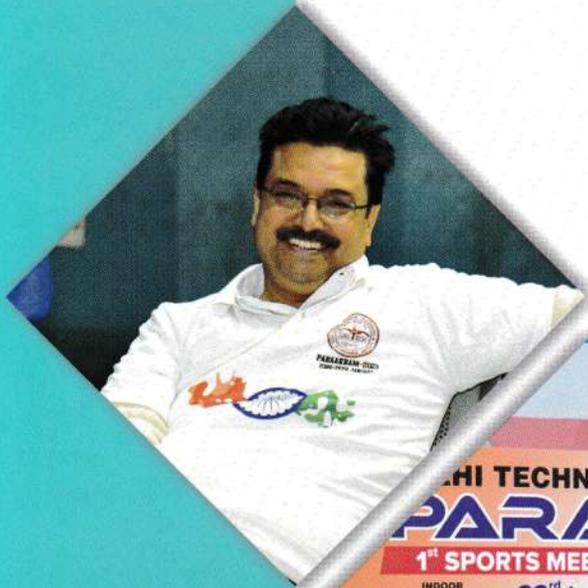




Delhi Technological University
Shahbad Daultapur, Bawana Road, Delhi-110042



2020 - 21 ANNUAL SPORTS REPORT



MISSION

DELHI TECHNOLOGICAL UNIVERSITY

(In the service of humanity since 1941)

To establish centres of excellence in emerging areas of science, engineering, technology, management, and allied areas.

To foster an ecosystem for incubation, product development, transfer of technology, and entrepreneurship.

To create an environment of collaboration, experimentation, imagination, and creativity.

To develop human potential with analytical abilities, ethics, and integrity.

To provide environment-friendly, reasonable and sustainable solutions for local & global needs.



VISION

DELHI TECHNOLOGICAL UNIVERSITY

(In the service of humanity since 1941)

To be a world class university through education, innovation and research for the service of humanity



DELHI TECHNOLOGICAL UNIVERSITY

CORE VALUES

Integrity

We do what we say through trust, transparency and honesty

Compassion

We foster a civilized mindset for kindness, consideration and benevolence.

Commitment

We dedicate ourselves completely to all our endeavors.

Creativity

We nurture innovation, imagination and ideation

Collaboration

We promote teamwork through togetherness, harmony and acknowledgment

Inclusion

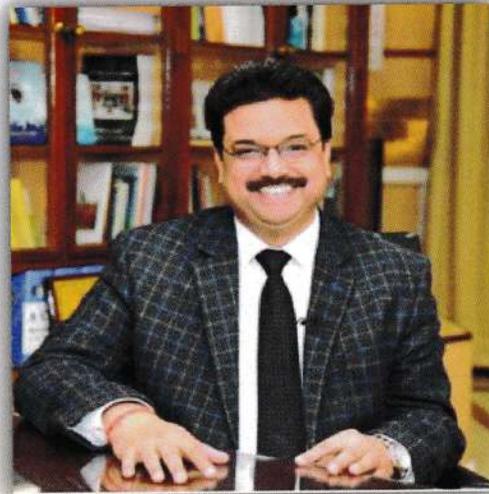
We embrace diversity with respect, acceptance and affirmation.



DELHI TECHNOLOGICAL UNIVERSITY

QUALITY POLICY

" The university is committed to achieving global standards of excellence in the field of Science, Technology, Management and allied areas by disseminating knowledge through cutting-edge research, education and innovation. We adopt best practices to maintain high standards in the core and allied functions through continuous evaluation and improvement of our processes. "



Prof. Yogesh Singh
Vice Chancellor

Message

It's a matter of great pleasure that the Department of Physical Education & Sports is publishing the Annual Sports Report of 2020-21.

Sport is essentially of two kinds, first is sports for career and second is sports for life and we should keep sports for life for a sustainable future. Improvement from sport goes beyond learning new physical skills as it is not only useful for students' bodies, it is useful for their minds as well. Sports helps students develop better ways to cope with the highs and lows of life. Delhi Technological University upholds discipline that the sports bring to the table, as the single greatest quality sought in any person, and instructs the students the same. DTU Sports Complex is a place where each student can get a chance to build up his character and learn things that no class or lecture can give. Sports make every student realize that the strength which he is searching for is in himself only.

