

# APOGEE

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Second Edition

2021-2022



**MIRANDA HOUSE**  
*University of Delhi*



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*Department of Physical  
Education and Sports*

**RAVE UP YOUR SPIRIT**  
*for the success lies around*

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



*Apogee*







## From The Desk of Teacher-in-Charge

**“I DON'T LOOK AT SPORTS AS SOMETHING WHICH MERELY TONES UP THE BODY. I LOOK AT IT AS A TOOL OF EDUCATION THAT STIMULATES THE MIND AND BRINGS IN CULTURE OF DISCIPLINE” - PM NARENDRA MODI**

Welcome to the second 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 ज़िंदगी के बहुत सारे सबक, जो खेलने-कूदने से मिल सकते थे या मिल सकते हैं । उन से हमारी पीढ़ी वंचित हो गई । यहाँ तक कि नवाब भी हम क्रायदे 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







## *President's Note*

An amalgamation of the best sportswomen and the women creating a better future, that is how we can best describe the Department of Physical Education and Sports Sciences, of Miranda House, University of Delhi. A department so diverse, yet, always unified with the common blazing desires and ambitions of the young women of Miranda House. The Department of Physical Education and Sports Sciences, Miranda House feels an overwhelming amount of pleasure in releasing this second edition of its annual magazine APOGEE.

The term APOGEE stands for a climax, a culmination or simply, the peak stage in the development of something'. True to its name, the magazine aims to present the budding prodigies of Miranda House to the world at their prime.

During the turmoil of online and offline modes, it was extremely difficult for the team and all the students to keep up their bests and bring about this edition. Nevertheless, gloriously fighting the tough times, the department feels elated to officially release this second edition of APOGEE in offline mode and carrying forward the legacy.

Nandini Sharma  
President  
2021-22





# 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 second 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  
2021-2022

