

APOGEE



MIRANDA HOUSE

University of Delhi

Third Edition

2022-2023



*Department of Physical
Education and Sports*

RAVE UP YOUR SPIRIT
for the success lies around



mirandahousesports



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 editorial team and to Dr Amita Rana for their painstaking work.

Miranda has always set its own path to reach for the stars.

This is indeed a step in the right direction.
Wishing everyone good health and safety.

Prof. (Dr.) Bijayalaxmi Nanda

PRINCIPAL



From The Desk of

Teacher-in-Charge

“If I have a reason to do something, and I have enough passion, I generally succeed.” ~ Leander Paes

Welcome to the Third 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
Department of Physical Education & Sports





Teacher's Desk

Everyday digital media is becoming more important as a means of receiving, producing, sharing and broadcasting information. There is no doubt that digital publications have always been a great option that provides a whole new world of magazine design. It gives me immense pleasure to note that the family of Department of Physical Education and Sports, Miranda House has taken this initiative to bring upon their e-magazine. The whole department shall always strive to move ahead no matter what the situation is and celebrate this proud moment. This edition becomes more important after the pandemic conditions which showcases the creativity of the students and converting challenges into opportunities. This magazine 'Apogee' reflects all achievements and efforts of the students. It captures the momentous moments of college journey. It tries to bind together each and every aspect of our own Miranda House Sports family. This issue might be termed as a reminiscence of our Alma Mater's glory. This was another splendid year, with our students bringing laurels to the college in the field of sports. Their achievements were so vivid that all our efforts to include their accomplishments in one issue went in vain. The present magazine has been drafted to exact demand as well as requirement of readers. It is written in systematic manner to provide the widest possible exposure to the topics. Diagram and photographs have been given to enhance clarity and better understanding of the concern topics. I congratulate all the contributors and Sports Union for their sincere efforts in bringing out this magazine. This is the perfect platform for you to reflect your vibrant talents in a creative way.

I hope that teachers and students would find this magazine useful in several ways. Best wishes to all the readers of this magazine.

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



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 जिंदगी 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 कायदे 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 । जहां न जाति और धर्म के बंधन है 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 ताकत 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

Apogee



Ms. SIYA
Union'23

A NOTE FROM

Vice President

"A healthy mindset and a fit heart makes some one progressive in every field."

THE DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS IS PROUD TO RELEASE THE 3RD EDITION OF APOGEE AND CARRYING FORWARD THE LEGACY. BEST WISHES TO OUR READERS.

The Sports Department of the renowned women's college, Miranda House, University of Delhi is a hub of athletic excellence, where the students hone their physical abilities and sportsmanship qualities. Led by a team of experienced coaches, the department offers a wide range of sports, including Archery, Basketball, Shooting, Tennis, and Taekwondo, to name a few. The facilities and equipment add to the overall sports experience, making it a preferred destination for aspiring athletes.

APOGEE is a time machine which gives a way with which one admits the consequences of faith, dutifulness, and professional outlook of empowered women. Moreover, the college's official magazine, Apogee, plays a significant role in binding the students' feelings with the sports department. The magazine inspires students to strive for excellence and celebrate success. It also features motivating stories of athletes, thereby helping readers to overcome challenges and pursue their dreams.

The combination of an outstanding Sports Department and a well-crafted magazine creates a unique and engaging experience for the students. They feel connected to the department and its activities, which helps foster a sense of community and belongingness. Overall, the Sports Department and Apogee are integral components of the college's culture, promoting physical fitness, sportsmanship, and a passion for sports.



ALIYA HADEED
Union'23

A NOTE FROM

Vice President

It's not the will to win that matters—everyone has that. It's the will to prepare to win that matters.

THE ACCUMULATED RESULTS OF A POSITIVE CONDUCTIVE APPROACH HAS FINNALLY LED TO TABLES AND WHAT YOU NOW HAVE IS THE THIRD EDITION OF OUR ANNUAL SPORTS MAGAZINE!

With our 3rd Edition of Apogee, yet again our Department of Physical Education and Sports aims at outshining the vivid endeavours the soul strives to be. My association with this platform wasn't just academic, it envisaged a compassionate thrush of carrying out the legacy too. Our department has always been an avid spot to launch and re-launch many engaging activities for the college members. Not only the women here display utmost levels of spirit by bagging laurels also they somewhere prove, how determination and confidence can get you all that you want.

Sports, with their impact and influence, have always had a place in society. There can be many instrumental development objectives and lessons realized through sports. Their value is sometimes underestimated, but as anyone knows who has ever been to any sporting event, it can literally reshape the foundation of a community.

The journey here being a union member was a total wrap of adventure! Many events to organise and a ton amount of tasks to be accomplished, bit as we know "That which does not kill us makes us stronger " !! So here we are again proclaiming the surreal phenomenon we've advocated. From Yoga Courses to Faculty Matches to our Annual Sports Fest – everything looks worth it and gives you a feeling of utter satisfaction. That's what our edition is all about!! Cheers to everyone who've been a part of this expedition! HAPPY READING ♥

PREFACE

We proudly offer to you all "APOGEE," the most anticipated thing of the year, rejoicing the enthusiasm as we flip. The Department of Physical Education & Sports is launching its magazine for the third time, APOGEE is more than simply a publication to all of us; it's an emotion. Its pages contain the hopes, objectives, battles, experiences, scrapes and bruises, but most importantly, smiles and sparkles. The way seemed challenging when doing it for all the times but as the proverb goes, "Difficult roads lead to lovely destinations," and here we are! To show people that athletes are much more than what they display to the public, we tried to make it as diversified as we could.

We had a lot of joy looking through the artistic expressions and gaining a special understanding of our community, which also made us aware of how vibrant, lovely, and distinctive the Women of our Department, or rather Miranda House are. We were aware of how one sows seeds every day in the world and in others with every thought, word, and action they do while working on this magazine. You are powerful. You have a very substantial impact on the universe and are important. As a department, we uphold the honour and moral character of our instructors and athletes.

We are all connected, and the journey to apogee requires a lot more infusion of ideas, thoughts, players' dedication, teachers' assurance, and students' passion. Strength and tenacity of each and every person connected to it.

The Miranda House Sports family fully upholds the trust of the former Miranda House while continuously striving to be the greatest in all fields. The Student Union of this Department wholeheartedly supports it and is committed to working with all of its strength and determination to achieve the top spot. As a result, the voices from Miranda House that are represented in these pages enable us to harbour hopes that, despite the enormous obstacles in our way, we will eventually create a better world.

