certified coaches do not train athletes on the basis of performance enhancement and implementation of sports physiology, therefore, shifting the interests of athletes, to leave their initial trainer at higher levels, choosing trainers from different countries. Indian coaching is utmost refined to national levels due to indifferent large extent dependency on TALENT and not building up the TALENT.

Indian human performance researches are not globally vivid, that the performance reaches to Olympic level or world ranking level. Fitness related and sports science researches are only done for adding the title of doctorate to an individual name or for attaining a place in a certain sport occupied position. Foreign researches are mainly based on human performance, advancement in athlete's physiology, advance training methods and neuroscience but in comparison to Indian PhD thesis, the subjects are left unexplored, inapplicable and are less value adders to the system.

The certified Coaching courses syllabus should be updated as per the recent comprehensively world-wide researches which should implement more to the sports science structure to match the new updated private standards coming from other countries. The researches should also be open to global integration allocating the views for the interests of a solid structure. International standardised infrastructure should be provided to the players at the grass root levels to high performance levels. Athletes should not be misguided and must be directed to hard work + smart work theory giving main focus to tactical education, nutrition, psychology, strength and conditioning. PhD scholars who can add value to the subject should be appointed and the precious jobs should be given to the potential flag bearers and not to those who are slobbering just to have a self-sufficient job. Keeping these important yet crucial points at foremost, Indian sports system can achieve unconquered heights in the future.



# Team Basketball

**“The strength of the team is each individual member. The strength of each member is the team.”**

Basketball, colloquially referred to as hoops, is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball (24 cm in diameter) through the defender's hoop (46 cm in diameter, mounted 10 feet high to a backboard at each end of the court) while preventing the opposing team from shooting through their own hoop. Basketball is a very popular game. The popularity of basketball on the Olympic stage has helped make it the second most popular games after soccer. The competitiveness of basketball can be exciting, as the clock ticks down in a close game; it often comes down to the last shot.

Miranda House has been able to create a healthy atmosphere where each member has its importance. It enhances cohesiveness, unity in diversity, cooperation and mutual respect to pluck the flower of success. This year the basketball team of Miranda house secured third position in the Inter College.

## **Miranda House Basketball Team**



Sitting (Left to Right): **Renu Yadav, Kajol Singh, Agrima Rawat, Satvika Doorwar, Aruni Singh, Fiza Madar**

Standing (Left to Right): **Priyanka Gupta, Manvi Tiwari, Pritika Godara, Shristi Sharma, Cheshta Agarwal, Shilpa Jaglan, Anjali Poonia, Kinzong Doma Bhutia, Priya Khokar.**

Missing: **Prachi Wadhawan, Aastha Yadav, Ritvika Kaler, Vidhi Singh, Titixa Sharma**



## EXEMPLARY PERFORMERS

### **Shilpa Jaglan**

**Batch of 2022 (B.A. Programme)**

#### **Achievements:**

- Participated in 7th Junior National Basketball Championship 2019-20 held at Patna, Bihar.



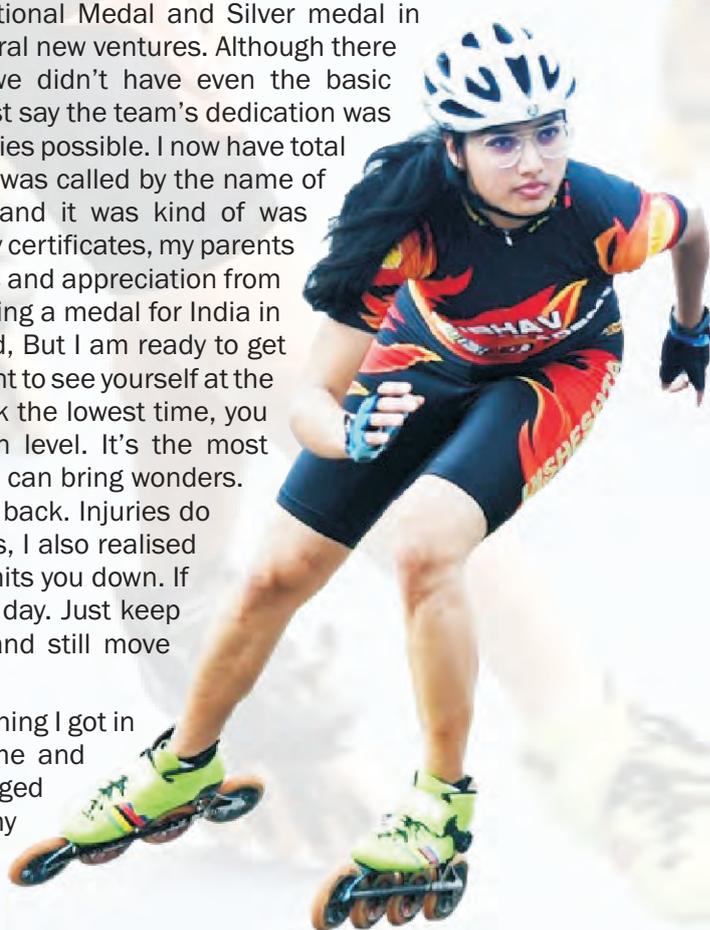
# Roll Till The Wheels Fall Off...

How do you balance, don't you fall? , Look, All your knees are full of bruise marks!! , Why are you missing your classes, How will you manage studies? Focus on studies, You should not send her alone....in the trips, Why is she late again?

All of these bizarre things were meant for me, and are still there. Initially, when I started my skating journey, these were some common questions and claims made for me. But today, they are all proud of me! I am blessed to have amazing parents, especially my Mom who took care of me, encouraged me, fighting a silent battle with all other negativity for me as doing sports in a family where girls are married at the age of 21 was never heard. She brought skates for me, and slowly taught me to balance. After some days, we got new skating coach at our school. I was thrilled to watch those professional skaters which he brought there. And from there on my journey and passion to skate started. From the beginning, I was always brilliant at studies and champion at all kinds of sports ( thanks to my mom again ) , I thought I will be good at skating too. But, this was a just distant dream when I first went to the State Level Championship and realised how terrible I was. That very splash of wind passed by me when all the champions passed in line beside me. I failed and as usual was deeply sad with the failure, My coach played a very supportive role in lifting me up, and is still mentoring me in every walk of life. I understood that in life, failure is something that gives birth to true potential, and it's the first step to success. It is very important to know the true value of failure. If you want to be a champion, you have to work like a champion.

From that championship, we really worked hard from the morning practise to evening grinds for almost an year. I got a borrowed inline professional skates from my coach since those skates were too expensive. True determination and perseverance can do wonders, and thats what was evident in the very same next championship when I bagged all 3 golds that too in the most difficult category. My parents and family were mesmerised with the victory which paved way for my new skates and my first National Level Championship. From there on, we qualified for a lot of national championships, winning them, making 4 Guinness Book of World Records, Ice Skating National Medal and Silver medal in International Championship at Hong Kong and several new ventures. Although there were new challenges prevailing throughout, as we didn't have even the basic amenities belonging from a small city, though, I must say the team's dedication was not leaving us behind bringing the best of opportunities possible. I now have total 19 World Records and bunch of National Medals, I was called by the name of skating girl between the people as I walked by and it was kind of was astonishing for me. I become so happy when I see my certificates, my parents being proud of me. Newspaper coverages continues and appreciation from the whole city poured in. At present, I dream of getting a medal for India in Asian Championships. And that will be a tough road, But I am ready to get there, whatever it takes. A time comes where you want to see yourself at the top but you cant see that coming. You want to clock the lowest time, you work hard and the timing is stopped at a certain level. It's the most significant time of your training where an extra mile can bring wonders. Right training and persistence are the keys to fight back. Injuries do come, but everything has solution. Over these years, I also realised that sports will always be there with you, it never limits you down. If you really have the passion, you will make it some day. Just keep trying your 1000%. Sports tells you how to fail, and still move forward. It strives you to keep making yourself better.

And this is why Miranda House was one of the best thing I got in my life. The Department has always stood with me and supported me to play. It has taught me a lot and changed my personality into a better one. It is the star of my achievements. I also believe, confidence can conquer all the backlashes and winning becomes your habit. So keep on working for the best and never stop for less.



# Team Chess

"While all artists are not chess players, all chess players are artists" - Marcel Duchamp

Chess, a game synonymous with intelligence and brain power. Originated from Indian game chaturanga, the game of mind is something which is worth learning. Laced with tactical traps and blunder moves, a person can never tell when it can flip from a winning to a losing position. This attention grasping game of intellect consists of a checkered board with 64 squares arranged in an 8×8 square grid. Play involves no hidden information. Each player begins with 16 pieces: one king, one queen, two rooks, two knights, two bishops, and eight pawns. Each piece type moves differently, the objective is to checkmate the opponent's king by placing it under an inescapable threat of capture. Although, it has a set of easily comprehended rules, it takes strategy in order to defeat a skilled opponent. If someone is asked to name the first thing that come to their mind when they hear 'chess player', it would be 'smart', 'talented', 'genius' and many other things unrelated to everyday people. But this is a misconception – it is a false belief injected to people.

The reality of chess is different – it actually is an incredibly beneficial game, because playing chess results in better brain function, improved memory and cognitive abilities, strategic thinking and attention improvement. It enhances spatial skills, concentration and creativity. Apart from these there are many health benefits of playing chess as it stimulates the growth of dendrites, exercises both sides of brain, prevents Alzheimer's, helps treat schizophrenia and helps with rehabilitation and therapy. All of these benefits are directly related to the practice of chess, both in real-life and virtual environments, which means that chess is the answer to the question – 'Is there a game where one can have fun AND get benefits from?'

Some of the excerpts from the study reveal that chess players tend to concentrate mostly on the chess pieces that could break or make the game. The same case is with the Miranda House Chess Team, they are the epitome of concentration and good moves, never failed to achieve a position, Miranda House Chess Team secured second position in the Delhi University Inter-college Chess Championship 2019-20 as well as in 2018-19.

## Miranda House Chess Team



Team Members (from left to right) - **Chahat Kaushal, Smriti, Richa Sagarika, Akriti Mishra, Vassundhara, Medha Chauhan, Shweta Priyadarshini** (missing in pic)



## EXEMPLARY PERFORMERS

### Shweta Priyadarshini

Batch of 2020 (B.A.(H) Political Science)

#### Achievements:

- I Position in North Zone Intersarsity Chess Championship held at Mohali, Chandigarh (2019 - 20)
- Selected for All India Intersarsity Chess Championship held at Bhubaneswar, Odisha(2019-20)



### Medha Chauhan

Batch of 2022 (B.Sc.(H) Mathematics)

#### Achievements:

- I Position in North Zone Intersarsity Chess Championship held at Mohali, Chandigarh (2019-20)
- Selected for All India Intersarsity Chess Championship held at Bhubaneswar, Odisha (2019-20)



### Diksha Moolchandani

Batch'23 (B.A.(H) Economics)

#### Achievements:

- Recipient of Saraswati Samman Award by Adani Power Maharashtra Ltd., for the sports performance in the year 2019-20.



# Life of a Sports Quota Student

**Akriti Mishra**

Chess

B.Sc. (Hons.) Mathematics

Batch of 2019-20



Thousands of students across the country ardently wish to seek admission in one of India's most prestigious University Of Delhi which is more like a battleground with all contenders possessing similar weapons of mark sheet adorned with beautiful 90s. Though many of the students could not make it to the best colleges by the marginal differences.

However you need not feel uneasy if you are not among those students but those whose walls are decorated by certificates of other co-curricular activities or any sports. The idea of DU to receive 5% students through co-curricular activities and sports is a

relieving criteria for students with nonpareil excellence in extracurricular activities or sports. It is however not a cakewalk, the process to get through this involves a cut-throat competition. Admission through sports quota is a process of a sports trial and your performance in it leads you to get admission in different colleges. Admission in the top-notch colleges of the university entails the experience of playing at the National or International level. The selection is also majorly dependent on the availability of seats and the kind of sports the aspirant is involved in.

I consider myself very blessed to get the college and course of my choice because of my proficiency as a national level Chess player and respectable score card.

People think it is easy to enter through sports quota in DU, ask any sports quota student and you will come to know otherwise. From being expected to attend practice as early in the morning to not taking any leave and handling the pressure of winning tournaments for our college, we have to face it all. College for us means twelve hours a day since we are required to be on campus to practice much before the day begins for everyone else. The most salient aspect of admission through this process is the agreement that we students have to make to the college of representing our college in the tournaments throughout the three years of our graduation thus earmarking our admission as conditional. It obligates us to prioritise sports above everything else in college, even regular classes.

“But at the end we realise that these three years were worth, giving all ourselves to our sports, we shine differently in the college because we are among 70 students out of approximately 4000 studying. Only sports people get to wear the college colour that is a very proud moment in itself.”

Outsiders sometimes feel that such a system of admission is biased but they fail to recognise the hardships that we students face, the balance we maintain, and the sacrifices we have to make.

While opportunities do not come without challenges, it lies in the hands of the students to make the best out of the dual opportunity of getting into a college in Delhi University and a platform to excel in their already established forte.



# Himani Mor

“Never Say Never Because Limits, Like Fears, Are often Just an Illusion”

– Michael Jordan



The alumni and pride of Miranda House, Himani Mor is pursuing MBA Sports Management from Franklin Pierce University, USA. She is currently playing at Number 1 singles and doubles for FPU and earned first ever postseason berth for Franklin Pierce President's list and is also All-American ITA scholar 2020.

She has represented India in different international championships for many years.

She also represented India in World Soft Tennis Championship held at Delhi and Secured First position in both North zone Inter University and All India Inter University Tennis Championship held at Noida and Jaipur respectively in 2016-17. Along with this she also participated in All India Inter University Ball Badminton Championship in Chennai in the same year.

She made Miranda House proud by participating in the World University Games (Tennis) held at Chinese Taipei in 2017 and in ITF - 15k held at Sri Lanka.

## Questions Directed towards Ms. Himani Mor

- **As you have won several championships at various platforms and at various levels. How do you feel?**

“Representing India is a whole different feeling that can't be expressed in words.

A feeling you get when you have India's jersey with your name on its back. Representing my nation is one of my biggest achievements so far and even though I am in U.S.A now, I still miss playing for my nation.”



➤ **Tell us about yourself, how you met tennis and where it all started?**

“My family is filled with sports persons from different sports like kabaddi, wrestling, etc. I am from Haryana, Sonapat. My cousin was playing tennis and I opted for it too. I started playing on the roof of my house for first 6 months because we didn't have any tennis court in our village. My Father then built a tennis court in my village so that I could play.”

➤ **What do you think is your greatest strength as a tennis player and what role it has to play in the world which is outside tennis?**

“As a tennis player and as a person my greatest strength is my attitude of not giving up. Losing is very easy, for winning, the comparison is difficult but when in court I have to give all I have and same goes with life.”

➤ **What are the things do you prefer doing before a match? Like..How you prepare yourself and what mindset you have before a match?**

“I don't use my phone much. Sometimes I even give my phone to my coach a night before my match. And I think about the best matches and moments I had in my career as a sports person.”

➤ **There are many situations that come in between matches and there are moments when it's almost a lost one! How do you deal with these kinds of stressful times?**

So - “During semi finals of first ever post season berth, the match was on 3-3 and it all depended on my game. I was 5-0 up and the opponent started cheating and I lost my temperament and later I realized that she is playing with my mind and it's me who is losing because I am allowing her to play with my mind. So, I controlled myself and that is the strength that keeps me focused during a stressful situation. To keep myself calm and control myself.”

➤ **Everyone has a role model in their lives from whom they take inspiration. So, who played this role in your life to keep you going and succeed?**

“Personally, my mother has been my role model. She has been with me ever since I started playing and she inspires me in so many ways that I can't even explain. Professionally, my cousin, he is a wrestler and I have never seen a person working so hard in their life. So, he is a huge inspiration for me”.

➤ **Tell us about the times or events where you failed or where things didn't go the way you wanted? And what did you learn from it?**

“When I got injured and I was not able to play for senior competition and couldn't play for India. Even when in Miranda, I was not able to play multiple times because I was not well. “

➤ **What place has Miranda in your life? What was the role of sports dept, coaches as well as your parents to attain such great heights?**

“Miranda has a special place in my heart. College life is important and Amita ma'am supported me in a way no one ever did. There were days when I felt I would never be able to complete my graduation but Amita ma'am supported me. All because of Miranda and Delhi University was I able to participate and win in various events.”

➤ **How is playing Tennis in India different as compared to playing tennis in USA?**

“It is totally different. In U.S.A. we have conference matches and there are around 12-16 colleges/universities and we have to play with all of them. Then we qualify for NCAA championship. There are 6 players in a team so one has to play 6 singles and 3 doubles. That is a totally different setup from India. Team spirit is the same though. But U.S.A. has more professional players and competition is one thing that is a major difference.



Investment in athletics is more there. They focus a lot on athletics whereas in India it is sidelined sometimes.”