*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

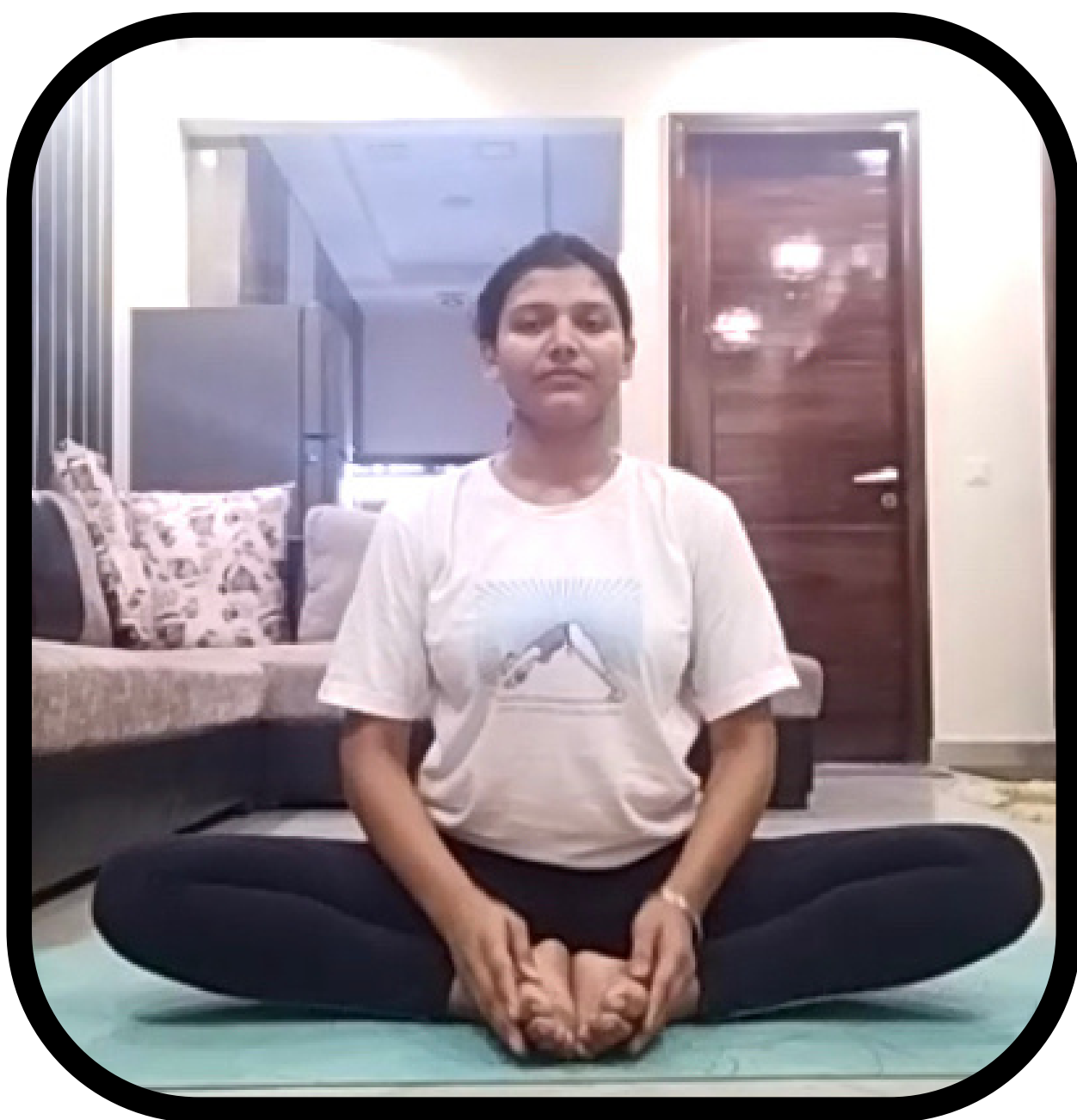


# INTERNATIONAL YOGA DAY

Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing.

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THE DEPARTMENT CONDUCTED AN INTERNATIONAL YOGA DAY PROGRAMME ON 21ST JUNE 2021, IN COLLABORATION WITH NCC AND NSS OF MIRANDA HOUSE. THE EVENT INCLUDED THERAPEUTIC YOGA SESSION, FINDING BALANCE THROUGH YOGA, POSTER MAKING COMPETITION, WINNING WEEKENDS AND PHOTOGRAPHY COMPETITION. THE EVENT TURNED OUT TO BE A GREAT SUCCESS WITH 100+ ONE TIME PARTICIPANTS DURING THE VARIOUS EVENTS. THE WINNERS WERE AWARDED WITH A CERTIFICATE OF EXCELLENCE.



“Yoga does not just change the way we see things, it transforms the person who sees.” — B.K.S Iyengar