Regards
Sports Union
2022-2023

Apogee

SPORTS COMMITTEE MEMBERS



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



DR. SANJU
Associate Professor
Department of Physics



DR. BALWANT KAUR
Associate Professor
Department of Hindi



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



DR. KALAWATI SAINI
Associate Professor
Department of Chemistry



DR. BEENU SUNDAS
Asst. Professor
Department of Sociology

Apogee



A COMPETITIVE THRUSH OF SPIRIT

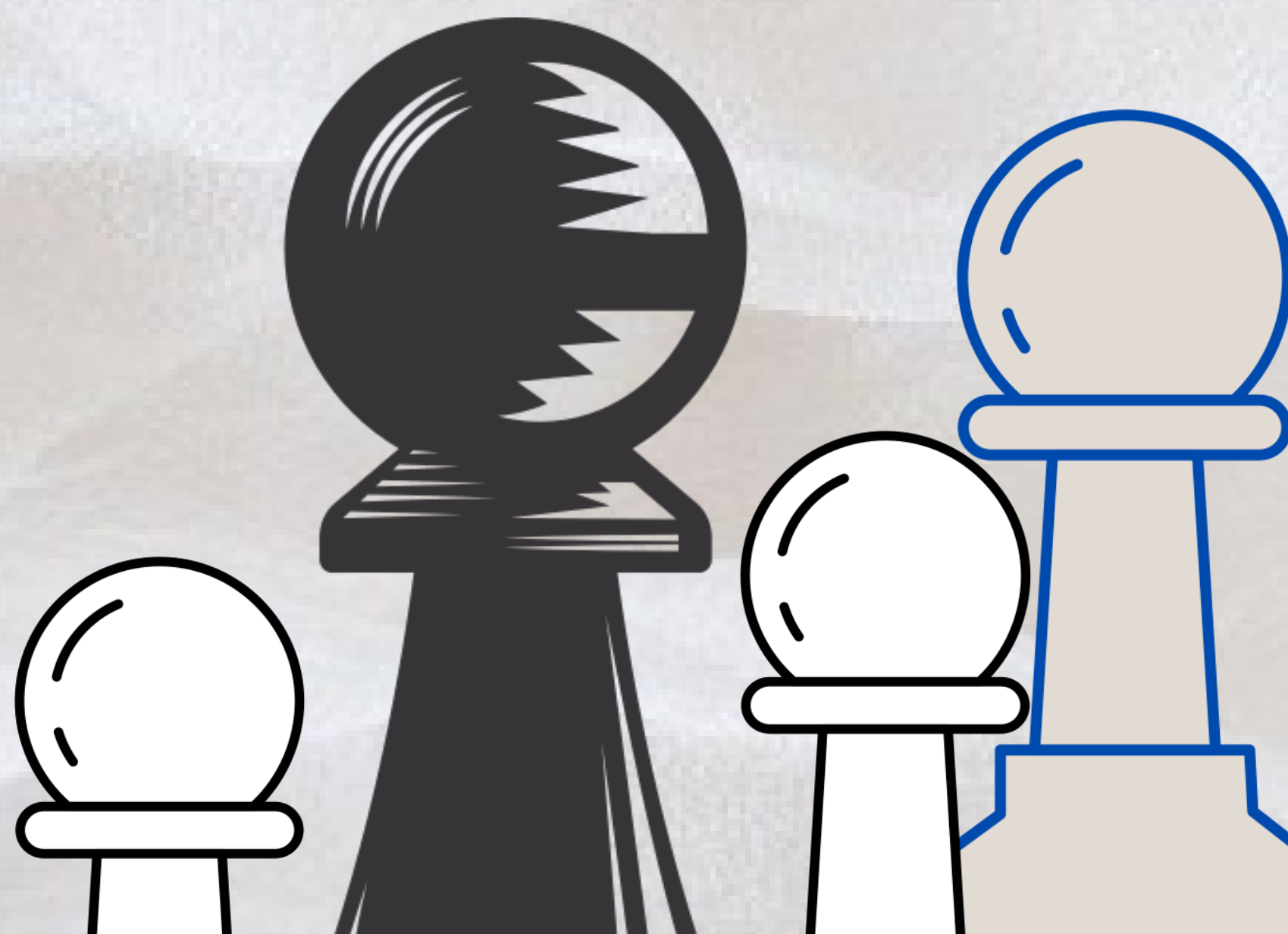
INTER - DEPARTMENT

CHESS TOURNAMENT

08 AUGUST, 2022

Azadi Ka Amrit Mahotsav

THE DEPARTMENT OF PHYSICAL
EDUCATION AND SPORTS
ORGANIZED AN INTER-DEPARTMENT
CHESS TOURNAMENT UNDER THE
EVENT OF AZADI KA AMRIT
MAHOTSAV. THE EVENT TOOK
PLACE ON 08TH AUGUST, 2022 .
MORE THAN 50 PARTICIPANTS
COMPETED AND BROUGHT LAURELS
TO THEIR DEPARTMENTS





WHOLESOME DAY FOR OUR TEACHERS

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS CONDUCTED FOOTBALL AND THROWBALL MATCHES FOR THE TEACHING AND NON-TEACHING STAFF. AN ENTHUSIASTIC THROWBALL MATCH FOR WOMEN AS WELL AS VIGOROUS FOOTBALL MATCH FOR MEN WAS ORGANISED ON THE OCCASSION OF TEACHERS DAY.

NOTHING BETTER TO CELEBRATE THIS OCCASSION ON THE 5TH OF SEPTEMBER WHERE ALL OUR MEMBERS COME TOGETHER TO CHEER THEIR DAY BY SHOWCASING ULTIMATE ZEST AND ENERGY COMBINED WITH AN ALL ROUND THRUSH OF WINNING.

SOME GLIMPSES



SPORTS **FOR** ALL

A crossover for the uniqueness Miranda House carries in providing sports for all as it embarks a necessary role in every students' life

The urge to become successful is overwhelming in this fast-paced world. Dealing with long working hours has increased employee stress. Employers are constantly working out ways to ensure their employees are not burnt out and are fit to perform in the best possible way. Among the various ways of pushing for employee wellness, focusing on sports and wellness alongside work is one of the ways to ensure good health and employee productivity.



