



**Sixth Edition  
2025- 2026**

# AT THE



**DEPARTMENT OF PHYSICAL EDUCATION & SPORTS**  
**“CHAMPIONS AREN'T MADE IN COMFORT BUT  
IN COMMITMENT”**





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EROBERN 2026

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# 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 head of the department, 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



Welcome to the Sixth edition of magazine published by the Department of Physical Education and Sports. I am delighted to share my journey here in our magazine “APOGEE” which is also a highlight reel of the most unforgettable and precious moments of the Department.

Thirty-eight years ago, I walked onto the campus of Miranda House with a simple yet powerful belief—that sport can help young women discover their strength, their confidence, and their voice. Today, as I prepare to step into a new chapter of my life, my heart is filled with gratitude and pride.

For 38 years, these courts and fields have been my home, along with classrooms. Reflecting on three and a half decades at Miranda House, I am struck by the remarkable evolution of women’s sports. We started with so little and built a legacy of so much.

To my students and athletes: you have been my greatest teachers. Over the years, I have watched you turn sweat into achievement, setbacks into comebacks, and challenges into opportunities. Sport here was never just about results—it has always been about resilience, unity, and the courage to strive for excellence. Each one of you who stepped onto the field, wore the jersey, and gave your best has contributed to a legacy that I will always cherish.

I extend my heartfelt gratitude to the Principals I had the privilege to work with, my colleagues, the Department of Physical Education, and the administrative staff, whose support, collaboration, and shared commitment made this journey truly meaningful. Together, we nurtured an environment where physical education was not just a subject, but a way of life.

This long journey has truly felt like a sprint rather than a marathon—full of energy, purpose, and unforgettable moments. Though I may be hanging up my gear, I will always remain a steadfast supporter. The game will go on, the players will change, but the spirit of a sportswoman is eternal. Continue to chase your dreams, support one another, and never hesitate to claim the space you deserve.

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 Prof. (Dr.) Bijayalaxmi Nanda for entrusting us with the responsibility of magazine.

As I step forward, I carry with me this enduring belief:

“What we build in people lasts far longer than what we build on the field.”

*Dr. Amita Rana*

**ASSOCIATE PROFESSOR  
DEPT. OF PHYSICAL EDUCATION & SPORTS**

# FROM TEACHER'S DESK



It is with great pleasure and enthusiasm that we welcome you to the sixth 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*

TEACHER-IN-CHARGE  
DEPT. OF PHYSICAL EDUCATION & SPORTS

# FROM TEACHER'S DESK



Every morning as I walk into the college, one of the most inspiring sights on campus is the sports ground coming alive with activity. Watching our students practise with such discipline and dedication fills me with a deep sense of pride.

Long before the academic day begins, these young women are already engaged in rigorous training, preparing themselves to represent the college with commitment and confidence.

Behind every match played and every medal won lies a routine of perseverance, patience and hard work. It is heartening to see our students carry this spirit beyond the campus, representing the college at national and even international sporting events. Their achievements not only bring recognition to the institution but also reflect what sustained effort and belief in oneself can accomplish.

In today's world we often read about women's empowerment in articles and on social media. Yet its most meaningful expression is found in everyday realities. Watching these young athletes train with determination each morning makes the idea of empowerment real and tangible.

Equally admirable is the way these students balance the demands of sport with their academic responsibilities. Their journeys inspire the entire campus community and stand as a powerful reminder of the strength, resilience and potential of young women.

*Prof. Dr. Shraddha Shukla*

ASSOCIATE PROFESSOR  
DEPARTMENT OF SANSKRIT

# SPORTS COMMITTEE MEMBERS



Dr. Amita Rana  
Associate Professor  
Dept. of Physical  
Education & Sports



Dr. Neeru Yadav  
Assistant Professor  
Dept. of Physical  
Education & Sports



Dr. Shraddha Shukla  
Professor  
Dept. of Sanskrit



Dr. Madhu Bala Singh  
Professor  
Dept. of Sanskrit



Dr. Uma Meena  
Professor  
Dept. of Sanskrit



Dr. Nutan Rani  
Associate Professor  
Dept. of Chemistry



Dr. Binu Sundas  
Assistant Professor  
Dept. of Sociology



Dr. Rohit Rai  
Assistant Professor  
Dept. of History

# PRESIDENT'S NOTE

It is with immense pride and a deep sense of gratitude that I welcome you to yet another edition of Apogee, our annual tribute to the spirit of sport, the courage of competition, and the unyielding will to push beyond every boundary we have ever set for ourselves.

Sport, at its very core, is not merely about winning or losing. It is about the relentless pursuit of excellence, the early mornings, the sore muscles, the moments of self-doubt overcome by sheer determination. Every athlete who has worn the colours of Miranda House has carried with them not just a jersey, but a legacy of discipline, integrity, and grace under pressure.

This year, our Department of Physical Education and Sports has reached new heights. Our athletes have competed across arenas whether inter-college or in Nationals, carrying the name of Miranda House with dignity and distinction. Each performance, whether crowned with a medal or marked by a lesson, has contributed to the larger tapestry of excellence that defines us.

To every athlete, every coach and every enthusiast who has poured their passion into sport this year, this edition is your story. May these pages remind you of how far you have come, and inspire you to reach farther still.

That relentless drive is the soul of this institution, and it is the soul of Apogee.

" Its not about being the best . It's about being better than you were yesterday "



AKSHITA BISHT  
PRESIDENT [2025-26]

# VICE PRESIDENT'S NOTE

It is with immense enthusiasm that I extend my heartfelt greetings to all athletes, sports lovers, and readers of this magazine. Sports have always gone beyond mere competition—they shape character, build resilience, and instill a spirit of determination that stays with us for life.

Through APOGEE, we aim to bring forward the stories that truly define sports—the victories that inspire, the challenges that test strength, and the journeys that reflect passion and perseverance. Every athlete, in their own way, represents the courage to push limits and the dedication to keep striving, no matter the obstacles.

My association with the Sports Department has been one of the most meaningful parts of my college experience. Being a part of this department for two consecutive years—first as Treasurer and now as Vice President—has helped me grow in ways I never imagined. It has not only enhanced my skills but has also shaped my perspective and confidence.

Throughout this journey, I have learned how to manage responsibilities, stay composed during challenging situations, and work in coordination with a team. The guidance and support of my teachers and fellow members have played a crucial role in this growth. They have not only shown me the right path but have also taught me to avoid common mistakes, which has been equally important.

I feel truly grateful to be a part of such an encouraging environment, where learning goes beyond academics and extends into real-life experiences.

Our Sports Committee continues to stand as a strong pillar of this department, working consistently to create opportunities for students and to promote a culture of teamwork, inclusivity, and healthy competition. Their dedication ensures that sports remain an essential and vibrant part of campus life.

As we move ahead, let us continue to challenge ourselves, stay committed, and believe in the power of persistence. May this magazine serve as a source of inspiration for everyone who shares a love for sports.

Push your limits, stay focused, and continue carrying the true spirit of sports forward.



MAITREYEE ATREY

VICE PRESIDENT [2025-26]

# PREFACE

With immense pride and heartfelt enthusiasm, we present the sixth edition of APOGEE, the much-anticipated sports magazine of the Department of Physical Education and Sports at Miranda House. More than a mere compilation of articles, APOGEE stands as a vibrant testament to the spirit of our community—capturing the dedication, resilience, and remarkable achievements of our athletes. Each page reflects the passion that defines our sporting culture and the unwavering commitment that drives our players to excel.

This edition invites readers to embark on an inspiring journey through stories that move, moments that linger, and voices that echo the true essence of student life. Within these pages lie thoughtful reflections that offer perspective, cherished memories that celebrate unforgettable experiences, and creative expressions that reveal the depth of talent and imagination within our community. As you explore further, you will encounter insights into the dynamic world of sports, narratives that often remain untold, and perhaps even a spark of inspiration waiting to be discovered.

In shaping this edition of APOGEE, we endeavoured to craft a magazine that genuinely represents the richness and diversity of our sports fraternity. Our intention has been to showcase the varied experiences and journeys of our athletes, highlighting their perseverance, creativity, and individuality. Above all, this edition celebrates the extraordinary women of Miranda House, whose accomplishments, determination, and leadership continue to inspire and uplift the entire community.

Beyond celebrating athletic excellence, APOGEE also acknowledges the profound impact each of us has in shaping the world around us. It reminds us that through our ideas, actions, and collective spirit, we possess the power to inspire change, foster growth, and leave a lasting imprint on those who follow.

As a department, we remain steadfast in our commitment to nurturing excellence, integrity, and holistic development. While we honour the distinguished legacy of Miranda House, we also aspire to push boundaries and set new benchmarks for the future. The dedication of our athletes, the invaluable mentorship of our teachers, and the unwavering encouragement of the student union have been instrumental in transforming this vision into reality.

We sincerely hope that the stories and perspectives shared within these pages ignite a sense of pride, motivation, and belonging in every reader. Though challenges may arise along the path ahead, we remain confident that with unity, determination, and creativity, our community will continue to scale extraordinary heights and shape an inspiring future.