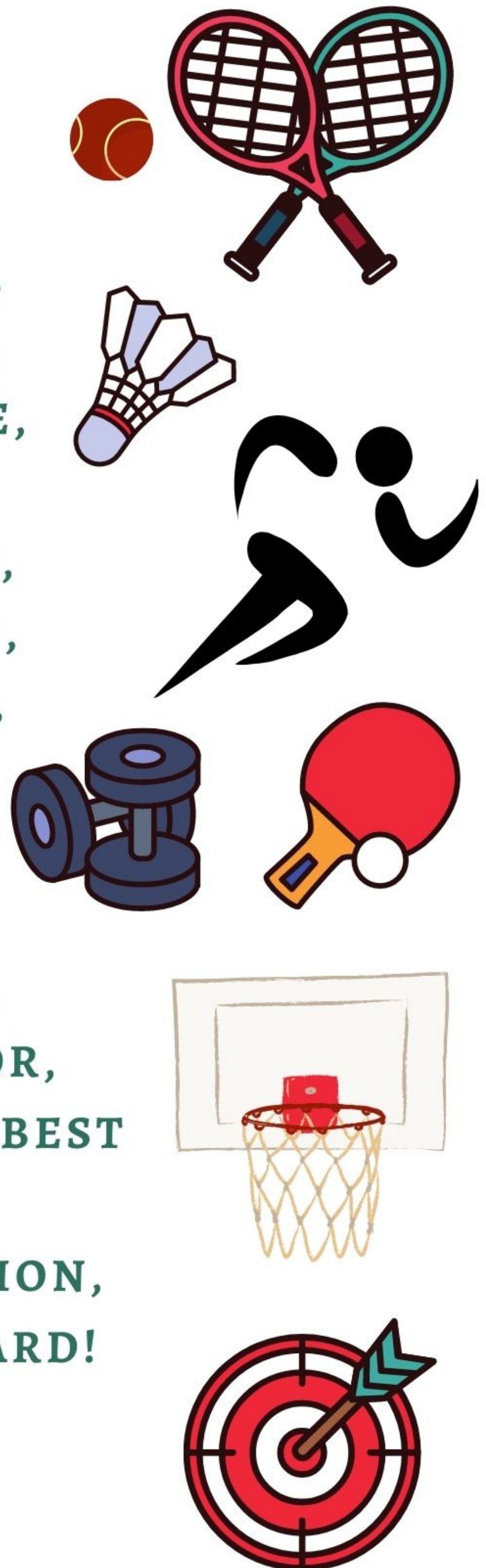


# TRANSFORMATION

SPIRIT OF LIFE,  
ESSENCE OF LIVING,  
CONFIDENCE OF A WIN,  
ACCEPTANCE OF A DEFEAT,  
INSPIRATION TO IMPROVE,  
COMMITMENT TO ADVANCE,  
COURAGE TO FIGHT BACK,  
COOPERATION TO TEAM UP,  
COORDINATION OF SENSES,  
ATTITUDE OF A CHAMPION,  
DEDICATION,  
DETERMINATION,  
DISCIPLINE,  
MOTIVATION OF A LEADER,  
RESURGENCE OF A WARRIOR,  
ALL IMBIBED TO PERFORM BEST  
AND PLAY TO THE CORE,  
SPORTS-- A TRANSFORMATION,  
BOTH INWARD AND OUTWARD!

BY-

JNANITA ASAPU







# INTERNATIONAL ACHIEVEMENT



PRACHI  
BA. PROGRAMME  
NETBALL

Participated in 11th ASIAN Netball  
Championship held in 2019 at JAPAN



# NATIONAL ACHIEVERS



Kavya Khirwar -  
B.A.Programme 1st year  
(Tennis)



Kanishka Mathpal-  
B.A. Programme, 1st  
year (Taekwondo)



Dharini Sharma  
B.A. Hons- English 2nd  
year (shooting)



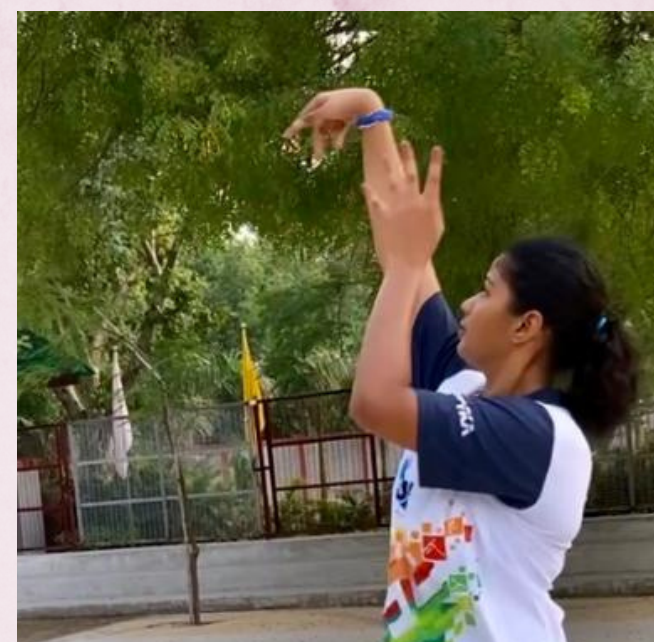
Mahashweta Kashyap  
B.A. Hons- Sociology 2nd  
year (Taekwondo)



Khushi Kumar  
BA. Hons - 1st Year  
English  
Netball



Vaishnave -  
B.A. Programme, 1st year  
(Taekwondo)



Mariott Thankachan  
B.A. Programme 1st year  
(Basketball)



Yashasvi  
B.A. Hons- English 1st year  
( Shooting )



Manvi Singh -  
BA Programme , 2nd Year  
(Archery)



Vrinda Garg - BA hons -  
Economics - 1st Year  
Basketball



Anushka Chaudhary -  
Ba Programme - 1st Year  
(Athletics)



Shreya Rani B.A. Hon.  
English - 2nd year  
(Taekwondo)

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 UNIVERSITY ACHIEVERS



Shreya Rani B.A. Hon.  
English - 2nd year  
(Taekwondo)



Medha Chauhan  
BSc.Hons (Mathematics)  
3rd Year  
Chess



Ekagrata Vats  
B.sc Hons - 3rd year-  
Zoology - Netball



Dharini Sharma  
B.A. Hons- English 2nd  
year (shooting)