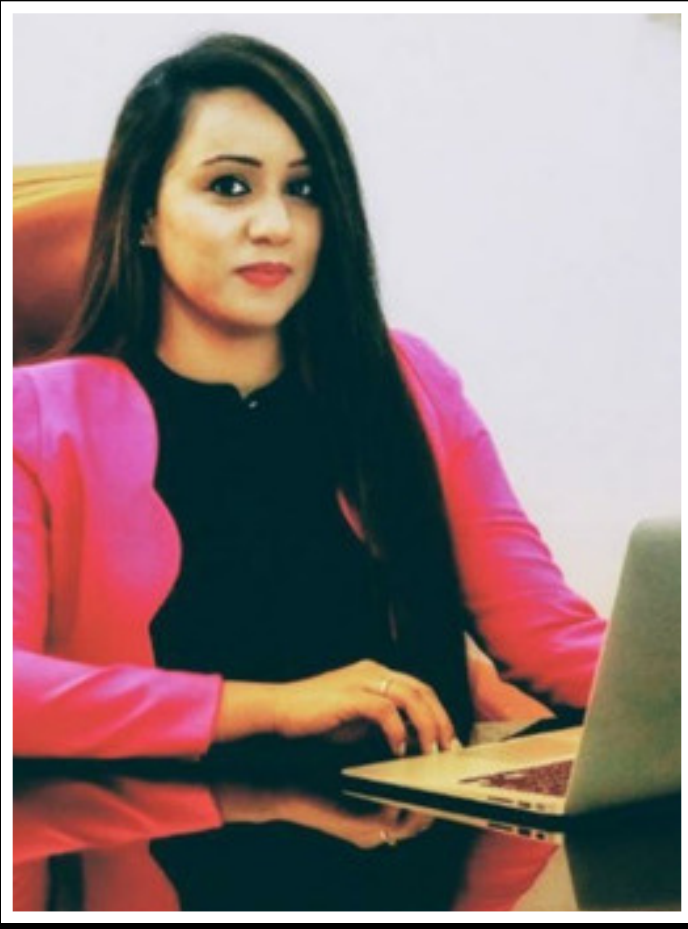
In an ideal scenario, one often looks for a perfect workplace. A place that provides a supportive setting and encourages a healthy work-life balance. Incorporating sports as an essential part of the office program can help in the quest of achieving that goal.

Providing hygienic infrastructure, wellness privileges, and uniform growth prospects should be their responsibility. To achieve the perfect work-life balance, organizations must always promote a fit lifestyle. And one of the ways to achieve a healthy lifestyle is by encouraging participation in sports activities



Nostalgia

A SECTION WHERE OUR PROUD ALUMNA SHARES THEIR JOURNEY AT MIRANDA HOUSE. SMARIKA KHARI FROM BATCH OF 2009 RECENTLY HELD A WORKSHOP AT COLLEGE, ILLUSTRATING HOW DELIGHTFUL IT IS TO RETURN BACK AT YOUR ALMA MATER AS YOU SUCCEED IN LIFE AHEAD



Smarika Khari
Founder & CEO,
The Xperts Team
Alumna - Miranda House
Batch 2009, Pol. Sc (H)



As an alumna of Miranda House, I want to show gratitude to my college and to my teachers for giving me the best platform to grow. Miranda House not only made me a believer but a doer also. Sports have always been an integral part of the college culture at Miranda House, and it is one of the reasons that attracted me to the college in the first place. The department provided me with numerous opportunities to learn and grow, not just in the area of sports but also as an individual. It taught me valuable life skills such as teamwork, discipline, and perseverance, which have been useful in various endeavors.

Looking back at my college days, I have many fond memories of participating in various sports events and activities. I still remember the final match of Delhi University where in my captaincy our team secured the runner up position and added another feather in the hat of the sports department of Miranda House. I am grateful for the supportive environment that the department provided, which allowed me to pursue my interests with enthusiasm and passion.



The sports department at Miranda House will always hold a special place in my heart, and I hope that it continues to provide students with the same opportunities and experiences that I had. I wish the team all the very best for the new edition of Apogee and look forward to reading it.

Nostalgia

A SECTION WHERE OUR PROUD ALUMNA SHARES THEIR JOURNEY AT MIRANDA HOUSE. DEEPTI MALIK FROM BATCH OF 2009 RECENTLY HELD A WORKSHOP AT COLLEGE, ILLUSTRATING HOW DELIGHTFUL IT IS TO RETURN BACK AT YOUR ALMA MATER AS YOU SUCCEED IN LIFE AHEAD



Deepti Malik
COO, The Xperts Team
Alumna - Miranda House
Batch 2009, Pol. Sc (H)

Miranda house, it was the place where I discovered myself, my passions and my strengths. It was where I learned to be independent, to think critically and to challenge societal norms. But most importantly, it was where I found a community of like-minded individuals who believed in me and supported me throughout my journey. Amita Rana Ma'am and Padma Ma'am were amazing teachers and mentors who not only taught us but also inspired us to become better individuals. I will always be grateful to them for the invaluable lessons and the positive impact they had on my life.

Miranda House was not just a college, it was a way of life. It taught me the importance of diversity, inclusivity and empathy. It taught me to be fearless, to speak my mind and to stand up for what I believe in. It shaped me into the person I am today, and for that, I will always be grateful.

Overall, my experience with the faculty at my college was a very positive one. They not only provided us with the necessary academic knowledge but also helped us develop important life skills and values. I am proud to have been a student of such wonderful educators and am grateful for their guidance and support.

As I move forward in life, I know that Miranda House will continue to be a part of me. It will be my source of strength, my inspiration and my home away from home. And no matter where I go or what I do, I will always carry the spirit of a Mirandian within me.



ETHICS IN SPORTS



ITS NEEDED

How a game is played matters. Faking injuries, using steroids, altering a bat so it can hit a baseball farther, or purposefully injuring star players all compromise the integrity of competition. In many ways, athletic competitions mimic other aspects of life; its disappointments, victories, and struggles.



Sporting events are not wars, after all, although deep rivalries often exist. Instead, competitions should allow athletes equal opportunity to demonstrate who performs best within an established set of rules. Problems in sports can arise when teams, managers, or coaches place more value on winning than on how they win. Acting ethically on the playing field—from the sidelines to administrative offices and beyond — should weigh more significantly than who wins or loses.

