

APOGEE



Miranda House
University of Delhi

Fourth Edition
2023-2024



Department of Physical
Education and Sports

Rave up your spirit for
the success that lies
around you.



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 writing. 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 editotiral 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.

Prof. (Dr.) Bijayalaxmi Nanda
Principal



FROM **Teacher's Desk**

**“Never say never because limits like fears are often just illusions.”
Michael Jordan.**

Welcome to the fourth edition of magazine published by the Department of Physical Education and Sports. The magazine “APOGEE” is a highlight reel of the most unforgettable and precious moments of the Department. It also exhibits numerous achievements they attain at the Inter-College, Inter-University, State, National, International levels. APOGEE shows the creative side of athletes in the form of enthusiastic write ups and their sports achievements. The reflection of this creativity and breathtaking achievements of our students is the epitome of APOGEE showing that with right set of values, they have the potential to excel in any chosen sport.

The efforts of our young women are inarguably sufficient to hold the interests and admiration of the readers. It also embraces 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 magazine.

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

Dr. Amita Rana
Teacher-in-Charge
Dept. of Phy. Edu. & Sports



FROM **Teacher's Desk**

It is with great pleasure and enthusiasm that we welcome you to the fourth edition of our magazine. As sports educators, we're thrilled to talk about our love for sports and the important lessons it teaches. Sports bring people together from all backgrounds. They teach us unity, discipline, and how to bounce back from challenges. In our sports department, we don't just teach sports skills. We also focus on building character. We help students learn teamwork, perseverance, and how to be fair players. While winning is great, it's important to remember why we love sports. It's about enjoying the game, making friends, and feeling proud of what we can achieve. In the pages of this magazine, you will find a celebration of our college's sporting achievements, from triumphant victories to hard-fought battles that have tested the mettle of our athletes. We invite you to explore the different aspects of sports with us. From game strategies to personal growth, sports have a big impact on our lives. In closing, we extend our heartfelt gratitude to all those who have contributed to the success of our sports programs, from our dedicated coaches and staff to the unwavering support of our college administration and the boundless enthusiasm of our student-athletes. Together, let us continue to uphold the values of sportsmanship, integrity, and excellence that serve as the cornerstone of our athletic endeavors.

Thank you for your support, and let's keep the sports spirit alive!

Dr. Neeru Yadav
Asst. Professor
Dept. of Phy. Edu. & Sports



FROM

Teacher's Desk

खेल अधूरा छूटे न...

हमारे बचपन में अक्सर कहा जाता था - 'पढ़ोगे लिखोगे बनोगे नवाब, खेलोगे कूदोगे बनोगे खराब' नतीजा यह हुआ कि खराब होने के डर और नवाब बनने की जद्दोजहद में ज़िंदगी के बहुत सारे सबक, जो खेलने-कूदने से मिल सकते थे या मिल सकते हैं। उन से हमारी पीढ़ी वंचित हो गई। यहाँ तक कि नवाब भी हम क़ायदे के नहीं बन पाये। क्योंकि नवाब बनने की प्रक्रिया या मैं इसे जीने की प्रक्रिया भी कहूँ तो लड़ना, गिरना, गिर के उठने का जो सबब बिना पाठशाला के ही खेल के मैदान में अनजाने में ही सीख लिया जाता है। वह हम न सीख सके। क्योंकि खेल और उसका मैदान जीने की पाठशाला है। जहाँ न जाति और धर्म के बंधन हैं और न छोटे बड़े का भेदभाव। वहाँ है तो सिर्फ जीतने का, लड़ने का और हार कर फिर खड़े होने और जीतने का हौंसला। और यही हौंसला हमें जीवन में भी आगे बढ़ने की ताक़त देता है। भारतीय शिक्षा नीति की यह सीमा है कि खेल और खेल भावना की मूलभूत अवधारणा से सहमत होते हुए भी स्कूलों और विश्वविद्यालयों में खेल को पाठ्यक्रम का अनिवार्य या महत्वपूर्ण हिस्सा नहीं बनाया जाता। जबकि ज़रूरत है देश के भीतर खेलों के प्रति जागरूकता लाने की।