Aayushi Kandari  
BAP - 2nd Year  
Taekwondo



Trisha Khajuria  
BA. Programme- 2nd Year  
Taekwondo

**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.**



# GET - SET - FIT

As We all have struggled out paths through Covid 19, it is equally important to engage in proper physical activity to balance our health. Quarantine had off lately starved gym lovers and fitness freaks for workouts. Staying at home for prolonged periods of time can pose a significant challenge for remaining physically active. Sedentary behaviour and low levels of physical activity can have negative effects on the health, well-being and quality of life of individuals. Self-quarantine can also cause additional stress and challenge the mental health of citizens. Physical activity and relaxation techniques can be valuable tools to help you remain calm and continue to protect your health during this time.

WHO recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, or a combination of both. These recommendations can still be achieved even at home, with no special equipment and with limited space. The following are some tips on how to stay active and reduce sedentary behaviour while at home in self-quarantine:

Engaging in active family play time or any game that gets everyone up and moving counts sharp.

Catch up on household chores such as cleaning out the closet. Vacuuming is also a physical activity.

Get outside. Mow the grass, go for a walk, or take a bike ride. Remember to maintain a safe distance between yourself and other active neighbors.

Make television watching more active by doing jumping jacks or push-ups during the commercials. Coping up is the best solution folks !





# BURN IT WITH BHAVNA



**Bhavna Kashyap**  
Zumba Instructor

It's name automatically boosts our spirits ! Isn't it ? Zumba is a form of aerobic dance exercise similar to Jazzercise; its distinctive characteristic is its use of Latin American music and dance rhythms to create a party-like atmosphere in class sessions. There are two versions about the origin of the program's name: one version states that Zumba comes from a Colombian slang word meaning “to buzz like a bee” or “fast-moving” ; the second version is that it was chosen arbitrarily as a brand name with a Latin American flavor.



The Department in collaboration with the renowned Sports brand Decathlon conducted Burn it with Bhavna, an online Zumba session by Zumba Instructor Ms.

Bhavna, on 07th July, 2021.

During the partial lockdown, approx 50 participants took part enthusiastically in the Zumba session from their homes via Google meet. The event was a very fun interactive activity having every participant enjoy the beats and commit to a fitter self.

*Fit Forever*





# Stress Vulnerability Survey

Amidst the pandemic and on and off situations of lockdown, there had been a drastic change in people's mental and physical health, the central of all being increased levels of stress specifically because of the uneven fitness patterns, sleeping habits, exercise routine, daily routine, etc. A total of 57.7% of the respondents had a family member being tested positive for COVID and experienced unfamiliar changes in their own behaviors.

The department conducted an online Stress Vulnerability survey with the aim to analyze the average stress levels and its management methodologies among the target group. The target population for this survey were students of Undergraduate, Post graduate and PhD. Total 116 people, the majority of ages ranging from 18 to 30 years, responded to the online questionnaire.

Following conclusions were drawn from the survey:

- 51% of the respondents have been upset more often, as compared to pre-pandemic, because of something that happened unexpectedly to them or was stressful for them.
- 41% of the respondents felt that they were unable to control important things in their lives or were rarely able to do so, which increased their stress levels rapidly.
- 40.5% of the respondents often feel nervous and 'stressed' due to the uncertain routine and lifestyle changes.
- 44% of respondents often felt an inability to cope with their schedules and tasks assigned to them, which had drastically affected their performances.
- 48.2% of the total respondents felt that they were seldom able to experience control over the happenings in their life and increased uncertainty of thoughts in them.
- 40% of respondents experienced a slight loss in confidence and problem solving abilities as compared to their past.

*With constantly increasing Stress levels due to COVID-19 pandemic, the respondents found various methodologies to cope with the stress, the most common ones being Meditation/Yoga, Music, Creativity, Exercising, Spending time with family/kins and Reading.*







On the occasion of India's 75th Independence Day, the Department of Physical Education and Sports, released a video, showcasing the fitness strength and enthusiasm of the sportspersons of Miranda House. The participants joined a fitness challenge, which was a compilation of 02 minutes of vigorous exercises compiled into a video. The routine included 30 seconds of Burpees, 30 seconds of Crunches and 30 seconds of Push-ups that the students had to perform.