Acting ethically on the playing field—from the sidelines to administrative offices and beyond — should weigh more significantly than who wins or loses. Sports are played by rules. When athletes, referees, coaches, or administrators attempt to circumvent the rules of the game, they undermine the foundations of sport itself. The value of sports lies in their ability to do more than identify the best athletes. Sports can instill important values, including respect and teamwork, as well as teach lessons about perseverance and honesty. As far back as ancient Greece, athletics have been seen as an important character-building tool that encourages discipline, collaboration, and responsibility. Sports without ethics do not live up to these values.



Ethical behavior in sports can promote ethics-driven behaviors in other areas, such as helping others in need, building trust, respecting dignity, and treating others equally. Additionally, a commitment to ethical behavior can allow athletic programs and athletes at any level to form better connections with their communities.

INTERNATIONAL ACHEIVER

SHOOTING



YASHSAVI JOSHI

BA. (H.) ENGLISH
SECOND YEAR

GOLD IN AIR PISTOL YOUTH WOMEN TEAM,
15 ASIAN AIRGUN CHAMPIONSHIP IN DAEGU,
SOUTH KOREA

09 NOVEMBER TO 19 NOVEMBER 2022

INTERNATIONAL ACHIEVER

NETBALL



KHUSHI KUMAR

BA. (H.) ENGLISH
THIRD YEAR

(BOWL WINNER) IN 12 ASIAN NETBALL CHAMPIONSHIP 2022,
HELD IN SINGAPORE
FROM 03 TO 10 SEPT 2022.

INTERNATIONAL ACHIEVER

CHESS



SAINA SALONIKA

BA. (H.) ENGLISH
SECOND YEAR

FOR BEING RECOGNISED AS AN INTERNATIONAL WOMAN
CHESS MASTER

NATIONAL ACHIEVERS



Shreya Rani
BA (H.) Eng - 3rd year
(Taekwondo)



Vidisha Khandelwal
B.A. Programme,
2nd year (Athletics)



Dharini Sharma
BA (H.) English
3rd year (shooting)



Mahashweta Kashyap
BA (H.) Sociology
3rd year (Taekwondo)



Khushi Kumar
BA (H.) - English
3rd year - Netball



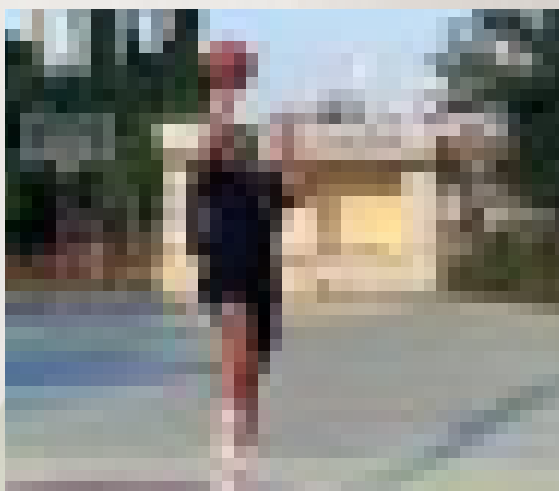
Vaishnave -
B.A. Programme, 2nd year
(Taekwondo)



Mariot Thankachan
B.A. Programme 2nd year
(Basketball)



Yashasvi
BA (H.) - English 2nd year
(Shooting)



Vrinda Garg
BA (H.) Economics,
2nd Year (Basketball)



Saanvi Upadhyay
BA (H.) - Pol. Scie -
1st Year - Shooting



Anushka Chaudhary -
Ba Programme -
2nd Year (Athletics)



Kavya Khirwar
B.A.(Prog.) 2nd year
(Tennis)

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.

ALL INDIA INTER UNIVERSITY ACHIEVERS



Shreya Rani
BA (H.) English
3rd year (Taekwondo)



Priya
BA (H.) Geography
1st Year (Taekwondo)



Saina Salonika
BA (H.) Pol. Sci
3rd Year (Chess)



Payal
BA (H.) - History
1st year (Taekwondo)