With gratitude and anticipation,  
The Editorial Team of APOGEE  
Department of Sports & Physical Education

# SPORTS UNION

2025 - 2026



**PRESIDENT**  
*Akshita Bisht*



**VICE PRESIDENT**  
*Maitreyee Atrey*



**GENERAL SECRETARY**  
*Jiya Mann*

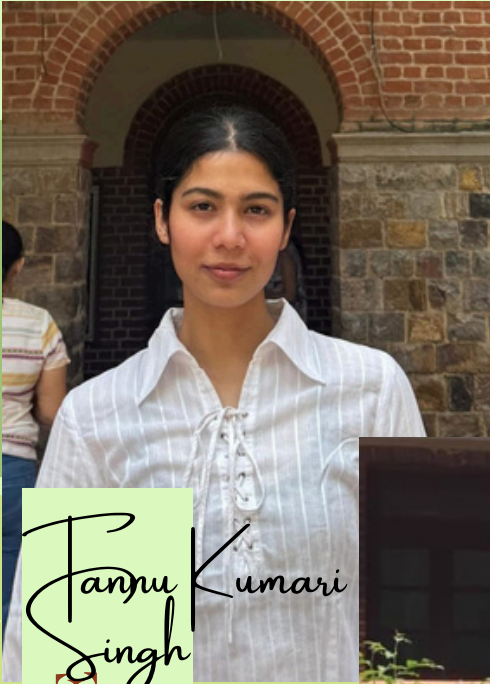


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Singh*

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**CREATIVE  
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**SOCIAL MEDIA  
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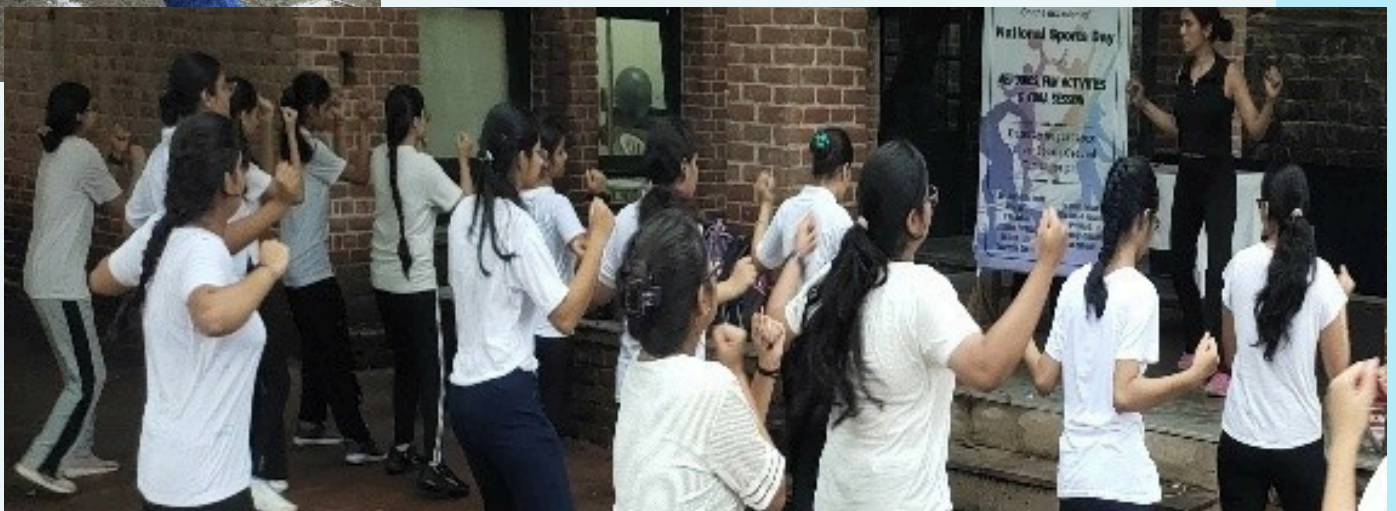


Varanya Rathee



# National SPORTS DAY

National Sports Day was celebrated on 29 August by the Department of Physical Education, and Sports Miranda House, in collaboration with Miranda House College, with great energy and enthusiasm. The event was organised to mark the birth anniversary of hockey legend Major Dhyan Chand and to remind students of the importance of sports, fitness, and overall well-being. A total of 137 students actively participated in the celebration, making the event lively and engaging. The atmosphere throughout the programme reflected a shared sense of motivation, discipline, and positivity. Students came together not just to participate, but to experience the joy of movement and the spirit of sportsmanship.



One of the key highlights of the celebration was the focus on yoga and wellness activities. The yoga session encouraged students to slow down, breathe, and reconnect with their bodies and minds. Through simple asanas and breathing practices, students were reminded that fitness is not only about physical strength but also about mental balance and inner calm.

The event aimed to promote healthy habits and inspire students to include physical activity in their daily routines. It also reinforced important values such as self-care, discipline, teamwork, and consistency—values that lie at the heart of both sports and life.

Overall, the National Sports Day celebration was a meaningful and refreshing experience. It successfully brought students together in the spirit of health, unity, and well-being, leaving everyone with a renewed appreciation for the role of sports and fitness in everyday life.



# Certificate Course Foundation of Yog

The Department of Physical Education & Sports, Miranda House, University of Delhi, proudly organized a Certificate Course on the Foundation of Yog, reaffirming its commitment to promoting holistic health, inner harmony, and lifelong well-being among students and members of the academic community. Conducted over four enriching weeks, the course commenced on 1st September 2025 and was held from 7:00 a.m. to 8:30 a.m., Monday to Saturday, offering participants a mindful and disciplined beginning to their day.



The programme witnessed an enthusiastic response, with limited seats filled on a first-come, first-served basis, underscoring the growing relevance of yoga in contemporary lifestyles. The course was thoughtfully designed to integrate theoretical understanding with practical application, introducing participants to the philosophical foundations of yoga, fundamental asanas, pranayama, and relaxation techniques. Under the guidance of experienced Yoga expert, a serene and supportive learning

environment was fostered throughout the sessions. A total of 44 participants successfully completed the course, gaining valuable insights into physical fitness, mental clarity, and emotional resilience, while reinforcing the department's vision of nurturing balanced, healthy, and mindful living through physical education.

# Freshers CROSS- COUNTRY RUN



The Department of Physical Education and Sports, Miranda House, successfully organized the Freshers' Cross Country Run on 12th September 2025. The event was held to welcome and encourage first-year students to actively participate in physical fitness and outdoor sports activities, witnessing enthusiastic participation and was a vibrant start to the new academic year.

A lively group of first-year students arrived early, geared up in proper attire and briefed on race safety.

Over 50+ students took part

in the run, with many registering in advance through the online form. To encourage more participation, on-the-spot registrations were also facilitated. Participants were provided with white T-shirts featuring the Miranda House logo, adding a sense of unity and excitement to the event.

The race commenced at 6:15 AM promptly from the Miranda House hostel gate.

The event buzzed with encouragement and

camaraderie, reflecting Miranda House's inclusive spirit.

Post-race, refreshments were served to all runners, contributing to the cheerful and energetic atmosphere. The top 10 runners were awarded with special prizes in recognition of their performance, while all other participants received certificates for their involvement and effort.

The event concluded successfully with the support and coordination of the Sports Union, organizing and managing the event, ensuring it was both safe and enjoyable for all participants. The Freshers' Cross Country Run not only fostered a spirit of sportsmanship, inclusivity, and physical fitness among the new batch of students, but also served as a great platform for new students to bond and build lasting memories at the start of their college journey.



# Mental Health Matters: Awareness Workshop

A workshop titled “Mental Health Matters” was organised on 19 September with the aim of creating awareness about mental well-being and emotional health among students. The session focused on encouraging open conversations around mental health and helping students better understand their emotions, stress, and overall psychological well-being.

The workshop witnessed the active participation of 109 students, reflecting a growing awareness and interest in mental health issues among young adults. The session provided a safe and engaging space for students to learn, reflect, and ask questions related to mental health challenges commonly faced in academic and personal life.

The session was conducted by Dr. Mallika Sharma, Assistant Professor and Ph.D. in Clinical Psychology. With her expertise and approachable style, she explained complex psychological concepts in a simple and relatable manner. The discussion covered topics such as stress management, emotional regulation, self-care practices, and the importance of seeking help when needed.

Students found the workshop highly insightful and reassuring, as it emphasised that mental health is just as important as physical health. The session encouraged participants to prioritise their emotional well-being and to support one another in creating a healthier and more compassionate campus environment.

Overall, the Mental Health Matters workshop was a meaningful and impactful initiative that helped break the stigma around mental health and reminded students that taking care of the mind is an essential part of leading a balanced and healthy life.





# Kicking in the Masculine field: Woman in/ and football



Football has long been constructed as a masculine field, shaped by ideals of physical strength, aggression, and male dominance. Within this gendered space, women's entry into football challenges deeply rooted social norms and power structures. By stepping onto the field, women not only contest the belief that sport, and football in particular is a male preserve, but also redefine femininity beyond traditional expectations of passivity and grace. Their participation exposes how gender is socially constructed rather than biologically fixed, as women perform skill, endurance, and competitiveness equal to their male counterparts. However, women in football continue to face structural barriers such as limited funding, media invisibility, and social stigma.

## About the workshop

The workshop "Kicking on a Masculine Field: Women and Football" was conducted with **Dr. Binu Sundas** as the guest speaker and witnessed the active participation of **95 students**. The session provided an insightful lecture on football as a traditionally masculine domain and the evolving role of women within it. Dr. Binu Sundas thoughtfully addressed issues such as gender stereotypes, social barriers, and the struggles faced by women in sports, while also emphasizing empowerment, inclusivity, and changing cultural attitudes. The lecture encouraged students to critically reflect on gender, power, and representation in sports.



# Inter Department TENNIS COMPETITION



The Inter-Department Tennis Competition at Miranda House was part of the department's effort to promote sportsmanship, fitness, and teamwork among students.

