

SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER



DEPARTMENT OF PHYSICAL
EDUCATION

2019-20

1. 1st Intercollegiate Chess (W) Tournament 2019-20

Of MDS University, Ajmer

- **Name of the Department:** Physical Education
- **Name of the Activity:** 1st Intercollegiate Chess (W) Tournament 2019-20 of MDS University, Ajmer
- **Date:** 7th to 8th November 2019
- **Total Number of the Students:** 24
- **Venue:** Sophia Girls' College (Autonomous), Ajmer
- **Chairman Nominee:** Shri Sanjeev Kumar Verma (Professor, S.P.C. Govt. College, Ajmer)
- **Observer:** Dr. Asgar Ali (Sports Officer, D.A.V. College, Ajmer)
- **Chief Guest:** Shri Hemant Swaroop Mathur, Land Settlement Officer, Bhilwara

The following 4 Colleges participated in the tournament:

1. Agarwal Girls College, Kishangarh
2. D. A.V. College, Ajmer
3. S.P.C. Govt. College, Ajmer
4. Sophia Girls' College (Autonomous), Ajmer



1st Intercollegiate Taekwondo (W) Tournament 2019-20

ofMDS University, Ajmer

- **Name of the Department:** Physical Education
- **Name of the Activity:** 1stIntercollegiate Taekwondo (W) Tournament 2019-20 of MDS University, Ajmer
- **Date:** 11thto12th November, 2019
- **Total Number of the Students:**50
- **Venue:** Sophia Girls' College (Autonomous), Ajmer
- **Chairman Nominee:**Shri Pradeep Verma (President, Taekwondo Association, Ajmer)
- **Observer:**Ms. Anshu (P.E.T., Rayon International School, Ajmer)
- **Chief Guest:** Shri Bhagwant Singh Rathore, R.A., D.I.G. Stemp, Ajmer

The following 8 Colleges participated in the tournament:

1. Agarwal Girls College, Kishangarh
2. Apex College, Makrana
3. Aryan College, Ajmer
4. D.A.V. College, Ajmer
5. S.D. College, Kekri
6. S.P.C. Govt. College, Ajmer
7. SNDWPTT College, Bhilwara
8. Sophia Girls' College (Autonomous), Ajmer



33rd Intercollegiate Cricket (W) Tournament 2019-20

Of MDS University, Ajmer

- **Name of the Department:** Physical Education
- **Name of the Activity:** 33rd Intercollegiate Cricket (W) Tournament 2019-20 of MDS University, Ajmer
- **Date:** 18th to 20th December, 2019
- **Total Number of the Students:** 112
- **Venue:** Sophia Girls' College (Autonomous), Ajmer
- **Chairman Nominee:** Miss Soniya Bijawat (D.R.M. Office, Ajmer)
- **Observer:** Shri Ashok Gupta (S.A.I. Coach, Ajmer)
- **Chief Guest:** Dr. Priyanka Raghuvanshi, C.O. City North, Ajmer

The following 7 Colleges participated in the tournament:

1. D.A.V. College, Ajmer
2. Govt. Girls College, Ajmer
3. S.M.M. College, Bhilwara
4. SNDWPTT College, Bhilwara
5. S.M.D. Tapariya College, Jawantgarh
6. S.P.C. Govt. College, Ajmer
7. Sophia Girls' College (Autonomous), Ajmer



Training camps for 33rd Intercollegiate Tournament 2019-20

The Department of Physical Education of Sophia Girls' College (Autonomus), Ajmer organised camps for various games to train the athletes for the intercollegiate tournaments for the session 2019-20.

Resource person – Coaches of the respective games.

Learning Outcome: The main objective of the training programme is to prepare the players for the upcoming Intercollegiate and other federation tournaments for building the importance of team work and sportsmanship.

Description:

Our training programme is not focused only on the players who could play well, but those who have great mental fitness as well.

The training camps were organised for the following games:

S.No.	Game	Position	No. of Players	Players Participation at West Zone/ All India/National
Inter Collegiate Results: 2019-20				
1	Basketball	Winners	12	3 Players (West Zone)
2	Chess	Winners	5	2 Players (West Zone)
3	Badminton	Winners	4	2 Players (West Zone)
4	Volleyball	Runners' Up	12	3 Players (West Zone)
5	Handball	Runners' Up	12	2 Players (West Zone)
6	Kho- Kho	Runner's Up	12	2 Players (West Zone)
7	Lawn Tennis	Runners' Up	4	1 Player (West Zone)
8	Boxing	1 Gold, 1 Silver, 1	7	2 Players (All India)

		Bronze		
9	Taekwondo	1 Gold, 2 Silver, 1 Bronze	5	2 Players (All India)
10	Athletics	1 Silver	10	-
11	Shooting	1 Gold, 1 Silver	2	2 Players (All India)
12	Wrestling	1 Silver	1	-
13	Table Tennis	-	4	3 Players (West Zone)
14	Hockey	-	16	1 Player (West Zone)
15	Kabaddi	-	12	1 Player (West Zone)
16	Cricket	Runners' Up	16	
17	Softball	-	16	3 Players (All India)
18	Yoga	Runners' Up	6	1 Player (All India)

Open Tournaments Results:

National level

1. Athletics: Rolly Sharma student of B.A. I yr. won Bronze Medal in Shot Put event at National Level.
2. Korf Ball: Kanika Singh Rajawat B.Com. III year secured 3rd place in Senior National Korf ball Tournament held at Jammu & Kashmir from 18th-23rd July, 19.
3. Basketball: Kanika Singh Rajawat B.Com. III year is going represent Rajasthan in 70th Senior National Basketball Championship.

State level

1. Table Tennis: Lakshita Sharma student of B.A. II, won Gold Medal in Junior Table Tennis State Championship held at Jodhpur from 10th-14th October 2019.
2. Basketball: Kanika Singh Rajawat student of B.Com III yr, represented College in Senior State Basketball Championship held at Devgarh and secured Runners' Up position. She got selected for the 70th Senior National Basketball Championship. She also secured 1st

position in 3 on 3 Street Baller and 3 on 3 SMS Stadium championship, and she represented college in Asian Handball Tournament held at Jaipur as a Team Co-coordinator.

3. Power Lifting: AnujaGwalani and ChakshitaPareek student of B.Sc. Bio II Yr. participated in Rajasthan state Senior Power lifting Championship held at Bikaner from 19th -21th July 19 in 63and 52 weight category respectively.
4. Shooting: AbhilashaRathore, B.A. III, participated in 18th state shooting championship, 10mt. Air Pistol, held at Jaipur from 15th – 21st Aug. 19
5. Wrestling: Yamini Sharma, B.A. I: Represented college in Rajasthan State Junior Judo championship held at Bharatpur from 26th – 27th November 2019.

District level

1. Power Lifting: AnujaGwalani student of B.Sc. Bio II Yr. won Gold Medal in District Power Lifting Championship in 63 kgs. Weight category.
2. ChakshitaPareek student of B.Sc. Bio II Yr. won Gold Medal in 52 kgs. Weight category
3. Shooting: AbhilashaRathore Student of B.A. III, won Gold medal in 6thSamratPrithbiraj Chauhan Memorial Shooting Championship and Bronze Medal in District shooting 10mt. pistol held at Karni Sports Shooting Academy Ajmer.
4. Priyanka Poswal student of B.A. I, won Bronze Medal in 10mt. Air Pistol in District Shooting Championship held at Ajmer from 3rd – 5th Aug. 19.