

There is no substitute for hard work.

Sports Club



Sitting (L to R): Dr. Sunita Salaria, Dr. Sabira Sharma, Ms. Sunit Bhandari, Ms. Sujata Gupta (Principal), Ms. Renu Mehta, Dr. Manju Singh, Ms. Anuradha Nagia
Standing (L to R): Dr. Deepti Sharma, Dr. Monika Saini, Dr. Suman, Ms. Shivani

Name	Tournament	Position
 Kavita B.A. III Roll No. 161155	✦ Jr. Asian Women Volleyball Championship held at Vietnam, June 10-17, 2018.	Participation
	✦ All India Inter-University Volleyball Championship held at IIS University, Jaipur, dated December 17-20, 2018.	Gold Medal
	✦ North Zone Inter-University Volleyball Championship held at Chitkara University, Himachal Pradesh, dated October 26-30, 2018.	Gold Medal
	✦ Hr. Sr. State Volleyball Championship held at Village Manjura, Karnal, dated November 30 to December 02, 2018.	Gold Medal
	✦ Hr. State Mahakumbh Volleyball Championship held at Karnal, dated October 15-18, 2018.	Silver Medal
	✦ Hr. State Inter-College Volleyball Championship held at IGN College, Ladwa, dated February 13-16, 2019.	Gold Medal
	✦ Kurukshetra University Inter-College Volleyball Championship, held at Kurukshetra University Sports Complex, dated September 17-19, 2018.	Gold Medal



Our Sports Stars
Sitting : Kajal, Maphi, Preeti, Kavita, Pooja, Tammana, Kajal
Standing: Sukhveer, Sonali, Namrata, Sujata, Dr. Suman, Seema, Jyoti, Shivani, Shivani (fencing)



Ms. Shivani Commonwealth Gold Medalist welcomed and honoured by Principal Madam



Winners of Hr. State Inter-College Volleyball Championship

It takes great courage to write great things. Find your courage and find your voice.






Name	Tournament	Position
 Pooja B.A. III 161157	✦ All India Inter-University Volleyball Championship held at IIS University, Jaipur, dated December 17-20, 2018.	Gold Medal
	✦ North Zone Inter-University Volleyball Championship held at Chitkara University, Himachal Pradesh, dated October 26-30, 2018.	Gold Medal
	✦ Hr. Sr. State Volleyball Championship held at Village Manjura, Karnal, dated November 30 December 02, 2018.	Gold Medal
	✦ Hr. State Mahakumbh Volleyball Championship held at Karnal, dated October 15-18, 2018.	Silver Medal
	✦ Hr. State Inter-College Volleyball Championship held at IGN College, Ladwa, dated February 13-16, 2019.	Gold Medal
	✦ Kurukshetra University Inter-College Volleyball Championship, held at Kurukshetra University Sports Complex, dated September 17-19, 2018.	Gold Medal
 Sukhveer B.A. I 2314320197	✦ BRICS U-21 Volleyball Games held at Johannesburg, South Africa, dated July 18-22, 2018.	Silver Medal
	✦ All India Inter-University Volleyball Championship held at IIS University, Jaipur, dated December 17-20, 2018.	Gold Medal
	✦ North Zone Inter-University Volleyball Championship held at Chitkara University, Himachal Pradesh, dated October 26-30, 2018.	Gold Medal
	✦ Hr. State Inter-College Volleyball Championship held at IGN College, Ladwa, dated February 13-16, 2019.	Gold Medal
 Preeti B.A. I 2314320076	✦ Hr. State Inter-College Volleyball Championship held at IGN College, Ladwa, dated February 13-16, 2019.	Gold Medal
	✦ Kurukshetra University Inter-College Volleyball Championship, held at Kurukshetra University Sports Complex, dated September 17-19, 2018.	Gold Medal
 Kajal B.A. I 2314320069	✦ Hr. Sr. State Volleyball Championship held at Village Manjura, Karnal, dated November 30 to December 02, 2018.	Gold Medal
	✦ Hr. Jr. State Volleyball Championship held at Panipat, dated November 3-5, 2018.	Gold Medal
	✦ Hr. State Inter-College Volleyball Championship held at IGN College, Ladwa, dated February 13-16, 2019.	Gold Medal
	✦ Kurukshetra University Inter-College Volleyball Championship, held at Kurukshetra University Sports Complex, dated September 17-19, 2018.	Gold Medal