This event was organized by the Department of Physical Education and Sports as a competitive platform where students from different departments participated and represented their respective streams. The competition encouraged healthy rivalry, discipline, and skill development in tennis.

Held between 20 September 2025 to 10 October 2025, the event saw participation from 50+ students, showing strong enthusiasm for sports within the college. Matches were conducted in a structured format, allowing players to compete in rounds and showcase their techniques, coordination, and strategic thinking.

Beyond just competition, the event helped students:

- Build team spirit and collaboration
- Improve physical fitness and

agility.

- Develop confidence and competitive mindset.

Overall, the Inter-Department Tennis Competition contributed to holistic student development by blending physical activity with interpersonal growth, making it an important part of the department's annual activities.

A promotional poster for the Miranda House Tennis Inter Department Competition. The poster features the Miranda House University of Delhi logo at the top left and right. The text reads: "MIRANDA HOUSE UNIVERSITY OF DELHI Department of Physical Education and Sports PRESENTS TENNIS INTER DEPARTMENT COMPETITION 20 SEPTEMBER 2025". Below this, it says "\*Last date to register: 19 September 2025, Friday" and "Venue: Tennis Court | Time: 9:00 AM". At the bottom, it lists the Principal, Associate Professor, and Teacher in Charge, along with contact information for the President and Vice President. A QR code is also present for registration.

Prof. (Dr). Bijayalaxmi Nanda (Principal)  
Dr. Amita Rana (Associate Professor)  
Dr. Neeru Yadav (Teacher in Charge)

For any queries contact :-  
Akshita Bisht (President) +919059302484  
Maitreyee Atrey (Vice President) +918690955069

Scan the QR code to register





# Inter department VOLLEYBALL COMPETITION

The Inter-Department Volleyball Competition at Miranda House was organized by the Department of Physical Education and Sports as part of its inter-department sports activities, aimed at encouraging student participation in physical fitness and team sports.

Conducted during the period from 20 September 2025 to 10 October 2025, the competition witnessed enthusiastic participation from over 50 students representing various departments. The event provided a lively and competitive platform for students to engage in team-based sport and showcase their coordination, communication, and athletic abilities while interacting with peers beyond their own departments.

Volleyball, being a highly collaborative and fast-paced game, encouraged players to work closely as a team, placing emphasis on coordination, quick reflexes, and strategic play. Matches were organized in a systematic and structured manner, ensuring fair competition, smooth conduct, and active involvement of all participants. The competitive yet supportive environment allowed students to learn from each game and

improve their performance.

The event also played an important role in enhancing teamwork and leadership skills, as players had to coordinate effectively and take responsibility during matches. It contributed to improving physical fitness and stamina, while also helping participants develop better decision-making, agility, and coordination under pressure.

Overall, the Inter-Department Volleyball Competition fostered a strong spirit of unity, sportsmanship, and active participation among students, making it a meaningful and enriching experience that contributed to their overall personality development. It also helped in building confidence among participants and encouraged a healthy competitive spirit. The event further strengthened inter-departmental bonding and created lasting memories for all those involved.



The Inter-Department Chess Competition at Miranda House was organized by the Department of Physical Education and Sports as part of its inter-departmental sports events.

Held during the period 20 September 2025 to 10 October 2025, the competition saw participation from 50+ students across various departments. Unlike physical sports, chess provided a platform for students to engage in a game of strategy, concentration, and intellectual skill.

The competition involved structured rounds where participants competed by applying logical thinking, planning, and tactical moves. It created an environment that emphasized patience, focus, and mental discipline.

Through this event, students were able to:

- Develop analytical and problem-solving skills
- Improve concentration and strategic thinking
- Build confidence and decision-making abilities.

# Inter Department CHESS COMPETITION



**MIRANDA HOUSE**  
UNIVERSITY OF DELHI  
Department of Physical Education and Sports

★★ PRESENTS ★★

**CHESS INTER DEPARTMENT COMPETITION**  
10 OCTOBER 2025

\*Last date to register: 08 October 2025, Tuesday

Venue: Heritage Hall | Time: 2:00 PM

Prof. (Dr). Bijayalaxmi Nanda (Principal)  
Dr. Amrita Rana (Associate Professor)  
Dr. Neeru Yadav (Teacher In Charge)

For any queries contact :-  
Akshita Bisht (President) +919050302484  
Maitrayee Atray (Vice President) +918690955069



Scan the QR code to register



Overall, the Inter-Department Chess Competition contributed to the intellectual growth of students while promoting healthy competi-

-on and sportsmanship, making it an essential part of the department's co-curricular activities.



# Inclusive Sports Events

## FOR WOMEN FACULTY AND STAFF

The Sports Department of the college proudly upholds its cherished tradition of organizing annual recreational events for both teaching and non-teaching staff, fostering camaraderie, relaxation, and a vibrant sense of community beyond the rigours of academic life. This year, the event was conducted over three days, from 17th to 19th March 2026, and witnessed enthusiastic and wholehearted participation from staff members.

On 17th March 2026, a series of engaging

activities was organized for female teaching and non-teaching staff. Events such as the Medicine Ball Throw and Musical Chair generated an atmosphere of spirited participation, marked by laughter, enthusiasm, and friendly competition. The addition of a Ring Throw activity further enlivened the occasion, offering a delightful and informal space for interaction and enjoyment. Refreshments were thoughtfully arranged, contributing to the comfort and overall experience of the participants.





# FOR MALE FACULTY AND STAFF

# Sports Events Inclusive

The Sports Department of the college proudly upholds its cherished tradition of organizing annual recreational events for both teaching and non-teaching staff, fostering camaraderie, relaxation, and a vibrant sense of community beyond the rigours of academic life. This year, the event was conducted over three days, from 17th to 19th March 2026, and witnessed enthusiastic and wholehearted participation from staff members.

On 18th March 2026, activities were organized for male non-teaching staff, wherein preliminary Volleyball matches

were conducted, showcasing teamwork, coordination, and sporting zeal. The final matches of Volleyball were held on 19th March 2026, providing an energetic and engaging culmination to the event. The Chess competition, conducted on 19th March, highlighted intellectual acuity, strategic thinking, and focused engagement among the participants.





# SPORTS ACHIEVEMENTS

# ALL INDIA UNIVERSITY

# ACHIEV



Nikita Bohra  
Taekwondo  
III Position  
B.Sc. (H) Mathematics  
[II year]



Akshita Bisht  
Taekwondo  
B.A. Programme  
[III year]



Surbhi  
Chess  
B.A. (H) Geography  
[I year]



Shuchi Panwar  
Netball  
B.A. (H) Pol. Sci.  
[III year]



Palak  
Netball  
B.A. Programme  
[III year]

# ERS



Priyanka Mahar  
Taekwondo  
B.A. (H) English  
[II year]



Prabhiti Rao  
Athletics  
B.A. (H) Geography  
[III year]



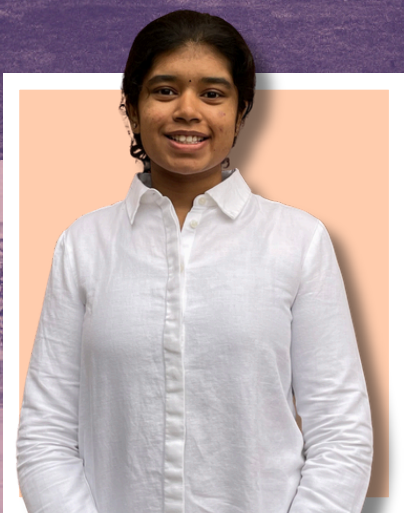
Toshani Rana  
Athletics  
B.A. Programme  
[II year]



Dikshita Kundu  
Netball  
B.A. Programme  
[III year]



Parnika Srivastava  
Netball  
B.A. (H) Economics  
[III year]



Verabelli Mahathi  
Shooting  
B.A. (H) Economics  
[II year]

# NORTH ZONE INTER UNIVERSITY ACHIVERS



Surbhi  
Chess [Gold]  
B.A. (H) Geography  
[I year]



Jaya Dadhich  
Basketball  
B.A. Programme  
[II year]



Shreya Anup  
Basketball  
B.A. (H) Economics  
[I year]

# NATIONAL ACHIEVERS



Palak  
Netball  
I Position  
B.A. Programme  
[III year]



Parnika Srivastava  
Netball  
I Position  
B.A. (H) Economics  
[III year]



Surbhi  
Chess  
B.A. (H) Geography  
[I year]



Shuchi Panwar  
Netball  
B.A. (H) Pol. Sci.  
[III year]



Verabelli Mahathi  
Shooting  
B.A. (H) Economics  
[II year]

# DELHI UNIVE COLLEGE AC



Prabhiti Rao  
4\*400m Relay Race [Gold]  
800 m Race [Gold]  
B.A. (H) Geography  
[III year]



Toshani Rana  
4\*400m Relay Race [Gold]  
400m Hurdles Race [Silver]  
B.A. Programme  
[III year]



Vaidai Shekhawat  
4\*400m Relay Race  
[Gold]  
B.Sc. (H) Mathematics  
[II year]



M M Laksha  
4\*100m Relay Race [Gold]  
100m Hurdles Race [Silver]  
B.A. (H) Geography  
[I year]



Ananya  
4\*100m Relay Race [Gold]  
100 m Race [Bronze]  
B.A. (H) Pol.Sci.  
[I year]



Shriya Tripathi  
4\*100m Relay Race  
[Gold]  
B.A. (H) History  
[I year]

# UNIVERSITY INTER CHAMPIONS



Deepika  
4\*100m Relay Race [Gold]  
B.A. Programme  
[II year]