आप विद्यार्थी इस देश का भविष्य हैं इसलिए हमारी सारी उम्मीदें आप से ही हैं। हम उम्मीद करते हैं कि आप इस विषय में समाज को जागरूक ज़रूर करेंगे। आप सभी को भविष्य के लिए बहुत बहुत शुभकामनाएँ।

बलवन्त कौर
मेंबर
स्पोर्ट्स कमेटी



A NOTE FROM THE President

VAIDEHI SINGH

Greetings dear students, alumni, faculty, and friends. It is my pleasure to welcome you to this year's edition of our annual sports magazine "APOGEE". As the president of the Department of Physical Education and Sports, I am filled with immense pride and excitement to bring this fourth edition to you. With great pleasure, I extend my warmest welcome to all the readers and contributors.

While Sports has a unique way of fostering unity and instilling values that extend beyond the playing field, sportsmanship comes with the very important life lessons of learning to take defeat with equanimity as well as victory with humility. That is what sets a sportsperson apart and we, at Miranda House, are no different. As you flip through the pages of this magazine, I am sure it will serve as a source of inspiration for all members of our department. Every page is a microcosm of our college's spirit – one of resilience, determination, and collective achievement. The articles, photographs, and stories within these pages capture the essence of our student-athletes dedication, their indomitable never-say-die spirit and the camaraderie shared on and off the field.

The past year has been filled with many memorable moments and outstanding achievements for our department and its pages will give you many a reason to hold your heads high. I extend my appreciation to the faculty, the athletes, the coaches, and everyone involved in making this magazine a reality. Your hard work and commitment have transformed APOGEE into more than just a publication--it is a testament to the vibrant tapestry of our achievements and the pursuit of excellence.

GO MIRANDA !

A NOTE FROM THE Vice-Presidents



Anusta



Mariot

THE DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS IS DELIGHTED FOR THE DELIVERANCE OF THE 4TH EDITION OF APOGEE AND CARRYING FORWARD THE LEGACY. WISHING YOU THE BEST.

The Department of Physical Education and Sports of the renowned women's college, Miranda House, University of Delhi has a rich history of achieving remarkable milestones, showcasing a culture of success. This department stands as a beacon of leadership, nurturing not only outstanding athletes but also instilling strong leadership qualities among its members. Embracing innovative training methods, coaching techniques, and strategies, the department remains at the forefront of evolving sports trends and making it a preferred destination for aspiring athletes.

APOGEE will serve as a bridge, connecting us with the wider world, enabling us to share our insights, discoveries, and accomplishments. It will serve as an inspiration, motivating us to reach greater heights and encouraging dialogue and exchange of ideas within our department and beyond. Additionally, the college's official magazine, Apogee, is a testament to the passion and intellectual prowess of our students, faculty, and staff. It creates an engaging experience for the students. We want to extend my heartfelt gratitude to every individual involved in the conception, creation, and production of this magazine. Your dedication, creativity, and hard work have made this ambitious project a reality.

SPORTS COMMITTEE MEMBERS



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



DR. BALWANT KAUR
Professor
Department of Hindi



DR. KALAWATI SAINI
Professor
Department of Chemistry



DR. SANJU
Associate Professor
Department of Physics



DR. BINU SUNDAS
Assistant Professor
Department of Sociology



DR. NEERU YADAV
Assistant Professor
Department of Physical
Education & Sports

PREFACE

With great pride, we at the Department of Physical Education and Sports, Miranda House present to you “APOGEE,” the annual magazine for the fourth consecutive year. As the pages of this magazine unfold, we embark on a journey through the dynamic world of athletic prowess, fierce competition, and unwavering dedication. This edition serves as a chronicle of the passion, perseverance, and sheer athleticism exhibited by our student-athletes throughout the academic year. As we celebrate the accomplishments of our athletes, we also recognise the dedication of our faculty, coaches, support staff, and the enthusiasts who contribute to the vibrant tapestry of our sports culture. Beyond the scores and statistics, this magazine seeks to encapsulate the sense of identity and pride that stems from representing our alma mater and events that impart knowledge fostering intellectual growth and enriching the learning experience for both educators and learners alike. As you delve into the articles, photographs, and reflections within these pages, we invite you to relive the highs and lows, the victories and defeats, the insightful and educational gatherings and the unforgettable moments that define our department. May this magazine serve as a tribute to the indomitable spirit of our student-athletes and a testament to the enduring legacy of college sports at our esteemed institution.