Kanishka Mathpal
BAP - 2nd Year
Taekwondo



Sneeha Pradhan
BA. Programme- 1st Year
Taekwondo



Khushi Kumar
BA (H.)- English
3rd year - Netball

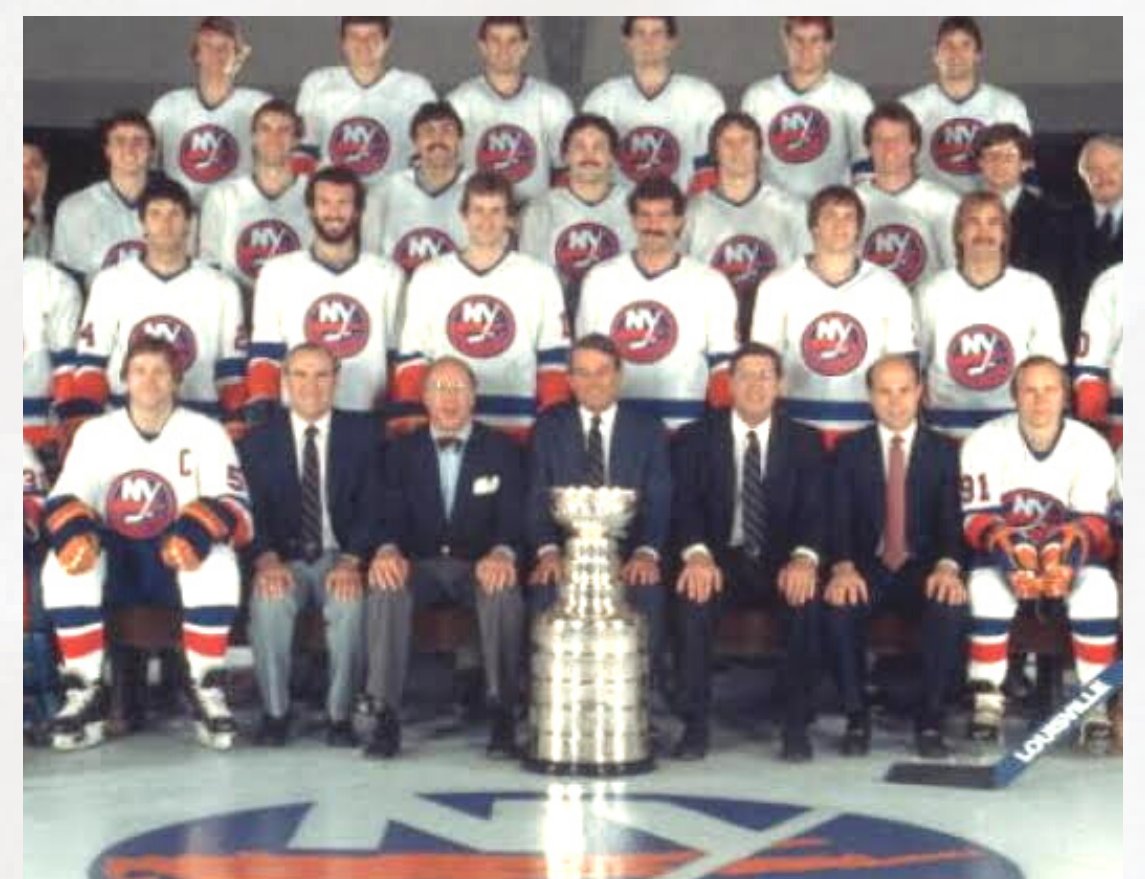


Aanchal Dalal
BA PROGRAMME
3rd year - Netball



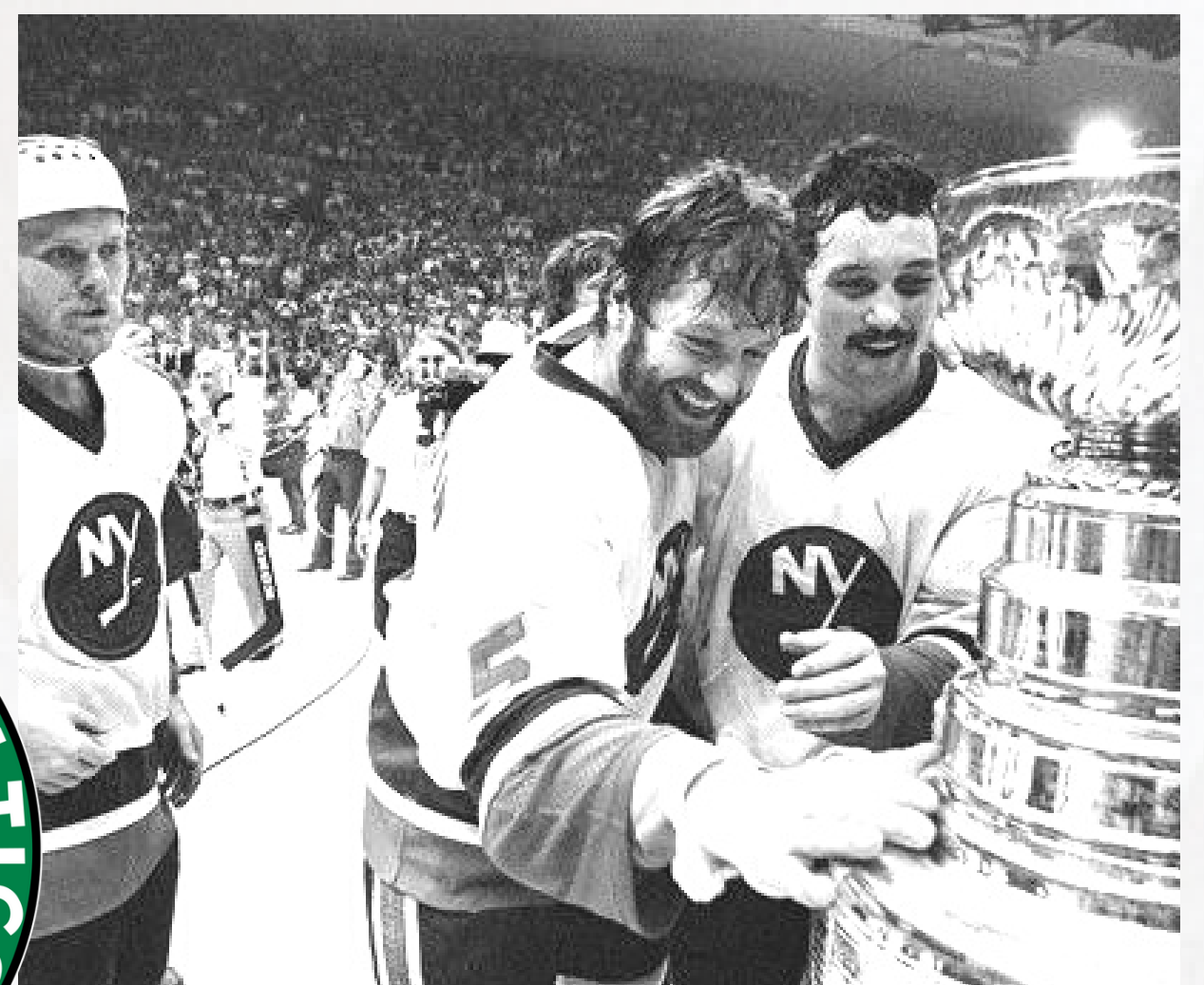
Muskan
BA. Programme
2nd year - Netball

GREAT SPORTS DYNASTIES



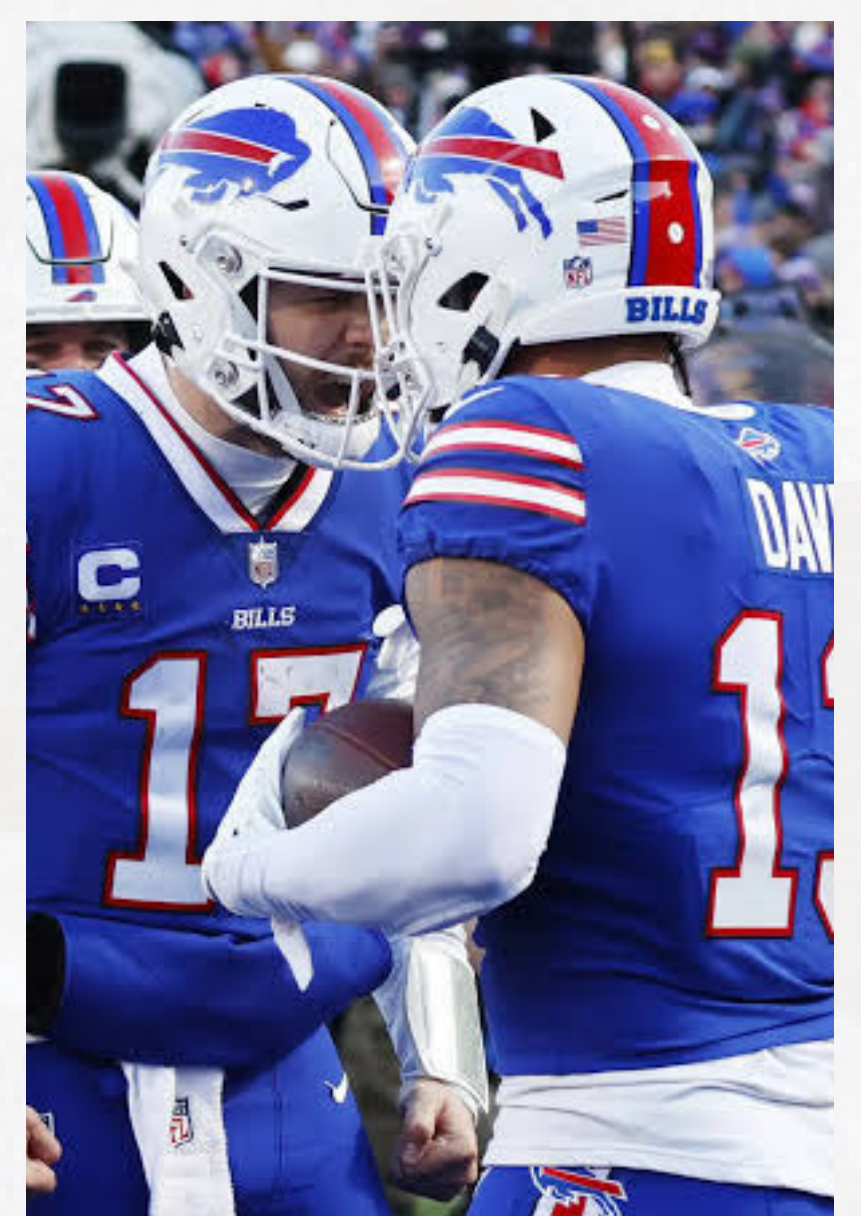
Most sports fans say they want parity, especially if their favorite team has been struggling for a long time. However, the best sports teams capture the imagination and attention of sports fans like nothing else. People either love them or hate them, root hard for them to add to their legacies or cheer wildly for massive upsets.

The Houston Comets were a Women's National Basketball Association team based in Houston. Formed in 1997, the team was one of the original eight WNBA teams and won the first four championships of the league's existence



The Atlanta Braves are an American professional baseball team based in the Atlanta metropolitan area. The Braves compete in Major League Baseball (MLB) as a member club of the National League (NL) East division. The Braves were founded in Boston, Massachusetts, in 1871, as the Boston Red Stockings. The club was known by various names until the franchise began operating as the Boston Braves in 1912.

Buffalo Bills are a professional American football team based in the Buffalo metropolitan area. The Bills compete in the National Football League as a member club of the league's American Football Conference East division. The team plays its home games at Highmark Stadium in Orchard Park, New York



YOGASANA

A W A Y O F L I F E

A woman is born to have true
fun Mind-Body fitness is
needed in turn

So, in Yoga, my friend, in
Hatha Yoga Join in

And enjoy this jubilation

Come on and enjoy your
inmost joy In unique Asana
and Meditation ploy Feel full
freedom in mind-body chain

And enjoy a transcendental
euphoria

Gain fit body with a refined
mind

A balanced body and a sharp
intellect No other culture you
would find

With so much precise
science behind



Some simple words !

Apogee

MOLDING THE FUTURE IN OUR HANDS

WOMEN AT MIRANDA

PROMOTING A SAFE AND SUCCESSFUL ZONE IN SPORTS FOR WOMEN