I look forward to witnessing new horizons of sports achievements in the future and convey my best wishes for the bright future of Sportsman of DTU.

Prof. Yogesh Singh

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SPORTS COUNCIL

Standing Committee (Academic Year 2020-21)



Prof. R.C. Singh
(Chairman Sports Council)



Prof. Rajiv Chaudhary
(Vice Chairman Sports Council)



Prof. Ranganath M.S.
(Member)



Dr. Roli Purwar
(Member)



Sh. Virender Singh Kathait
(Member)



Dr. A.K. Srivastva
Director, Physical Education
Delhi Technological University
Bawana Road, Delhi-110042

Dr. A.K. Srivastva graduated in Physical Education (B.P.Ed.) from Banaras Hindu University in 1981. He obtained his Diploma in Athletics (N.I.S) from Netaji Subhash National Institute of Sports, Patiala (Punjab) in the year 1982. He received his Post Graduate Degree in Physical Education (M.P.Ed.) from Amravati University, Amravati (Maharashtra) in 1985. He later received his Doctorate Degree in Physical Education (Ph.D) from the University of Amravati (Maharashtra) in 1993.

Dr. A.K. Srivastva is a man of vision and firm commitment and resolve to nurture academic and professional excellence in physical education to which he has associated himself during for 30 years of his long professional career.

Dr. A.K. Srivastva has written 94 books Physical Education and Sports both in Hindi and English. He has been the Chief Editor of "Journal of Health and Sports Sciences".

Dr. A.K. Srivastva has guided 17 Ph.D Scholars, written 30 Research papers, and has presented research paper in National and International Seminars. He has presented his research paper in Seoul 1988, Barcelona 1992, Atlanta 1996, London 2012, during pre-Olympic Scientific Congress and in Venice (Italy) 2016, in the 18th International Conference on Physical Education and Sports Sciences. Presently he is working as Director, Physical Education in Delhi Technological University, Delhi.

Sports Coaches

Academic Year 2020-21



Sh. Harish Dagar
(Cricket)



Ms. Prakriti
(Kabaddi)



Sh. Mahavir
(Volleyball)



Sh. Ajit
(Gym instructor)



Sh. Ajay
(Athletics)



Ms. Richa Bhardwaj
(Volleyball)



Sh. Siddhart
(Volleyball)



Sh. Navneet Gulia
(Football)



Sunil Kumar
(Sports fitness coach, East Campus)

Our helpers



Mr. Deepak



Mr. Jaidev

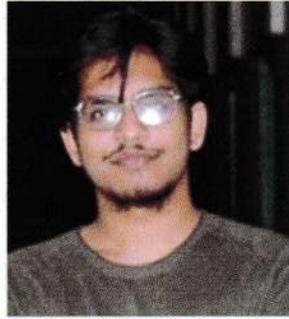
No event is successful without the help of these gems

Student Sports Council

Academic year 2020-21



VIVEK JANGRA
(General Co-ordinator)



SUSHANT DEV
(Sports Secretary-Male)



YASHASHVI SINGH
(Sports Secretary-Female)



DHANANJAY SINGH
(Treasurer)



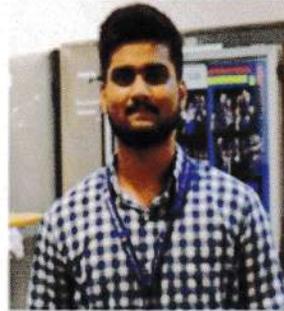
RISHABH PANDEY
(Joint Treasurer)



VIVEK KUMAR
(Joint Treasurer)



MUSKAAN SINGLA
(Joint Secretary)



SARVAGYA KUMAR
(Gym Coordinator-Male)



ANUSHREE MAHUR
(Gym Coordinator-Female)



AYUSH GARG
(Sports Advisor)



MRIGANK SINGH
(Sports Advisor)

NEW YEAR CELEBRATION CRICKET MATCH 31st DEC 2020

New Year Celebration Cricket Match was organized by DTU Sports Council on the 31st December 2020 at DTU Sports Complex as a part of New Year Celebration. Hon'ble Vice Chancellor, Prof. Yogesh Singh was the Chief Guest of the event and his presence made the celebration glamorous.

