

**SOPHIA GIRLS' COLLEGE**  
**(AUTONOMOUS), AJMER**



**DEPARTMENT OF PHYSICAL**  
**EDUCATION**

**2020-21**

## **2<sup>nd</sup> Intercollegiate Chess (M/W) Tournament 2021-22**

Honourable Chief Guest SHRI UMESH PAREEK CEO Ajmer cantonment board Ajmer, Our Principal Dr. Sister Pearl, Vice Principal Dr. Sister Rani, distinguished guests, team managers and participants.

I, Shahina Sherani the Organising Secretary, would like to read out the report of the 2<sup>nd</sup> Intercollegiate Chess (M/W) Tournament of MDS University, Ajmer, held from 23<sup>rd</sup> to 24<sup>th</sup> December 2021 at Sophia Girls' College Ajmer. In which 52 players from various Colleges participated.

The following 11 Colleges participated in the tournament:

1. Acharya Shree Mahapraghya Institute of Excelance , Asind (M)
2. Ayan College, Ajmer (M)
3. Aryabhatta College, Ajmer (M)
4. D.A.V. College, Ajmer (M)
5. M.D.S.U. Campus , Ajmer (M)
6. M.L.V. Govt. College, Bhilwara (M)
7. R.I.E. College, Ajmer (M/W)
8. S.D. Govt. College, Beawar (M)
9. S.P.C. Govt. College, Ajmer (M/W)
- 10.S.R.K. Patni Girls' College, Kishangarh
- 11.Sophia Girls' College, Ajmer (W)

We started with the inauguration on 23<sup>rd</sup> Dec. 2021 and the Honourable Chief Guest for the day was Our Principal Dr. Sister Pearl. Other University delegates along with the officials for all the games were also present.

In the first session of Women, 1st match was played between the Sophia Girls' College, Ajmer and S.R.K. Patni Govt. College, Kishangarh and the score was 4 - 0.

Second match was played between S.P.C. Government College, Ajmer and R.I.E. College, Ajmer and the score was 2 all.

In second session the 1<sup>st</sup> match was played between Sophia Girls' College, Ajmer and R.I.E. College, Ajmer in which Sophia Girls' College, Ajmer won the match with the score of 4-0 and S.P.C. Government College, Ajmer won S.R.K. Patni Govt. College, Kishangarh with the score of 3-1.

S.P.C. Government College, Ajmer secured runners a position with the score of 5 points and lead with 7 point Sophia Girls' College, Ajmer was declared as the winner of the tournament.

**In the mens' session** S.P.C. Govt. College, Ajmer, secured runners a position with the score of 11.5 points and lead with 13 point M.L.V. College, Bhilwara, was declared as the winner of the tournament.

At the end, I would like to congratulate all the winners and runners up teams and as well as the participating teams for their game spirit. Thank you.



## **Report**

### **34<sup>th</sup> Intercollegiate Kabaddi (W) Tournament 2021-22**

Honourable Chief Guest SHRI UMESH PAREEK CEO Ajmer cantonment board Ajmer, Our Principal Dr. Sister Pearl, Vice Principal Dr. Sister Rani, distinguished guests, team managers and participants.

I, Shahina Sherani the Organising Secretary, would like to read out the report of 34<sup>th</sup> Intercollegiate Kabaddi (W) of MDS University, Ajmer, held from 23<sup>rd</sup> to 24<sup>th</sup> December 2021 at Sophia Girls' College Ajmer. In which 228 players from various Colleges participated.

The following 19 Colleges participated in the tournament:

1. Agarwal Girls' College, Kishangarh
2. D.A.V. College, Ajmer
3. D.A.B. College, Beawar
4. G.G.C.A, Arai
5. G.G.C.A , Ajmer
6. Govt. College, Kekri
7. Loard Tirupati College, Kekri
8. Mishri Lal Dubey College, Kekri
9. S.D. Govt. College, Beawar
- 10.S. D. College, Kekri

- 11.S.B.R.M. Nagaur
- 12.SMM College, Bhilwara
- 13.SNDWPTT, Bhilwara
- 14.S.P.C. Govt. College, Ajmer
- 15.S.R.K. Patni Govt. College, Ajmer
- 16.S.R.K. Patni Girls' College, Kishangarh
- 17.Vardhaman College, Beawar
- 18.Veer Teja Mudwa
- 19.Sophia Girls' College, Ajmer

We started with the inauguration on 23<sup>rd</sup> Dec. 2021 and the Honourable Chief Guest for the day was Our Principal Dr. Sister Pearl. Other University delegates along with the officials for all the games were also present.

In the first Semi-Final for Kabaddi, SBRM Nagaur defeated S.R.K. Govt. PG College, Kishangarh and in the second Semi-Final SNDWPTT College, Bhilwara defeated D.A.V. College, Ajmer.

The Final Match was played between SBRM Nagaur and SNDWPTT College Bhilwara, in which SBRM, Nagaur defeated SNDWPTT College Bhilwara.