Chest No. 9 Ms. Kavita represented India in Jr. Asian Volleyball Championship



Winners of Inter-College Fencing Tournament

Name	Tournament	Position
 Maphi B.A. III 161154	<ul style="list-style-type: none"> ✦ Hr. State Inter-College Volleyball Championship held at IGN College, Ladwa, dated February 13-16, 2019. ✦ Kurukshetra University Inter-College Volleyball Championship, held at Kurukshetra University Sports Complex, dated September 17-19, 2018. 	Gold Medal Gold Medal
 Manjeet B.A. I 2314320071	<ul style="list-style-type: none"> ✦ Jr. National Volleyball Championship held at Chandigarh, dated December 19-25, 2018. ✦ Hr. Sr. State Volleyball Championship held at Village Manjura, Karnal, dated November 30 to December 02, 2018. ✦ Hr. State Mahakumbh Volleyball Championship held at Karnal, dated October 15-18, 2018. ✦ Hr. Jr. State Volleyball Championship held at Panipat, dated November 3-5, 2018. 	Silver Medal Gold Medal Silver medal Gold Medal
 Tamanna B.A. I 2314320070	<ul style="list-style-type: none"> ✦ Hr. State Mahakumbh Volleyball Championship held at Karnal, dated October 15-18, 2018. ✦ Hr. Jr. State Volleyball Championship held at Panipat, dated November 3-5, 2018. 	Silver Medal Gold Medal
 Shivani M.A. Eng. (P) 2286520005	<ul style="list-style-type: none"> ✦ Jr. Commonwealth Fencing Championship held at New Castle, England, dated July 22-31, 2018. ✦ Jr. National Fencing Championship held at Rudrapur, Uttrakhand, dated December 26-29, 2018. ✦ All India Inter University Fencing Championship held at GNDU, Amritsar, dated January 07-11, 2019. ✦ Hr. State Fencing Championship held at Jind, dated August 19-21, 2018. ✦ Kurukshetra University Inter-College Fencing Championship, held at Kurukshetra University Sports Complex, dated December 20-21, 2018. 	Gold Medal Participation Silver Medal Gold Medal 4 Gold Medals
 Sonali Saini B.A. II 1578820018	<ul style="list-style-type: none"> ✦ All India Inter-University Fencing Championship held at GNDU, Amritsar, dated January 07-11, 2019. ✦ Hr. State Fencing Championship held at Jind, dated August 19-21, 2018. ✦ Inter-College Cycling (Road Races) Championship organized by SA Jain Girls College, Ambala City, dated March 17-18, 2019. ✦ Kurukshetra University Inter-College Fencing Championship, held at Kurukshetra University Sports Complex, dated December 20-21, 2018. 	Participation Participation Gold Medal 1 Gold Medal 3 Bronze Medals



Winners of KUK, Inter-College Volleyball Tournament



Prize winner of State Level On the Spot Essay Writing Competition organized by Department of Physical Education under the banner of "Indradhanush" on March 16, 2019



After winning Inter-College Volleyball Tournament.