A cricket match was organized between faculty and the students, wherein everybody relished moments of camaraderie during the afternoon. The event also promotes the importance of Physical Education and Wellness in an individual's life. The sporting events have their own importance in DTU. They aim to inculcate the good understanding among the students and employees apart from residents. The match was played between the Vice Chancellor's XI and the DTUite's XI. Both the faculty members and the student's team had a very enormous enthusiasm.

Being active and playing sports helps people be healthy at any age. Some of the health benefits of playing sports include the efficient functioning of the heart, controlled diabetes, lower cholesterol levels, improved blood circulation, lower hypertension, and lower stress levels. In addition, sports help in weight management, by toning our muscles and strengthening our bones.



(Our Hon'ble Vice Chancellor Prof. Yogesh Singh)



(Hon'ble Vice Chancellor, Prof. Yogesh Singh playing cricket during New Year cricket match 2020)



(DTUites XI team with our Hon'ble Vice Chancellor, Prof. Yogesh Singh)



(Vice Chancellors XI team with our Hon'ble Vice Chancellor, Prof. Yogesh Singh)



(DTU Sports Council with our Hon'ble Vice Chancellor, Prof. Yogesh Singh)

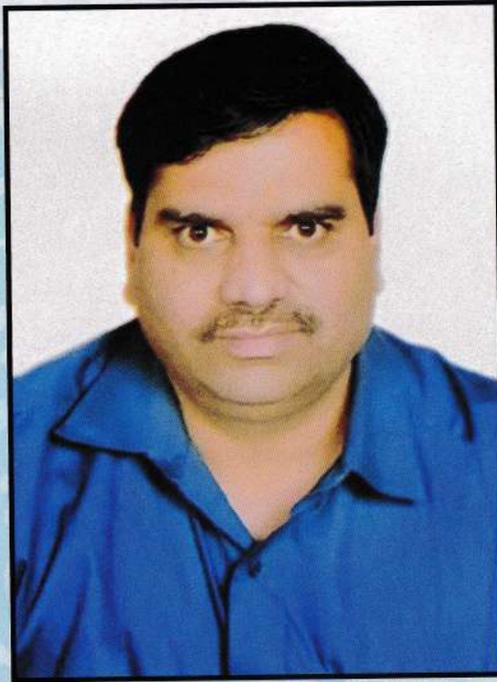
PARAAKRAM

23-30 January 2021

The Students Sports Council successfully organised the “Paraakram” event, held on 30th January 2021 at Sports complex, DTU. Professors were organized into teams and had to compete amongst each other in nail biting contests of sporting events which included volleyball, football, cricket and various other field sports. The Student Members of the DTU Sports Council presented some members with awards for their exemplary performance. Flag off was given by hon'ble Vice Chancellor Prof. Yogesh Singh. The event was also graced by the presence of Chairman Sports Council – Prof. R.C. Singh, Vice Chairman Sports Council Prof. Rajiv Chaudhary, Director of Physical Education and Sports – Dr. A.K. Srivastva, and other faculty members. All the participants were offered participation certificates along with the refreshments. With the ongoing pandemic and days of sitting back home, the students and professors found it to be a refreshing and exuberating experience.