Abhya Gaba  
4\*400m Relay Race [Gold]  
800 m Race [Gold]  
1500m Race [Silver]  
B.A. (H) Sociology [I year]



Rishika Prajapati  
Hammer Throw [Gold]  
B.A. (H) English  
[I year]



Sukriti Gambhir  
Shotput [Bronze]  
B.Sc. (H) Zoology  
[I year]



Shuchi Panwar  
Netball [Silver]  
B.A. (H) Pol.Sci.  
[III year]



Palak  
Netball [Silver]  
B.A. Programme  
[III year]

# DELHI UNIVE COLLEGE AC



Dikshita Kundu  
Netball [Silver]  
B.A. Programme  
[III year]



Parnika Srivastava  
Netball [Silver]  
B.A. (H) Economics  
[III year]



Vani Pareek  
Netball [Silver]  
B.A. (H) Pol. Sci.  
[II year]



Sneha  
Netball [Silver]  
B.A. (H) Mathematics  
[I year]



Jiya Mann  
Netball [Silver]  
B.Sc. (H) Chemistry  
[III year]



Saloni Chaudhary  
Netball [Silver]  
B.A. (H) English  
[III year]

# UNIVERSITY INTER CHAMPIONS



Zikra Tahir Wani  
Netball [Silver]  
B.A. (H) Pol. Sci.  
[II year]



Charvi  
Netball [Silver]  
B.A. (H) English  
[I year]



Shelly Negi  
Netball [Silver]  
B.A. Programme  
[I year]



Ahana Tripathi  
Netball [Silver]  
B.A. (H) Economics  
[I year]



Akshita Bisht  
Taekwondo [Gold]  
B.A. Programme  
[III year]



Priyanka Mahar  
Taekwondo [Gold]  
B.A. (H) English  
[II year]

# DELHI UNIVE COLLEGE AC



Nikita Bohra  
Taekwondo [Gold]  
B.Sc. (H) Mathematics  
[II year]



Shagun Chauhan  
Taekwondo [Silver]  
B.A. (H) English  
[II year]



Bhoomi  
Taekwondo [Bronze]  
B.A. (H) Pol. Sci.  
[I year]



Anshu Dagar  
Archery [Bronze]  
B.A. Programme  
[III year]



Yashika Rawat  
Tennis [Bronze]  
B.A. Programme  
[III year]



Lehar Singh Tomar  
Tennis [Bronze]  
B.A. (H) Economics  
[III year]

# UNIVERSITY INTER WONNERS



Vibhuti Bhatia  
Taekwondo [Silver]  
B.A. (H) Pol.Sci.  
[I year]



Khushi Gupta  
Taekwondo [Silver]  
B.A. (H) English  
[II year]



Verabelli Mahathi  
Shooting [Silver]  
B.A. (H) Economics  
[II year]



Udit Singh  
Tennis [Bronze]  
B.A. Programme  
[II year]



Nutan Yadav  
Tennis [Bronze]  
B.A. (H) Pol. Sci.  
[I year]

# College Sports Teams



NETBALL



KABADDI



VOLLEYBALL

# College Sports Teams



ATHLETICS



BASKETBALL

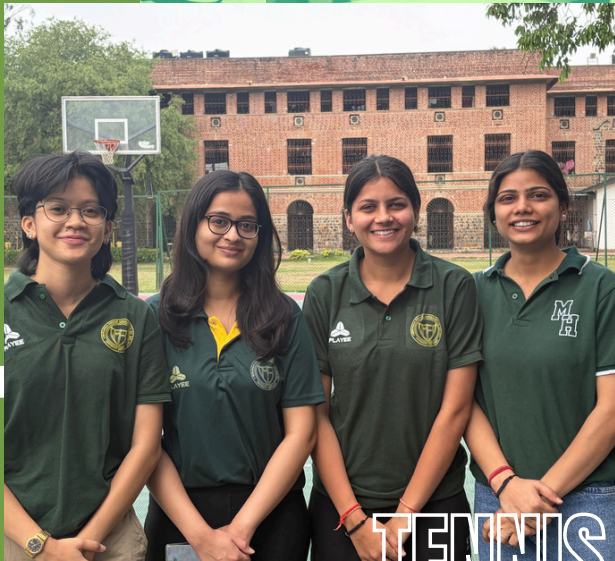


CHESS

# College Sports Teams



**TAEKWONDO**



**TENNIS**



**SHOOTING**



**BADMINTON**

I was thirteen, burning with fever, and I had made a promise to my mother I fully intended to break.

It was the night before my first-ever sports day — the 100-metre relay. I'd been picked for my house team, and in the way only a thirteen-year-old can, I had decided this was the most important day of my life. My mother struck a deal: you can go, but \*promise me\* you won't run if the fever climbs. I promised. The fever climbed. I ran anyway. When the baton landed in my hand, my house was last. Dead last. Four girls ahead of me, the finish line impossibly far. I didn't think. I just ran — for my house, for my seniors who had believed in me, and maybe most of all, for that thirteen-year-old who needed to prove something to herself. I crossed the line first.

In the stands, a stranger leaned over to the woman beside her and said, "That child's parents must be so proud."

My mother smiled and said quietly, "She's my daughter." That sentence has carried me through everything since.

## MIRANDA AND THE MAKING OF A SPORTSWOMAN

By the time I stood at the gates of Miranda House for

my sports trials in 1990, I had already won five events in Class 12 — determined, as always, to take on everything at once. Those three years were not gentle. I played Kho-Kho. I played football. I took on the heptathlon — \*seven\* events — because apparently I hadn't learned my lesson about doing things in moderation. I was on the ground every single day at 7 a.m., an hour from home, in every season. The college took note and gave me a special attendance and dedication award. But the trophies aren't what I remember most. It's the discipline that seeped into my bones. The understanding that losing isn't failure — it's preparation for a better comeback. The quiet, daily practice of becoming a slightly better version of yourself, because you are your only real competition.

My name is still on that board. "Shehla Qureshi, 1993." It still gives me chills.

# The Baton that changed everything

Kitty Kalra (Batch 1993)



Kitty Kalra (known as Shehla Qureshi during her Miranda days) is a celebrity Pilates and fitness expert, life coach, and positive psychology coach.

She is also the CII-IWN health & wellness vertical head.

She was Sports President of Miranda House, Batch of 1993.\*

## **WHEN THE GROUND SHIFTS**

Life, as it does, intervened. A car accident. The kind that makes doctors measure your future in careful, cautious sentences. The kind that could have ended everything.

It didn't.

The same stubbornness that made me run a relay with a fever, that made me show up to the ground every morning before the city was awake — that same spirit refused to accept that I would not walk again. I went through

physiotherapy. I fought my way back. And in that process of healing my own body, I found my next calling: Pilates. At 40, when many



people start winding down, I became a certified Pilates instructor.

At 50, I became a life coach. The world thought I was starting late. I knew I was right on time — because sports had taught me that there is no such thing as too late when you refuse to give up.

## **THE LEGACY**

Today, I work to give back what sport gave me — to help people heal their bodies, rebuild their confidence, and find that unshakeable core within themselves.

And my two sons? My elder one is a professional golfer. My younger, a professional cricketer. Not because I pushed them, but because they grew up watching what sports does to a person — how it makes you disciplined, grounded, and resilient in ways that no classroom can replicate.

Sports is not a supplement to life. It is the foundation.

It teaches you to fall and get up before anyone even notices you were down. It teaches you that medals and degrees are wonderful, but the grit you build chasing them is what actually carries you through. It teaches you — and this is the one I return to again and again — that you are your only competition.

Somewhere out there is a thirteen-year-old with a fever, staring at the ceiling the night before the biggest day of their young life.

Run anyway.

# Lacing up for the life: TRACKS to BOARDROOMS

Mukta Satya (Batch 2009)

Being in sports for almost 20 years, my days often began before the world woke up, getting ready, lacing up my sports shoes, carrying a bag full of food, and a heart full of motivation. It was a routine that felt ordinary at the time, yet it quietly shaped the rhythm of my life.

Back then, I didn't realize that the early morning practices, the exhaustion after training, and the pressure of competition were shaping something far more important than performance, they were shaping my character. They were helping me discover who I was, one race, one game, and one challenge at a time.

The sound of a starting whistle, the rhythm of feet hitting the track, the quiet focus before a throw or a sprint, these are memories that never really fade. Over time, I realized that sports were never just about winning medals or representing my school or college at state or national levels. They were about living a journey, one whose learnings have shaped who I am today. The first lesson sports taught me was discipline. It wasn't glamorous. It meant showing up every single day, even when I didn't feel like it. It meant choosing practice over comfort, consistency over excuses. Over time, discipline became second nature. Today, whether it is meeting deadlines or taking ownership of responsibilities, I find myself relying on the same mindset I developed on the field. But if discipline builds the foundation, resilience gives it strength.



Sports taught me how to lose, and more importantly, how to rise again. Not every race ended in victory. Not every performance met my expectations. There were moments of disappointment, frustration, and self-doubt. But each setback carried a silent lesson: pause, learn, and come back stronger. That ability to reset has stayed with me. Life, much like sports, is unpredictable. Situations change, roles evolve, and challenges appear without warning. But once you have learned to pick yourself up after a tough race, you realize you are capable of much more than you imagined. Being part of team sports like baseball and softball also taught me something invaluable, no one wins alone. Success is a collective effort. It requires trust, communication, and understanding that every individual plays a role. These experiences shaped my ability to collaborate, respect diverse perspectives, and work towards shared goals, skills that remain relevant in every phase of life.