The videos were collected through Google Forms and a backup platform via whatsapp in case of technical difficulties. They were later compiled into a video with clips of all the exercises, and other introductions. Every participant enthusiastically participated and tried their best for perfection in performance and took a leap towards a fitter mind and body.

#### LEARNING OUTCOMES:

- The importance of being fit, in these crucial pandemic times.
- Improving and evaluating fitness levels of participants.
- Enhancing the scope for introspection on health and fitness.
- Increase active participation and engagement in community activities.

# AZADI KA AMRIT MAHOTSAV



**Miranda House**  
University of Delhi  
Department of Physical Education  
& Sports

Brings to you

## **FIT-TOGETHER**

A fun filled online  
fitness challenge for an  
overall fitness  
Assessment.

Mode: Google Form  
Date: 6th August, 2021 to 11th  
August, 2021

**A challenge for the fit you!**

For Queries, contact:

Nandini Sharma (President, Sports Union) : +91 9680147321

Cheshta Agarwal (Vice-president, Sports Union) : +91 9352569631

*Apogee*





# GAME ON

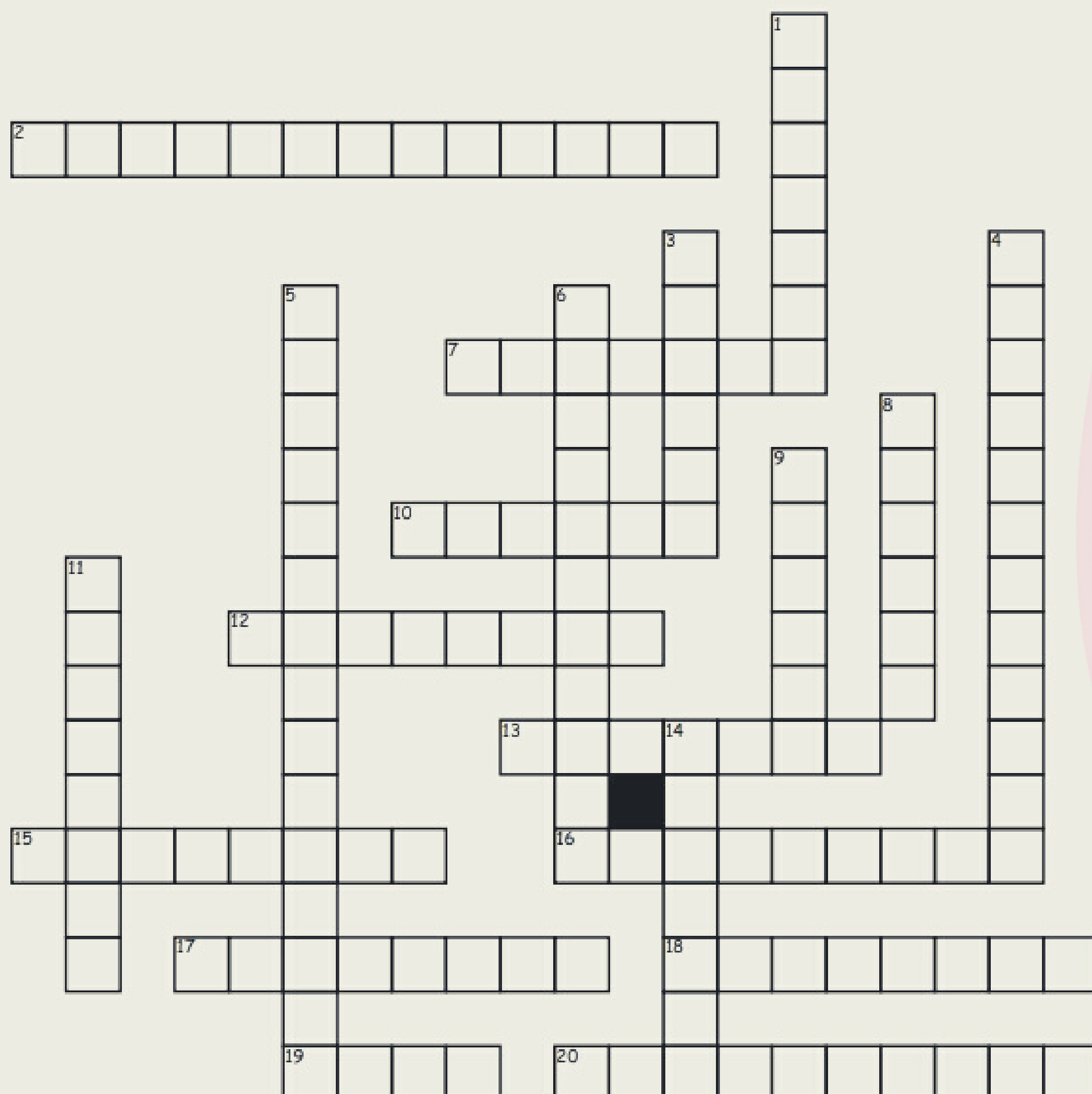
## Sports Crossword

### Across

2. A sport where you dance on ice
7. This sport take place on ice and you move around on the ice
10. This sport is where you race in a boat
12. In this game, you can score something called a Homerun
13. A sport where you shoot a bow and arrow at a target
15. An activity that requires a boat and paddles
16. A sport where you run on a track
17. A sport where you race in water
18. A sport where you jump as far as you can
19. You use a club to hit the ball into a hole
20. A game where you to dribble the ball and shoot the ball into the net

### Down

1. You use a heavy ball to knock down pins in an alley
3. You slide on a snowy hill on two boards on your feet
4. An activity where you go down a snowy hill on one board
5. An activity where you ride on a horse's back
6. A sport where you fight others, often referred as Taekwondo
8. You use sticks and a puck to play this sport
9. This sport is referred as football in England
11. Is an American sport, to score you do a touchdown
14. This sport requires you to jump over fences while running