(Chief Guest Hon'ble Vice Chancellor, Prof. Yogesh Singh)



**Sh. Kamal Pathak (Controller of Examination)
Coordinator of PARAAKRAM-2020-21**

BADMINTON

CRICKET

CHESS

CARROM

FOOTBALL

LAWN TENNIS

TABLE TENNIS

THROWBALL

VOLLYBALL

WINNERS MEN CATEGORY

S. No.	GAME	WINNERS (S)
1.	Cricket	Team - H Captain - Kamal Pathak Amit Kumar Singh Dr. Nitin Kumar Puri Kaleem Ullah Khan Madhukar Ch Praveen Rahul Thakur Rehan Rohit Kumar Rajiv Yadav Sanjeev Mishra Subodh Mor Sunil Chhikara
2.	Football	Team - B Captain - Ankit Burman Nitin Kumar Puri Deshraj Meena Dr. Rahul Katarya Himanshu Dutta Kamal Pathak Kaustubh Ranjan Singh Madhukar Cherukuri Manish Bharti Pardeep Verma Piyush Vaish Praveen Sandeep R Vignesh Mohan Yakshansh Kumar
3.	Volley Ball	Team - A Captain - Dr. Anil Kumar Haritash Dr. Dinesh Kumar Vishwakarma Dr. Rahul Katarya Harshit Chawla Manish Bharti Nitin Kumar Pradeep Teotia Yakshansh Kumar

6.	Chess	Yakshansh Kumar
7.	Carrom	Himanshu Singh
8.	Table Tennis (Singles)	Himanshu Pandey
9.	Table Tennis (Doubles)	Kamal Pathak - Dr. Nitin Kumar Puri
10.	Lawn Tennis	Dr. Dinesh Kumar Vishwakarma

WINNERS WOMEN CATEGORY

S. No.	GAME	WINNERS (S)
1.	Cricket	Team - B Captain - Dr. Rishu Chaujar Shilpa Rana Umang Meena Kumari Nisha Vashishtha Urmial Rani Sonia
2.	Throw Ball	Team - B Captain - Dr. Rishu Chaujar Monika Sharma Nikita Srivastva Savita Shruti Grover Swati Urmila Rani N Jayanti
3.	Badminton (Singles)	Meena
4.	Badminton (Doubles)	Meena - Dr. N. Jayanthi
5.	Carom	Prop. Rinku Sharma



(Hon'ble Vice Chancellor, Prof. Yogesh Singh playing Table Tennis)



(A marvellous hit by our Hon'ble Vice Chancellor, Prof. Yogesh Singh)



(Hon'ble Vice Chancellor, Prof. Yogesh Singh admiring women teams for their participation)



(Participants of Paraakram)



(Hon'ble Vice Chancellor, Prof. Yogesh Singh and DTU Sports Council 2020-21)



1st PARAAKRAM - 2020-21

PANDEMIC FITNESS RUN

2nd March 2021

The Student Sports Council of DTU organized a "Pandemic Fitness Run" for the students of DTU on 2nd March 2021 at the DTU Sports Complex. This unprecedented situation has made all of us lethargic and keeping up with our physical health has become a major task. The pandemic fitness run aims to promote the importance of physical fitness in this pandemic situation and rejuvenate all the students after a long fitness break. The chief guest of the event was our Hon'ble Vice Chancellor Prof. Yogesh Singh. The event started when everyone paid their respects to our prestigious national anthem. Around 800 students participated in the race. There were different track routes designated for boys and girls and the length of the race for boys and girls are 4.5 km and 2.5 km respectively in the university premises.

The races commenced with our esteemed chief guest Hon'ble Vice Chancellor Prof. Yogesh Singh giving a few inspirational and motivational words to the aspiring runners. Holistic development of a student is possible only when he/she is physically fit and emotionally balanced. The zeal and enthusiasm encouraged the students to complete the entire race. Students were gripped with a feeling of anxiety and nervousness although some runners achieved triumph; others were still satisfied with their attempt to complete the entire marathon. None of the students were injured and the run was a success.