➤ **What is your stance on Women & Sports and what message you want to convey to the upcoming batches of MH?**

“Until you have Amita ma’am, she is the best and you have got it. She has always been there for me whenever I needed anything. Miranda House is such a good institution and it made me feel that I need to give the best to them because they worked so hard for us. So, give your best in whatever field you are. Work hard that is all you can do. Amita ma’am trusts you; always keep the head of your teachers high.”

➤ **Lockdown is trying times. How is lockdown affecting your sports and how are you coping up with it so that you don’t get out of practice?**

“When lockdown started, I was in the U.S.A... I was going for running and exercise because it was not complete lockdown and there were social distancing guidelines. And, I didn’t think that I am trapped. Rather I think that this is as an opportunity to look into ourselves. Don’t take it in a negative way to let it impact you. I had appointment with coaches and I used to go and play. It has now been 3 months that I have not played tennis. But I know that when I will go back in the court I would get in touch with my sports soon and it is all just in the mind to think that I will go completely off practice and that is not true. There is so much that one can do at their home like core, cardio, squads, jumps, skipping rope etc. One can find a whole workout for their body. Just be positive and don’t think of it as a hindrance and rather work on your weaknesses.”

Himani Mor is confident and bold. Himani’s soul was tennis. She has always shown team spirit and never bothered who her opponent was. She is a woman who believes in performance no matter what the condition or situation is. She commuted for three years from Sonipat and always managed to give all her time to college. She has indeed been a gem for the college. Miranda House College is really proud of her.



# Team Tennis

Everything comes at a cost. Just what are you willing to pay for it?

–Serena Williams

While tennis can be enjoyed by players of practically any level of skill, top competition is a demanding test of both shot making and stamina, rich in stylistic and strategic variety. From its origins as a garden-party game for ladies in whalebone corsets and starched petticoats and men in long white flannels, it has evolved into a physical match in which players attack and defend, exploiting angles and technical weaknesses with strokes of widely diverse pace and spin. Tournaments offer tens of millions of dollars in prize money annually.

Many folks might not realize that playing tennis for one hour burns about 600 calories. And the beauty of tennis is that it challenges your mind and your body Tennis is a Brilliant workout for the entire body, improves aerobic and anaerobic health, burns calories and fats , improves bone health , keeps heart healthy , enhances flexibility balance and co ordination , boosts brain power and enhances creativity, improves discipline and social skills , boosts mood and helps develop an optimistic approach to life. Whoa! Isn't it amazing?

Bjorn Borg accurately characterized a tennis match as “ a thousand little sprints”.

## Miranda House Tennis Team



(Left to Right) – **Adrija Biswas, Jahanavi Saini, Ankita Hoon, Neeru, Jeenia, Prarthana**

The tactical aspect of the game keeps your mind occupied while your body gets a good workout—the short term goals of reaching that little yellow ball in time makes it a complex sport full of small rewards and limitless challenges. Motivated by these rewards and facing these challenges



Miranda House tennis team is no less. Determined, Confident, Focused, Passionate, Disciplined and much more, words are less to describe our Tennis team. Inspired by the belief, You have to be driven to improve every day, You can't be satisfied with your last performance, they practice their heart out. Their secret is simple they put in work. No matter whatever they are going through in their life, once they are on court they tune out all other distractions. Their team work, unity and strong will has never failed to disappoint Miranda House. With each year passing by, they have made Miranda a bit more proud.

Tennis team secured Second Position in the Delhi University Inter College Tennis Championship 2019-2020. Not just this, they were the champions of Inter College Tennis Championship 2018-19.

“Go Miranda”.... “Lets Go” are some of the words that cheer them up and keep their spirits high even when they are having tough time in matches.

## EXEMPLARY PERFORMERS

### Adrija Biswas

Batch of 2022 (B.A.(H) Geography)

#### Achievements:

- IV position, All India Intersarsity Tennis Championship 2019-20, Gwalior, Madhya Pradesh
- I position, North Zone Intersarsity Tennis Championship 2019-20, Murthal, Haryana
- Participated, Asian Tennis Tournament 2019-20, Delhi
- IV position, Khelo India University Games 2019-20, KIIT University, Bhubhaneshwar
  - I position, Indraprastha Invitational Tournament 2019-20, IPCW, Delhi
  - Participated, Fenesta Nationals 2019-20, Delhi
  - Participated, AITA 1 lac, Bahadurgarh (2019-20)
    - Participated, AITA 1 Lac, Jaipur (2019-20)



### Neeru

Batch of 2020 (B.A. Programme)

#### Achievements:

- Participated in Fenesta Nationals held in Delhi (2019-20)



## EXEMPLARY PERFORMERS

### **Ankita Hoon**

**Batch of 2020 (B.A.(H) Political Science)**

#### **Achievements:**

- Participated in AITA 1 Lac held at Chandigarh (2019-20)



### **Prarthana Dwivedi**

**Batch of 2021 (B.A. Programme)**

#### **Achievements:**

- Participated in AITA 1 Lac held at Chandigarh (2019-20)
- Second Position in Mixed Doubles in Indraprastha Invitational Tournament 2019-20 held at IPCW, Delhi



# Tennis and the World

“Ever tried. Ever failed. No matter. Try again. Fail again. Fail better.” – Samuel Beckett.



## Prarthana Dwivedi

Tennis

B.A. Programme  
Batch of 2020-21

Playing a sport is an extraordinary task because not everybody has the physical and mental strength to deal with the pressure the sport brings; playing a sport professionally is an ultra-extraordinary task because not everybody has the physical, mental and emotional strength along with monetary strength to continue playing. Now, playing a sport like Tennis, which requires physical, mental, emotional and monetary strength but also requires parental support, well-trained coaches, fitness and gym trainers, physiotherapists, sports psychologists, massage therapists, etc. in a country like India seems like an impossible job to do.

Tennis is a sport played globally by a lot people. The word “Globally” used here contradicts the fact about how Europe-centric tennis has become. It becomes very difficult for a tennis player who trains in India to make it to Top 10 in the world in the same time as a player who trains in an European country. Countries like Spain, Germany and France offers the best coaches along with the perfect environment required to shape a world-class tennis player. While in India, players face problems in finding a good clay court to play on. In Europe, where there are major tournaments every week, there are only about 2-3 major tournaments in a year in India. Even after all these difficulties and lack of facilities, players put in their blood and sweat and work hard to achieve their dreams but some day or the other they are required to leave their country and fly either to USA for college tennis or to European countries if they want to train better. Due to lack of monetary support, a tennis player eventually leaves the sport after the completion of their 12th standard because now suddenly parents also start building up pressure on them to pursue something in the education field. Lack of facilities and less number of futures tournaments being held in India plays a major role in making India ‘not-fit’ for a sport like Tennis.

“Obstacles don’t have to stop you . If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it or work around it” – Michael Jordan.



I, as a tennis player who has been playing this sport for almost 12 years now, can say, that the one very important lesson this sport has taught me is that you have to make the most in what you've got. Not everybody has a good coach, not everybody has monetary support, not everybody's parents are supportive enough and not everybody has the will power to keep dreaming big even after failing 10,000 times. Making the most of the available resources and then excelling with a positive mindset is what it requires because when you're on the court, playing in scorching heat, covered in sweat but the only thing you can think about is winning is what distinguishes a world champion from a regular player who dreams of becoming a world champion.

I still remember how one of my coaches motivated me once when I was about to lose a match. He was very strict and I used to be scared of talking to him but I went up to him and said "Sir, I am first set 4-6 down" to which he replied " I know. Don't come up to me with this sad face. Now GO and FIGHT". This was everything that I required to win that match. The 'not giving up' attitude is what the sport requires.

Most athletes, in general, face a lot of problems in choosing a sport professionally especially in a country like India because people here give more importance to education, women here are stopped from playing sports like wrestling, boxing or in fact any sport at all. Even after all this, if an athlete makes it to a good level, she/he faces various problems ranging from lack of resources to corruption. Amidst all this chaos, if a sportsperson is trying hard to achieve something at the world level, then I believe, she/he must be given immense support from parents, to teachers/coaches and even the government because in the end , every sportsperson is playing for their own country-India, to uplift India in the field of sports.

Keeping a positive attitude in whatever situation one faces, is what playing a sport is all about. Making the most of the present resources is the one thing one must strive for. As it is rightly said, "Victory is in having done your best. If you've done your best, you've won".



# Joie De Vivre

Tracing A Quintessential Journey....



## Jahanavi Saini

Tennis

BA (Hons) Political Science

Batch of 2020-21

Sometimes in life we are so much indulged in focussing on our troubles that we forget to count our blessings and I think I can vouch on this as this journey at the most lovable place comes to an end. Miranda House had been my dream college since 11th standard when I first saw it and after 2 years I realized that dreams do come true if you stick by them as one can always follow a straight path only if they have a fixed point to follow. I first stepped into this world of Miranda House in 2018 as a regular student with an aim to study Political Science and a hope to try out the new ventures of this place. I never thought that i could even continue playing Tennis, since i had not taken admission through sports quota. But Miranda House Sports Department gave me an opportunity to channelize my passion for sports into something constructive while also allowing me to grow as an individual. And not just me, Department gives opportunity to each and every student who has the will to do something extraordinary and are encouraged and supported to showcase their skills putting down all barriers. As I look back, it instills in me a sense

of confidence and satisfies my soul that I was able to do something for the college - be it as part of the College Tennis Team or as part of the Sports Union!

Sports is something which teaches you a lot in life besides a healthy life and one thing that this Department has certainly taught me is Discipline. From being regular and on time for practice sessions to other spheres of life, discipline is the attribute which plays an important role in everyone's life. Team work and how to deal with everyone is another aspect and fortunately being a sports person and in the union has helped me a lot in acquiring this skill. This place teaches one to accommodate their failures and see them as an integral part of life. There have been times when we work so hard and we are almost about to achieve it but we fail to do so, the best example being losing a match from a point or two. But this does not stop our lives, we do feel sad about our performance, but eventually we get back to our training sessions. This positive attitude learnt here has helped me a lot in dealing with ups and downs of my life because not everytime life will go on the way we want. Miranda House has not only inculcated social values in me but has also helped me connect with each and every member of the department and develop strong relations with some of them. Today, I can rightly assert that each day at Miranda House has made me a better person as a lot has changed in me in these 3 years.

There is always a way to improve and working hard is i guess the key to it because i believe putting in your efforts will never go in vain and sooner or later they do turn out to be fruitful. So appreciate Life as it happens- moments will soon pass and you will wish you had treasured them more. There are so many other things and emotions gushing out at this moment as I think of saying goodbye to this institution ,but I would just end by saying that I am grateful of being a part of this family, leaving with so many memories to cherish till eternity. Its indeed true that i would have missed the best part of my college life if i had not taken the decision to join this department. Once a Mirandian, Always a Mirandian!





**Miranda House**  
(University of Delhi)



**DEPARTMENT OF PHYSICAL EDUCATION**

# **EROBERN 2020**

to conquer hearts

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The Department of Physical Education & Sports is one of the most vibrant and diverse Department of Miranda House College. It believes in bringing together the diversities in a society with the essence of fitness and well-being. The department believes that fitness not only focuses on the well-being of an individual physically, but also mentally and emotionally. Therefore, the department promotes physical fitness and well-being among the students through various enchanting and effective means, which can help even the beginners to realize how it feels to be a part of the route to achieving fitness.

The Department of Physical Education & Sports, Miranda House, started its three-day long Fitness and Sports fest EROBERN 2020 to promote its motto. Through EROBERN, the department promotes women empowerment in the sphere of fitness and sports.

EROBERN was first organized by the Department of Physical Education & Sports in the academic year 2013-14. Since then, EROBERN has been held annually in every academic session with a vision of promoting its motto further to the future generations. 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 fitness and healthy competition.

The Academic year 2019-20 marked the seventh edition of the annual sports fest. EROBERN'20 carried forward its legacy of promoting its vision through various means. This year, the fest had various intercollegiate and interdepartmental competitions. The intercollegiate competitions included the sports of Aerobics, Archery, Tennis, Taekwondo, Chess, Rhythmic Yoga and Netball. Around 250 students from 14 colleges participated in the various intercollegiate sports competitions to win laurels for their alma mater. The fest also had inter-departmental competitions like Throw ball, Chess, Relay Race and few of Athletics events for the PWD students of Miranda House. Around 600 students from various departments participated in these sports. After the competitive enthusiasm, all the students were brought together under the name 'Miranda House Students' with a fun Zumba with Professional Zumba instructor Ms. Neetu Chawla.

### DAY 1

**“Do you know what my favourite part of the game is? The opportunity to play.”**

**-Mike Singletary**

EROBERN, The Sports fest of Miranda House College, presents this opportunity to play to sports persons. So that they can showcase their talent and will power. After months of preparation by students of the Department of Physical Education & Sports, under the resourceful guidance of Teacher-In-Charge Dr. Amita Rana and Assistant Professor Dr. Neeru Yadav, the department was all set for the day 1 of the three-day long fitness and sports fest -EROBERN'2020. All the events were supposed to happen in different venues inside the college campus; hence, the college was beautifully decorated, not only with artwork, but also with energy, enthusiasm, team spirit, sportsman spirit and hard work. A huge stage was set up in the grounds near basketball court for the three days event. The registrations were done smoothly on the main gate and all the participants and their respective coaches were humbly ushered to their sports venues by the volunteers where everyone was waiting for the charismatic events to start. The college was filled with sports persons from various colleges, all prepared with their sports kits, equipments and high hopes to win the title in their respective events.

The day was marked by the beginning of the Aerobics Inter-college competition. Around 8 teams participated in this event. Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines. The motive of including aerobics in the



sports fest was to add an element of fun along with the competitiveness. It is usually performed to music which just adds to the energy of the event. Aerobics targets improving all elements of fitness (flexibility, muscular strength, and cardiovascular fitness). Gargi College managed to bag the first position.



While participants were giving a tough fight to each other in aerobics competition, there were multiple other events simultaneously happening all around the college. Student's activity centre was filled with chess enthusiasts. Chess was a team event. There were 11 teams of girls and 13 teams of boys with 6 players in each team. The hall was fully packed with an overwhelming number of participants. The finals were a delight to watch and had a cut throat fight. Both the teams in the finals were really nervous with their heart beating super fast. The deciding match pressure was incomparable for both the teams. Miranda house chess team finally made it through the finals and bagged 1<sup>st</sup> position. Lawn tennis tournaments started with mixed doubles events with an overwhelming participation. Prarthana from Miranda House College with her partner Arnav from University of Prague gave a tough fight to all the participants and left their impression on the trophy. The event was really tight. Not only the umpires and players but also the crowd thoroughly enjoyed the matches. Last but not the least; Archery was one of the most exciting sports to be present at. All the archers were ready with their bows and arrows and were fully focussed as it is the most essential trait in archery. With arrows being shot from one end towards the target at an incredibly fast speed, it was indeed a delight to watch and a great way to end Day 1 of this marvellous fest.

## DAY 2

The second day of Erobern was marked by continuation of aerobics competition that were commenced on day 1. The second event of the day was Rhythmic Yoga, which was performed in a pair by the teams. Rhythmic Yoga Flow is a sequence of poses coordinated to move with each breath and choreographed to sync with the rhythm of the music. Yoga and dance are both a form of self-discovery, self-expression and self-awareness. One of the many reasons to include this event in the fest was to have a competition which was fun and light whilst having benefits like; stress relief, improved flexibility and open-mindedness, relaxed mind and enlightened senses. By pairing yoga and dance, participants were also able to burn more



calories and it can act as a gateway between the two art forms Miranda House bagged 3rd position in this event. A small Zumba session was also organised by the department. Zumba is a fun, high-energy workout experience that keeps everyone excited to exercise—and coming back for more. It kept the competitors engaged while also focusing on improving fitness in a fun way. Zumba is also known to enhance how one feels every day.



While we could experience a relaxing and enjoyable vibe here, the other side we could see people brain storming, fighting, sweating their heart out leaving no stone unturned in being the ultimate winner. And after all of this hardwork it was actually quite a proud moment seeing the top 3 positions go to Adrija Biswas, Jahanavi Saini and Prarthana Dwivedi, all of them from Miranda House in Women' Tennis Singles Championship. Besides this, Miranda house also managed to achieve third position in Netball.

**Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts.**

As we have seen various competitions were concluded on this day, including Taekwondo, Chess, Netball, and Tennis. After the conclusion of these competitions, the fest proceeded towards the award ceremony. Achievements that deserve to be rewarded include many different types of victories. The award ceremony was held amidst much joy, cheer and applause as the beaming students received their merit certificates and a memento as a souvenir. The entire program not only recognised the real talent but also motivated them to do more and more in their respective fields. This awards ceremony provided a chance for celebration and reflection. Gathering and sharing experiences is a very powerful means of encouragement. These mementos provided them with an opportunity to *'look back at a time with admiration & a time to look forward with anticipation'*.