At the end, I would like to congratulate all the winners and runners up teams and as well as the participating teams for their game spirit. Thank you.



- Name of the Department: Physical Education
- Name of the Activity: National Webinar on “**Making India a Global Sports Powerhouse**”
- Date: 5<sup>th</sup> – 6<sup>th</sup> January 2021
- Total Number of the Students: 1008
- Venue: Sophia Girls’ College, Ajmer
- Resource person :
  1. Shri R.D. Singh Ji
  2. Shri Shaji Prabhakaran
  3. Prof. Neera Verma
  4. Shri Anil Ramachandran
  5. Shri Bablu Mareek
  6. Professor Rajeev Choudhary
  7. Prof. Jayashree Acaharya
  8. Shri Rajesh Sobti

**Chief Guest: Ms. Deepa Malik**

### About the College

Sophia Girls' College, (Autonomous) Ajmer functions under the management of the Mission Sisters of Ajmer, a sisterhood of Indian women, whose dedication to God enables them to impart a liberal and enlightened education in the upliftment of humanity. Fr. Rev. Mgr. Fortunatus Goumont, the founder of the Mission Sisters of Ajmer and his sister Rev. Mother Mathida are the Founders of the Institution. The Sophian Institution was founded in 1919 as a small Primary School to educate girls of conservative families of the time. It gradually grew from Middle to a High School and in 1942 was raised to the Intermediate level. The institution acquired the Degree status in 1959 to so to provide higher Education facilities for women. Today the institution is a full-fledged Autonomous 'K' Grade College permanently affiliated to Maharshi Dayanand Saraswati University, Ajmer having the faculties of Arts, Science, Commerce, Management, Computer Application, Library Science, Honours in English, Economics and Commerce, Post-Graduation in English, Political Science, Sociology, Geography, History, Chemistry, Commerce (ABT) and Computer Science.

In the year 2015 the institution got the Autonomous status. Our pursuit for excellence in higher education got due recognition by the National Assessment and Accreditation Council (NAAC) of UGC. Today Sophia Girls' College, (Autonomous) Ajmer, a pioneer institution for women education in Rajasthan, has become one of the few colleges in the state which was Re-accredited 'A Grade' by NAAC (UGC) in the second cycle. Now we are in the process of applying for the third cycle of NAAC as an Autonomous College.

## National Webinar on "Making India a Global Sports Powerhouse"

**5<sup>th</sup> and 6<sup>th</sup> January 2021.  
3:00pm - 6:00pm**

*Organized By  
Department of Economics  
and  
Physical Education*

**Patron:** Dr. Suman Peart, Principal

**Convener:** Ms. Shahina Sherani, Assistant Professor and Head, Department of Physical Education

**Co-convener:** Ms. Kumud Khatri, Assistant Professor, Department of Economics

**Co-ordinator:** Ms. Divya Multig, Assistant Professor and Head, Department of Economics

**Organising Secretary:** Dr. Sumer Rani, Vice-Principal & Assistant Professor, Department of Economics

**Contact Details:**  
Ms. Shahina Sherani - 8441020461  
Ms. Kumud Khatri - 8619952084  
Email id : economics@sophiacollegeajmer.in, physicaleducation@sophiacollegeajmer.in

### OUR ESTEEMED SPEAKERS

**Day 1 (5<sup>th</sup> January 2021)**

**Dr. Sumer Peart**  
Patron and Principal  
Sophia Girls' College, Ajmer  
(Autonomous)  
Introduction and Principal's Address  
9:00am - 9:30am

**Dr. A. S. Singh**  
Member of the International Olympic Committee  
for para-sports  
9:30am - 10:00am

**Mr. Vijay Prabhakar**  
Member of India Football Association,  
Director of India United FC,  
"Diploma in Sports"  
4:00pm - 4:30pm

**Professor Neeta Verma**  
Jagad, Faculty of Social Science,  
Munshi Ram College, Kurukshetra (Haryana)  
Special session "Can India's budget allocation  
for sports be enhanced?"  
4:30pm - 5:00pm

**Dr. Anil Bhatnagar**  
Assistant Professor and Head  
of School of Physical Education and Sports  
Science, Kurukshetra University (Haryana)  
"Why Youth Obsessed of Sports?"  
5:00pm - 5:30pm

**Dr. Babu Mishra**  
Jagad Teacher & Fitness Consultant  
"Reducing Attrition Rate in Sports?"  
5:30pm - 6:00pm

### Day 2 (6<sup>th</sup> January 2021)

**Prof. Anura Choudhary**  
Dean Student Welfare  
Fr. Barnabas Institute, Rajpur (Chhattisgarh)  
"Need for developing a sports culture in India?"  
9:00am - 9:30am

**Prof. Jyotsna Sharma**  
Member NAAC, UGC, Member  
"Sports of sports culture in various  
states/region"  
9:30am - 10:00am

**Dr. Rajendra Singh**  
Director Sports, Kurukshetra University,  
Kurukshetra (Haryana)  
"A need for sports and coaching facilities  
and its necessity?"  
4:00pm - 4:30pm