The winners of the race for boys' and girls' categories are as follows:

WINNERS BOYS :

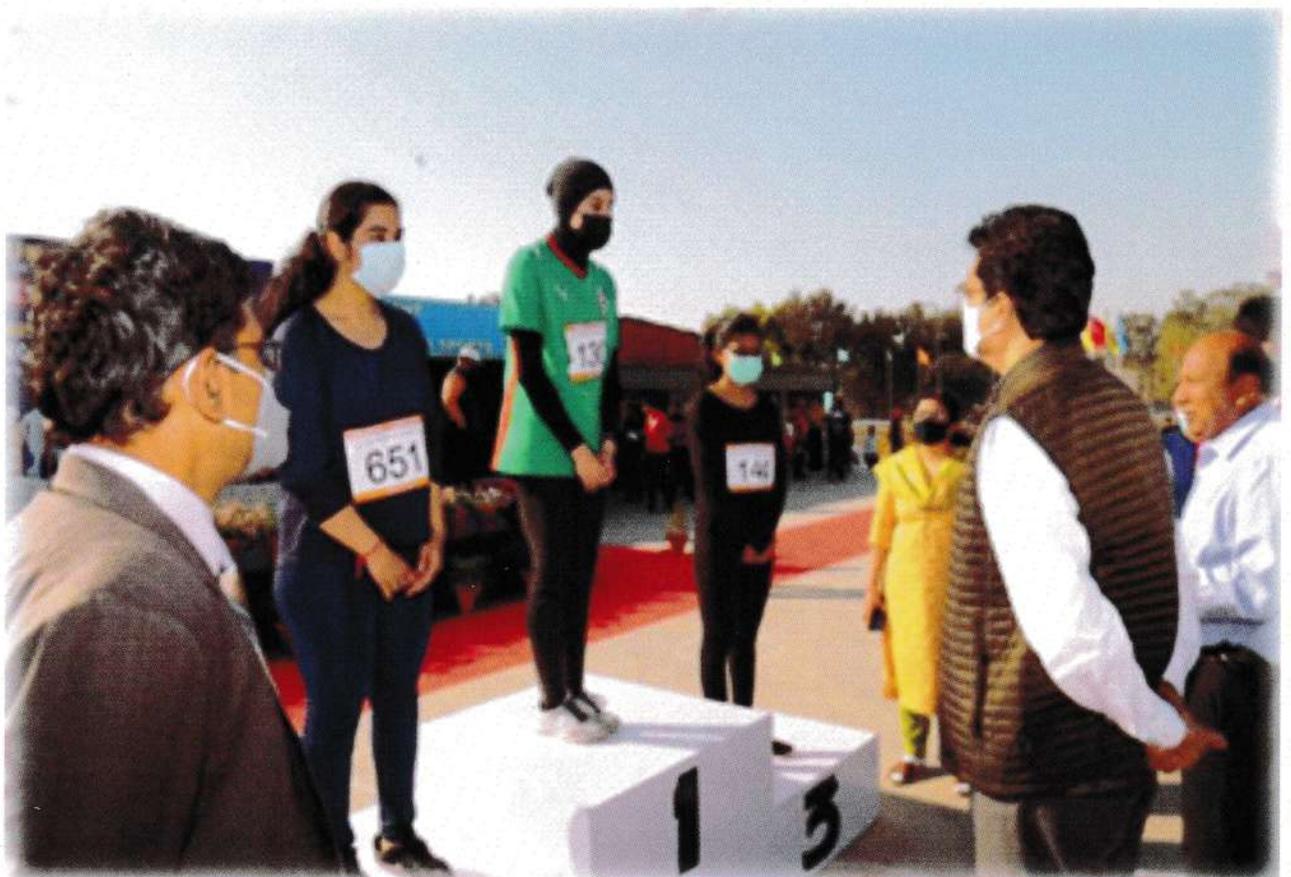
POSITION	NAME	ROLL NUMBER
IST	Aryan	2K20/A12/24
IIND	Shaurya Kumar	2K19/CE/115
IIIRD	Brijen Kumar	2K20/A8/73

WINNERS GIRLS :

POSITION	NAME	ROLL NUMBER
Ist	Imane Elouaghzani	2K19/CO/133
IInd	Divya Dehlan	2K20/A7/002
IIIrd	Rifat Fatima	2K19/CE/102