Cheers to another year of athletic-academic excellence, sportsmanship, and the boundless spirit of competition.

Apogee

FRESHERS RUN



On the occasion of National Sports Day, the Department of Physical Education and Sports, Miranda House in collaboration with the Delhi University Sports Council organised the Freshers Run on 29th August at the Polo Ground.

This event was graced by the presence of Prof. Ajay Kumar Singh, Chairman, DUSC, Dr. Anil Kumar Kalkal, Director, DUSC, Prof. Manjari K. Srivastava, Vice Principal, Miranda House, Ms. Rachna Sharma, our Alumna, 2003-2004 batch and Dr. Kalawati Saini and Dr. Sanju our committee members. Their unwavering support and encouragement made this event very profound.

On the day of the event, a large number of participants gathered at the Polo Ground. The Freshers Run was flagged off by the Chairman, DUSC. The event was a huge success and achieved its intended objectives.



A DAY DEDICATED TO OUR TEACHERS

On the joyous occasion of Teachers Day, the Department of Physical Education and sports organized a remarkable and fun-filled gaming event specifically for our esteemed teachers. The event aimed to acknowledge and appreciate the dedication, hard work, and contribution of our teachers towards the holistic development of students.

The primary objective of the Teachers Day Fun Events (Football, Beirut, Shot Put etc.) was to create a lively and engaging atmosphere that allowed our teachers to relax, interact, and refresh their minds amidst their busy schedules. Moreover, the event fostered a sense of unity, camaraderie, and gratitude within the teaching community.





INTER - DEPARTMENT CHESS TOURNAMENT

26 September, 2023

The Department Of Physical Education And Sports organised an inter-department chess tournament. The event took place on 26th September 2023.

More than 50 participants competed and brought laurels to their respective departments. Through effective planning, communication, and engagement, we celebrated diverse talents and promoted teamwork. The event showcased strategic thinking, sportsmanship, and the power of collaboration, reinforcing bonds within our organization



Apogee



Shreya Rani
(Batch of 2023)



Nostalgia

Echoes of Victory: A Tale of Taekwondo and Triumph

As I sit here, hands on the keyboard, the floodgates of memories open wide, transporting me back to the days when the echoing cheers of victory and the rhythmic thud of disciplined kicks were the heartbeat of our existence. Those were the days when I, along with my five remarkable batchmates (Aayushi, Prerna, Trisha, Mahasweta, and Swati), stood at the intersection of passion and responsibility, weaving the threads of our Taekwondo journey into the vibrant tapestry of Miranda House's sports department.

Miranda House, with its storied history and resplendent halls, was not just a college for us; it was a canvas where we painted our dreams with the vibrant colours of camaraderie and determination. Our journey as Taekwondo athletes began with a short team meeting on February 17, 2022, and evolved into a symphony of skill and spirit that resonated through the corridors of our beloved institution.

I recall the clear mornings when we assembled at the college grounds, eager to train and conquer, and there was an aura of resolve in the air. Silently observing our efforts, our Professor Neeru Yadav threw lengthy shadows as we honed our forms, delivered exquisite kicks, and engaged in intense sparring. Every drop of sweat we shed demonstrated our dedication, and every bump we sustained served as a badge of distinction. However, my connection to Miranda House went beyond the mats. Fate had a different plan for me. During my graduation year, the duties of being team captain and president of the sports department instilled in me a feeling of pride and purpose. My batchmates and I, together with the juniors, built a legacy by fusing the strength of Taekwondo with the grace of language.

When it comes to Departments magazine, it has become a record of achievements, not only on the pitch but also in the hearts of people who read our stories. We recounted stories of sweat-soaked wins, players' tenacious spirit, and the unfailing support of a college community that believed in our cause. The pages' ink captured the spirit of our group adventure, reflecting the intensity of our training sessions.