Another lesson that continues to guide me is focus. In athletics, when you step onto your lane, everything else fades away. There is no room for distraction, only the present moment and the finish line ahead. That ability to stay present and give your complete attention to what truly matters is a skill I continue to value deeply. And then there is humility, perhaps the most grounding lesson of all. Winning teaches confidence, but losing teaches grace. It keeps you grounded and constantly striving for improvement without losing perspective.



As life moved forward, the arenas changed. The tracks were replaced by meeting rooms, the scoreboards by milestones, and competitions by challenges of a different kind. But the athlete within me never left. The same discipline helps me stay consistent. The same resilience helps me navigate uncertainty. The same focus keeps me aligned with my goals. And the same humility reminds me that there is always more to learn. Looking back, I realize that sports were never just a chapter of my life, they were the foundation of it.

If I were to summarize my journey in sports into three enduring lessons, they would be:

- Discipline builds consistency, and consistency builds confidence

It's not about one great performance, but about showing up every single day, even when it's hard.

- Resilience is your greatest strength

Losses and setbacks are inevitable. What defines you is how you respond, recover, and rise again.

- Success is never individual, it is built on teamwork and humility



Understanding others, staying grounded, and growing together matter the most. Having said that, I would also like to acknowledge that the journey is tougher than it may appear. There will be moments when you feel like giving up, especially when the lessons you are learning on the field are not immediately visible. However, these very moments are quietly shaping you into a stronger, more resilient version of yourself. To every student and sports enthusiast reading this, I would say: value your journey and show up every day. Because long after the medals are stored away and the matches are over, what stays with you is not the scoreboard, but the strength, discipline, and spirit you built along the way.

And in the marathon of life, that is what truly helps you keep going.

# A Mirandian at Heart

Visheshta Singh  
(Former President,  
Miranda House Sports  
2020–21)



Some places do more than simply become memories, they quietly become a part of who you are. For me, Miranda House will always be one of them.

Serving as the President and Treasurer of Miranda House Sports remains one of the most meaningful chapters of my time there. As a student of the Physical Education Department, I was fortunate to belong to a space where support came naturally. There was never really a distinction of seniors or juniors, it was just individuals, each different, yet together forming the most wonderful balance.

A special mention to our then HOD Rana Ma'am, and my dear Neeru Ma'am, whose warmth and guidance shaped not just me, but so many of us. Their belief nurtured a confidence that many

Mirandian women carry with them long after leaving those corridors.

Writing for Apogee again feels deeply nostalgic, especially knowing that I was among those who once had the privilege of contributing to its beginnings.

Miranda House Sports is not merely a culture; it is a legacy. A legacy of resilience, spirit and camaraderie. Even in uncertain times, that spirit stood strong — reflected beautifully when Miranda House became the first college to successfully host an online sports fest during COVID.

Looking back, I realise how profoundly those years shaped my journey. From representing India in skating at international platforms to creating Guinness World Records, the encouragement

I received at Miranda House travelled with me far beyond its gates.

Today, I step into a new chapter — beginning my entrepreneurial journey and building my own venture, carrying forward the same passion and perseverance that Miranda nurtured in me.

And wherever life takes me, a part of me will always remain in the bliss of Miranda House — dreaming, striving, and forever proud to be a Mirandian.





The journey of an athlete begins long before the applause. It starts with a coach—often the most visible part of this invisible team. A coach is not just someone who teaches techniques or strategies; they are mentors, motivators, and sometimes even emotional anchors. They study the athlete's strengths and weaknesses, design training routines, and push them beyond their limits. But more importantly, they believe in the athlete even during moments of doubt. When the athlete feels like giving up, it is often the coach who reminds them why they started.

Equally important are the fitness trainers and physiotherapists who ensure that the athlete's body can handle the demands of high-level performance. Training at an elite level puts immense strain on the body, and injuries are almost inevitable. Physiotherapists play a crucial role in recovery, helping athletes heal and return stronger. Fitness trainers, on the other hand, focus on building endurance, strength, and flexibility. They carefully plan workouts that not only improve performance

but also prevent injuries.

When we watch a champion standing on the podium, holding a trophy or wearing a medal, the moment feels individual. The spotlight shines on one person—the athlete. Their name echoes through stadiums, their face fills screens, and their story inspires millions. But what often goes unnoticed is that no champion truly stands alone. Behind every successful athlete is an invisible team, working tirelessly behind the scenes, shaping, supporting, and strengthening them every single day.

Another key member of this invisible team is the nutritionist. What an athlete eats directly impacts how they perform. Nutritionists create carefully balanced meal plans tailored to the athlete's specific needs, ensuring they get the right amount of energy, protein, vitamins, and minerals. Whether it is preparing for a marathon, a cricket match, or a wrestling bout, the right diet can make a huge difference. Nutritionists also educate athletes about hydration, recovery meals, and maintaining peak physical condition.



# THE INVISIBLE TEAM BEHIND EVERY CHAMPION

COACH

TRAINER

PHYSIO

ANALYST

SUPPORT STAFF

Beyond the professional team, there is another group whose contribution is deeply personal and emotional—the family. Parents, siblings, and close friends form the foundation of an athlete’s support system. They are the ones who make sacrifices, whether it is waking up early for practice sessions, managing finances, or simply offering encouragement during tough times. Their belief and unconditional support often fuel the athlete’s determination. While they may not be present on the field, their influence is felt in every performance.



There are also many unsung heroes who work quietly in the background—team managers, equipment staff, and even groundskeepers. Team managers handle logistics, ensuring that travel, schedules, and arrangements run smoothly so the athlete can focus entirely on their performance. Equipment staff take care of gear, making sure everything is in perfect condition. Groundskeepers prepare the playing field, creating an environment where athletes can perform at their best. These roles may seem small, but they are essential pieces of the larger puzzle.

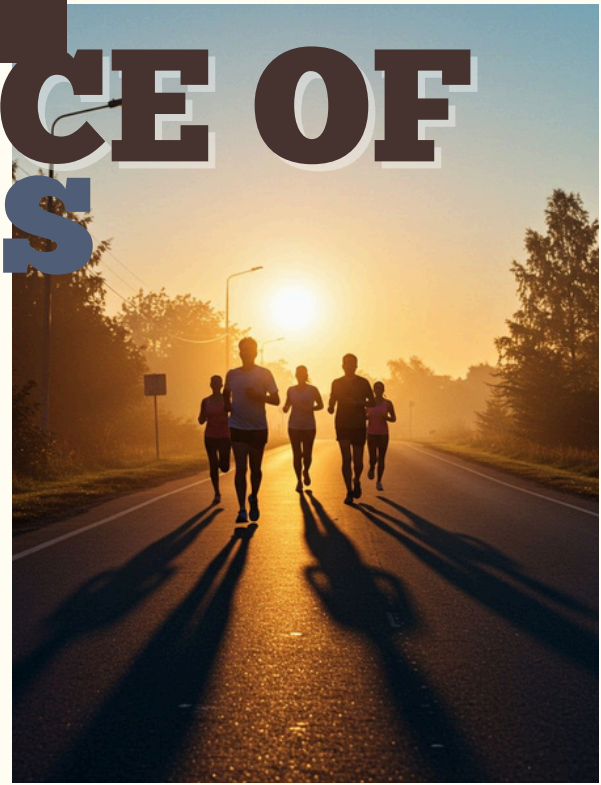


What makes this invisible team truly remarkable is that their efforts often go unrecognized. They work long hours, face challenges, and share the pressure, yet they remain behind the curtain. Their success is reflected not in personal awards but in the achievements of the athlete they support. They celebrate quietly, knowing that their contribution has helped create something extraordinary.

Understanding the role of this invisible team changes the way we look at success. It reminds us that greatness is rarely the result of individual effort alone. So the next time we cheer for a champion, it is worth remembering that the applause belongs not just to the athlete but to an entire team standing silently behind them. Their invisible efforts are what turn potential into performance and dreams into reality.

# THE SCIENCE OF COMEBACKS

In the world of sports, retirement has traditionally been viewed as the final stage of an athlete's career—a point where years of intense competition come to an end. However, the modern sporting era has challenged this belief. Today, many athletes are redefining retirement, treating it not as a permanent exit but as a pause before a potential return. These comebacks are not accidental; they are deeply rooted in scientific training, psychological strength, and strategic planning. The idea of returning after retirement highlights how sports is not just about physical ability, but also about mindset, discipline, and adaptability.



One of the most important factors behind a successful comeback is mental readiness. Athletes often retire due to reasons such as injuries, loss of form, personal commitments, or burnout. However, the passion for the sport rarely fades. This internal drive, also known as intrinsic motivation, plays a crucial role in pushing athletes to return. They often feel that they still have something left to achieve—whether it is winning another title, representing their country again, or simply ending their career on a better note. Along with motivation, confidence is equally important. Athletes must overcome self-doubt and public criticism, especially when people question their ability to perform at the same level again. Sports psychologists often work with returning athletes to rebuild confidence, improve focus, and manage pressure effectively.



From a scientific point of view, the body undergoes several changes during retirement. Reduced training can lead to a decline in stamina, muscle strength, and reflexes. Therefore, athletes planning a comeback must follow a structured and disciplined fitness routine. Modern sports science plays a key role in this process. Recovery techniques such as physiotherapy, proper nutrition, and rest cycles are equally important. This includes balancing workload with recovery, which helps in maintaining fitness even at an older age. As a result, many athletes are now able to extend their careers and perform effectively even after a break.