Sport has the power to change lives. The ability to drive gender equality by teaching women and girls teamwork, self-reliance, resilience and confidence. Women in sport defy gender stereotypes and social norms, make inspiring role models, and show men and women as equals. Led by UN Women, the Sport for Generation Equality Initiative is inviting stakeholders from across the sports ecosystem to be part of a powerful coalition to make gender equality a lived reality in and through sport.

Together, this coalition will accelerate efforts to promote women's leadership and equality in governance models, prevent and respond to gender-based violence, close the gap in investment in women's sport and promote equal economic opportunities, promote women's equal participation and bias-free representation in media, and provide equal opportunities for girls in sport, physical activity and physical education.

Because of gender prejudice and preconceptions, women are less likely to participate in sports or be granted equal opportunities in sports governance. Women have endured numerous hurdles throughout history, but they have steadily progressed toward gender equality, and these achievements must not be overlooked. Sport is one of the most powerful platforms for promoting gender equality and empowering women and girls. Here at Miranda we strive to focus on the gaming spirit along with sincere academic progress, Aiming at the overall development of ones ability



WORKSHOP ON PERSONALITY DEVELOPMENT

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS CONDUCTED AN ENGAGING WORKSHOP ALL ABOUT PERSONALITY DEVELOPMENT THEMED UPON THE ART OF STANDING ABOVE THE CROWD. TWO OF THE SPEAKERS WERE OUR ALUMNAE, MS. SMARIKA KHARI AND DEEPTI MALIK. WE ALSO HAD MR. SIMRANJEET KALRA AT OUR EVENT. THE WORKSHOP WAS A TOTAL HIT AT IT GOT STUDENTS THE EXPOSURE FOR FUTURE PERSPECTIVES . MANY ACTIVITIES BASED ON SOCIAL COMMUNICATION WERE CARRIED OUT AMONG STUDENTS.

THIS WORKSHOP LENT US SOME AMAZING SKILLS AND TIPS ON IMPROVING ONES PERSONA AS WE STEP OUT OF OUR INSTITUTION. THE DEPARTMENT HAS ALWAYS CONDUCTED SUCH EVENTS WHICH TURN OUT BE OF BENEFIT TO STUDENTS AT LARGE.

SOME GLIMPSES





THRIVING AND STRIVING FOR VICTORY

21st January, 2023

The Department of Physical Education and Sports organized a thrill filled event for the Specially Abled Students at Miranda House. More than 50 students actively sought participation and portrayed their competitive spirit. They were agile and strived to win the three unique activities. Such events by the department aims at creating an all-inclusive platforms for young minds and gives them a good chance to show the world that they are just as strong as anyone else.