As I stop typing down these nostalgic reflections, I am reminded that our journey as Taekwondo athletes in the sports department was not just about kicks and punches. Miranda House will forever hold a special place in our hearts, and our stories will stand as a testament to the enduring spirit of a group of Taekwondo enthusiasts who dared to dream, fight, and triumph together.

Apoorva



Monika Pandey
B.A Program
Batch of 2021-24

The Journey of Physical Education: Optional to Compulsory

"Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong." John F. Kennedy

Physical education is often associated with games, sports, or other physical activities in schools. However, its true essence goes beyond these traditional beliefs. It involves education through physical activities for the comprehensive development of the human personality in body, mind, and spirit. As a college student, I have opted for physical education as my discipline subject. Quite often, I am asked questions flooded with the same mindset: why did you choose this subject? Are you a sports quota student? Didn't you get other disciplines? Or are you a sports person?

Answering all these queries becomes a big task, as for most of their questions, my answer is no! It was my choice to which I carry pride until today. In my school days, I saw the consequences of neglecting health. My dad was a military personnel, and from him, I learned how important it is to take good care of your body. 'A healthy brain resides in a healthy body only.'

The new education policy introduced by our government is a big favor in supporting it. Before the new education policy, physical education was not a compulsory part of the college curriculum. Rather, it was an individual's choice, but now physical activities like sports and fitness are made mandatory for all age groups. It is based on the principle of multidisciplinary and holistic education. Higher education institutions are also given provisions to provide a multidisciplinary and stimulating environment.

Since ancient times, physical education has been an essential part of a human's life, encompassing survival skills like hunting and gathering. But coming to this modern and digitized world, we've forgotten its importance, and a majority of us are practicing a sedentary lifestyle. Regular physical activity helps in boosting the immune system, making us more resilient to infections. Furthermore, physical education and health can contribute to overall mental well-being, which is particularly important during times of stress and uncertainty.

Finally, promoting physical education helps individuals establish healthy habits that can last beyond the pandemic, leading to long-term benefits for public health. Additionally, participation in regular physical activity is shown to boost the immune system. Our college's physical education department organizes lots of activities regularly for students, teachers, non-teaching staff like netball, baseball matches, along with motivating seminars. In short, we understand that physical education, in general, helps in the optimum development of a child's physical growth, intellectual development, emotional development, character building, physical fitness, development as a disciplined citizen of the country, developing leadership qualities, a healthy and safe environment, and these benefits are for every section of people in modern society.

At last, I would like to conclude my words with a famous quote of John F. Kennedy: *"Physical fitness is not only one of the most important keys to a healthy body, but it is also the basis of dynamic and creative intellectual activity."*



INTERNATIONAL ACHIEVER

WINNER



SAINA SALONIKA

BA(H) POLITICAL SCIENCE

THIRD YEAR

WOMEN INTERNATIONAL MASTER

**SILVER MEDAL IN ASIAN PLUS AGE GROUP RAPID
CHESS CHAMPIONSHIP, THAILAND**

INTERNATIONAL ACHIEVER

WINNER



ISHVI AGGARWAL

BA(H) ENGLISH
FIRST YEAR

obtained the title of
WOMEN CANDIDATE MASTER

ALUMNAE



SAPNA CHOUDHARY
SHOOTING
2006-2009



POOJA BEHL
KORFBALL
2010-2013



SHAILJA ASWAL
KORFBALL
2011-2014



TANU SHARMA
NETBALL
2012-2015



ANJALI RANA
NETBALL
2012-2015



HARSHITA CHUGH
TENNIS
2014-2017



HIMANI MOR
TENNIS
2015-2018



MEENA
KORFBALL
2015-2018



TANYA KHULLAR
ARCHERY
2016-2019



RUCHI DABAS
NETBALL
2016-2019



PRACHI
NETBALL
2018-2021



KHUSHI KUMAR
NETBALL
2020-2023

ALL INDIA UNIVERSITY ACHIEVERS



PAYAL LOCHAB
TAEKWONDO
BA(H) HISTORY-II YR.



AKSHITA BISHT
TAEKWONDO
BA PROGRAMME-I YR.