Another inspiring example is **Sania Mirza**, who made a strong comeback after a break due to motherhood. She returned to international tennis and went on to win major doubles titles, proving that personal life changes do not necessarily end a professional career. Similarly, **Yuvraj Singh** made a courageous return to cricket after battling a serious illness. His comeback was not only about sports performance but also about mental strength and determination, inspiring millions across the country.

The science of comebacks in sports is a combination of mental strength, physical conditioning, experience, and modern technology. Retirement is no longer seen as the end of an athlete's career, but rather as a phase that can be followed by a powerful return. Athletes who make successful comebacks prove that determination, discipline, and passion can overcome age, setbacks, and challenges. Their journeys inspire not only sports enthusiasts but also anyone facing difficulties in life, reminding us that a second chance can often be as impactful as the first.

Despite the inspiring nature of comebacks, the journey is not easy. Athletes face multiple challenges when they decide to return. Physically, it takes time to regain peak fitness, and the risk of injuries is higher compared to younger players. Competition is another major hurdle, as new and younger talent continuously emerges in every sport. Additionally, athletes have to deal with high expectations from fans and media, who often compare their current performance with their past achievements. This can create immense pressure. However, those who succeed in making a comeback are the ones who remain focused, disciplined, and patient throughout the process.

India has witnessed several remarkable comeback stories that highlight determination and resilience. One of the most notable examples is **MS Dhoni**, who, after retiring from international cricket, continued to play in the Indian Premier League and led his team successfully with exceptional leadership and calmness. His consistent performance even after stepping away from international matches shows how experience and fitness can sustain a sporting career.



# THE POWER OF STADIUM CROWDS

## WHEN THE CROWD BECOMES THE 12TH PLAYER

The roar of a packed stadium is more than just noise, it is energy, emotion, and influence. From football arenas to cricket grounds, crowds have the power to shift momentum and inspire greatness.



## THE SOUND OF BELIEF

Crowds create psychological pressure for opponents while boosting the confidence of home teams. The louder the support, the stronger the belief among players.

Crowd energy often acts as a catalyst for performance. Players feed off the noise, turning pressure into motivation and transforming ordinary moments into extraordinary ones.



## A DEEPER LOOK INTO THE IMPACT OF FANS ON SPORTING PERFORMANCE

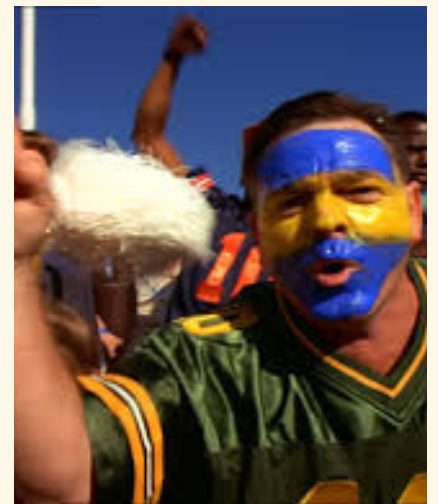
### “FOOTBALL UNITES THE WORLD”

Home advantage is often driven by crowd support. Studies have shown that teams perform better when backed by passionate fans, influencing referee decisions and player morale.

Historic moments, from last

minute goals to impossible comebacks, are often fueled by the electrifying atmosphere created by thousands of voices united in support.

The connection between players and fans creates a unique rhythm within the game, where every cheer, chant, and reaction adds intensity to the moment. This shared energy transforms sport into something far greater than competition, it becomes a collective experience.



A silent stadium feels incomplete. Fans are not spectators, they are an integral part of the game, turning sport into an unforgettable experience.



Crowd support is not just emotional it has a scientific basis. Studies in sports psychology show that noise levels, collective chanting, and visual support can significantly enhance player performance. This phenomenon, often called social facilitation, suggests that athletes perform better when they feel observed and supported.

Research also indicates that referees can be subconsciously influenced by home crowds, leading to favorable decisions. The pressure created by thousands of voices can impact split-second judgments, making the crowd an invisible yet powerful force on the field.



## THE DARK SIDE OF CROWD PRESSURE

While crowd energy can uplift, it can also overwhelm. Excessive pressure may lead to anxiety, mistakes, or burnout among players. Hostile crowds can create intimidating environments for visiting teams, sometimes crossing into unsportsmanlike behavior.

Maintaining a balance between passionate support and respectful conduct is essential to preserve the spirit of the game.

## ICONIC MOMENTS DRIVEN BY FANS

Some of the greatest moments in sports history have been fueled by electrifying crowds. Last-minute goals, dramatic finishes, and unexpected comebacks often occur in high-energy stadiums.

From football World Cup matches to intense cricket finals, the roar of the crowd has pushed athletes beyond their limits. These moments remind us that fans are not just spectators they are co-creators of sporting history.



A stadium is more than a venue it is a living, breathing force powered by its fans. The energy, passion, and unity of crowds transform sports into unforgettable experiences.

# INDIA ON THE WORLD STAGE

From cricket pitches to chessboards, from kho-kho courts to javelin runways, India's athletes delivered a year of unprecedented sporting achievement in 2025–26. Across twelve disciplines and every corner of the globe, the tricolour flew higher than ever before — not in one great moment, but in dozens of them.

## CRICKET

### ICC CHAMPIONS TROPHY 2025

Rohit Sharma's unbeaten India steamrolled through Pakistan and the UAE, defeating New Zealand by four wickets in a thrilling Dubai final. India have now won 23 of 24 ICC knockout matches in recent tournaments — a record of dominance without precedent in world cricket.

### ICC WOMEN'S ODI WORLD CUP 2025

After decades of heartbreak, Harmanpreet Kaur's team made history — defeating South Africa by 52 runs in the Navi Mumbai final for India's first-ever Women's ODI World Cup. Jemimah Rodrigues' century in the semi-final chase of 338 against Australia will be remembered forever.



INDIA'S WOMEN'S CRICKET TEAM CELEBRATE THEIR HISTORIC MAIDEN ODI WORLD CUP TITLE IN NAVI MUMBAI — A MOMENT 40 YEARS IN THE MAKING.

## MEN'S T20 WORLD CUP 2026

India crushed New Zealand by 96 runs to win back-to-back and third overall T20 World Cup titles. The Under-19 men's side also lifted the U-19 World Cup, defeating England by 100 runs to underscore India's total dominance of the white-ball formats.



## ATHLETICS

NEERAJ CHOPRA — 90 METRES

Neeraj Chopra became the 25th man in history to throw the javelin beyond 90 metres, launching 90.23m at the Doha Diamond League. The barrier had been India's white whale for years — its breach rewrote the limits of Indian athletics on the global stage.

## CHESS

DIVYA DESHMUKH — WORLD CUP CHAMPION

Divya Deshmukh, seeded 15th, toppled higher-ranked opponents across the Batumi knockout bracket to win the Women's Chess World Cup 2025 — earning the Grandmaster title directly in the process. She became India's 88th Grandmaster and the fourth Indian woman ever to achieve the honour.



## SHOOTING

Suruchi Singh & Samrat Rana —  
World Titles

Teenage shooter Suruchi Singh accumulated four World Cup golds through the 2025 season and topped the year-end elite final in Doha, while 20-year-old Samrat Rana became India's first-ever men's air pistol world champion at the Cairo World Championships.