**Ms. Divya Multig**  
Jagad Assistant  
Post Indian women to win a medal at the  
Paralympics  
4:30pm - 5:00pm

### About the Webinar

"I have failed over and over again in my life, but that is why I succeed." - Michael Jordan

India has been making steady progress in the field of sports, but it has potential to do much more. If right steps are taken towards development of sports culture, improvement of sports and education, early spotting of talent, sports support to sports persons through top class coaching, sports science, sports nutrition can emerge as a Global Sport power house. To make this vision a reality there are many sports and areas that need to be observed keenly. One-way approach is not a solution to the multifaceted problems in sports that our country is experiencing today. Therefore, we have discussed on the issue by sports persons and subject experts in a meet to chart out a way from this predicament. In keeping with the same spirit, the Department of Economics and Physical Education is organizing a National Webinar on the theme "Making India a Global Sports Powerhouse" focusing on the following aspects:

1. Dynamic Careers in Sports (Careers about which either the Sports Personality is not very aware or about which not much awareness is created)
2. Why youth dropout of Sports? According to a Global Study, over 90% of the millions of children who play youth sports quit after the first year of competition. 80% of the children who continue to play, drop out of organized sports, all together between the ages of 10 and 17. Why are we not getting youth sports?
3. Reducing Attrition rate in Sports
4. Budget Allocation to Sports in India (Can it be increased or not?)
5. Funding of Sports Culture in India
6. Role of Sports Science Coaching - Coach who provides the right kind of training to athletes
7. How Training in Sports culture affect athletes Mental Health

**Target Participants:** Sports Enthusiasts (Faculty Members, Research Scholars, Students)  
E-Certificate will be issued to the participants

The Department of Economics and Physical Education of Sophia Girls' College Ajmer Autonomous, organised a two-day National Webinar on " Making India a Global Sports Powerhouse." On 5<sup>th</sup>-6<sup>th</sup> January 2021 from 3 to 6 p.m. Over 1008 participants from all over the country participated via Google Meet and YouTube Live Streaming.

On the first day, The webinar began by Ms. Kumud Khatri the co-convener of the webinar welcoming all the resource persons and participants and presenting the concept note of the webinar.

The inaugural session started by Dr.Sr. Pearl the Principal and Patron of the webinar welcoming the keynote speaker and other esteemed resource persons. This was followed by the keynote address by Shri R.D. Singh Ji India's First Dronacharya awardee coach for para-sports. Sir by his own experience motivated the players and highlighted that the government now is definitely focusing on building Sports Culture in India.

The Speaker of the first Technical session was Shri Shaji Prabhakaran, President of Delhi Football Association and Director of Delhi United SC. Who briefed very extensively about the Dynamic Careers in sports that are not much talked about.

The Speaker of the Second special session was Prof. Neera Verma, Dean Faculty of Social Science Kurushetra, Haryana. Ma'am very passionately addressed on the much debatable topic Can the budget allocation in sports be applauded and by very clearly specifying the difference b/w per capita sports expenditure in China and India proclaimed that definitely the budget allocation in India cannot be applauded at present.

The Speaker of the third technical session was Shri Anil Ramachandran, Associate Professor, Dept. of Physical Education and Sports Sciences Kannur University, Kerala. Sir very keenly addressed on the topic Why Youth Dropout of Sports.

This was followed by the last technical session headed by Shri Bablu Mareek, Yoga Teacher and Fitness Consultant, who addressed the gathering on the topic How to reduce attrition rate in Sports.

The second day of the webinar began with the first technical session by Professor Rajeev Choudhary, Dean Welfare Pt. Ravi Shukla University, Raipur, Chattisgarh. Who delivered a very lucid but relevant talk on the need for developing a Sports Culture in India.

Prof. Jayashree Acaharya, Director IQAC,Laxmibai National Institute of Physical education was the second resource person of the day who in a very transparent manner elaborated how toxicity in sports affects athletes mental health and what are its repercussions.

This was followed by the last technical session of today by Shri Rajesh Sobti, director Sports kur Haryana. A rather interactive and though provoking session, on the need for double goal coaching where the coach not only prepares their ward to win but also teaches them life lessons to keep them motivated throughout their life.

These two days were successful in breaking the shackles of considering sports a not so admired destination.

A renowned Indian athlete, and our proud alumni, Dr. Deepa Malik graced the Valedictory session as the Chief Guest.

Ma'am Malik who is an arjun awardee, khelratna awardee and even the proud receiver of padma shri enthralled the participants by her motivating journey.

She kept the entire crowd captivated till end and proclaimed that if she despite facing so many odds at an unexpectable age conquer so many laurels, anyone by their firm determination and hard work can dream to achieve it for India.

With an enchantment of optimism the Webinar concluded with the thought that India has started moving towards becoming the GLOBAL SPORTS POWERHOUSE.

**National Webinar on Making India a Global Sports Powerhouse**

**Organized By**

**Departments of Physical Education & Economics**

**Sophia Girls' College (Autonomous) Ajmer, (Raj.)**