ANSHU DAGAR
ARCHERY
BA(H) POL. SCI - I YR.



KAVYA KHIRWAR
TENNIS
BA PROGRAMME-III YR.



SAINA SALONIKA
CHESS
BA(H) POL. SCI-III YR.

NATIONAL ACHIEVERS



KANISHKA MATHPAL
TAEKWONDO
BA PROGRAMME-III YR.



VAISHNAVE
TAEKWONDO
BA PROGRAMME-III YR.



PAYAL LOCHAB
TAEKWONDO
BA(H) HISTORY-II YR.



AKSHITA BISHT
TAEKWONDO
BA PROGRAMME- I YR.



KAJAL CHAUDHARY
TAEKWONDO
BSC MATHS (H)-I YR.



KASHISH JHA
TAEKWONDO
BA PROGRAMME -I YR.



VRINDA GARG
BASKET BALL
BA(H) ECONOMICS -III YR.



RUCHIKA CHOUDHARY
BASKET BALL
BA(H) POL SCI. -I YR.



MAHIMA BENIWAL
NETBALL
BA(H) POL. SCI-II YR.



PALAK DAHIYA
NET BALL
BA PROGRAMME -I YR.



KAVYA KHIRWAR
TENNIS
BA PROGRAMME-III YR.



DHRITI GOYAL
RIFLE SHOOTING
PROGRAMME-I YR.

The Department works towards achieving the same and encourages students to take part in various sports and fitness-oriented activities. The department kept the students connected to the essence of fitness through various academic and physical activities.

NATIONAL ACHIEVERS



VIDUSHI JOSHI
TABLE TENNIS
BA(H) POL. SCI -III YR.



SAINA SALONIKA
CHESS
BA(H) POL. SCI-III YR.



ISHVI AGGARWAL
CHESS
BA(H) ENGLISH-I YR.



VIJYA
ATHLETICS
BA(H) POL. SCI-III YR.



YASHSAVI JOSHI
SHOOTING
BA(H) ENGLISH-III YR.



SANVI UPADHYAY
SHOOTING
BA(H) POLITICAL SCI-II YR.



KUSHI SAXENA
SHOOTING
BA PROGRAMME-II YR.



ANSHIKA GUPTA
SHOOTING
BA(H) POL. SCI. -II YR.



BHAVIKA TIWARI
SHOOTING
BA PROGRAMME-III YR.



SRISHTI SAINI
SHOOTING
BA(H) ECONOMICS-II YR.



NORTH ZONE INTER UNIVERSITY



SNEEHA PRADHAN
TAEKWONDO
BA PROGRAMME -II YR.



PAYAL LOCHAB
TAEKWONDO
BA(H) HISTORY -II YR.



AKSHITA BISHT
TAEKWONDO
BA PROGRAMME -I YR.



KAVYA KHIRWAR
TENNIS
BA PROGRAMME-III YR.



TANNU AHLAWAT
BASKET BALL
BA(H) ENGLISH-III YR.



MARIOT THANKACHAN
BASKET BALL
BA PROGRAMME-III YR.



VRINDA GARG
BASKET BALL
BA(H) ECONOMICS-III YR.



PARNIKA SRIVASTAVA
BASKET BALL
BA(H) ECONOMICS- I YR.



AAYUSHI KADYAN
ARCHERY
BA(H) ENGLISH-III YR.



ANSHU DAGAR
ARCHERY
BA(H) POL. SCI -I YR.



SAINA SALONIKA
CHESS
BA(H) POL. SCI-III YR.



INTER COLLEGE TEAMS



TAEKWONDO



BASKETBALL



NETBALL

INTER COLLEGE TEAMS



SHOOTING



TENNIS



VOLLEYBALL

INTER COLLEGE TEAMS



ARCHERY



BADMINTON



ATHLETICS



CHESS

Freshers Welcome

The Department of Physical Education and Sports organised an engaging Fresher's Party, marked by a heartfelt welcome address to new students and kickstart the academic year with enthusiasm. The event, held on 10th of October, aimed to cultivate a sense of community and camaraderie among freshers and existing department members.