FIND THE TERM

S W I M M I N G J H O K G Z R P H T G A E H L O
B G N I L T S E R W L N Z E G C Y U G W Y E L D
B W L Z J E M L K L I G C G N I V I D P Q S A U
H O C K E Y L W A C B C H G I J B W G G I S B J
J E J Z N A Y B N X O K U X T C C B P O E O T Q
D H D D B H T A Z S S W N U A K R T H L G R E J
G L E E P F D Z Y J K L T I K R W R O F N C K H
S N S A O R O W I N G I I B S A H S R S I A S N
N A C S R W L G N R D L N S Q O Y C S N K L A V
B V M K A C R A K Y A D G S D Z O I E O I K B W
N I T Q E J H O X I C Y C L I N G T R W B A R S
M O E S X U L E E M F Q A V K E O S A B N R J R
P M K B Y O L N R E T E R R Y K G A C O I A S T
L T C O P K H G N Y T T R Q I C N N I A A T O A
L E I X B X L C D E R F A L W Q I M N R T E Q D
A C R I S J I L K X A L C T G P D Y G D N D C G
B S C N M N E M G X C T I J R P D G L I U J H F
Y K K G G I J X G B K I N U O G E N Y N O S O G
E O C I F W Z S N C U S G B N D L H L G M O B P
L V H A I M W X F Q P B K I W N S D D X T A T S
L G P L U N Y X I I Y R H L R T B O K B H G Q P
O A Q V W B G V O P U S N E A F O K A Z I R C B
V L U G E W V M U D I Z F N E W B L C S L W Q P
M W E I G H T L I F T I N G T O L O P R E T A W

archery
carracing
fencing
gymnastics
karate
rowing
soccer
waterpolo

baseball
cricket
field
hockey
lacrosse
rugby
softball
weightlifting

basketball
cycling
fishing
horseracing
luge
skating
swimming
wrestling

bobsledding
dancing
football
hunting
mountainbiking
skiing
track

boxing
diving
golf
judo
polo
snowboarding
volleyball





MOTIVATION IN SPORTS

Motivation, simply defined, is the ability to initiate and persist at a task. To perform your best, you must want to begin the process of developing as an athlete and you must be willing to maintain your efforts until you have achieved your goals. Motivation in sports is so important because you must be willing to work hard in the face of fatigue, boredom, pain, and the desire to do other things. Motivation will impact everything that influences your sports performance: physical conditioning, technical and tactical training, mental preparation, and general lifestyle including sleep, diet, school or work, and relationships.

There are three things that affect how well you perform. First, your ability, which includes your physical, technical, tactical, and mental capabilities. Because ability is something you are born with, you can't change your ability so it is outside of your control. The difficulty of the competition influences performance. Contributors to difficulty include the ability of the opponent and external factors such as an "away game" crowd and weather such as temperature, wind, and sun. You have no control over these factors.



ALL YOU NEED

Motivation is the foundation of all athletic effort and accomplishment. Without your desire and determination to improve your sports performances, all of the other mental factors, confidence, intensity, focus, and emotions, are meaningless. To become the best athlete you can be, you must be motivated to do what it takes to maximize your ability and achieve your goals. It is also the only factor over which you have control. Motivation will directly impact the level of success that you ultimately achieve. If you are highly motivated to improve your performances, then you will put in the time and effort necessary.



SPORTING EVENTS FOR NON TEACHING STAFF

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS CONDUCTED A FUN YET SPORT ORIENTED THREE DAY EVENT FOR NON-TEACHING STAFF UNDER THE AEGIS OF EROBERN . ENGAGING ACTIVITIES LIKE SHOT PUT , MUSICAL CHAIR WAS ORGANIZED FOR THE NON TEACHING STAFF . ON THE OTHER HAND WE ORGANIZED AN ENTHUSIAST VOLLEYBALL AND THROWBALL MATCH FOR OUR TEACHING STAFF. OUR DEPARTMENT BELIEVES IN SPORTS FOR ALL AND THIS THREE DAY EVENT WAS A CULMINATION OF OUR AIM TOWARDA DEVELOPMENT OF AN ALL ROUND SPORTS ARENA. THE MATCHES AND ACTIVITIES RAISED A THRUSH OF SPIRIT AMONGST ALL AND PORTRAYED THEIR ENERGY LEVELS AND GAMING POTENTIALS TO THE FULLEST. TOAST FOR MORE SUCH EVENTS !

SOME GLIMPSES










Miranda House University of Delhi

CELEBRATING THE 50 YEARS OF INDIA-KOREA DIPLOMATIC RELATIONS

<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Ahn Yong-Hyu Chancellor of Korea National Sport University</p> </div> <div style="text-align: center;">  <p>Lee Sang-Hwa Public Diplomacy Ambassador MOFA, Republic Of Korea</p> </div> <div style="text-align: center;">  <p>Mr. Chang Jae Bok Ambassador of Embassy Republic Of Korea to India</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  <p>Prof Balram Pani Chief guest Dean of Colleges University of Delhi</p> </div> <div style="text-align: center;">  <p>Prof Bijayalaxmi Nanda Principal Miranda House University of Delhi</p> </div> <div style="text-align: center;">  <p>Prof Amarjiva Lochan Guest of Honor Jt. Dean International Relations, University of Delhi</p> </div> </div>	<h4 style="text-align: center;">CULTURAL PERFORMANCES</h4> <ul style="list-style-type: none"> Korean Dance Korean Modern Dance Korean Street Dance Taekwondo Demonstration K-POP Cover Dance 	<div style="display: flex; align-items: center;">  <div> <p>Date: 24 feb 2023</p> </div> </div> <div style="display: flex; align-items: center; margin-top: 10px;">  <div> <p>Time: 3:30pm- 4:30pm</p> </div> </div> <div style="display: flex; align-items: center; margin-top: 10px;">  <div> <p>Venue: Auditorium</p> </div> </div>
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Anchored by Department of Physical Education and Sports and Department of Political Science

KOREAN DELEGATION AT MIRANDA HOUSE

Korean Cultural Centre, India is co-hosting All India Inter SAI Taekwondo Championship with Sports Authority of India under the Ministry of Youth Affairs and Sports of India and Korea National Sport University in celebration of the 50th anniversary of Korea-India diplomatic relations in 2023. This time All-India Taekwondo Championship as a sports exchange event between the two countries will be held for three days from 24th February to 26th February at the K.D. Jadhav Indoor Wrestling Hall, Indira Gandhi Stadium in New Delhi. This championship has been planned to commemorate the 50th year of diplomatic ties between Korea and India and to revitalize Taekwondo that has been stagnant since the pandemic, and to lay the foundation for the future as major sports event between the two.