### DAY 3

The third day of EROBERN was the last day of the fun-packed annual sports fest. EROBERN always believed in Equality as well as Equity. It believes that sports and fitness can be a medium to unite all the differences among individuals and mould them into one united society. Miranda House College has always been keen to promote women empowerment and we see the EROBERN sports fest as another opportunity to create the new 'women' image in society, women who aren't afraid to take up challenges and is there to promote equality among all.

Day 3 of EROBERN'20 had the most amazing energy level among Miranda House students in all



throughout the year. The last day of EROBERN'20 had fun packed activities only for the students of Miranda House. It had various interdepartmental competitions like Throw-ball, Relay Races and Chess competition. Almost 60 teams from different departments participated in the various interdepartmental competitions. Students were seen showing immense enthusiasm while deliberately giving their best and win for their departments. Miranda has always cared for and cherished each and every student of Miranda House embracing all their individualities and helping them mould themselves into the gems of the society. The same goes for the 3-day sports fest. EROBERN'20 had its fair share of fun and opportunities for the 'Specially Abled' PWD students of our college. The fest had short sprint races for the different categories of PWD students along with shotput and balloon race events. The short sprint races were a 50m race for the blind category students. The balloon race included popping up all the balloons kept at every 9-10m of the 60m race. The students were supposed to pop all the balloons kept in their lanes and finish the race as soon as possible. Students were given assistance by our sports volunteers who guided them the way, and the first 3 positions were declared the winners. The winners of all the categories were awarded on the same day.

The most exciting event of the day and also the highlight of the day was the Zumba session conducted at the end of the fest. The Zumba session was open to all Miranda House students, and also the teaching as well as non-teaching staff of the college. It was a great sight to see all the Departments of Miranda House coming together through the medium of Sports and fitness and just enjoying as a family. We had Ms. Neetu Chawla as our Zumba instructor. She had an amazingly contagious positive energy and the entire Miranda House college premises gladly embraced all of it. The session brought everyone to 'come down the floor' and have some amazing Zumba workout session. The session was truly an enchanting one that made even the least physically active people be aware of the various fun-forms of being a fit



person and actually join the energy.

EROBERN'20 became a platform to bring together the diversity of Miranda House through the medium of fitness and well-being. It became an epitome for people to break the stereotypes of workouts being boring. Rather, it set an example that fitness can be the most fun and refreshing activity that can be personalized account to an individual's preferences.



# Community Sports Activities

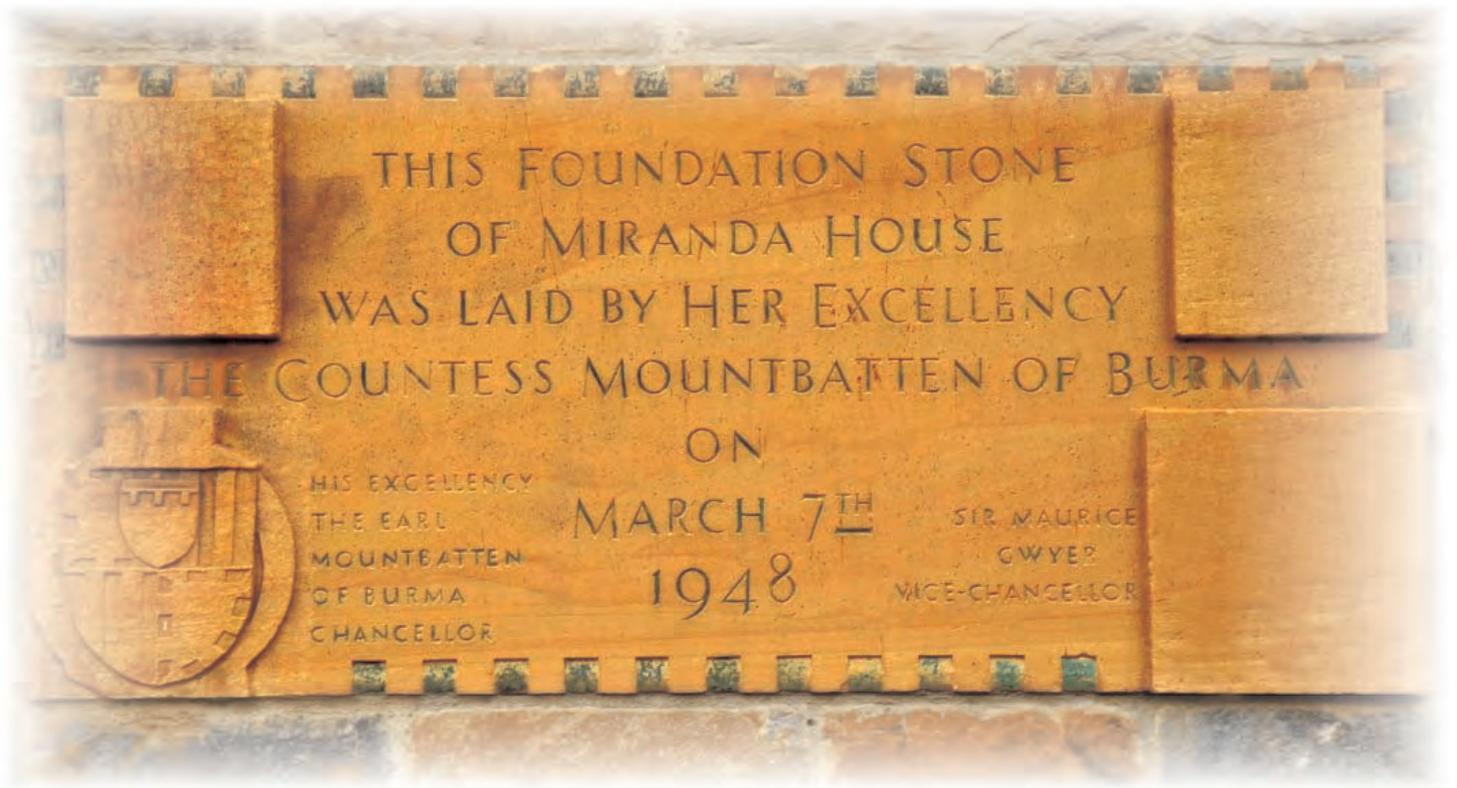
The Department of Physical Education & Sports believes that not only students but also teachers, non-teaching staff and specially-abled communities of the college should be given an opportunity when it comes to being competitive and participating in sports. Hence, the department makes an effort to be as inclusive as possible when it comes to games and activities.

Therefore, the department organised creative and exciting recreational activities for the faculty of Miranda House, University of Delhi in February 2020. The event was filled with fun activities that always kept the faculty members on their toes. The fest started with 'Chetti Race', as the name suggests, a matka was involved. Participants were supposed to run from one end to another on a race track of 200 m. with a matka on their head. They were not allowed to use their hands which made the game all the more interesting. Second event "Bujho to Jaane" gave a 'taste' of competition to the participants, quite literally. All the participants were blind folded and were made to 'taste the vegetables' and guess the name. The one who guessed the maximum correct names in one minute was the winner. Last but not the least, the faculty members had a shot put competition that tested their strength and endurance. Reviews from the faculty state that they thoroughly enjoyed the event and it acted as a break for them from their hectic work schedule. Not only this, it really helped them to interact with their colleagues and form a bond with them. The fest was a great success.

The Department also organized recreational activities for the Non-teaching staffs and specially-abled students. Activities and events for the Non-Teaching staff included shot-putt and various other races and events. While for the Specially-abled, were events like balloon Races and Short races like 20m, 50m races. The purpose of these recreational events was to deliver the message through mass participation that sports and fitness believes in inclusivity of all. All of the participants were amazingly thrilled by performing these special tasks and enjoyed thoroughly. A sense of togetherness and fulfilment was evident through these kind of activities that otherwise is lost in their daily routines.

Therefore, it is quite true that we focus on over all development of all the communities of our college that in some form or the other make it more beautiful through their excellence.





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# *Inter-College Achievers*

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# Team Taekwondo

## INTER-COLLEGE ACHIEVERS (2017-18)



**SHWETA**  
B.A.(H) English- 1st yr  
First Position (Under-73kg)  
(2017-18)



**IFTESAM**  
B.Sc.(H) Botany- 3rd yr  
First Position (Under-53kg)  
(2017-18)



**DEEPIKA**  
B.A.Programme- 3rd yr  
First Position (Under-49kg)  
(2017-18)



**SHRIYA**  
B.A.Programme- 2nd yr  
First Position (Over 73kg)  
(2017-18)



**VIBHUTI**  
B.Sc.(H) Botany- 2nd yr  
First Position (Under-67kg)  
(2017-18)



**SAUMYA**  
B.A.Programme- 3rd yr  
Second Position (Under-57kg)  
(2017-18)



**SAPNA**  
B.Sc.(H) Zoology- 1st yr  
Third Position (Under-62kg)  
(2017-18)



# Team Tennis

## INTER-COLLEGE ACHIEVERS (2017-18)



**HIMANI**  
B.A.Programme- 3rd yr  
Second Position  
(2017-18)



**JAYA**  
B.A.Programme- 3rd yr  
Second Position  
(2017-18)



**NEERU**  
B.A.Programme- 1st yr  
Second Position  
(2017-18)



**JAGRITI**  
B.A.(H) English- 2nd yr  
Second Position  
(2017-18)



**ANKITA**  
B.A.(H) Pol. Science- 1st yr  
Second Position  
(2017-18)



# Team Netball

## INTER-COLLEGE ACHIEVERS (2017-18)



**MEENA**

B.Sc.(H) Chemistry- 3rd yr  
First Position  
(2017-18)



**BINDU**

B.Sc.(H) Zoology- 3rd yr  
First Position  
(2017-18)



**KOMAL**

B.Sc.(H) Zoology- 3rd yr  
First Position  
(2017-18)



**RUCHI**

B.A. Programme- 2nd yr  
First Position  
(2017-18)



**KHUSHBOO.**

B.Sc.(H) Physics- 2nd yr  
First Position  
(2017-18)



**KAJAL**

B.A. Programme- 2nd yr  
First Position  
(2017-18)



**PRIYADARSHINI**

B.A. Programme- 2nd yr  
First Position  
(2017-18)



**JOSHIKA**

B.A.(H) Sociology- 2nd yr  
First Position  
(2017-18)



**RENU**

B.A. Programme- 2nd yr  
First Position  
(2017-18)



# Team Netball

## INTER-COLLEGE ACHIEVERS (2017-18)



**PRACHI**  
B.A.(H) Economics- 1st yr  
First Position  
(2017-18)



**ANJALI**  
B.Sc.(H) Maths- 1st yr  
First Position  
(2017-18)



**KAJOL**  
B.A.(H) Economics- 1st yr  
First Position  
(2017-18)

# Team Athletics

## INTER-COLLEGE ACHIEVERS (2017-18)



**TAMANNA**  
B.Sc.(H).Botany- 3rd yr  
First Position (5km Walk)  
(2017-18)



**URJA**  
B.A.(H) Economics- 2nd yr  
First Position (Hammer Throw)  
(2017-18)



**DIMPLE**  
B.Sc.(H).Botany- 3rd yr  
First Position (Discuss Throw)  
(2017-18)



**ANJU**  
B.Sc.(H).Zoology- 2nd yr  
Second Position (5km walk)  
(2017-18)



**KRATI**  
B.Sc.(H) Sociology- 2nd yr  
Second Position (Javelin Throw)  
(2017-18)



**EKTA**  
B.A.Programme- 1st yr  
Second Position (1500mts Race)  
(2017-18)



# Team Shooting (Pistol)

INTER-COLLEGE ACHIEVERS (2018-19)



**SUMITA**

B.A. Programme- 2nd yr  
Third Position (Pistol)  
(2018-19)



**VISHAKHA**

B.A.(H) Geography - 2nd yr  
Third Position (Pistol)  
(2018-19)



**JYOTI**

B.Sc.(H) Chemistry-  
Third Position (Pistol)  
(2018-19)

# Team Athletics

INTER-COLLEGE ACHIEVERS (2018-19)



**URJA**

B.A.(H) Economics- 3rd yr  
First Position (Hammer Throw)  
(2018-19)



**KRATI**

B.A.(H) Sociology- 3rd yr  
Second Position (Javelin Throw)  
(2018-19)



**POOJA**

B.A. Programme- 1st yr  
Second and Third Position (21km and 5km)  
(2018-19)



**SHIKSHA**

B.A.(H) Geography- 1st yr  
Third Position (High Jump)  
(2018-19)



**VYAKHYA**

B.A. (H) Music- 1st yr  
Second Position (High Jump)  
(2018-19)



# Team Tennis

## INTER-COLLEGE ACHIEVERS (2018-19)



**NEERU**

**B.A.Programme- 2nd yr  
First Position  
(2018-19)**



**ANKITA HOON**

**B.A.(H) Pol.Sci.- 2nd yr  
First Position  
(2018-19)**



**JAGRITI**

**B.A.(H) English- 3rd yr  
First Position  
(2018-19)**



**JAHANAVI**

**B.A.(H) Pol.Sci.- 1st yr  
First Position  
(2018-19)**



# Team Taekwondo

## INTER-COLLEGE ACHIEVERS (2018-19)



**SHRIYA**

B.A.Programme- 3rd yr  
First Position (Above 73kg)  
(2018-19)



**VIBHUTI**

B.Sc.(H) Zoology- 3rd yr  
First Position (Under-67kg)  
(2018-19)



**PARUL**

B.Sc.(H) Zoology- 1st yr  
First Position (Under-62kg)  
(2018-19)



**AKSHITA**

B.Sc.(H) Maths- 2nd yr  
First Position (Under-46kg)  
(2018-19)



**KHEMARUN**

B.A.Programme- 1st yr  
First Position (Under-49kg)  
(2018-19)



**PRATIBHA**

B.A.Programme- 3rd yr  
Second Position (Under- 53kg)  
(2018-19)



**DEEPIKA**

B.Sc.(H) Maths- 2nd yr  
Second Position (Under-73kg)  
(2018-19)



# Team Netball

## INTER-COLLEGE ACHIEVERS (2018-19)



**RUCHI**  
B.A.Programme- 3rd yr  
First Position  
(2018-19)



**KHUSHBOO**  
B.Sc.(H) Physics- 3rd yr  
First Position  
(2018-19)



**KAJAL**  
B.A.Programme- 3rd yr  
First Position  
(2018-19)



**JOSHIKA**  
B.A.(H) Sociology— 3rd yr  
First Position  
(2018-19)



**PRIYA**  
B.A.Programme- 2nd yr  
First Position  
(2018-19)



**RENU**  
B.A.Programme- 2nd yr  
First Position  
(2018-19)



**PRACHI**  
B.A.(H) Economics- 2nd yr  
First Position  
(2018-19)



**ANJALI**  
B.Sc.(H) Maths- 2nd yr  
First Position  
(2018-19)



**KAJOL**  
B.A.(H) Economics- 2nd yr  
First Position  
(2018-19)



# Team Netball

## INTER-COLLEGE ACHIEVERS (2018-19)



**NEETU**  
B.A.Programme- 1st yr  
First Position  
(2018-19)



**PRACHI**  
B.A.Programme- 1st yr  
First Position  
(2018-19)



**AGRIMA**  
B.A.(H) English- 1st yr  
First Position  
(2018-19)



# Team Chess

## INTER-COLLEGE ACHIEVERS (2018-19)



**SNIGDHA**

B.A.(H) Economics- 3rd yr  
Second Position  
(2018-19)



**SHWETA**

B.A.(H)Pol.Sci.- 2nd yr  
Second Position  
(2018-19)



**AKRITI**

B.Sc.(H) Maths- 2nd yr  
Second Position  
(2018-19)



**SHIKHA**

B.Sc.(H) Maths - 3rd yr  
Second Position  
(2018-19)



**SMRITI**

M.Sc.(H) Chemistry- 1st yr  
Second Position  
(2018-19)



**NEHA**

M.Sc. (H) Chemistry- 1st yr  
Second Position  
(2018-19)



# Team Archery

## INTER-COLLEGE ACHIEVERS (2019-20)



**SIMAR**

B.A.Programme- 2nd yr  
First position  
(2019-20)



**CHHAYA**

B.A.(H) Sociology- 1st yr  
First position  
(2019-20)



**RUNA**

B.A.(H) Hindi- 1st yr  
First position  
(2019-20)



**AKANSHA**

B.A.Programme- 1st yr  
First position  
(2019-20)