The freshers kicked off with a ceremonial cake cutting, underscoring the commencement of a memorable journey for the newcomers. The department head extended a warm welcome, emphasising the significance of sports and physical education in holistic development. To break the ice and encourage interaction, interactive sessions were organised. Games and activities facilitated bonding between freshers and their seniors, fostering a sense of belonging within the department. Interactive sessions like dancing, singing, mimicking etc facilitated bonding between freshers and seniors, promoting a sense of belonging.

The Fresher's Party was a resounding success, setting a positive tone for the academic year. The event underscored the department's dedication to nurturing not only athletic abilities but also fostering a strong sense of community among its members.



INTER DEPARTMENT BASKETBALL TOURNAMENT

The Department of Physical Education and Sports orchestrated a highly successful inter-departmental basketball tournament, boasting participation from 28 teams. The event, held with meticulous planning and coordination. Participants from various departments engaged in spirited competition, fostering a sense of camaraderie and sportsmanship. The tournament not only promoted physical activity but also strengthened inter-departmental bonds within the college community. Ultimately, the successful execution of the event underscored the department's commitment to promoting sports and healthy competition among students.



Inclusive Victories:

Showcasing Events for PwBD Student



The Department of Physical Education and Sports is proud to champion inclusivity by hosting a series of sporting events designed specifically for students with Persons with Disabilities (PwBD). This initiative recognizes the importance of physical activity for everyone, regardless of ability. These events aim to create a platform for PwBD students to participate in competitive and recreational sporting activities.

The department has designed a variety of sporting events to cater to the diverse abilities and interests of PwBD students. We are committed to creating a long-lasting impact.

We were able to successfully organise different events such as lemon and spoon game for B1, B2, and B3 category students, shotput and so on on 7th of February during our inter departmental tournaments.

The department extends its gratitude to the college administration for their unwavering support in this endeavor. We believe that by working together, we can foster a truly inclusive sporting culture that celebrates the talents and abilities of all students.

We encourage all students, PwBD or otherwise, to participate in these events – either as competitors, volunteers, or enthusiastic supporters. Let's champion the spirit of sportsmanship and create a more inclusive sporting environment for everyone!



EXPERT TALK ON NUTRITION & WELLNESS



The Department of Physical Education and Sports hosted an expert talk on nutrition and wellness as part of its lecture series on fitness, wellness, and nutrition. Ms. Anju Bala, an ECP consultant at BLK Super Speciality Hospital in New Delhi, shared invaluable insights on the topic. Her extensive knowledge and dedication to promoting health nationwide were truly inspiring. Her presence enriched and enlightened both students and faculty members, offering a memorable experience for all involved.



WORLD UNIVERSITY GAMES



World University Games formerly known as universiade is a international multi sport event organised by international University Sports Federation (FISU). They are staged bienally in different countries for twelve days where more than five thousand student athletes from more than 100 countries to participate to choose a victor. The celebration of an international sports event encompasses cultural and educational aspect and draws many student athletes from universities all round the world to participate and come together and compete with each other, making it one of the world's largest and prestigious event.

This event is held in two editions of which one is the summer edition and other is the winter one each consisting of certain compulsory sports and some optional sports for the students to compete in.

Chengdu, a city in sinchuan province of west china is a World class centre to enjoy food, sports and culture. This city took up the tideous task of organising the most recent summer World University Games to usher a inviograted sports and university vibe into the athletes. The games were organised from July 28th to August 8, 2023 in eighteen different sports, after being postponed three times due to covid 19 outbreak. China ended on the top of the medal table with more than a 100 golds. India performed magnificently by getting 10 bronze, 11 gold, and 5 silver medals in the field of bowing, shooting, track and field and judo.

Winter University games are conducted for 11 days in which approximately 2500 students particiapte from over 50 countries in 12 competitive sports like ice hockey figure skating etc. This years winter university games were conducted in United states at lake placid, which is a two time host of this game, from 12 to 22 January 2023. Japan topped the medal table by bagging 48 medals.