From understanding the different types of aggression that can occur in sport, it is necessary that all coaches have an understanding of how their performers can use controlled aggression to improve performance and that they have methods that can be used to reduce hostile aggression. Here are some ways in which aggression can be controlled:

1. Punishment to performers that are displaying hostile or instrumental aggression within sport e.g. fines, bans, red cards.
2. Channel aggression in to the performance, focusing on the task. Coach/peers to provide praise for non-aggressive behaviour.
3. Remove self from aggressive situations, e.g. walking away, being subbed
4. Make sure performers are aware of code of conduct set by Governing Bodies and enforced on performers on a regular basis to ensure performers follow it promoting good sportsmanship.
5. Coaches to teach their team respect towards others e.g. opposition, officials, coaches, team mates, fans.
6. Do not show negative aggressive acts on the television; only show the positive role models.
7. Coaches need to provide performers with anger management techniques to use when faced with a situation in which they may become hostile.

# LETS GET CHECKED

## *Controlling Aggression In Sports*





THE MORE  
DIFFICULT  
THE VICTORY,  
THE GREATER  
THE  
HAPPINESS  
IN WINNING.







Erobern 2022, the Sports Festival of Miranda House was organized by the Department of Physical Education and Sports Sciences on 10th and 11th of March, 2022. The sports meet was special not only for the wide range of colleges that participated with zeal and enthusiasm but also because it was the first offline post-covid sports festival organized by the college authorities.

## HIGHLIGHTS

Erobern became a breath of fresh air and welcome to all the students of Delhi University and Miranda House after a long hiatus of happening fest life of the University of Delhi. Erobern'2022 saw an amalgamation of intra college and inter college activities in which hundreds of college students participated. An interesting component of the sports fest was a special segment of sports competitions dedicated to the physically disabled students which was appreciated by everyone and provided them an opportunity to display their talents. Erobern'2022 had a total of 7 events, namely, Archery, Aerobics, Basketball, Chess, Rhythmic Yoga, Throwball, Races (For General as well Pwd category)