# Team Tennis

## INTER-COLLEGE ACHIEVERS (2019-20)



**NEERU**  
B.A. Programme - 3rd yr  
Second position  
(2019-20)



**ANKITA**  
B.A.(H) Pol.Sci.- 3rd yr  
Second position  
(2019-20)



**JAHANAVI**  
B.A.(H) Pol.Sci.- 2nd yr  
Second position  
(2019-20)



**ADRIJA**  
B.A.(H) Geography- 1st yr  
Second Position  
(2019-20)



# Team Chess

## INTER-COLLEGE ACHIEVERS (2019-20)



**SMRITI**  
M.Sc.Chemistry-2nd yr  
Second Position  
(2019-20)



**SHWETA**  
B.A.(H) Pol.Sci.- 3rd yr  
Second Position  
(2019-20)



**AKRITI**  
B.Sc.(H) Maths- 3rd yr  
Second Position  
(2019-20)



**RICHA**  
B.A.(H).Geography- 3rd yr  
Second Position  
(2019-20)



**MEDHA**  
B.Sc.(H) Maths- 1st yr  
Second Position  
(2019-20)



**CHAHAT**  
B.Sc.(H) Botany- 1st yr  
Second Position  
(2019-20)



# Team Shooting (Rifle)

INTER-COLLEGE ACHIEVERS (2019-20)



**SHWETA**

B.A.Programme- 3rd yr  
Second  
(2019-20)



**SUMEDHA**

B.Sc.(H)Zoology- 3rd yr  
Second Position  
(2019-20)



**MUMAL**

B.A.(H)Geography-2nd yr  
Second Position  
(2019-20)



**DIKSHA**

B.A.Programme- 3rd yr  
Second Position  
(2019-20)



# Team Basketball

## INTER-COLLEGE ACHIEVERS (2019-20)



**PRIYA**  
B.A.Programme- 3rd yr  
Third Position  
(2019-20)



**ARUNI**  
B.A.(H) History- 2nd yr  
Third Position  
(2019-20)



**AGRIMA**  
B.A.(H) English- 2nd yr  
Third Position  
(2019-20)



**TITIXA**  
B.A.(H) Geography- 1st yr  
Third Position  
(2019-20)



**CHESHTA**  
B.A.Programme- 1st yr  
Third Position  
(2019-20)



**MANVI**  
B.A.(H) Economics- 1st yr  
Third Position  
(2019-20)



**SHILPA**  
B.A.Programme- 1st yr  
Third Position  
(2019-20)



**KINZONG**  
B.A.(H) Geography- 1st yr  
Third Position  
(2019-20)



**SHRISTI**  
B.A.(H) History- 1st yr  
Third Position  
(2019-20)



# Team Basketball

## INTER-COLLEGE ACHIEVERS (2019-20)



**PRIYANKA**  
B.A.Programme- 1st yr  
Third Position  
(2019-20)



**PRITIKA**  
B.A.(H) History- 1st yr  
Third Position  
(2019-20)



# Team Netball

## INTER-COLLEGE ACHIEVERS (2019-20)



**PRACHI**  
B.A.Programme- 2nd yr  
First Position  
(2019-20)



**KHUSHBOO**  
M.Sc.(H)Physics- 1st yr  
First Position  
(2019-20)



**PRIYA**  
B.A.Programme- 3rd yr  
First Position  
(2019-20)



**PRACHI**  
B.A.(H) Economics- 3rd yr  
First Position  
(2019-20)



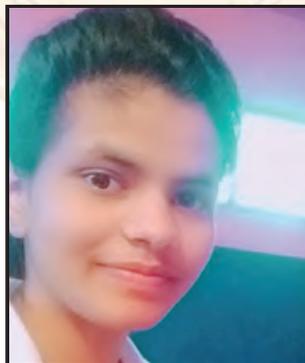
**KAJOL**  
B.A.(H) Economics- 3rd yr  
First Position  
(2019-20)



**RENU**  
B.A.Programme- 3rd yr  
First Position  
(2019-20)



**AGRIMA**  
B.A.(H) English- 2nd yr  
First Position  
(2019-20)



**NEETU**  
B.A.Programme- 2nd yr  
First Position  
(2019-20)



**EKAGRATA**  
B.Sc.Zoology- 1st yr  
First Position  
(2019-20)



# Team Netball

## INTER-COLLEGE ACHIEVERS (2019-20)



**KINZONG**

B.A.(H) Geography- 1st yr  
First Position  
(2019-20)



**PRIYANKA**

B.A.Programme- 1st yr  
First Position  
(2019-20)



**MANVI**

B.A.(H) Economics- 1st yr  
First Position  
(2019-20)

# Team Athletics

## INTER-COLLEGE ACHIEVERS (2019-20)



**POOJA**

B.A.Programme- 2nd yr  
(First and Third Position)  
(21km and 5km)  
(2019-20)



**NEEMA**

B.A.(H) Hindi- 1st yr  
First Position (Javelin Throw)  
(2019-20)



**SOFIA**

B.A.Programme- 1st yr  
Third Position (20km walk)  
(2019-20)



**VYAKHYA**

B.A.(H) Music- 2nd yr  
Third Position (High Jump)  
(2019-20)



# Team Taekwondo

## INTER-COLLEGE ACHIEVERS (2019-20)



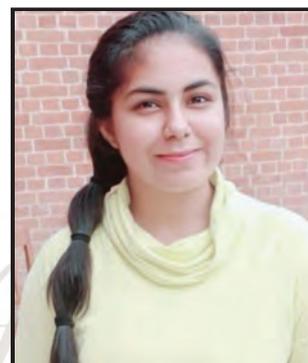
**PARUL**

B.Sc(H).Zoology- 2nd yr  
First Position (Under-62kg)  
(2019-20)



**RUBAL**

B.A.(H). English- 2nd yr  
First Position (Under-57kg)  
(2019-20)



**REETIKA**

B.Sc.(H) Chemistry- 1st yr  
First Position (Over-73kg)  
(2019-20)



**MUSKAN**

B.Sc.(H) Life Sciences-1 st yr  
First Position (Under-46kg)  
(2019-20)



**DEEPIKA**

B.Sc.(H) Maths- 3rd yr  
Second Position (Under-67kg)  
(2019-20)



**AKSHITA**

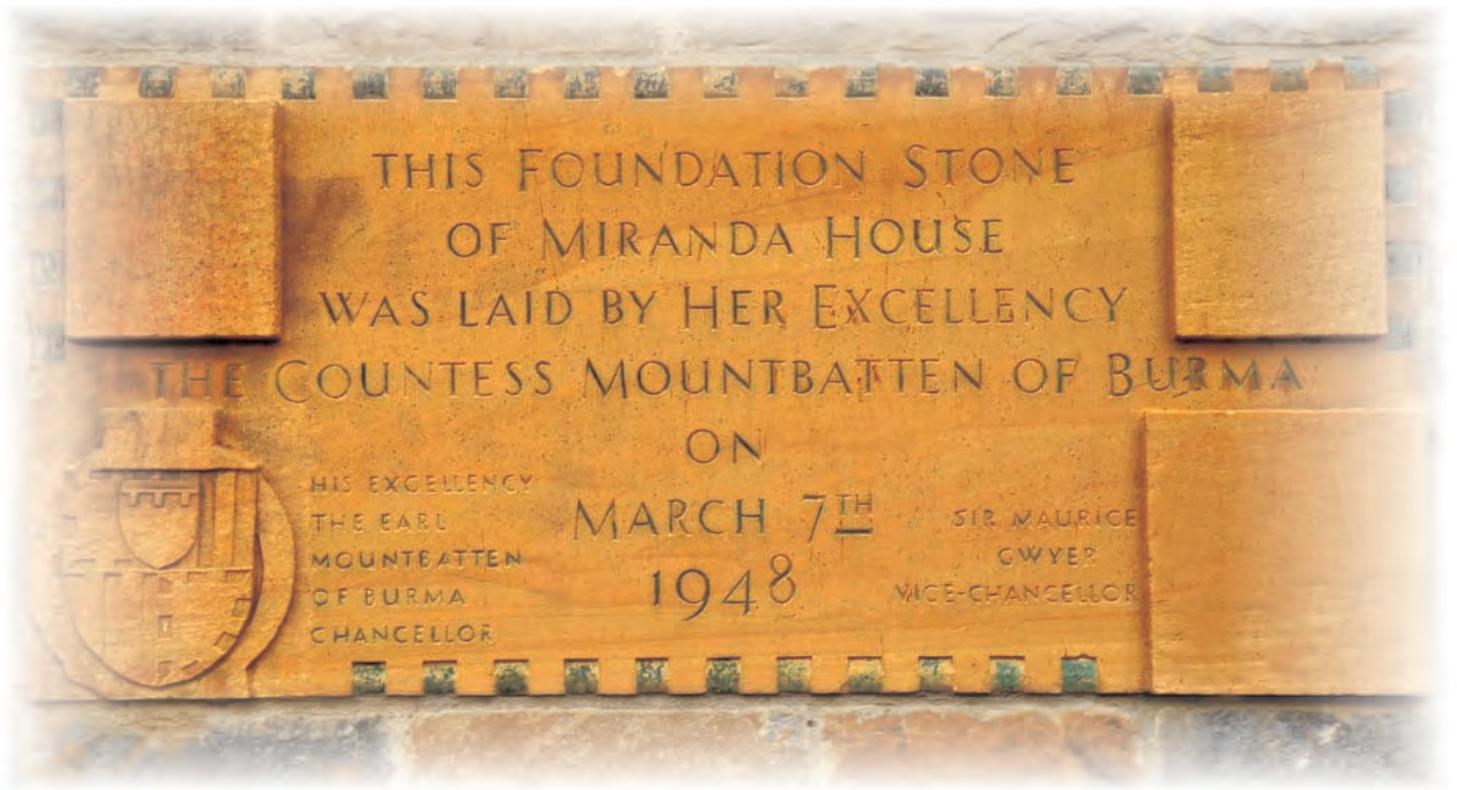
B.Sc.(H) Maths- 3rd yr  
Second Position (Under-49kg)  
(2019-20)



**KHEMARUN**

B.A.Programme- 2nd yr  
Second Position (Under-53kg)  
(2019-20)





# *University Achievers*



# University Achievers

(2019-20)



**SHWETA**  
CHESS  
B.A.(H) Pol.Sci.- 3rd yr  
Participation



**MEDHA**  
CHESS  
B.Sc.(H) Maths- 1st yr  
Participation



**ADRIJA**  
TENNIS  
B.Sc.(H) Geography- 1st yr  
Participation



**POOJA**  
ATHLETICS  
B.A.Programme- 2nd yr  
Participation  
(21km and 5km)



**SIMAR**  
ARCHERY  
B.A.Programme- 2nd yr  
Participation



**CHHAYA**  
ARCHERY  
B.A.(H) Sociology- 1st yr  
Participation



**PRACHI**  
NETBALL  
B.A.Programme- 2nd yr  
Participation



**AGRIMA**  
NETBALL  
B.A.(H) English- 2nd yr  
Participation



**NEETU**  
NETBALL  
B.A.Programme- 2nd yr  
Participation



# University Achievers

(2019-20)



**EKAGRATA**  
NETBALL  
B.Sc.(H) Zoology- 1st yr  
Participation



**PARUL**  
TAEKWONDO  
B.Sc.(H) Zoology- 2nd yr  
Participation  
(Under-62kg)



**REETIKA**  
TAEKWONDO  
B.Sc.(H) Chemistry- 1st yr  
Participation  
(Over- 73kg)



**RUBAL**  
TAEKWONDO  
B.A.(H) English- 2nd yr  
Participation  
(Under-57kg)



**MUSKAN**  
TAEKWONDO  
B.Sc.(H) Life Sciences- 1st yr  
Participation  
(Under-46kg)



# University Achievers

(2018-19)



**RUCHI**  
NETBALL  
B.A.Programme- 3rd yr  
Participation



**JOSHIKA**  
NETBALL  
B.A.(H) SOCIOLOGY- 3rd yr  
Participation



**KAJAL**  
NETBALL  
B.A.Programme- 3rd yr  
Participation



**NEETU**  
NETBALL  
B.A.Programme- 1st yr  
Participation



**URJA**  
ATHLETICS  
B.A.(H) ECONOMICS- 3rd yr  
Participation  
(Hammer Throw)



**POOJA**  
ATHLETICS  
B.A.Programme- 1st yr  
Participation  
(21km and 5km)



**SHWETA**  
CHESS  
B.A.(H) Pol.Sci.- 2nd yr  
Participation



**ANKITA**  
BALL BADMINTON  
B.A.(H) Pol.Sci.- 2nd yr  
Participation



**NEERU**  
TENNIS  
B.A.Programme- 2nd yr  
Participation



# University Achievers

(2017-18)



**HIMANI MOR**  
TENNIS  
B.A.PROGRAMME-3rd yr  
World University Games



**HIMANI SHARMA**  
CHESS  
B.El.Ed.-4th yr  
First Position



**SHWETA PRIYADARSHINI**  
CHESS  
B.A.(H) Pol.Sci.-1st yr  
First Position



**KAJAL TYAGI**  
NETBALL  
B.A.Programme- 2nd yr  
Third Position



**RUCHI DABAS**  
NETBALL  
B.A.Programme- 2nd yr  
Third Position



**KOMAL**  
NETBALL  
B.Sc.(H) Zoology- 3rd yr  
Third Position



**MEENA**  
NETBALL  
B.Sc.(H) Chemistry- 3rd yr  
Third Position



**KHUSHBOO**  
NETBALL-  
B.Sc.(H) Physics- 3rd yr  
Third Position



**DEEPIKA SEHRAWAT**  
TAEKWONDO-  
B.A.PROGRAMME-3rd yr  
First Position (Under-49kg)



# University Achievers

(2017-18)



**IFTESAM**  
TAEKWONDO  
B.Sc.(H) Botany- 3rd yr  
Participation  
(Under-53kg)



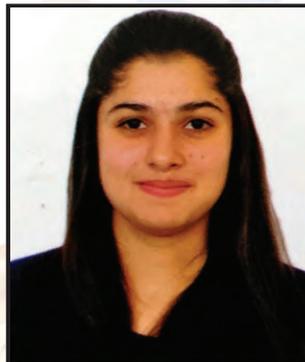
**VIBHUTI**  
TAEKWONDO-  
B.Sc.(H) Zoology- 2nd yr  
Participation  
(Under-67kg)



**SHRIYA**  
TAEKWONDO  
B.A.PROGRAMME- 2nd yr  
Participation  
(Over-73kg)



**SUKANYA**  
BALL BADMINTON  
B.A.(H) English- 3rd yr  
Participation



**AANCHAL**  
BALL BADMINTON  
B.A.(H) English- 3rd yr  
Participation



**SHWETA YADAV**  
TAEKWONDO  
B.A.(H) English- 1st yr  
Participation  
(Under-73kg)



# *Amidst The New Normal*

## **"The Covid Times"**

As the entire world faced the brunt of COVID-19, for Department as well this pandemic brought in lots of challenges, restricting everyone to their homes for such a long period of time. However, we at Miranda House, are unstoppable and believe in conquering our hurdles thus Department turned this obstacle into an opportunity and organized various interactive sessions, Online certificate Course, Expert talks on various topics, Different workshops, Intra-College and Inter-College Events and much more to keep the light in all of us burning.

“ BEING CHALLENGED IN LIFE IS INEVITABLE, BEING DEFEATED IS OPTIONAL “



# Workshop on Body Sculpting

“Exercise is the celebration of what your body can do, so take care of your body as it is the only place you have to live in.”

The Department of Physical Education and Sports, Miranda House organised a ‘Total body sculpt and tone workout at home’ webinar with an aim to improve the total well-being of the students. Dr. Sonia Shalini, Associate Professor and fitness expert was invited as a guest speaker. The main motive of this workshop was to make the students of Miranda House aware of the various body sculpting exercises and their advantages. Body sculpting, also called weight training, resistance training or strength training, is a form of exercise which uses external weight or resistance or your own body weight to stress the muscles. The end result is newly toned or sculpted muscles. Body sculpting can help one get in shape, tone the body and lose weight. The basics of body sculpting are simple, even for beginners and it doesn’t require a lot of equipment. Doing a body sculpting routine can yield many benefits for men and women like an increase in lean muscle mass, increased strength and stronger bones and joints. Increased muscle mass increases metabolism, resulting in more calories burned in everything the individual does. This, in effect, conditions and strengthens muscles and ligaments, as well as bone tissue.

Dr. Sonia spoke about the benefits and importance of including body sculpting and toning in our daily fitness regime, especially the current generation who are facing a wide variety of behavioral and diet problems. Speaking about the benefits of body sculpting she also brushed upon the fact



that body sculpting exercises boosts metabolism, improves mental health and improves body posture. Apart from that it also increases the attention span of an individual. She stated simple exercises that people would be able to do in the proximity of their homes, like plies, squats, downward dog teaser and if available, some resistance training with resistance bands.

These exercises make it easier to burn excess fat, but also to maintain a healthy weight, which in turn will help to prevent disease and support the cardiovascular system. Strength training has proven to be beneficial for mind and body. There are a range of important psychological benefits including reduced stress – regular exercise is a known stress reducer, depression relief with the healthy release of endorphins after exercise, healthier sleep patterns, and lessened anxiety.

