

AVADH GIRLS' DEGREE COLLEGE

SPORTS CLUB REPORT 2021-2022

ADVISOR

DR. SARITA SINGH

CO-ADVISORS

MS. AKANSHA SAXENA

MS. PRAGYA BOUDH

PRESIDENT

KALPANA DHAMI

SECRETARY

MARIYAM REHMAN

JOINT SECRETARIES

SUMEDHAA SRIVASTAVA

AASTHA TIWARI

MASHAAL 2.0 (An Intercollege sports meet)

Date: 13th & 14th March,2021

Venue: Jaipuria Institute of Management, Lucknow



The students of Avadh Girls' Degree College participated in '*Mashaal 2.0*'. The following students of the college were the winners :

Smriti Singh bagged the 3rd position in chess.

Mansi, Kamini Kanaujia, Shakshi and Shrishti Singh secured 1st position in 4×100m relay.

Team basketball comprising of Nivedita Bajpai, Sana Parveen, Shrishti Singh, Kavya Singh Sengar, Shakshi, Kalpana Dhama, Anjana, Esther, Khushi Sachdeva, Anamika Tiwari, Shraddha and Astha Pandey secured 2nd position.

INTER COLLEGE CHESS TOURNAMENT

DATE: 16th & 17th March 2021

VENUE: National PG College, Lucknow



Vandana Trivedi and Smriti Singh participated Inter College Chess Tournament on 16th and 17th March 2021 held at National PG College, Lucknow.

Vandana Trivedi secures 1st position and Smriti Singh stood 3rd position in chess tournament.

LUCKNOW DISTRICT ATHLETICS CHAMPIONSHIP

Date: 9th &10th August,2021

Venue: KD Singh Babu Stadium, Lucknow



Muskaan Singh, student of B.Com 3rd year received a gold medal in *20km walk* organized by *Lucknow District Athletics Championships held at KD Singh Babu Stadium*, Lucknow. She has also been declared as the captain of the District Athletics Team.

Muskaan also qualified for the State Athletics Championship, which was held in Etawa on 26th August 2021.

INDEPENDENCE DAY

Date: 15th August 2021

Venue: Avadh Girls' Degree College



The Sports club of the college celebrated Independence Day in the college campus on 15th August. This day marks the freedom of India from the British rule.

The flag was hoisted by the Principal Dr. Upma Chaturvedi , followed by the National Anthem. The students sang patriotic songs. There were games and gifts organised for the support staff of the college.

INAUGURATION OF BASKETBALL COURT

Date: 31st August 2021

Venue: College Basketball Court



The inaugural ceremony of the newly constructed Basketball court was organised by sports club on the 31st August 2021. The principal, Dr. Upma Chaturvedi along with Sports Club Advisor and Co-Advisor, Dr. S. Singh and Ms. A. Saxena inaugurated the court by performing a puja and releasing white doves.

A friendly match was organised between Avadh Girls' Degree College and St. Agnes Loreto Day College.

FIT INDIA CAMPAIGN

Date: 1st October 2021

Venue: College Campus



The Sports Club and Department of Physical Education of the college jointly organized the fitness program in the college campus from 1st October 2021 to 30th June 2022 under the '*Fit India Campaign*'. In this program, the college students practice and exercise for an hour every morning in order to stay physically and mentally healthy.

A SEVEN DAY WORKSHOP

Date: 23rd to 29th October 2021

Venue: College Campus



A Seven-day workshop on '*Emotional and Physical Development Through Sports*' was jointly organized by the Sports Club and Department of Physical Education under the guidance of Sports Club Advisor Dr. Sarita Singh and Co-Advisor Dr. P. Boudh. It was a one week

workshop held from *23rd October to 29th October 2021* under the aegis of *Mission Shakti 3.0*. There were morning practices for various sports including basketball, throwball, etc. Under the guidance of various coaches.

At the culmination of the workshop, the principal Dr. Upma Chaturvedi distributed the certificates to the participants and motivated them to actively participate in more sports events.

OBA 3×3 WINTER CUP

Date: 7th November 2021

Venue: Chiranjiv Bharti School, Lucknow.

Kalpna Dhama, Aastha Tiwari, Kavya Singh Sengar and Shrishti Singh participated in OBA 3×3 winter cup 2021 on 7th November 2021 held at Chiranjiv Bharti School, Lucknow.

SPORTS WEEK

Date: 7th to 14th December 2021

Venue: College Campus

The sports club of the college organized the '*Sports week 'from 7th to 14th December 2021*' under the guidance of the Club Advisor Dr. S Singh .

The club president Kalpna Dhama, Secretary Mariyam Rehman and Joint Secretaries Sumedhaa Srivastava assisted in planning and organizing the event.



On first day (7TH December,2021) *Shotput* and *Chess* were conducted. A total of 15 students participated in shotput and 14 in chess.

Shotput results –

Kavya Singh Sengar stood first.

Mariyam Zehra secured 2nd position and

Aastha Pandey stood third position

Chess results –

Ananya Dubey secured 1st position

Abhirati stood 2nd position.



On 8th December 2021, Kho-kho matches were organized in which team A , team B, team C and team D competed against each other on knock out basis. The final match was conducted between team A and team C in which team C stood as winners. Team C consisted Kamini Choudhary (captain), Mariyam Rehman, Mallika, Ruchi, Anshika, Iqra Khan, Kirti Singh, Kajal, Prachi, Muskan and Mansi. The runner (team A) consisted Kamini Knaujia (captain), Sakshi Yadav, Nashra , Sneha, Shweta Singh, Anamika Tiwari, Neha, Sapna, Preeti, Aanchal, Aastha and Manisha.