ASIAN YOUTH CHAMPIONSHIP



The Asian Games, also known as the Asiad, is a multi-sport event held every four years in Asia. It is the biggest sports competition in Asia, organized by the Olympic Council of Asia (OCA), and has 45 participating countries or regions

- . The first-ever Asian Games were held in New Delhi in 1951, with 11 participating countries, including Japan. Since then, the Games have become a big event that fosters friendship through sports and contributes to world peace

- . The Asian Games are recognized by the International Olympic Committee and are the second-largest multi-disciplinary sports event in the world after the Olympics

- . The Games feature a wide range of sports, including traditional Asian sports such as kabaddi and sepak takraw, alongside Olympic sports like athletics and aquatics

- . The Asian Games have played a significant role in promoting sports and cultural exchange among Asian countries. The Games have also helped in the development of sports infrastructure and facilities in the host countries. The most recent edition of the Asian Games was held in Hangzhou, China, in 2022, where India set a new benchmark for themselves with a medals tally of 102, including 27 gold medals

Apogee



HIGHLIGHTS

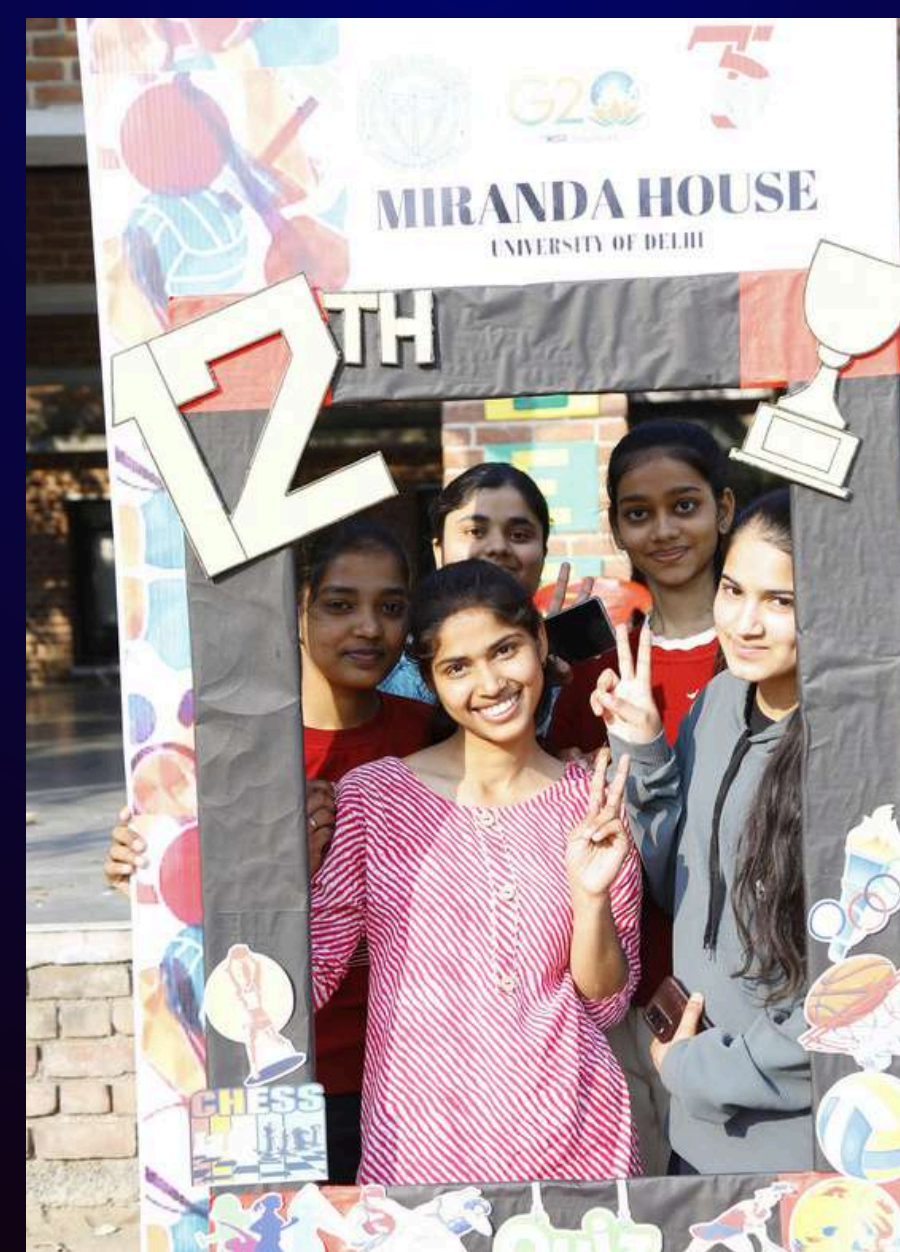
This event marks a significant moment in our college calendar, where we come together to foster camaraderie, teamwork, and healthy competition. The fest was organized from 15th Feb-17th Feb 2024. This year, we conducted Basketball, Netball, Chess, Taekwondo, Tennis, Aerobics, Rhythmic Yoga Academic cum Sports Quiz and many Inter-Departmental Activities during the fest. The true essence of this event is not just about the competitions or the trophies but the bonds we forge, the memories we create, and the lessons we learn along the way.