Body sculpting exercises will come in handy especially right now when students are stuck at their home with minimal body movement and continuous online classes, which has affected their overall well-being very adversely. The body sculpting exercises can easily be performed at home with minimal equipment and training and will help the students to cope during the pandemic. This webinar was an initiative to make the students ‘*proudly addicted to becoming stronger*’.



# Fitness Survey

Amidst the pandemic and lockdown there has been a drastic change in people's mental and physical health. Their fitness patterns, sleeping habits, exercise routine etc. have been through intense turmoil. Whether it is a school going kid or a student pursuing his/her Masters, both of them are thinking when will they be back to their normal routine. The effect of this lockdown is worst for the mental health and happiness of students, they are unable to meet their friends and enjoy, like they used to do in the pre-COVID days. The enormous potential that they used in their daily life is now blocked. Athletes and their coaches have experienced a wide spectrum of emotional and cognitive reactions such as disappointment, frustration, confusion, and relief, to name a few. These social distancing measures mean that people have far fewer opportunities to be physically active, especially when activities such as walking or cycling as transportation, or taking part in a leisurely activity (e.g. jogging, walking the dog, going to the gym) are being restricted. Furthermore, these drastic measures also make it so much easier to be sedentary at home for long periods of time. The impact of this physical inactivity may very likely be seen in many areas such as health and social care and the mental well-being of people all across the globe.

To study the impact of lockdown on the mental and physical well being of the students, The Department Of Physical Education & Sports, Miranda House (University of Delhi) conducted an online fitness survey amidst the Lockdown. The aim was to analyse the average fitness regimes being followed by the students during this lockdown period and to assess what type of physical activities, food habits & nutritional intake are more preferred by the students in order to deal with the crisis-induced stress. The target audience of this survey was Students of Undergraduate, Post graduate and PhD.

Sports medical associations and organizations have warned that an undesired and indefinite interruption of the professional activity of athletes and their isolation could produce, among other consequences, fear of falling behind in fitness, loss of family and social support due to the lockdown, worries about possible COVID-19 infections of family and friends, fear of the disease, tendency to think excessively about the future and the next steps they should take, as well as financial concerns.

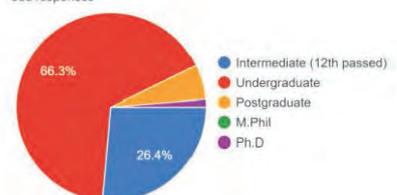
This survey was conducted to find what motivates survey respondents (Students of Undergraduate, Post graduate and PhD) and what is important to them, and gather meaningful opinions, comments, and feedback. The Surveys results provided a snapshot of the attitudes and behaviors – including thoughts, opinions, and comments – about the target survey population.

The responses were very satisfactory. The results of this survey were based on the 302 responses that were received from students of various colleges ranging from 17 years old to 24 years and above.

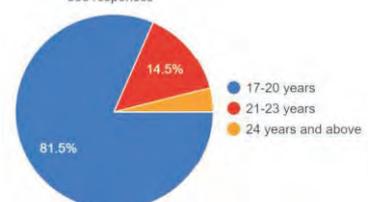
Following conclusions were drawn from the survey:

- More than **60% percent of the students were involved in physical activity on a regular basis**. A very small percent was engaged in very less to zero physical activity

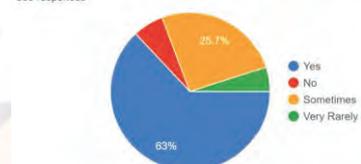
Educational Qualification  
303 responses



Age Group  
303 responses

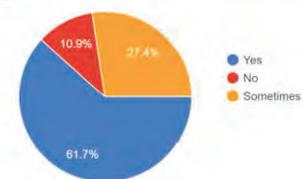


Were you engaged in any physical activity before lockdown?  
303 responses

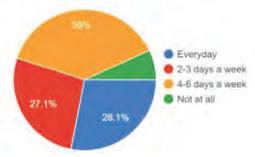


- A lot of those engaged in physical activity preferred activities like **walking, running, gyming & yoga**, while a small percent of students were engaged in specific activities/sports like basketball, archery, football etc.
- **More than 60% of the students have managed to workout during the lockdown period on a regular basis** while others prefer to workout sometimes. The number of people not engaged in any workout has **increased from 6.3% to 10.9%**.
- Of those working out during the lockdown around **40% manage to workout 4-6 days a week**, while around 27% have managed to workout daily
- The main motive behind working out among young adults has been found to be **maintaining fitness, boosting health & immunity, improving mental health & losing weight**
- People engage in a wide variety of workout strategies ranging from aerobics to stretching. Maximum number of them were engaged in weight training  
Almost **70% of students focus on their overall body** while some target specific areas like core, arms, legs etc.
- People mostly **rely on themselves to find a suitable workout strategy** but other platforms like Youtube videos, fitness apps etc. also come in handy
- Working out has **helped almost 70% of the students with regard to mental & physical health**. Some of the stress buster activities include yoga, meditation, pranayam etc.
- Lockdown has resulted in a **change in eating habits of almost 65% of the students**. While most of them have adopted a healthier diet some have shifted to more unhealthy diet
- Several measures to improve the immunity have also been taken by the students. **Many have adopted a healthier lifestyle**
- Almost **all the students are planning to continue their fitness regime even after lockdown**, with an exception of 1.3%.

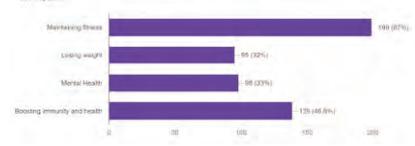
Have you been working out during this lockdown period?  
303 responses



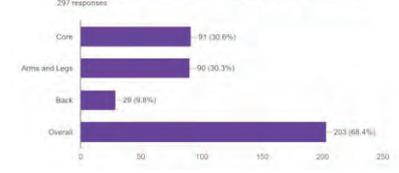
How many days of the week do you workout during lockdown period?  
303 responses



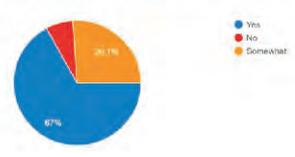
What is your motive behind working out?  
297 responses



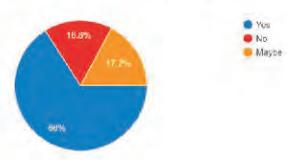
What areas of your body do you target the most while working out?  
297 responses



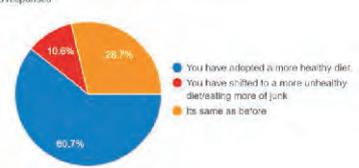
Has working out during lockdown helped you (both physically and mentally)?  
303 responses



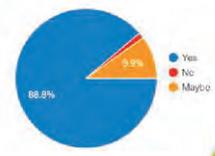
Do you feel that your eating habits have changed during this lockdown?  
303 responses



Do you think that the change is qualitative?  
303 responses



Are you planning to maintain your fitness even after the lockdown?  
303 responses



# Reboot

## A Rediscovery Towards Fitness

“You’re only one workout away from a good mood.”

The Miranda House Department of Physical Education and Sports organised a 4 days fitness programme, ‘REBOOT- A Rediscovery Towards Fitness’ for the students of Miranda House during the lockdown in the month of August from 25th to 28th. The aim of the programme was to make



**MS.MEENU DABAS**

young students realise the significance of fitness and daily exercise especially during lockdown and pandemic when it’s really essential to keep oneself healthy and work on one’s immunity.

It was conducted by Ms. Meenu Dabas, lecturer of Physical Education. She has been a health and fitness practitioner since 2014. A gold medalist in Masters in Physical Education and Sports Sciences. She has also been a Principal’s Medal Awardee from Miranda House College, University of Delhi. Ms. Dabas made sure that she not only makes the participants work on their fitness by teaching them multiple workouts to be done at home but also told them about the importance of those exercises in daily lives and how to continue them at home on an everyday basis.

The first day of the course covered diaphragmatic breathing so as to channelise oxygen within the body and body flexibility and mobility so as to warm up and stretch the body a little bit without straining any muscles.

The second day covered holistic exercise plan for the complete body. The theme for the third day was circuit training which is a combination of exercises depending on the fitness level of the trainee. Day four was all about mythbusting about some preexisting myths around human anatomy and exercising.

Overall it was a very insightful session with long term learnings.

Some parents also joined their kids in this 4 days session and they mentioned the event as a way for them to have a break from their monotonous life and also get time to rejuvenate their body and revitalise their mind. The 4 days certified programme was a huge success with around 80 students participating. The event was indeed refreshing and very insightful and informative.



# 4-Week Online Certificate Course- Yoga

“Yoga is the journey of the self, through the self, to the self.”

The Department of Physical Education and Sports organised a 4 week Online Certificate Course in Yoga which was open to all the students of Miranda House. Adhering to the COVID guidelines, entire course was conducted online. In the era of technological advancements and globalization, students have started following a sedentary lifestyle and not



participating in any kind of physical fitness activities. This is leading them to suffer from many physical and mental ailments. The beauty of Yoga is that it is accessible to everyone - an individual practicing Yoga doesn't need any equipment, a partner or much space. Yoga is not a religion but a way of life. The main goal of this Yoga Course was to educate the students of Miranda House about the scientific way of yoga and make them aware of the rich tradition of Indian Culture for maintaining wellness. Modern life lures us with comfort. In order to make our life convenient and comfortable we suffer from hypertension, obesity and cardiac problems. Amidst the pandemic this course was conducted online but it provided the students with a lot of motivation to take care of themselves, physically and mentally, especially during these tough times.

This course mainly focused on Hatha Yoga and Ashtanga Yoga. The best knowledge and dedicated contributions of the accomplished Yoga Teacher and therapist Mrs. Neelam Vats made this course even more awesome. She, who has been associated with various government organisations and institutions, through the medium of this course aimed at teaching the scientific and spiritual aspects of yoga. She also taught the precautions to be taken care of while performing different asanas, made the students aware of the benefits of performing different yogasana, the therapeutic aspects of asanas and pranayama and promoted healthy lifestyle through the practice of Ashtanga Yoga.



Mrs. NEELAM VATS

“Letting go is the hardest asana.” - yoga teaches individuals to not dwell in the past and find a silver lining in all the things. This course provided all the participants a nice relaxation amidst their online classes and the stress due to the pandemic. It was a healthy and fresh way to start their day. It proved to be a good catharsis and helped in retrieving the normal functioning of the body. After having practiced the course, students could master the art of yoga and reap its lifelong benefits.

“You cannot always control what goes on outside. But you can always control what goes on inside.”



# Poster Making Competition

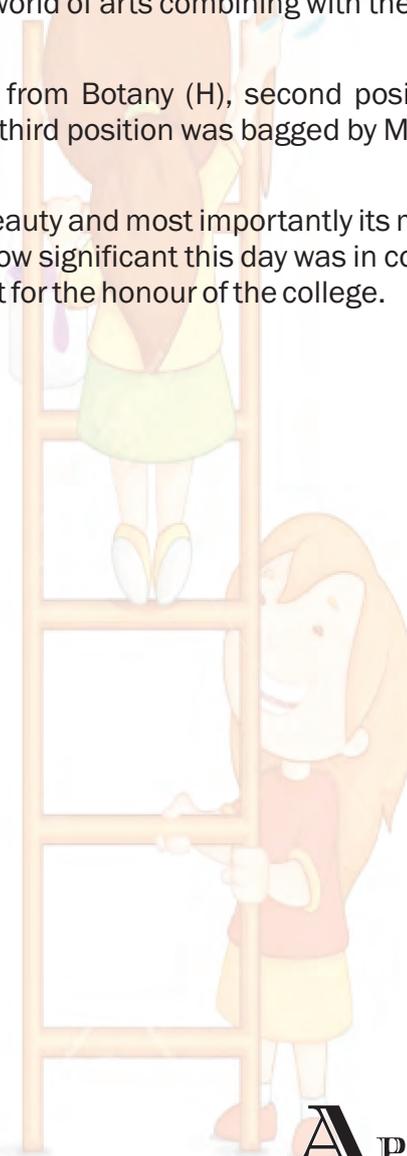
The Department on 22nd September' 2020 conducted an Online Poster Making Competition on the special occasion of "INTERNATIONAL DAY OF UNIVERSITY SPORT" with a theme of "Fit People, Fit Nation".

Today lifestyle diseases are on a rise in India affecting even the young. Cases of diabetes and hypertension is on the rise and even common among children in India. But small lifestyle changes can prevent these lifestyle diseases. The theme "Fit People, Fit Nation" was an effort to bring awareness about these small lifestyle changes. We all know Success is related to fitness, success stories of all of our icons from any field of life have a common thread - most of them are fit, have a focus on fitness and are fond of fitness hence being fit should become a national goal as well as its aspiration. A transformed India should also focus on being a Fitter India.

This online poster-making competition witnessed exquisite posters both digital as well as handmade by the students individually from various departments where the top 3 were awarded with certificates. The entries were taken through official department emails and then judged by the panel including Dr. Amita Rana, Teacher In-Charge, Dr. Neeru Yadav, Assistant Professor and the Sports Union. This was kept open to all the Miranda House Students to explore not only the enthusiasm among others but also to make the students aware about its importance and promotion. This also provided for a separate co-curricular activity for the sports students apart from sports activity to encourage their inner talent in the world of arts combining with the concept of sports.

The first position was awarded to Miss. Shubhra Singh from Botany (H), second position was secured by Miss. Monika from English (H) - 2nd year and third position was bagged by Miss. Noor from B.A.Programme - 2nd year.

Art always portrays the best among the folks through its beauty and most importantly its message. Hence, its an amazing way to make people aware about how significant this day was in college life and also a way to recognize the students who play the sport for the honour of the college.



# Sportify - Sports Quiz

“Wisdom is always an overmatch for strength” – Phil Jackson

The year 2020 had been a year of aloofness for the entire world. During the tough times, almost the entire world was suffering from mental health issues. At a time like this it was a necessity for the youth to keep themselves productive. Since the onset of COVID-19 pandemic, the Department of Physical Education and Sports, Miranda House had been continuously trying to provide its students with productive online activities like online courses, workshops, fitness activities, Quizzes, etc.

In November 2020, the Department of Physical Education and Sports, in collaboration with Quiz society of Miranda House organized ‘SPORTIFY’ an online sports quiz for all the students of Miranda House. The quiz was conducted online via Google forms platform. Around 80 students participated from various departments.

Sports had always been a sphere that was not really popular among the youth. A lot of it was formed as a result of mainstream academic pressure. The quiz was a form of initiative to check awareness among the youth regarding sports and the recent happenings in the world of sports as well as promoting sports in youth.

The quiz included informative topics like current affairs and factual information from the Sports world. With the quiz being a time bound event, the students were encouraged to have an active participation in the quiz. The winners were announced within few hours of the commencement of quiz. Cheshta Agarwal, student of B.A. Programme, secured the first position with a near perfect score. She was closely followed by Vaishali Vishnoi (B.A. Programme) and Vanshika Kaushik (B.Sc Life Sciences) as first and second runner-ups respectively.

Sports is a universe in itself that encourages every individual to give his/her best and never give up. During the tough times of the quarantine period of pandemic, being headstrong and keeping up hopes for the future were the two most important needs of everyone. Simply being involved into the life of sports gives people the life lessons of wisdom and discipline, that prove to be of extreme help at any stage of life. Henceforth, it is really essential for the youth of every nation to have some sort of involvement into the sports universe, so as to encourage a brand new definition of education and wisdom.



# *Sports Injuries and Rehabilitation*



MR. AMIT TYAGI

We are aware of the effects of injuries, but what is essential is to make a comeback as a better and a stronger individual. Keeping all of this in mind Department of Physical Education and Sports, Miranda House organized an Expert Talk on “SPORTS INJURIES AND REHABILITATION” by Mr. Amit Tyagi , Senior Physiotherapist at the National Cricket Academy – Team India,BCCI (2019-till date). Organised online on 24th and 25th September 2020, it extensively covered the various prospects related to Sports injuries, needs and the steps required for an effective rehabilitation.

Mr. Amit Tyagi, himself being experienced in managing player injuries and after years of his career as Physiotherapist of various teams, on the first day made students aware of the common types of injuries and the common mistakes players unknowingly commit and how sometimes during the early stages of the injury, there is little or no pain and the athlete might unknowingly continue to place pressure on the injured area. As a result, the area does not have the necessary time to heal.

On the second day his agenda was mainly to introduce students to the process of Rehabilitation and its various components. Although a grave injury requires a deep understanding of the injury and thus a consultation with an expert in the field, Mr. Amit Tyagi introduced students to the process, various stages of Rehabilitation, its various components, equipments that can be used and such other things which Sportspersons can do at their personal level.

The session proved to be extremely successful as it guided sportspersons from various sports, especially those suffering from an injury and not aware of how to proceed with it. Even those who weren't much comfortable in discussing their problems in the public domain were also provided with an option to reach out to him personally to have a detailed discussion. After such a knowledgeable session we are hopeful when next time players practice, they keep in mind the intricate details which Mr. Amit Tyagi told and hence will be able to mitigate their risks of being prone to injuries and have a smoother career in Sports.