Ahn Yong Gyu
Chancellor
Korea National Sport University

A MOU signing ceremony was held between College of Sport, Culture & Arts Korea National Sport University and Miranda House, University of Delhi. As the first project based on the MOU between two national representative higher educational institutes, dispatched professor from Korea National Sport University will hold Taekwondo. professional theory and practice classes at Miranda House from the first half of this year.



Erobern'23, the annual sports fest of Miranda House, will kick off the zest and we promise to make it a bigger and better event. The fest is scheduled for the last week of March i.e 27th-29th Mar 23. This year, we will be conducting mainly Basketball, Netball, Archery, Chess, Taekwondo, Tennis, Aerobics, Rhythmic Yoga and Academic cum Sports Quiz during the fest. The upcoming days will be further followed up by short fun filling events.

HIGHLIGHTS

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. Participation for various events have been recorded in large numbers, including Aerobics Archery and Taekwondo.

Erobern became a breath of fresh air and welcomed students of Delhi University for a pitch display of their sportsmanship spirit.

Erobern 2023 was a grand success and got our college cheers of vigour and joy.



EROBERN

A PHOTOWALK



Whilst all the hustle, we experienced a thrush of enthusiasm amongst all our participants!





AEROBICS



RHYTHMIC YOGA



TAEKWONDO



CHESS





BASKETBALL



TENNIS





MIRANDA HOUSE

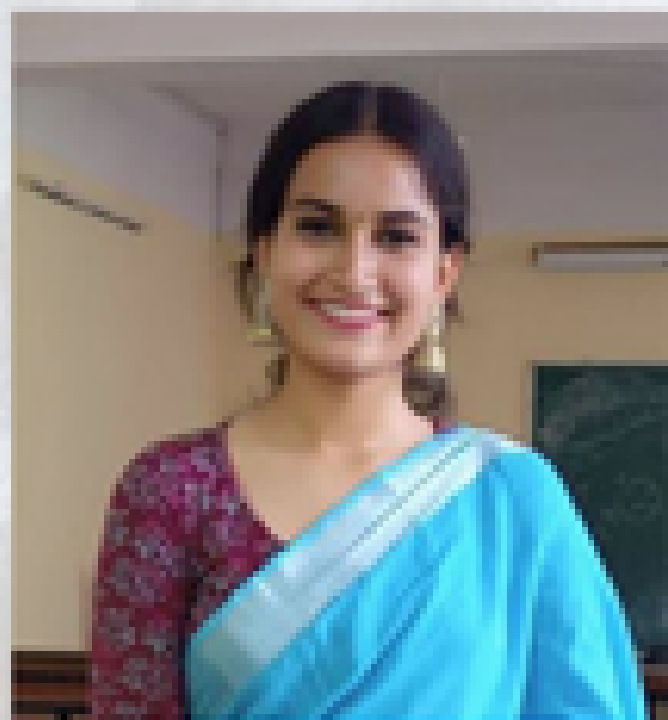
University of Delhi

Department of Physical Education and Sports

SPORTS UNION 2022-23



SHREYA RANI
PRESIDENT



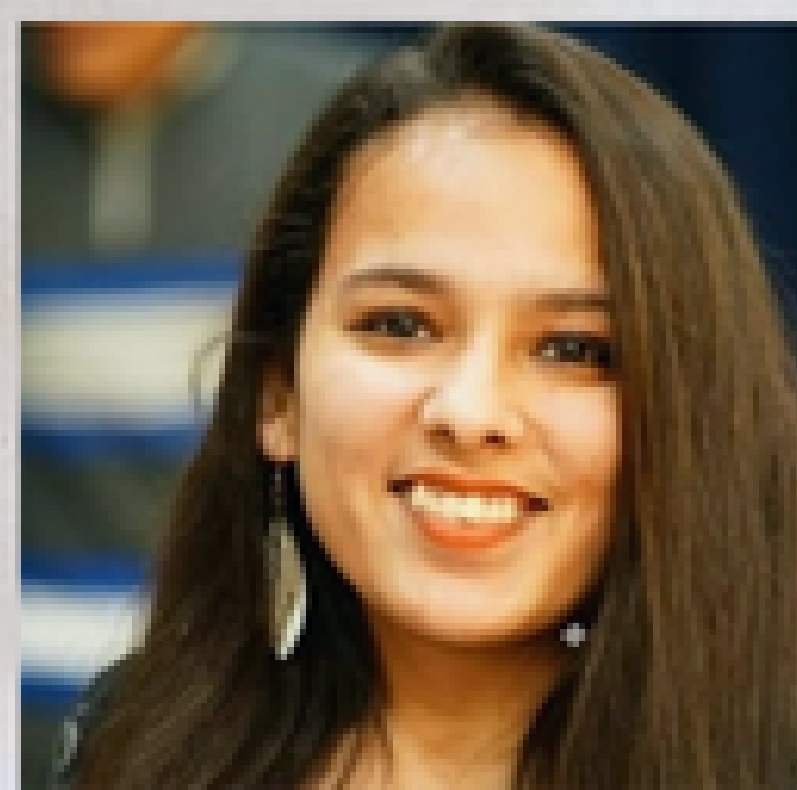
SIYA
VICE -PRESIDENT



AALIYA HADEED
VICE -PRESIDENT



VIDISHA KHANDELWAL
GENERAL SECRETARY



GATI KOCHAR
JOINT SECRETARY



MARIOT THANKACHAN
JOINT SECRETARY



DIKSHA MOOLCHANDANI
TREASURER

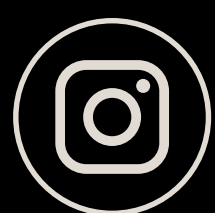
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS



UNION 2022-23

You were born to be a player. You were meant to be here. This moment is yours.” —Herb Brooks

APOGEE



mirandahousesports



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