In the 12th edition of EROBERN, we not only celebrate another year of athletic expertise and competitive fire, but also mark a monumental milestone: 75 glorious years of our Miranda House legacy.

Seventy-five years ago, our college opened its doors, offering women a platform to learn, grow, and thrive. EROBERN, born from this very spirit, has become a beacon of women's empowerment in sports. It's a testament to the immense strides women have made in sports, not just nationally, but globally. We see them shattering records, leading teams to victory, and inspiring millions with their grit and determination. And here, at EROBERN 2024, we celebrate them all.

Erobern was first organized in 2012. It witnessed the participation of over 300 students from 21 colleges of DU. The event was a success and the numbers have been growing ever since.



EROBERN

GLIMPSES





AEROBICS



RHYTHMIC YOGA



BASKETBALL



TENNIS





TAEKWONDO



CHESS





QUIZ



NETBALL



Yogasana

The journey of the self, through the self, to the self.

In the quiet dawn, where the sun meets the sky,
Yoga unfolds, a graceful lullaby.
A dance of breath, a symphony of ease,
In the stillness, the soul finds its keys.

Asanas like whispers, a language untold,
Bodies in harmony, stories unfold.
Mountain strong, tree grounded and tall,
Yoga's embrace, a mindful call.

Sun salutations, a greeting to light,
Bowing to the day, in pure delight.
Warrior's pose, strength in repose,
A journey within, where serenity grows.

Lotus blossoms in the tranquil pond,
Minds finding peace, a connection beyond.
In the gentle flow, a river of breath,
Yoga weaves life, conquering death.

Oh, child's pose, a humble retreat,
Surrendering burdens at the feet.
In the canvas of silence, thoughts gently fade,
Yoga's canvas, where dreams are laid.

Breathing in rhythm, a prana ballet,
Awakening spirits, chasing shadows away.
Shavasana, the final repose,
In the heart's temple, tranquility glows.

Yoga, a union of body and soul,
A timeless practice, making us whole.
In the dance of existence, a cosmic play,
Yoga's poetry unfolds, day by day.



SPOT THE DIFFERENCE



MIRANDA HOUSE

UNIVERSITY OF DELHI

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SPORTS UNION 2023-24



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CREATIVE HEAD



SIDDHI GUPTA
CREATIVE HEAD

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS



UNION 2023-24

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS



COMMITTEE MEMBERS

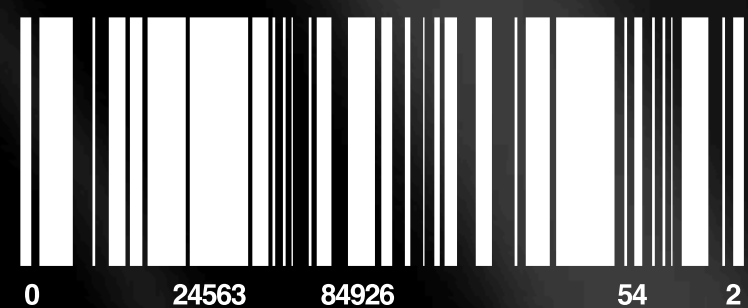
*"The only place success comes before work is in the dictionary."
- Vidal Sassoone*



APOGEE



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