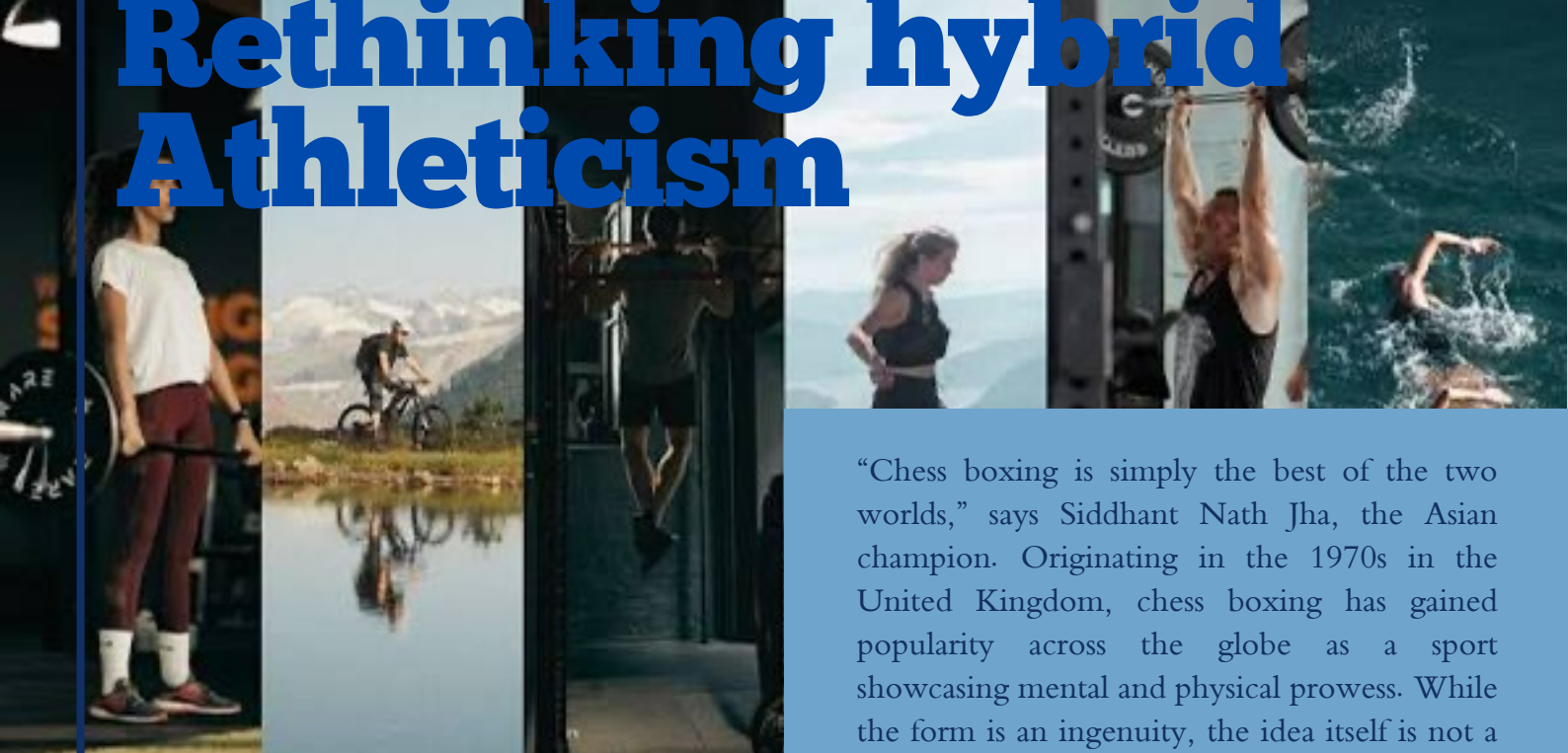
## BOXING

World Boxing Championships 2025

Jaismine Lamboria won gold in the women's 57 kg category at the World Boxing Championships in Liverpool, with Nupur adding a silver in the +80 kg division one of India's strongest-ever showings at the global championships.



# Muscle and Musings: Rethinking hybrid Athleticism



One thunderous jolt, one wrong move, and the game is over. Here, every punch hits hard, every tactic counts. Sparring action, composed calculations. Crisscrossing movements, navigating squares. Thudding checks and lightning jabs—the king must conquer them all.

Decathlons and pentathlons date back to the ancient Olympic Games of the 7th century BCE, where a ‘complete athlete’ was a man with agility in both mind and muscle. Philosophers like Plato and Aristotle despised excess proficiency in either faculty. Contemplating the unjustified divide between mental and physical sport, Jha adds, “They are not mutually exclusive and use strategies of each other.”

Speaking of the quick transition between alternating rounds, Siddhant reflects, “It’s not how good you are at one, but how well you can cover both.” Asian cultures have also emphasized this dual harmony. The Confucian concept of ritual archery is an enriching example of achieving this beautiful Yin-Yang. Japanese samurais too incorporated mental exercises with combat drills.

“Chess boxing is simply the best of the two worlds,” says Siddhant Nath Jha, the Asian champion. Originating in the 1970s in the United Kingdom, chess boxing has gained popularity across the globe as a sport showcasing mental and physical prowess. While the form is an ingenuity, the idea itself is not a novelty, as the roots of hybrid sports are traced to antiquity.

In fact, the very origin of chess from Chaturanga (the four arms of the army) lies in the need for strategic acumen in military training. The notion of a ‘Renaissance man’ too celebrated the humanist ideal of prolific and dynamic individuals. Michelangelo’s David—a herculean physique and an introspective posture—represents the epitome of the synthesis between the mind and the body.

It was in the modern period that expertise in one niche became a fad. “In this fast-moving world, people always look for a new package, new source of entertainment, and new competition,” asserts an optimistic Jha as he endorses the rise of hybrid sports. “Today specialization is rewarded more, but being good at many things is a specialization of its own.” In competitive sport, as in the corporate world, multifaceted personalities are being lauded everywhere

A societal prism can indeed be lent to the sport and how it highlights the changes around us. “Chess boxing represents contrast,” ponders Siddhant. In the contemporary world, the void between reason and reality, intellect and instinct, is perhaps our biggest psychological crisis. It mirrors human nature and its perpetual oscillation between thought and action.

This visceral tussle forms the underlying theme of Enki Bilal’s novel *Cold Equator*, which acted as the inspiration for the sport’s invention. It is Ray’s *Shatranj ke Khiladi* that most aptly reflects the dire consequences of the obsession with abstraction alone. Chess boxing, therefore, serves as the antithesis of this cerebral luxury, emphasizing intellect with responsible working.

In this sense, it breaks the traditional binary of set norms. “It shatters inherent assumptions that one person cannot be good at both,” postulates Jha. “It pushes a sportsman to explore what he doesn’t consider to be his forte.”

Pragya jain

BA History Hons, 2<sup>nd</sup> year

Gender yardsticks too stand shattered. “It’s mostly women making the news in chess boxing,” says Siddhant as he rejects the assertion that bodily strength is solely a masculine domain. This sport of ‘paradoxes’ and alternating personalities therefore has a profound impact on an athlete’s perception. “It has made me calmer and in control of my emotions.”

The State of the Industry Report 2025 revealed that individuals indulging in hybrid training have 32% fewer age-related health issues compared to those engaging in single-modality approaches. Acknowledging their inherent potential, hybrid sports are making their debut at formal events such as the Olympics, the latest addition being skimo.

Back ranks and boxing rings, however, are often difficult to tread. Non-institutionalized sports struggle for government backing. “All I want is to play,” says Siddhant, with a shimmer in his

eyes. Even when the flags go down, the gears must stay up. Blows against the opponent’s castle must never suffice. Checks on guarded gloves must never surrender. Blitzkrieging his way through, a chessboxer shall thrash out his files on life’s board



# From Nervous Beginnings to Belongings

Ragini shahi , 1<sup>st</sup> year  
Ba programme (history+ physical education)  
NETBALL



Joining a sport team in college can be both exciting and intimidating, especially for someone who is new to the environment. My journey with the college netball team began with a mixture of curiosity, nervousness and uncertainty. However what started as a hesitant step soon transformed into a deeply encouraging and unforgettable experience, largely because of the incredible support from my department and seniors.

On my very first day with the netball team, I felt extremely nervous. Being surrounded by experienced players and unfamiliar faces made me question whether I truly belonged there. However, this hesitation slowly disappeared because of the warm and supportive atmosphere created by my department. The faculty members and mentors showed immense encouragement and belief in every student who wished to participate in sports. Their supportive attitude made it clear that passion and dedication mattered more than anything else.

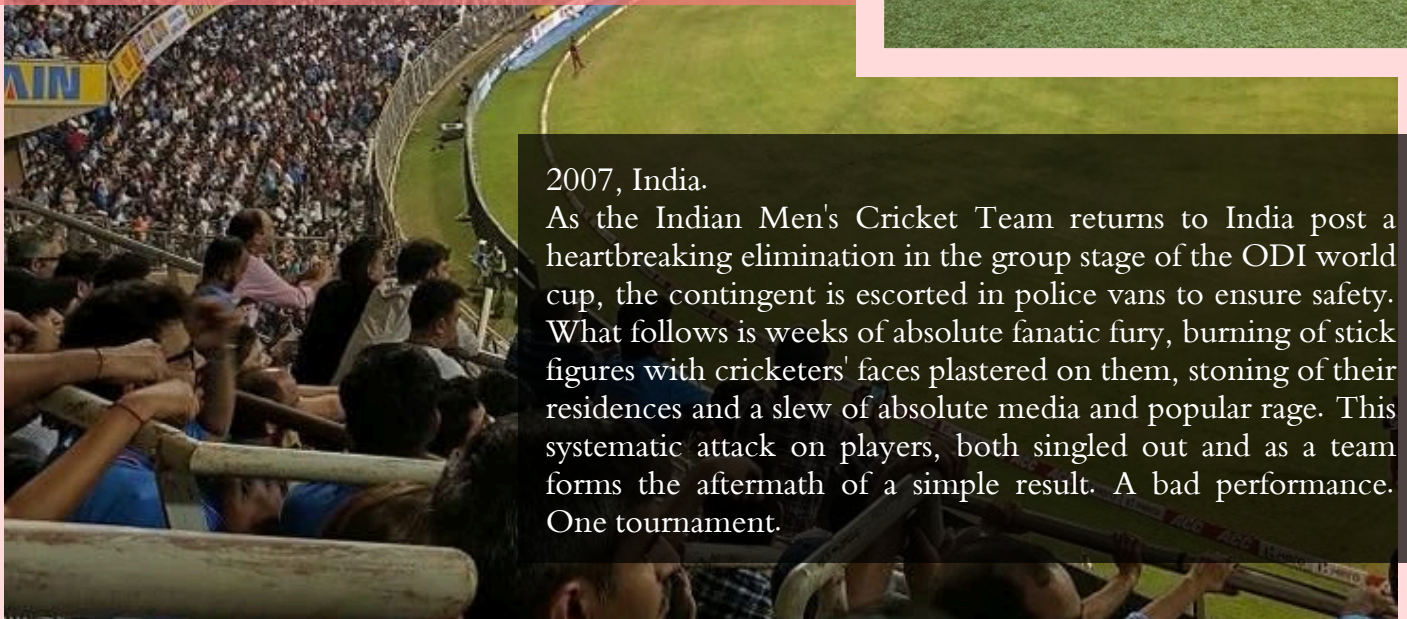


A major turning point in my journey was the encouragement I received from my physical education teacher, Neeru Mam. She was the one who invited me to join the netball team and motivated me to give it a try. Her words of encouragement gave me confidence to step onto the court despite my doubts. Equally inspiring was the support I received from my seniors. From the very first day, they treated me with kindness and patience. Instead of making me feel like a newcomer, they welcomed me as a part of the team. As time passed, my nervousness gradually turned into excitement and determination. Each practice session helped me build confidence, improve my skills, and develop stronger bonds with my teammates.