Volleyball was conducted on 9th December, in which team A, team B, team C and team D competed against each other on knock out basis. The final match was played between team B and team C, in which team B won the match. The winners (team B) consisted of Sumedhaa Srivastava (captain), Manu Singh, Kalpana Dhama, Taranpreet, Abhirati and Tabassum. The

runner (team C) consisted Kamini kanaujia (captain), komal , Goldi Yadav, Anamika Tiwari , Mansi, Preeti Basera and Shweta Singh.



Table Tennis was held on 11th December 2021. Total 13 players were participated in the event . The final match was played on 12th December between Shabeeb Fatima and Shrishti Singh. Shabeeb Fatima cleared all the 3 rounds by 3-0 and stood as winners whereas Shrishti Singh secured 2nd position.

Throwball was organised on 12th December 2021. Team A, team B, team C and team D competed against each other on knock out basis. The final match was played between team A and team D. Team D comprising of Shabeeb Fatima (captain), Tabassum, Goldy, Kajal, Nashra, Suruchi, Vaishnavi and Kamini won the finals. Team A comprising Kalpana Dharmi (captain), Sumedha Srivastava , Mariyam Rehman, Shrishti Singh, Anamika Tiwari, Manu, Isha and Ruchi secured second position.



The last event *Basketball* was held on 14th December 2021. Four quarters of 10 minutes began with a jump ball between team A and team B. Team A comprising of Kalpana Dhama (Captain), Anamika Tiwari, Nutan, Yamini, Shraddha, Nishtha and Medha stood as winners. TEAM B comprising Kavya Singh Sengar (captain) Shrishti Singh, Astha Pandey, Manju Bisht, Rimjhim Trivedi, Goldy Yadav , Ayushi Yadav and Ankita Pandey .The match was referred by Mr Cherubin.

[NORTH ZONE INTER UNIVERSITY 2021](#)

Date: 29th December 2021

Venue: Chitkara University, Chandigarh

Aastha Tiwari and Divanshi Dua were selected for North Zone Inter University 2021 (basketball) tournament which was held on 29th December 2021 at Chitkara University, Chandigarh.

REPUBLIC DAY

Date: 26th January 2022

Venue: Avadh Girls' Degree College, Lucknow



The Sports Club of the college organised celebrations to mark the *73rd Republic day of India*. The program began with the unfurling of the national flag by Prof. Bina Rai, Principal of the college. The NCC Cadets sang the NCC song and the students sang patriotic songs. The students of NCC and NSS performed March past in the college campus with the salute being taken by the principal. The NCC Cadets also distributed food and clothes to the poor children.

SURYA NAMASKAR

Date: 8th February 2021

Venue: College Campus



On the auspicious occasion of *75th independence* anniversary, the sports club along with NCC and Department of Physical Education organised '*Surya namaskar*' to commemorate the '*Surya Saptami*' for the faculty members, office staff and students of Avadh Girls' degree college . The program witnessed the participation of 103 students and 39 teachers and office staff, who synchronized the various asanas of Surya Namaskar.

SPORTS FEST

Date: 26th to 29th April 2022

Venue: Lucknow University old and new campus, Lucknow



The student of Avadh Girls' Degree College participated in the '*sports fest*' organised by the *Lucknow University cultural and sports committee* (LUCS) at Lucknow university old and new campus. The performance of the students of our college were as follows:

Kamini Kanaujia won gold in 100m and silver in long jump.

Shrishti Singh won gold in 200m running.

Kavya Singh Sengar won gold in shotput and bronze in javelin throw.

Rashika Toppo won gold in long jump.

A Relay team comprising of Kamini Kanaujia, Shakshi, Shrishti Singh and Rashika Toppo won gold in 4x100m relay.

SEVEN DAY WORKSHOP ON BASIC SKILLS OF CRICKET AND ITS IMPACT ON HOLISTIC HEALTH

Date: 6th to 13th June 2022

Venue: College Campus





A seven-day workshop on *“Basic Skills of Cricket and its impact on holistic health”* * was organized from 6th to 13th June, 2022 under the guidance of Dr. Sarita Singh, Head Department of Physical Education & advisor, sports club under the aegis of Mission Shakti. A total of 32 students have registered to participate in the workshop. *The workshop was inaugurated by former Ranji player Mr. Rakesh Joshi.*

Shri Joshi attracted the attention of the participants by explaining and practicing the basic skills of cricket during the workshop. He said that women’s cricket has immense potential for the future and this game is a good example of women’s empowerment. The workshop has been jointly organized by the Department of Physical Education and the Sports Club of the college. The workshop culminated on 13 June 2021 with a 10-over match between the two participating teams. The participation certificates were distributed to the participants by the college *Principal, Professor Bina Rai*. Kalpana Dhami (President, Sports Club), Sumedhaa (Joint Secretary) , with helpers Kavya Singh Sengar, Swastika and Yamini had a special contribution in organizing the workshop.

We had an amazing year filled with sports activities despite COVID 19. These activities would have not been possible without the guidance and support of our Club Advisor Dr. S. Singh and Co-Advisor Ms. Akansha Saxena and Dr. P Boudh.