# *Aerobics Workshops*

## **STEP UP- Towards Fun Filled Fitness Hours**

“When you least feel like exercising, you probably need it the most”.

The Department has been keen on exploring various ways of how we could keep the fitness levels of the students at par and through what ways students can improve their health. Therefore, a ravishing ‘Aerobics Online Workshop’ titled “STEP UP- Towards Fun Filled Fitness Hours” aimed at developing fitness through Aerobics that is a much praised and one of the most effective workouts known for a healthy fitness regime. It is getting popularity in recent times.

This 3-day workshop was taken by Certified Aerobics Trainer Miss. Anuradha Nerwal from October 26’2020 to October 28’2020. Around 150 participants were enthusiastically engaged in the three day activity with their parents also enjoying it in the music beats. The most important learning outcome was that along with fun, students got to interact to a new way of maintaining good health and fitness. It was open for all Miranda House students whereby all the registered participants who attended the session regularly were given certificates.



MS. ANURADHA NERWAL

This exclusive way of exercising is a perfect blend of maintaining aerobic fitness, cardio-vascular health, strength, endurance and generating energy for the daily chores. This not only reduces obesity but also improves stamina and makes the body fit and shining with grace. The students also got the opportunity to know what are the benefits attached to it.

### **WALK INTO THE WORLD OF AEROBICS**

Dr. Rekha Sharma, an extremely multitalented enthusiast in the field of physical education and a certified aerobics trainer was invited for our next “Aerobics Workshop - WALK INTO THE WORLD OF AEROBICS” which was only a one day workshop conducted on 4 March 2021. Workshops like these give everyone a much needed rejuvenation and hence in this workshop too students belonging to various departments of the College showed keen interest and participated enthusiastically.

We all realize how important it is to have a basic knowledge about a particular thing before we begin to actually start doing it. Well that is the norm – even if we take any sport we are first introduced to the



DR. REKHA SHARMA



basic techniques and when with time we brush up on our skills we begin to gain the practical know how of the same. Similarly this workshop incorporated within all not only the practical aspect of aerobics but also the theoretical knowledge of the same – its various types, equipments that can be used, important things to be kept in mind before, during and after an Aerobics Session and so on. It was a two hours long session and being in online mode also kept everyone imbibing and interesting.

She also reflected on various new emerging trends in aerobics specifically during the lockdown. It was indeed an interactive session and helped everyone to learn many new things which many were not even aware of about aerobics. It was a wholesome workshop where in students performed energetically - starting from basic steps and gradually trying out the difficult ones. Various steps such as the Diamond Step and others caught everyone's attention and indeed was quite intriguing for many.

The entire workshop turned out to be really productive and interesting. It was a hunch of break from their daily online classes and turned out super amazing for all those who attended it. The new Normal we all are a part of has ofcourse increased our screen time where students are all glued to their screens from the early Morning. Hence this Aerobics Workshop gave them a chance to also have a tint of some fun and physical activity. Seeing the active participation of the students Dr.Rekha was generous enough to commit to organise more such workshops like this in the coming weeks once the colleges reopen to make us aware of the importance of aerobics in our daily lives. To sum up it was a wholesome enjoying session for each one of us.



*Annual  
Sports Fest*



# Erobern '2021

Miranda House, the premier institution of women in the country holds its annual sports fest every year during the month of February. In the year 2021, Miranda House continued its legacy by conducting the 'eighth' edition of this auspicious sports fest EROBERN, held online on 26th & 27th February, 2021. With this Miranda House became the First ever College in the history of University of Delhi to conduct a Sports Fest Online.

EROBERN'2021 had various events held entirely 'online'. EROBERN'2021 included events such as Chess, Rhythmic Yoga, Aerobics, Zumba, Sports Mania, and Alumni Interactive sessions. EROBERN'2021 gave a chance to the students to display their sporty sides and have a little fun with fitness, being a getaway from the digital stress. A tremendous amount of participation was seen in the entire fest with students from the Various colleges of University of Delhi.



The event was organized under the thorough guidance of *Dr. Amita Rana* and *Dr. Neeru Yadav*, who were always extending their immense support and motivation to the entire team and the Sports Union, ultimately making this fest a huge success. The winners of all the competitive events were announced during the Closing ceremony on 27th February, 2021 and were awarded with Cash rewards and other exciting prizes.

Day one of Erobern'2021 on 26th February began with an Opening Ceremony which saw some splendid dance and song performances which fuelled everyone with lots of Emotions and charged them for the upcoming competitions in the hours that followed. The ceremony ended with the address of our Teacher-in-Charge, *Dr. Amita Rana* and she finally declared the fest open.

## RHYTHMIC YOGA

“Yoga is like music: the rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.”

The day progressed with Rhythmic Yoga Competition which was held at 01:30 PM. The activity gathered a lot of participation from various colleges of University of Delhi.

Rhythmic Yoga is slightly distinguished from regular Yoga. This form of yoga involves practicing Asanas (postures) with music. The movements become synchronized with the music to become a fluid-like dance. Not only does this become a fun way to practice yoga, but it can also be a source of entertainment.



The event was judged by Ms. Sunita Sharma, Assistant Professor at Kalindi College, University of Delhi. Every individual participant had something to take back from the event. However, special congratulations in line for the First position holder *Shivani Sharma* (SRCASW). *Babita* (Lakshmi Bai College) and *Pratibha Singh* (Miranda House) were next in line, having bagged the second and third positions respectively.



It was indeed a spectacular event for everyone who attended the event. Right from the beginning, the participants as well as the spectators felt their presence glorifying and enjoyed every performance that took place.

## CHESS

“Chess holds its master in its own bonds, shackling the mind and brain so that the inner freedom of the very strongest must suffer.” – Albert Einstein”

Inspired by this thought that Chess helps us to be patient and think twice before we take any step, the Department, as part of the fest, conducted an Online Chess Tournament on 26th February, 2021. The Chess Event got 95 registrations of students from various colleges of Delhi University. The Tournament was carried out on an Online Chess Platform i.e. “LICHESS”. The event was conducted for two categories – Men and Women. The matches of both categories started simultaneously. The Participants were very excited because this was the first ever Online Chess Tournament organized by the College.

The event started exactly at 01:00 PM but the link for the matches was provided at 12:30 PM i.e. half an hour before the competition started so that all the participants get a fair chance to join. The matches were based on the Swiss tournament guidelines i.e. there was no knock out system. There were a total of 7 rounds with 5 minutes plus 2 seconds increment with 3 minutes gap between each round. The matches were always kept upon a check so as to avoid any unfair means.

The Tournament indeed saw many tough matches with contestants putting out their best skills forward. Everyone put in all they had to secure the top notch and thus after hours of Brainstorming we had our top 3 winners. In the Women’s Category, Ms. *Rishija Shrivastava*; Ms. *Diksha Moolchandani* and Ms. *Priyamvada Munjal* bagged the 1st, 2nd and 3rd positions respectively. While in the Men’s category, Mr. *Mudit Kasliwal*; Mr. *Ashutosh Purohit* and Mr. *Yash Dahiya* secured the 1st, 2nd and 3rd positions respectively.



## AEROBICS COMPETITION

Aerobic exercises provide cardiovascular conditioning. The term aerobic actually means “with oxygen,” which means that breathing controls the amount of oxygen that can make it to the muscles to help them burn fuel and move. The main motive of this competition was to give opportunity to the students all across the University of Delhi to showcase their moves when this online mode of work has made life monotonous.

Despite the event being over virtual mode, there was a lot of enthusiasm in air. The participation was in huge number and everyone displayed the spirit of sportsmanship and healthy competition. All the participants showcased their beautiful talent by performing live. It was highly impressive to see the enthusiasm of the participants combating the adverse online scenario for holding an Aerobics competition and shining through every performance. The Aerobics event was judged by *Dr. Rekha Sharma, Assistant Professor in Physical Education at Hindu Girls College Sonapat, Haryana.*

Although a few of the participants did face network issues and knowing technical glitches are a part and parcel of our new “normal”, participants were also given the option to upload their videos at the time of registration itself so that nothing could stop them from being a part of such an enriching experience.

The winners truly deserved the title for their brilliant performances. *Taroo Kapoor* from Gargi college secured first position. Closely following, in the second position was secured by *Nikita Rajawat* from Miranda House. *Rishita Gandhi* from ARSD College secured third position. More than winning it was the participation that mattered and the ravishing experience made everyone leave with a jolly mood.



## SPORTS MANIA

EROBERN'2021 had a lot of new highlights this year since it was held completely online, keeping in mind the situation of the pandemic, and SPORTS MANIA is one of them. SPORTS MANIA had 3 rounds. The participation rate was very promising. Seventy-three students from all over the University of Delhi registered for the event. We, at Miranda House, believe in inclusivity and hence the event was also organised for the PWD



students of Miranda House which also caught the attention of everyone. While the general category participated in all the three rounds, PWD category only had 2 rounds (The Preliminary & The Final Round)

The first round was conducted on 26th February 2021. It was a video contest wherein the participants were allotted a body target area and they were required to send in their videos performing the best/ suitable exercises targeting that area. The round had many fun elements like that of tasks for bonus points which added a zest of Creativity to the round.

The second round was conducted on 27th February 2021. It was a brain teaser round where the shortlisted participants had to answer the sports related questions posed to them after being presented with a stimulus. There were 15 questions and all the participants were given 2 minutes to answer each question. The questions were of different formats like- combinations of emojis, audio, photos, riddles etc. The participants along with the audience enjoyed this round thoroughly.

The Final round was also conducted on 27th February 2021. It was a live contest to find the ultimate sports maniac. In this round the top 5 participants were required to find the most unusual equipment(s) in their house and perform various exercises. This round tapped into the creative part of the brains of the participants to find unusual equipment to perform exercises. All the participants showed their creativity and performed exercises with equipment like: Gas Cylinder, Trophies, Water Containers, Luggage bag, Rope etc. It was a very fun round along with a live audience. Both, the participants as well as the spectators had loads of fun and thrill during the final round of Sports Mania.

The winners of the event truly deserved their win. The First position was bagged by *Apoorvi Bajpai* (Miranda House), followed by *Aditi Gandhi* (Miranda House) and *Tavishi Bansal* (Kirori Mal College) on the second and third positions respectively. In the PWD category, the first position was bagged by *Anjali Negi*. The second and third positions were bagged by *Mehvish* and *Preeti* respectively.

Overall the event was a huge success and brought a lot of excitement among the participants. This event provided them with an opportunity to showcase their physical as well as mental prowess. Amidst the pandemic and online classes Sports Mania proved to be a stress buster and provided the participants with an incentive to live a healthy and fit life. Even after being stuck at home they can still use the unusual equipment they used in The Final Round to stay strong and healthy.

## ALUMNI INTERACTIVE SESSIONS

To establish and maintain connections with its alumni goes a great way for any educational institution, as this corroborates its excellence as a notable Centre of education.

As social distancing and online meeting have become new-norm in the recent past, at the same time this pandemic has taught us lessons of being flexible and accommodative.

One of EROBERN'2021 highlights were the Alumni Interactive Sessions which were held on February 26th, 2021 and February 27th, 2021. This virtual alumni meeting was carried out under the total supervision of *Dr. Amita Rana*, Teacher in Charge and *Dr. Neeru Yadav*, Assistant Professor, Department of Physical Education and Sports. The meet started off at the scheduled time with the welcome address by Dr. Amita Rana. She extended a heartfelt welcome to the Alumni, asking them to share some of their experiences with the students.

On the first day we had *Ms. Kitty Kalra* (Recipient of prestigious Bharat Ratna Nirman Award 2006); *Ms. Moqierish Tak* (Co-founder and Director, India Assist); *Ms. Medha Shri* (Celebrity Journalist) and *Ms. Sapna Choudhury* (Ranked 5th all over India among Indian Shooters Under Junior Women's Category) as our Alumni. Students were delighted and extremely excited for this interactive session with their seniors. This interaction was planned with an objective of reconnecting with the alumni as well as showcasing their success stories to inspire the students. They all shared their life experiences and college memories with the students and how they learned about discipline through sports and how it helps them in their personal lives.

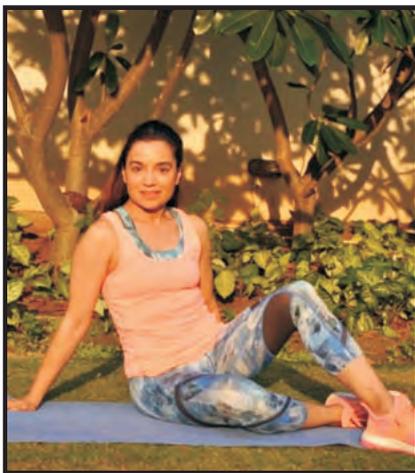




**Ms. Moqierish Tak**  
BSc (Hons.) Mathematics, Batch 2010



**Ms. Medha Shri**  
B.A. (Hons.) English, Batch 2007



**Ms. Kitty Kalra**  
B.A. (Hons.) Economics, Batch 1993



**Ms. Sapna Choudhary**  
B.A. (Hons.) History, Batch 2009

On the second day i.e. on February 27th, 2021; we had *Ms. Deepti Malik* (Chief Operating Officer of 'The Xperts Team'), *Ms. Smarika Khari* (Founder and CEO of 'The Xperts Team'), *Dr. Sayema Ahmed* (Assistant Professor, Department of Physical Education & Sports, Zakir Husain Delhi College, University of Delhi) and *Mukta Satya* (Chief Researcher at Numara Research Institute Consulting and Solutions India Pvt. Ltd.) as our Alumni. It was really mesmerizing to see students of our very own department doing so great in their respective lives. They all shared their field experiences among the students. They also told about the problems faced by many women in our country and how we all can overcome that and focus on our goals. Students also interacted with the alumni by asking some questions and clearing some doubts in their mind in question hour session at the end of the talk session. Constrained by time, the session ended with the hope of getting to interact again with such powerful women of Miranda House.

An enriching experience for all, not only did the sessions provided invaluable insights into their Journey at Miranda House but also gave powerful life lessons. Everyone was overwhelmed with their presence and knowing about their life experiences. They all were indeed an epitome of how one moves forward balancing all the things no matter how challenging life gets. The Spark of Inspiration they ignited will continue to guide all the students till eternity.





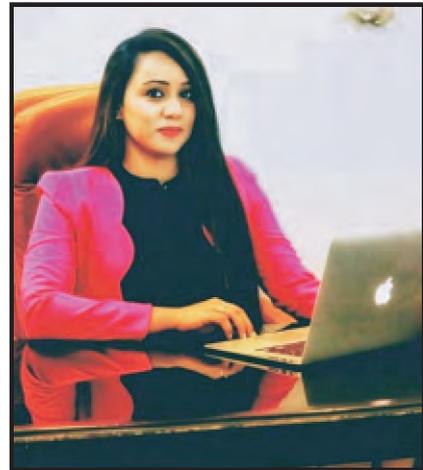
**Dr. Sayema Ahmed**  
B.A. Programme, Batch 2008



**Ms. Mukta Satya**  
B.A. (Hons.) Economics, Batch 2009



**Ms. Deepti Malik**  
B.A. (Hons.) Political Science, Batch 2009



**Ms. Smarika Khari**  
B.A.(Hons.) Political Science, Batch 2009

## ZUMBA SESSION

It is true that “Everything becomes better when you Dance.” The Zumba session conducted in EROBERN’2021 saw enormous participation of many participants, enthusiastically dancing and completely involved in the flow and rhythm of music and dance.