Looking back, joining the netball team was not just about playing a sport; it was about discovering confidence, teamwork and a sense of belonging. It taught me that opportunities should never be limited by labels such as sports quota or general student. With the right encouragement and supportive environment, anyone can step forward and grow.

# Fans, Feelings and Feats

## — A tale of Indian sports and its fandom



2007, India.

As the Indian Men's Cricket Team returns to India post a heartbreaking elimination in the group stage of the ODI world cup, the contingent is escorted in police vans to ensure safety. What follows is weeks of absolute fanatic fury, burning of stick figures with cricketers' faces plastered on them, stoning of their residences and a slew of absolute media and popular rage. This systematic attack on players, both singled out and as a team forms the aftermath of a simple result. A bad performance. One tournament.



Skip to 20th November 2023, Ahmedabad, India.

The day after one of the most heartbreaking losses of India on Indian soil. The players, the crowd all watched the ODI world cup slip right through their fingers. As sorrow painted the air, a rather frightening possibility should have lingered in hearts. A repeat of 2007. For this loss was definitely not inevitable, right? Yet. Yet, these 11 Men were celebrated as players, warriors who gave their best. Nothing but acceptance.

Between these two incidents, one might point out the difference of context and performance at the tournament to be the reasons for the profound change. However, a single close look and it's revealed how this change is not isolated to these two incidents. How the fanatic fury has diffused. How the absolute deification of sportspersons has moved to give space to the perception of them too, as humans. Be it the women's hockey team's missed chance at a medal at Tokyo Olympics, or the Badminton contingent's lost medals at Paris. The fans continued believing, albeit with a pinch of salt. Constructive criticism is what the trend looks like it's moving towards. But is the pace enough? Is the magnitude really enough to call it a trend?

## Feelings, Failures and Feats

India has always been a country of extremes when it comes to emotions. Be it our films or our lives. It's all or nothing. Drama. And this has inevitably seeped into the fan culture. Going so far as to suggest retirement to top cricketers simply due to a stint of bad form, the media too had never been forgiving. However, something changed in the decades of 2010s and 2020s. Something that made fans view sportspersons, celebrities as more than their sport. As persons. Perhaps social media is to be credited here. As the masses got exposed to more of their lives beyond the grounds and courts, the celebrities now seemed like us. Like normal people. The flood of sport biopics and sport biographies added just the perfect lens. Fans were very naturally made to confront the hypocritic nature of their support. The onset of covid brought just the perfect perspective to this craze behind sportspersons.

The fragility of life, the uncertainty of every next moment, somewhere very subtly, subconsciously changed the trend to appreciating the efforts regardless the result. All this background with increasing social media sensitivity coupled with rising government and private interest and involvement in development of sports infrastructure meant a trend of better performances. And these performances further inspired even better performances and the chain continued. Mental barriers were broken (cue Neeraj Chopra's Olympic gold). So were records. India logged it's highest ever fourth place finishes in one single edition of Olympics at Paris 2024. The fan support played a significant role again. For the first time ever, the entire nation was glued to their screens from 11 in the morning to watch and support India at Olympics. Despite the multiple missed chances at medals, the support stood unwavered. However, was all really well? Is all really as perfect as it seems?



## The Flip Side

“Arre ye toh ads karne laga hai ab, ye nahi laaega medals”

(He's begun doing ads, he won't win anymore)

– Fans on Neeraj Chopra's endorsements post win at Tokyo.

“Bas karo, ab kya har jagah medals leke jaaogi?”

(Enough, will you take medals everywhere now?)

– Fans on Manu Bhaker's stint post win at Paris

Such comments are painfully common across platforms, not just on Chopra or Bhaker, but on every sport personality who attracts attention as a result of their exceptional performance. It's almost as if an entire part of the crowd is waiting for a downfall. For the curtain to fall on the rise. One bad performance and the endorsements, ads, engagements not even relevant to their game are attacked. Despite contextually exceptional performances, it's never good enough. They win medals? Now they won't continue to do so because they are made heroes. They didn't win medals? Ah, told you they can't handle pressure. The hypocritic nature of such support is not only frustrating but also disheartening and shameful on part of us spectators. But how does it stop?



# ONSET OF AN EPOCH

The debate on the hypocritic nature of fan support in sports is a never-ending ensemble of intellectual and emotional arguments from every side. “How’ll they improve if we keep praising them through failures?” “How’ll they improve if we don’t support them at their lowest?” The very opposing nature of means yet the absolute overlap of ends is what perpetuates this debate. It’s also exactly what holds the power to conclude it.

As fans, spectators all of us want the sport to grow, however it is essential for us to understand that a performance, any performance is not an isolated effort of the player, instead it is a culmination of multiple factors, efforts from multiple individuals (coaches, trainers) and institutions. Yes, the player is the most significant one but one must not forget he/she is also the most visible one. And so, in times of disappointing performances, they become the easiest targets. To remind oneself of this every time one begins to comment must be made a habit. To remember the difference between commenting and destroying a player’s self-esteem over one performance, one series must become a habit, a necessity. Sensitivity must continue to develop, both on social media and in real life. Understanding that different views can and do exist about players, performances and the sport itself and accepting that these are just that, views. Realising that we as spectators may have the best knowledge of the sport and yet our role is just that of a spectator, a fan. To allow the players to grow into their own selves, the sport to develop, without us tearing it down every chance we get is absolutely crucial.

India has historically had more experiences of quick rises and fizzled out careers than longevity of sport dominance (excepting a few cases). Amidst such an experience it is only natural to not get your hopes high and expect downfall from the very moment of victory. And yet we hope. Against all odds. For that’s who we are. Resilient. Hopeful. Unfazed. Let us not forget that as we continue to rise the flag of Indian sports higher and higher, for generations to come.

**Bhargavi Mahto**  
III Year, B.A. (Hons) Political Science



# EROBERN

Erobern'26 emerged as a vibrant three-day sporting spectacle, uniting students from various Delhi University colleges in an atmosphere brimming with enthusiasm, determination, and team spirit. The event showcased an impressive range of sports, including basketball, volleyball, kabaddi, tennis, netball, and chess, along with engaging fun events such as obstacle race, sack race, and three-legged race. Adding further diversity were activities like sports quiz, aerobics, and rhythmic yoga, ensuring a balanced blend of physical intensity and mental engagement.

The fest witnessed enthusiastic participation, with students displaying remarkable skill, resilience, and sportsmanship throughout. The fields and courts remained lively, reflecting the dedication and passion of every participant. Smooth coordination and efficient management by the organizing team ensured that each event was conducted seamlessly, maintaining a high level of energy across all three days.

A major factor behind the success of Erobern'26 was the generous support of our sponsors, gifting partners, and refreshment partners, whose contributions significantly enhanced the overall experience. Their involvement not only added vibrancy

but also ensured comfort and motivation for participants and attendees alike. Prize distribution ceremonies brought moments of pride and recognition, celebrating achievements in a spirited setting. The contribution of respected coaches and judges was acknowledged too. The presence of esteemed sports committee members further added prestige and encouragement. Overall, Erobern'26 stood as a true celebration of unity, perseverance, and sportsmanship, leaving behind lasting memories for everyone involved.



# DAY 1

12th February

Erobern'26 commenced with great enthusiasm, marking the beginning of a vibrant three-day sports fest. Day 1 featured exciting matches in basketball, volleyball, kabaddi, tennis, and netball, showcasing remarkable teamwork and competitive spirit. A key highlight was the Inter-Departmental Sports Prize Distribution Ceremony, which united students as proud representatives of their departments. Prizes were awarded for events like obstacle race, sack race, and three-legged race, celebrating participation and sportsmanship. The event was graced by esteemed sports committee members, whose presence added prestige and encouragement, setting an inspiring tone for the days ahead.







13th February 2026 marked an energetic second day of Erobern'26, filled with excitement and spirited competition. The campus came alive with matches in basketball, volleyball, netball, and more, highlighting exceptional talent and sportsmanship. A major highlight was the Red Bull event launch, which infused fresh energy into the fest, alongside the presence of various sponsors that enhanced its vibrancy. The Inter-College Prize Distribution Ceremony added significance, recognizing achievements across sports. With seamless coordination and enthusiastic participation, the day stood out as a perfect blend of teamwork, fun, and unforgettable sporting moments.

# 13th February DAY 2





# DAY 3

## 14th February

Day 3 of Erobern '26 was energetic and engaging, featuring activities like aerobics, rhythmic yoga, sports quiz, and chess competitions. The aerobics and rhythmic yoga sessions promoted fitness, coordination, and relaxation among participants. The sports quiz tested students' knowledge and created a lively competitive atmosphere, while the chess competition highlighted strategic thinking and concentration. The day concluded with the prize distribution ceremony for events such as basketball, chess, rhythmic yoga, and other sports competitions. Overall, the day was enjoyable and memorable, encouraging active participation, teamwork, and sportsmanship among students.





# Editor's Note

As we reach the final pages of this year's edition, we look back on a journey charged with energy, determination, and the true spirit of the game. Every match, every moment, and every story captured in this magazine reflects the passion, resilience, and teamwork that define sports. From thrilling victories to lessons learned in defeat, these pages celebrate not just performances, but the unwavering dedication of athletes who push their limits every single day. This magazine is more than a collection of highlights, it is a tribute to the spirit of sportsmanship, unity, and perseverance. We hope these moments have inspired you, fueled your enthusiasm, and deepened your love for sports.

Until next time, keep playing, keep striving, and keep the spirit of sports alive.