(Our Hon'ble Vice Chancellor Prof. Yogesh Singh addressing the participants)



(Winners- Girls)



(Winners-Boys)



PANDEMIC FITNESS RUN CEREMONY

FOUNDATION ELECTIVE COURSE – SPORTS

Objectives:

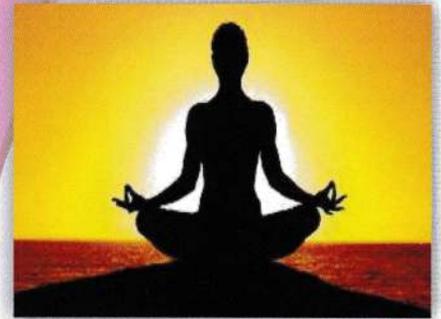
Objectives of Physical Education Course are to provide instructions and guidance that help engineering students to:

1. Acquire the fundamentals of health-related illness, encompassing cardio respiratory endurance, muscular strength and endurance, muscular flexibility and body composition.
2. Apply knowledge of the fundamentals of health-related fitness Toward developing, maintaining, and sustaining an active and healthy lifestyle.
3. Acquire or enhance the basic motor skills and skill-related Competencies, concepts, and strategies used in physical activities and exercises.
4. Gain a working knowledge, appreciation, and understanding of the spirit and rules, safety, and etiquette of physical activities and exercises.
5. Participate in a regular exercise and physical activity program.
6. Achieve an improved level of health-related physical fitness.
7. Change their own lifestyle in such a way as to progress toward the achievement of personal wellness and academic excellence.



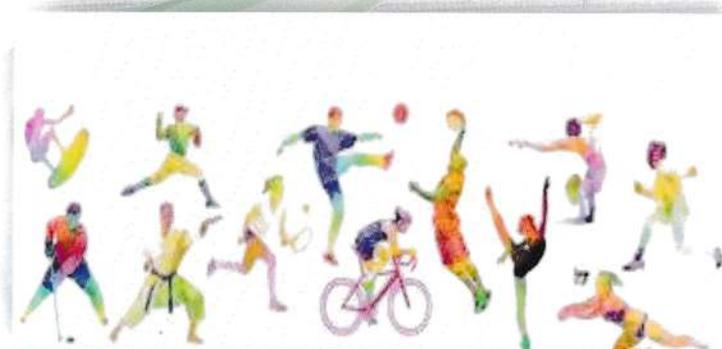
FEC Sports -1 DETAILS OF COURSE: - **(Any two out of 4 components)**

1. INTRODUCTION TO PHYSICAL EDUCATION IN THE CONTEMPORARY CONTEXT (Any Two) Learn and demonstrate the technique of Surya namaskar Develop Physical Fitness through Calisthenics / Aerobics/ Circuit-Training / Weight Training and demonstrate the chosen activity Select any one game available in the college and learn different techniques involved in its play



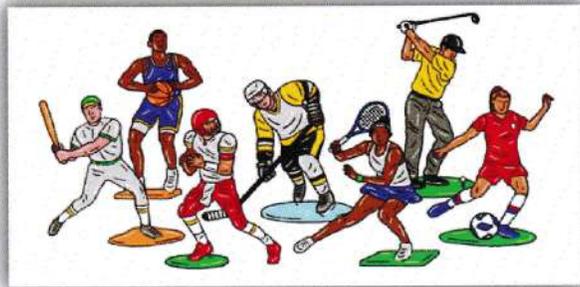
2. CORE PHYSICAL EDUCATION: FITNESS, WELLNESS AND NUTRITION (Any Two) Measurement of Fitness Components – Leg-raise for Minimal Strength (Muscular Strength); Sit-ups Muscular Endurance); Harvard Step Test, Run and Walk Test (Cardiovascular Endurance); Sit and Reach Test (Flexibility) Measuring height, weight, waist circumference and hip circumference Calculation of BMI (Body Mass Index) and Waist- Hip Ratio Engage in at least one wellness program and write a report on it.