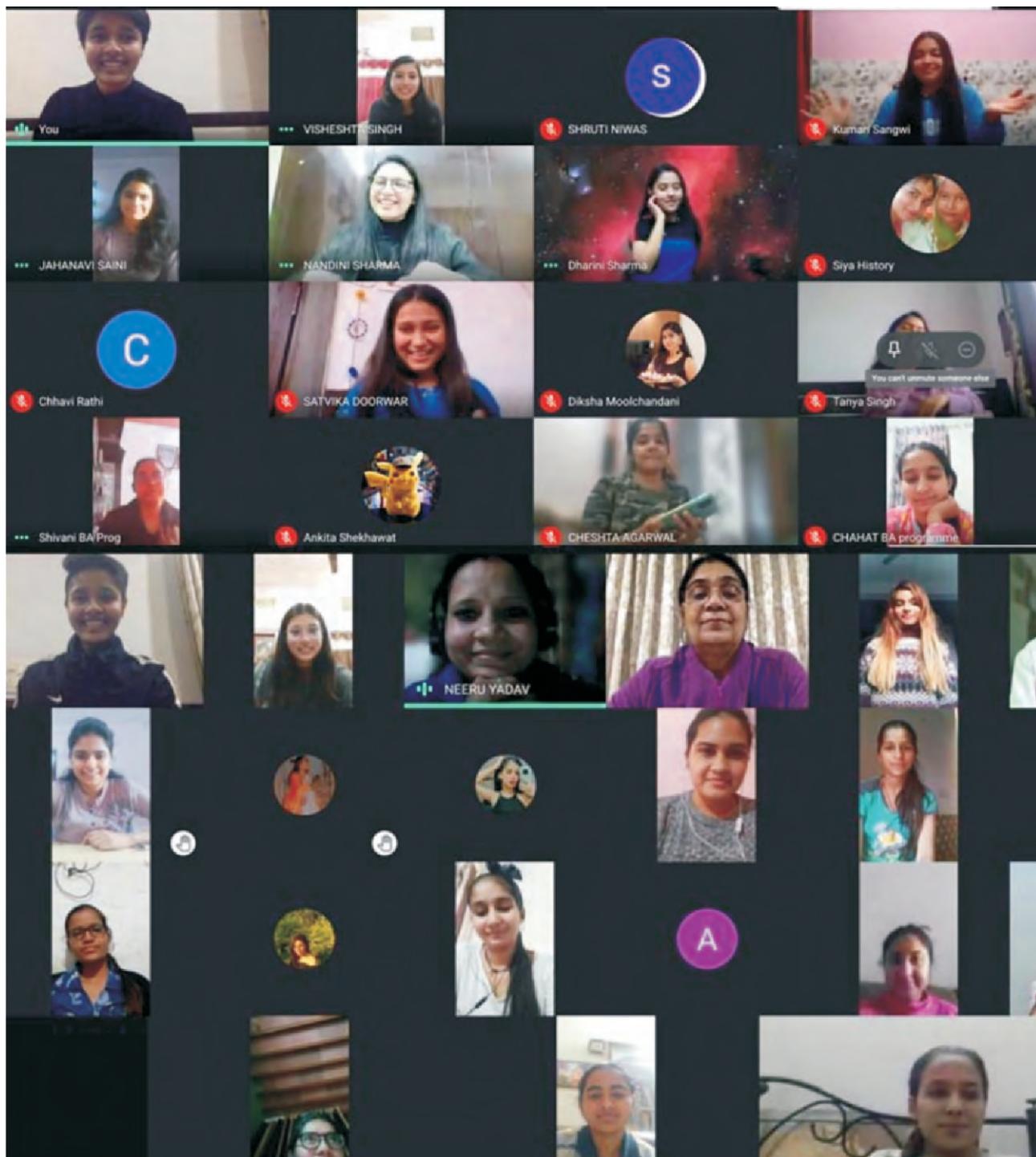
With all the events having been completed in full swing, Zumba session was an even bigger hit. The Sports Union and Department of Physical Education and Sports, Miranda House have always been in the forefront to encourage students to take up sports and physical education as a daily activity which enhances their very way of life. Many fitness freaks came forward to take part in the Zumba session with utmost joy and the sense of absolute involvement.

The session started with the Zumba instructor- *Kriti Adhikari*, who is a profound instructor working since five years and associated with well-known companies like Decathlon India, Amity University and many more, introducing herself. She later began by teaching the participants the conduct and involvement required in Zumba.

Even with a pandemic, forcing the session to be conducted online, the session was no less of expectations. After two days of intense competitions, this energetic Zumba Session was much required. Winners celebrated their hard earned victory while other participants forgetting whatever happened in the matches enjoyed their heart out. Not just these, spectators as well



danced and enjoyed a lot in tune to the heart throbbing beats and mesmerizing steps. The energy and active enthusiasm of the instructor helped the participants come out and express their own steps and styles in their own unique way. The session was thoroughly enjoyable with fun hook steps getting everyone to their feet every now and then.



**EROBERN'2021** was indeed one of the most memorable events for the Miranda House students and all the others who experienced it with such enthusiasm. Miranda House is known for achieving great heights and inspiring others and with the successful conduct of this Online Sports Fest it engraved another chapter in its rich history.



# *Exercise and Physical Activity*

## **(The Ultimate Need of Modern Life)**

**Dr. Neeru Yadav**  
Assistant Professor  
Miranda House

### **Some Considerations**

- Physical activity does not need to be strenuous to achieve health benefits.
- Men and women of all ages benefit from a moderate amount of daily physical activity (for example: 30 minutes of brisk walking or 15 minutes of jogging).
- Previously sedentary people who begin physical activity programs should start with short sessions (5-10 minutes) and build up to the desired level of physical activity.

### **Importance of Physical Activity**

- Physical activity improves quality of life.
- Physical activity extends longevity, protects against the development of CHD, stroke, hypertension, obesity, non-insulin-dependent diabetes mellitus, osteoporosis, colon cancer, and depression.
- Physical activity helps maintain full functioning and independence among the elderly.
- Relationships between physical activity and improved health include:
  - o A reduced oxygen demand at any given level of physical activity.
  - o A reduced tendency for blood to form clots where arteries have narrowed.
  - o An increased elasticity in the arteries.
  - o Changes in the brain and brain chemistry that may improve mood and cognitive functioning.

### **General Guidelines**

- One should Control his/her health status through a medical checkup before beginning a program.
- Progress in the exercise program should be slower.
- Choose primarily activities which engage as large a muscle mass as possible, ie: jogging, cycling, swimming, cross-country skiing, etc.
- It is not necessary to be exhausted to achieve improvement in physical fitness.
- The training should be accomplished continuously and intermittently.
- The improvement in physical fitness will depend on one's initial fitness level.
- It is never too late to start exercising regularly.

The American College of Sports Medicine (ACSM) and the U.S. Centers for Disease Control and Prevention (CDC) recommend the following as a means of physical activity:

- “Accumulate 30 minutes or more of moderate-intensity physical activity over the course of most days of the week”
- Incorporating more activity into your daily routine can improve your health status



- Daily activities may include:
  - o walking stairs (instead of taking the elevator)
  - o gardening
  - o raking leaves
  - o dancing
  - o mall walking while shopping
  - o carrying a grocery basket rather than pushing a cart (when applicable)
  - o parking in the farthest parking spot and walking to the office or store
  - o carrying or pushing a golf bag instead of taking a cart while golfing
  - o Alternately, 30 minutes of activity may come from planned exercise or recreation

### **Incorporating Physical Activity into One's Life**

Now that one's been convinced of how important physical activity is to one's health and well being, the next step is incorporating it into your life. Lucky for all of us, becoming more physically active is a cinch! It's just a matter of incorporating some simple steps into your life. In fact, you probably already are "physically active" and don't even know it.

If one's don't like to EXERCISE, don't worry. Exercise is just one aspect of physical activity. The following are some tips to help you get started:

- 1: Make a list of the reasons why you'd like to incorporate physical activity into your life. Be sure to include health problems that might be improved by physical activity.
- 2: Make a list of any reasons that keep you from participating in physical activity and think of ways to overcome them.
- 3: If you feel that there is any health reason why you should not participate in physical activity, check with your doctor before beginning a program.
- 4: See if a friend would like to join you in your quest to become more active. Things are a lot easier and a lot more fun when a friend is involved too!
- 5: Call your local Parks and Recreation Department, YMCA, or community organization to find out if they offer any programs or classes that may interest you. Many community centers and local colleges offer an array of dance classes, exercise classes (yoga, aerobics), cycling clubs, tennis lessons, swimming lessons, basketball, and etc.
- 6: Locate parks, and walking trails in your area. Local malls sometimes have walking clubs as well. It's a good place to go when the weather is bad.
- 7: Keep an activity journal. In it, list all of the activities you have done each day and how long you did them. A journal will help you track your progress, help you set goals and identify the activities that you like best.

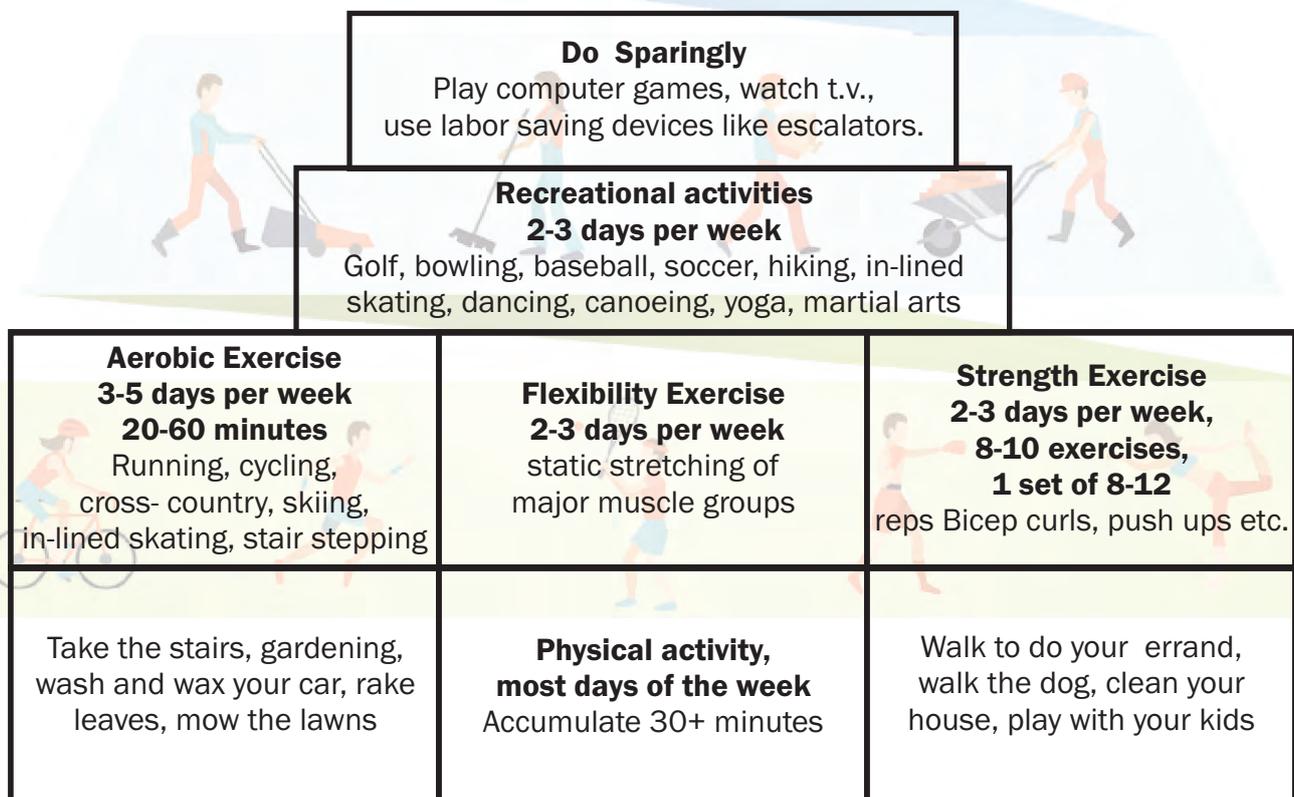
There are numerous activities that can be worked into your day that do not involve going to the gym, or an aerobics class. Some alternative ideas are listed below:

- Walk with a friend, one can find a local trail, go to the mall and walk around awhile before he/she shop. Park as far away from your destination as possible and walk. If you live in town, walk to do your errands. Always take a walk during lunch break. Walk your dog. It's easy.
- Always take the stairs. One should use the stairs whenever he/she can. Avoid elevators and escalators. If you work on the 35th floor, don't panic. Take the elevator to the 30th floor and walk the last five flights.



- One should choose a sport. Call your local parks and recreation department and find out about local softball, basketball, and touch football leagues, racket sports, soccer and etc.
- Jump Rope. It's cheap, it's easy, and one can do it anywhere (even in a hotel).
- Play Games. Play with the kids. Try these activities...They're fun for the whole family.
  - o the Skate
  - o Swim.
  - o Ride your bike
- Dance and Learn to dance. Take tap, ballet, belly dancing, jazz, and etc. Social dancing is popular again. One can take advantage of classes being offered in their community
- Try some of these outdoor activities...
  - o Garden! Many people don't realize it, but gardening is tough work. Get outside and play in the dirt. Get rid of that riding mower and mow the lawn with a hand mower. It's great exercise.
  - o Go hiking.
  - o Go canoeing, kayaking, sailing, snorkeling or surfing.
  - o Try Horseback riding.
  - o Wash and wax your car.
- Clean your house. Vacuuming, mopping, and dusting can be quite a work out.
- Do simple stretching and calisthenics exercises at your desk.
- Do anything that gets you up and moving, and most importantly, HAVE FUN!!!!

### Physical Activity Pyramid



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## Calories Expenditure During Certain Activities:

<b>ACTIVITY*</b>	<b>Calories expended in 30 minutes Male (175 lbs)</b>	<b>Calories expended in 30 minutes Female (135 lbs)</b>
Biking 12-13.9 mph (moderate effort)	334	258
Circuit Training	334	258
Stretching, hatha yoga	167	129
Dancing - general	188	145
Dancing - ballet, modern	251	193
House Cleaning - vigorous (mop, wash car)	188	145
House Cleaning - light (dusting, vacuuming)	104	81
Playing w/ kids moderate - walk/run	167	129
Gardening	209	161
Mowing lawn - Hand mower	251	193
Running - 6 mph	418	322
Jogging	292	225
Basketball - Game	334	258
Children's Games	209	161
Football	334	258
Frisbee	125	97
Horseback Riding	167	129
Skating	292	225
Soccer	292	225
Softball/Baseball	209	161
Tennis	292	225
Hiking	251	193
Walking - 4 mph, level surface	167	129
Walking - leisure	146	113
Canoeing/Rowing - moderate	292	225
Kayaking	209	161
Swimming laps freestyle - moderate	334	258

\* Data from ACSM Resource Manual for Guidelines for Exercise Testing and Prescription Third Edition

### References:

1. [http://en.wikipedia.org/wiki/Brain\\_Gym](http://en.wikipedia.org/wiki/Brain_Gym)
2. <http://www.cfsan.fda.gov/~dms/supplmnt.html>
3. <http://ods.od.nih.gov/health.aspx>
4. Data from ACSM Resource Manual for Guidelines for Exercise Testing and Prescription Third Edition



# Miranda Speaks

**Meenu Dabas**

PRINCIPAL'S MEDAL AWARDEE FROM MIRANDA HOUSE  
B.A.(HONS) GEOGRAPHY  
Batch Of 2014

Dear Students,

I would like to share whatever I have learnt from Miranda House Sports Department so that you all touch the sky high limits. I remember in year 2011 When I was in my first year, I had immense potential to do anything and everything but the right direction to that energy was given by one lady Dr. Amita Rana Ma'am. Today I feel proud of being a Miranda House student and above all a part of MH Sports Department. Here are some of the things which you all can incorporate in to your daily routine and accelerate your speed of reaching the Pinacple of life.

**BEING RESPONSIBLE:** Dear students we feel bad whenever our teachers/elders say anything to us. It's normal to feel bad but please make sure that you give ears to what they say. They are our well wishers and always guide us the best to their experience. If you want to live the life of your dreams then being responsible is the pre-requisite. Accept whatever you do irrespective of it being right or wrong.

**TIME MANAGEMENT:** In this world we define success with money, power, post etc. Some of us succeed in this definition and some of us could not. It's the time management skills that differentiate the winners and losers. Everyone has 24 hours but how we get the best out of every second is in our hands. Here, I would like to share with you how I use to manage my time and do everything assigned to me. I always had an habit of writing up my TO DO TASKS everyday. This write up every time reminds me of what's to be completed and whenever I use to get a free period or while travelling, my entire focus was in to those tasks written. Trust me when I say this "Use your phones, Don't misuse them will automatically leads to increased output in your everyday activities.

**CONSISTENCY:** If you are after something then consistency will take you there. I remember being an average student at my school level who use to pray to god to score just 60% marks but my will to keep going irrespective of the fruit of whatever i do made me an Best Athlete of Miranda House and a university topper. During my college days Amita Ma'am always use to ask us about our training practice, this has always been a major driving force for me to be consistent with my goal even during college time. If your teachers asks you something then that's for your benefits. Please listen to them.

**LIFESTYLE MANAGEMENT:** Eating a nutritious diet, Being regular with your daily tasks and a good sleep enables you to lead the world.

**BEING PHYSICALLY ACTIVE:** Most of us have this misconception that we don't have time to exercise. Trust me, being physically active for an hour triple fold your daily output. You can cut down your 1% time from your everyday activities and devote an hour to exercise. Its WORTH IT girls.

**LOVE YOURSELF AND SPREAD THE LOVE AROUND:** Yes, you read that right! So, love yourself by eating clean nutritious food, exercising everyday, a qualitative sleep and yes don't forget to spread the love around.