FOR THE BELONGING COMES EVERY YEAR - EACH TIME WITH EXTRA SPIRIT



# ANSWERS HERE

## Sports Crossword

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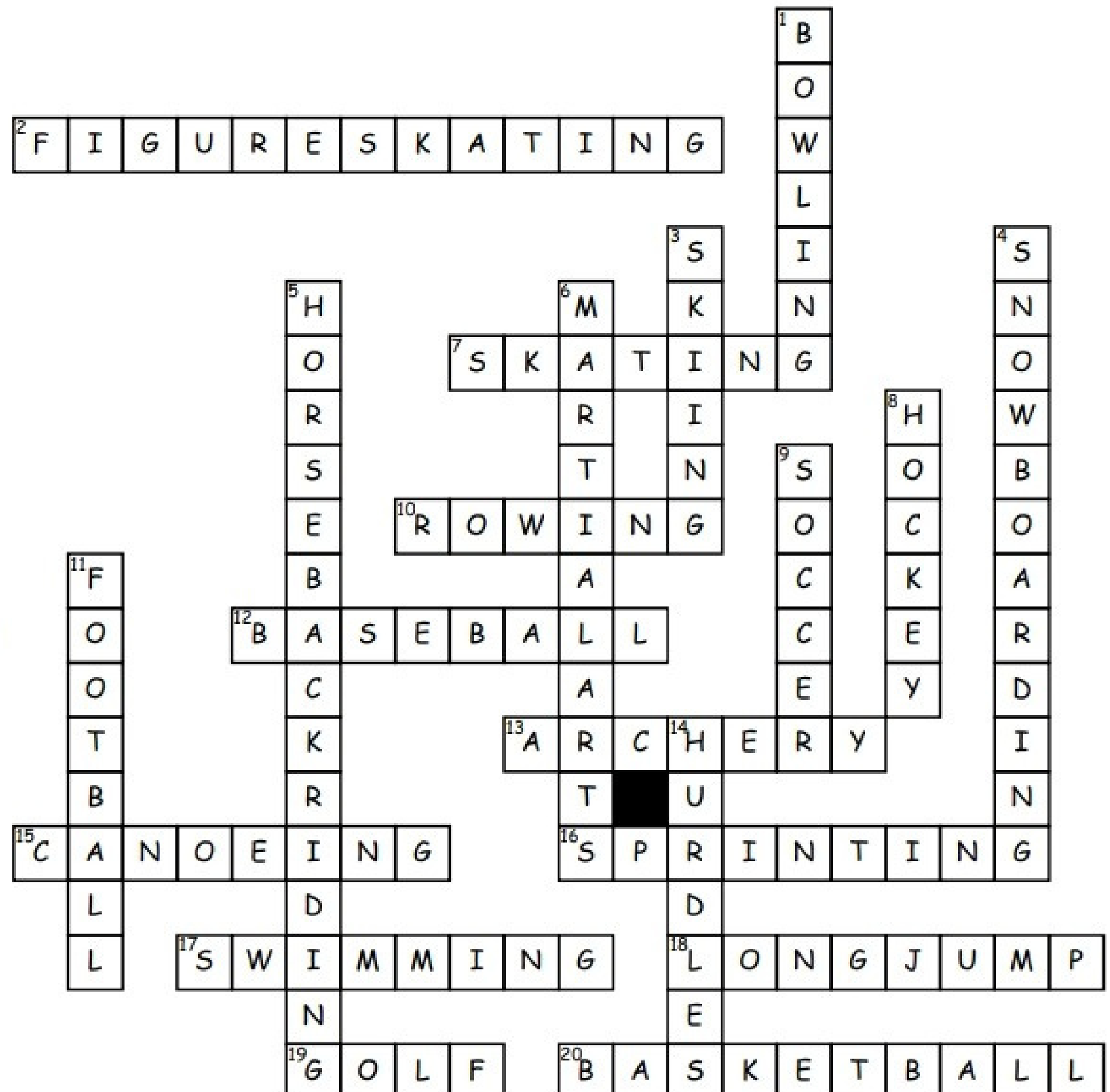
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# UNION 2021-2022

"You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins." – Jim Stovall

## SPORTS UNION (YEAR 2021-22)



Nandini Sharma  
(PRESIDENT)  
ATHLETICS



Cheshta Agarwal  
(VICE-PRESIDENT)  
BASKETBALL



Dharini Sharma  
(GENERAL SECRETARY)  
SHOOTING



Muskan Dhama  
(JOINT SECRETARY)  
NETBALL



Jnanita Asapu  
(TREASURER)  
TENNIS





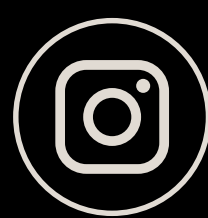


**"THE TRUTH IS, THE HARDER YOU FIGHT, THE SWEETER  
ARE THE REWARDS IN THE END."**

**MARY KOM**



**APOGEE**



**mirandahousesports**



0 24563 84926 54 2