3. CORE PHYSICAL EDUCATION: POSTURE, ATHLETIC CARE AND FIRST AID (Any Two) Demonstrate Stretching and Strengthening Exercises for Kyphosis, Scoliosis, Lordosis, Knock Knees, Bow Legs, Flat Foot, Back Pain and Neck Pain Illustration and Demonstration of Active and Passive Exercises Asanas with Therapeutic Value (Any five asanas): Karnapeedasana, Padmasana, Dhanurasana, Sarvangasana, Paschimottanasana, Chakrasana, Halasana, Matsyasana, Ardhamatsyendrasana, Ushtrasana, Mayurasana, Shirshasana, Vajrasana Practice P.R.I.C.E. in FirstAid.



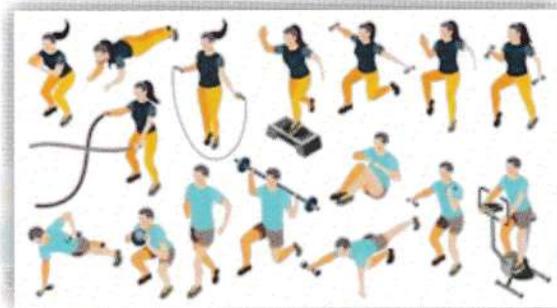
4. SPORTS ADMINISTRATIONS MANAGEMENT (Any Two) Demonstration of Supervision activities in Sports Management. Demonstration of skills of Management. Demonstration of fixtures of various kinds in sports competitions. Demonstration of technical and non-technical purchase procedure.

FEC Sports - 2 DETAILS OF COURSE: - (Any two out of 4 components)



1. SPORTS FOR ALL (Any Two) To participate in any intramural Tournaments (one team game and one Individual game) of choice. To attend and participate in at least 15 hours in Fitness training on the field or in Gymnasium. Participate in at least one track and one field event on Annual Sports day. To participate in Inter College Tournament.

2. MEDIA AND CAREERS IN PHYSICAL EDUCATION (Any Two) Organize an event / intramural / tournament in your college. Prepare a News Report of an observed Sports competition. Create a presentation on any topic from Physical Education using an audio-visual aid. Demonstrate Warming-up / Conditioning / Cooling-down exercises.



3. MANAGEMENT OF AEROBICS AND GROUP TRAINING (Any Two) Measurement of fitness Components - Leg-raise for Minimal Strength (Muscular Strength); Sit-ups (Muscular Endurance); Harvard Step Test or Run and Walk Test (Cardiovascular Endurance); Sit and Reach Test (Flexibility) Measurement of Pulse Rate / Heart Rate at Radial Artery and Carotid Artery, Calculation of Target Heart Rate Developing a 5-10 minutes routine of aerobics with appropriate music for each component of health-related physical fitness.

4. SPORTS INDUSTRY AND MARKETING (Any Two) Identify an issue or a trend in the sports industry: 1. Players in professional or college sports 2. Ownership Marketing Plan: Environmental Factors and Product Plan Draft, Paper bibliography/works cited. Sponsorship proposal Development of a budget plan for an event Athlete branding



FEC Sports - 3 DETAILS OF COURSE: -

(Any two out of 4 components)

1. **PHYSICAL EDUCATION** Concept of Physical Education, its relation with technical education, health and recreation, Scope and Importance of Physical Education.



2. **HEALTH** Concept and factors affecting health Physical Fitness-Concepts and factors affecting physical fitness, sources of fitness, Types of physical fitness Elements of fitness, speed, strength, power, endurance, flexibility, agility warming up and cooling down

3. **POSTURE** Concept and values of good posture Causes of poor posture Postural deformities, their causes and remedies



4. **SPORTS (Practical)** Every student shall opt minimum of three athletic events. Each student shall opt minimum one game major/minor i.e., athletics, badminton, basketball, cricket, football, table tennis, volleyball, kabaddi, Lawn Tennis, Chess Participation in DTU mini marathon, annual athletics meet, physical fitness and cardio respiratory efficiency test.



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