Best Wishes



# Miranda Speaks

**Ankita Hoon**

B.A.(H) Political Science

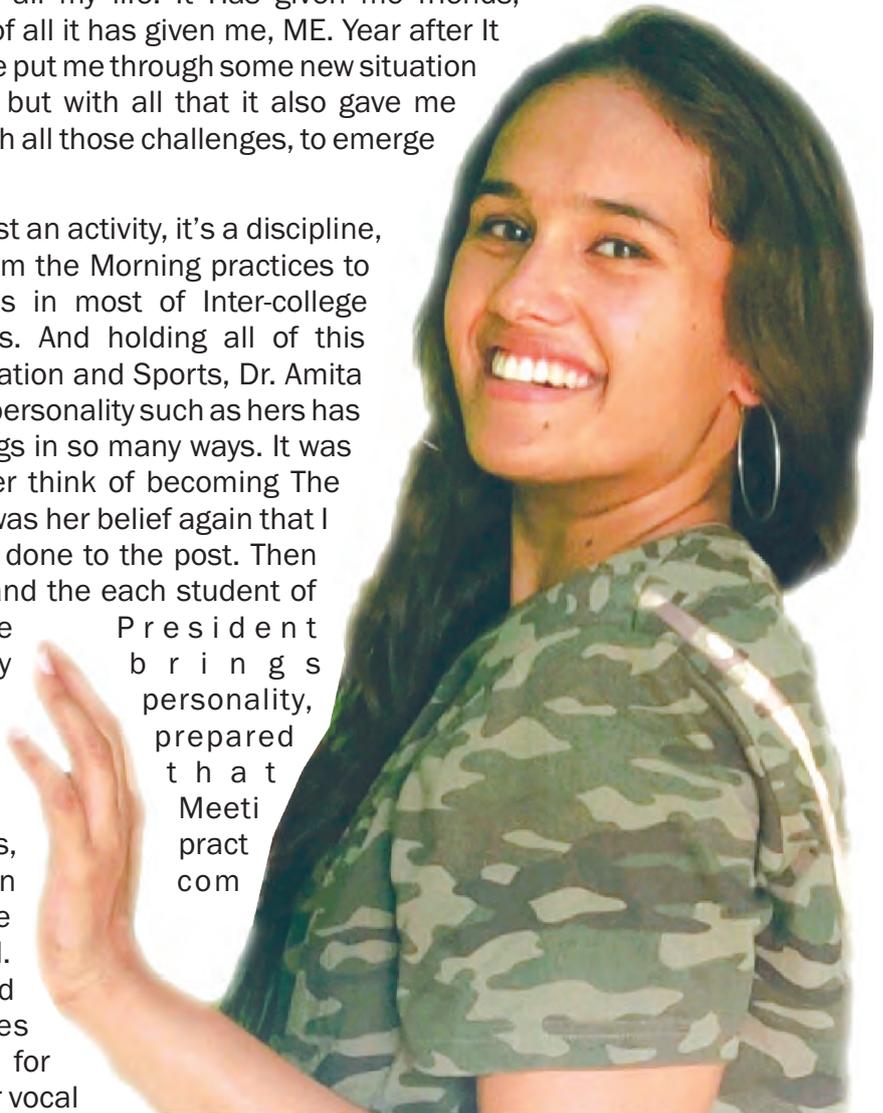
Tennis

Batch of 2019-20

To be writing this and specially during these troubled times fills me with too many emotions altogether. Miranda House was not just a college for me, but a journey, that has given me countless number of treasures to cherish all my life. It Has given me friends, teammates, a Mentor and most of all it has given me, ME. Year after It pushed me out of my comfort zone put me through some new situation and challenged me to my limits but with all that it also gave me people who believed in me through all those challenges, to emerge as a WINNER.

Sports in Miranda house is not just an activity, it's a discipline, a lifestyle and its Pride. Right from the Morning practices to ending the session with medals in most of Inter-college competitions, its Tireless efforts. And holding all of this together is our TIC Physical Education and Sports, Dr. Amita Rana. Needless to say Meeting a personality such as hers has changed the way I looked at things in so many ways. It was her belief in me that I could ever think of becoming The President of Sports Union and it was her belief again that I could do whatever justice I have done to the post. Then was my Team, the whole union and the each student of every sports team. Becoming the taught me that responsibility beautiful changes to your helps you be a better and much person for tomorrow and also doubt is just a tiny part of it. ng new people, organising events, icipating for competitions and then peting filled me with a Rush to be better everyday at everything I did. The Inter-college competitions and the voices of my teammates cheering for me and cheering for Miranda beyond the limits of their vocal cords will remains the most precious memories of my life and will always bring smile to my face and courage to my heart no matter where I'll be in life.

P r e s i d e n t  
b r i n g s  
p e r s o n a l i t y,  
p r e p a r e d  
t h a t  
M e e t i  
p r a c t  
c o m



These years as a Mirandian, a Mirandian sports person and As President of Sports Union of Miranda House have taught me that for anything good to happen to you it takes your will to accept the change, take on the challenge and learn from the experience. Which would be my only word of advice to my dearest juniors.

Thank you



# *Sports*

**Ria Goel**

TABLE TENNIS  
BA (Hons) Economics  
Batch of 2021-22

'Sports', sounded like an alien word,  
Coming from a family where sports was considered,  
Useless,  
Boring,  
Just for academically weak students,  
Without any opportunities,  
Or respect.  
Yet it became one of the best things to happen to me.  
It gave me strong will,  
A will that defied all odds and proved me wrong when i said " i can't do anything".  
Sports,  
Taught me,  
I can.  
Yes,i can.  
We can.  
Sports is teamwork,  
It is love,  
Passion  
Courage  
Strength.  
Sports isn't limited to any planet,  
It creates yet another universe.  
Those 100 stepups,  
They were not just some "boring" exercise,  
They paved the way for success,respect and honour.  
Sports,  
It's not just some pass time activity,  
It's dignity.  
'Sports', used to sound like an alien word to me,  
It's my new home  
My family  
My identity.



# *I Run Because*

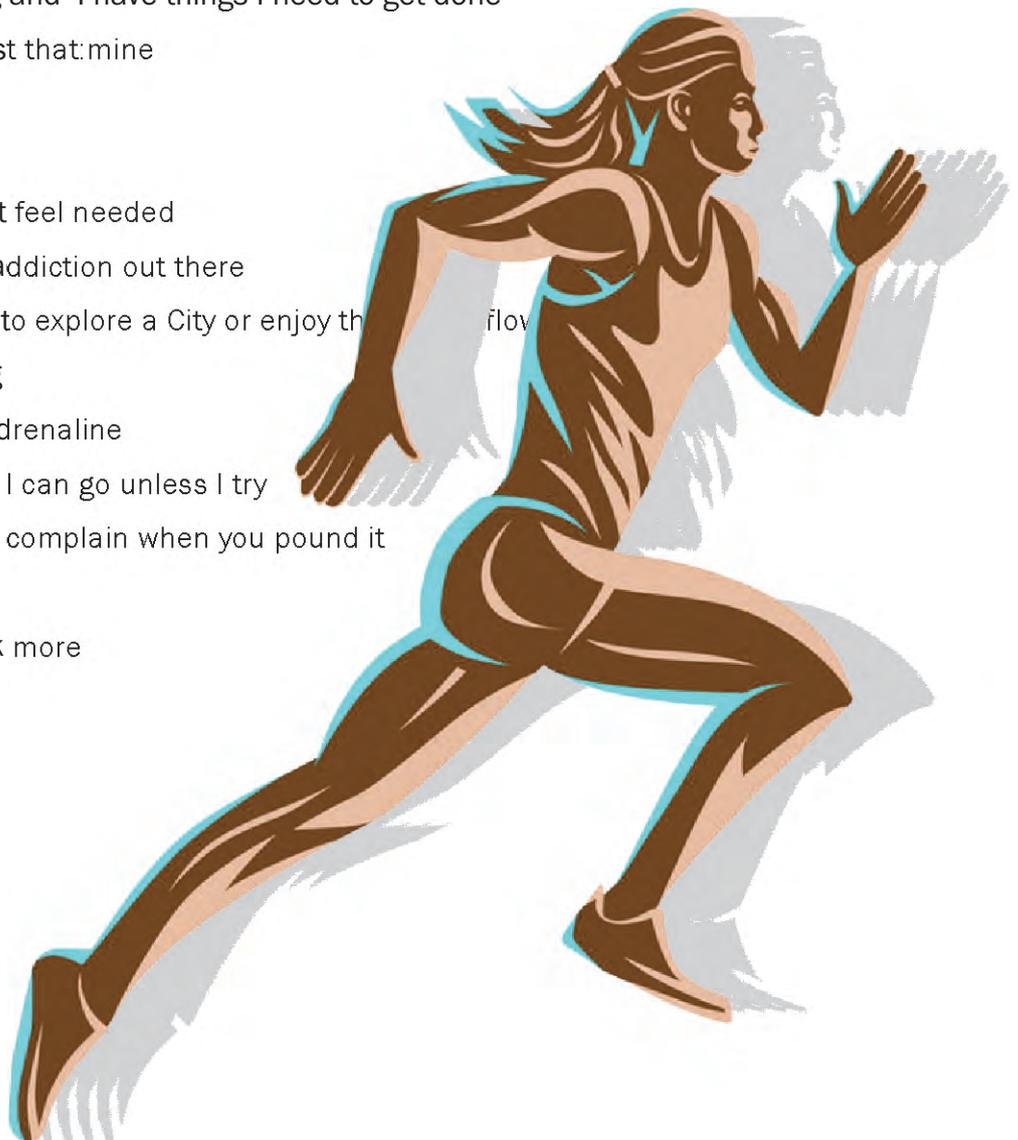
**Akshita Saini**

BSc (Hons.) Mathematics

Batch of 2020-21

Taekwondo

I love not just the finish line, but the trip along the way  
I make me feel free  
I have got energy to burn  
I need energy  
It's my antidepressant  
I need an excuse to eat  
Stopping would hurt so much more than a blister or a broken toenail  
Walking takes too long and I have things I need to get done  
My personal best is just that: mine  
Others can't  
It's a good kind of sore  
It makes the pavement feel needed  
There are a lot worse addictions out there  
There is no better way to explore a city or enjoy the flow  
I'll just feel like running  
There is no drug like adrenaline  
I'll never know how far I can go unless I try  
The pavement doesn't complain when you pound it  
It takes all  
I've got, but gives back more  
I can



# Remain Calm

**Medha Chauhan**

Chess

BSc.Hons (Mathematics)

Batch of 2021-22

Remain calm in blissful situations;  
You must have seen your checkmate in the winning positions.

Don't lose hope when you are alone;  
You must be familiar with the power of an isolated Pawn.

Don't always try to keep yourself in castle and safe;  
You must have seen the backrank mates.

Don't fear to sacrifice your dear things;  
Sometimes only a queen sacrifice can make you win.

Don't think about results and promotions;  
A small pawn can only turn into queen with hardwork and dedication.

Be steady and conscious, as opportunities can knock your door anytime;  
You must be regretted of missing mate in two due to negligence and pressure of time.



# Creativity Corner



PHOTOS BY AKSHITA SAINI ( 1 and 2)  
(BSc.hons Mathematics , III year)

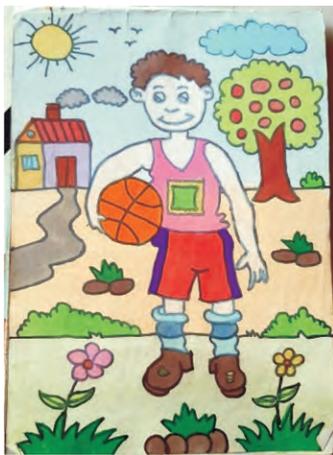
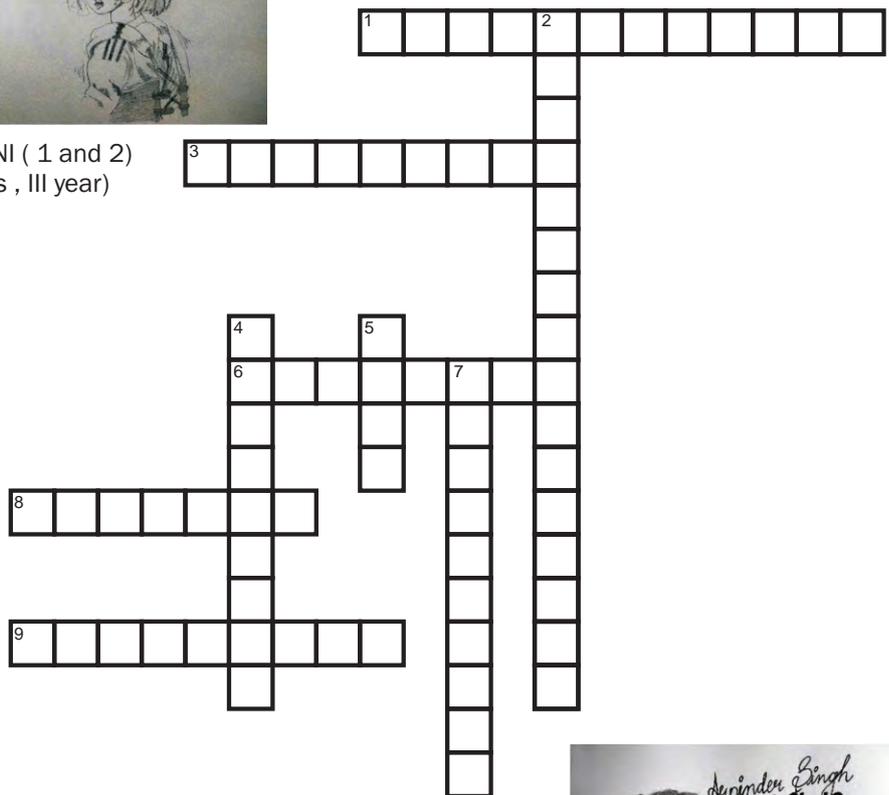


PHOTO BY CHESHTA AGGARWAL (3)  
( BA Programme, II year)



## CROSSWORD

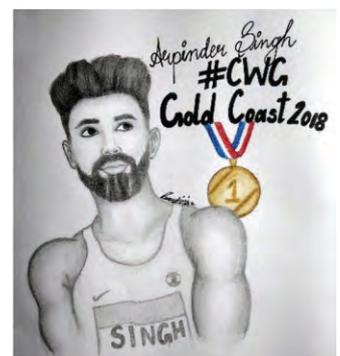
### \*Across\*

- Artistic gymnast who represented India at 2016 Olympics
- Oldest tennis tournament in the world
- Fastest man alive
- National sport of Bhutan
- Invented by J. K. Rowling in a fiction novel but is now a recognised sport in our world

### \*Down\*

- First Indian women to win an Olympic medal
- This team has won the most Women's Cricket World Cups
- Just do it
- Game that requires the most skills

SKETCH BY  
NANDINI SHARMA  
( BA Programme, II year)



DRAWING BY  
AGRIMA RAWAT  
( BA(H) English, III year)





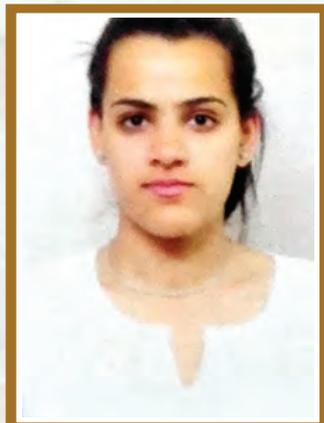
# 2018-19 *Union Members*



**URJA BHUYAN**  
President



**AKSHITA SAINI**  
Vice- President



**PRACHI WADHAWAN**  
Joint Secretary



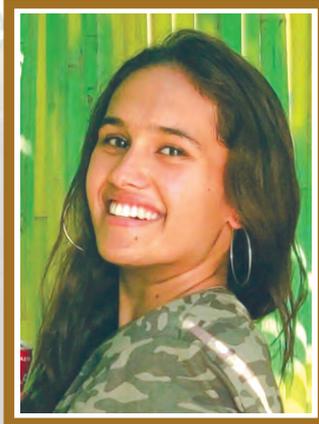
**GAURI**  
General Secretary



**SHWETA KAKKAR**  
Treasurer



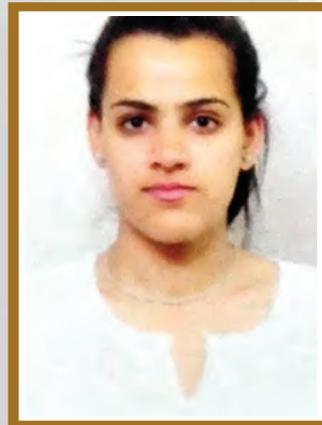
# 2019-20 *Union Members*



**ANKITA HOON**  
President



**RICHA SAGARIKA**  
Vice President



**PRACHI WADHAWAN**  
Vice President



**VISHESHTA SINGH**  
Treasurer



**CHHAVI SINGH**  
Secretary



# 2020-21 *Union Members*



**VISHESHTA SINGH**  
President



**JAHANAVI SAINI**  
Vice President



**MANVI**  
Joint Secretary



**NANDINI SHARMA**  
General Secretary



**RIA GOEL**  
Treasurer



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