Name	Tournament	Position
 Pooja B.Voc. I (FT) 23997200029	<ul style="list-style-type: none"> Under 23 World Wrestling Championship held at Bucharest, Romania, dated November 12-18, 2018. 	Participation
	<ul style="list-style-type: none"> Under 23 Free Style, Greco Roman Style Women National Wrestling Championship held at Chittorgarh, Rajasthan, dated September 27-30, 2018. 	Gold Medal
	<ul style="list-style-type: none"> 21 Senior Women National Wrestling Championship held at Gonda, UP, dated November 29 to December 02, 2018. 	Bronze Medal
 Shivani B.A. III 161152	<ul style="list-style-type: none"> All India Inter University Wrestling Championship held at Dr. Baba Sahib Ambedkar Marathwad University, Aurangabad, dated November 02-05, 2018. 	Silver Medal
	<ul style="list-style-type: none"> Hr. State Inter-College Wrestling Championship held at Govt. College, Israna, dated August 28-29, 2018. 	Gold Medal
	<ul style="list-style-type: none"> Kurukshetra University Inter-College Wrestling Championship, held at Kurukshetra University, Kurukshetra, dated October 3-4, 2018. 	Bronze Medal
 Annu M.Com. I 2286620005	<ul style="list-style-type: none"> All India Inter-University Wrestling Championship held at Dr. Baba Sahib Ambedkar Marathwad University, Aurangabad, dated November 02-05, 2018. 	Participation
	<ul style="list-style-type: none"> Hr. State Inter-College Wrestling Championship held at Govt. College, Israna, dated August 28-29, 2018. 	Silver Medal
	<ul style="list-style-type: none"> Kurukshetra University Inter-College Wrestling Championship, held at Kurukshetra University, Kurukshetra, dated October 3-4, 2018. 	Gold Medal
 Sujata B.A. III 161153	<ul style="list-style-type: none"> Haryana State Wrestling Akhara, Haryana Kumari, Haryana Kesri Dangal (Girls) Competition held at Kaithal, dated February 25-27, 2019. 	Silver Medal
 Seema B.Voc. I 2399720030	<ul style="list-style-type: none"> All India Inter-University Cycling (Track) Championship held at Punjabi University, Patiala, dated November 09-12, 2018. 	Bronze Medal
	<ul style="list-style-type: none"> All India Inter-University Cycling (Road Races) Championship held at GNDU, Amritsar, dated February 08-11, 2019. 	Bronze Medal
	<ul style="list-style-type: none"> Kurukshetra University Inter-College Cycling Track Championship, held at Kurukshetra University, Kurukshetra, dated October 15-16, 2018. 	1 Gold Medal 3 Silver Medals
	<ul style="list-style-type: none"> Inter College Cycling (Road Races) Championship organized by SA Jain Girls College, Ambala City, dated March 17-18, 2019. 	1 Bronze Medal 1 Gold Medal
	<ul style="list-style-type: none"> Kurukshetra University Inter-College Volleyball Championship, held at Kurukshetra University Sports Complex, dated September 17-19, 2018. 	Gold Medal
	<ul style="list-style-type: none"> Kurukshetra University Inter-College Fencing Championship, held at Kurukshetra University Sports Complex, dated December 20-21, 2018. 	1 Gold Medal 1 Bronze Medal

Ms. Sukhveer sitting at No. 4 from left won Silver Medal in Volleyball in BRICS Championship at South Africa



Ms. Nandini won Bronze Medal in KUK Annual Athletic Meet



Name	Tournament	Position
 Namrata B.A. I 2314320059	✦ All India Inter University Cycling (Track) Championship held at Punjabi University, Patiala, dated November 09-12, 2018.	Bronze Medal
	✦ All India Inter University Cycling (Road Races) Championship held at GNDU, Amritsar, dated February 8-11, 2019.	Bronze Medal
	✦ Kurukshetra University Inter-College Cycling Track Championship, held at Kurukshetra University, Kurukshetra, dated October 15-16, 2018.	1 Gold Medal 2 Silver Medals 1 Bronze Medal
	✦ Inter College Cycling (Road Races) Championship organized by SA Jain Girls College, Ambala City, dated March 17-18, 2019.	1 Gold Medal 1 Silver Medal 1 Bronze Medal
 Jyoti B.A.I 2314320085	✦ All India Inter University Cycling (Road Races) Championship held at GNDU, Amritsar, dated February 08-11, 2019.	Participation
	✦ Kurukshetra University Inter-College Cycling Track Championship, held at Kurukshetra University, Kurukshetra, dated October 15-16, 2018.	1 Gold Medal 2 Silver Medal
	✦ Inter-College Cycling (Road Races) Championship organized by SA Jain Girls College, Ambala City, dated March 17-18, 2019.	Gold Medal
	✦ Kurukshetra University Inter-College Volleyball Championship, held at Kurukshetra University Sports Complex, dated September 17-19, 2018.	Gold Medal
Kajal B.A. III 161156	✦ Hr. State Inter-College Volleyball Championship held at IGN College, Ladwa, dated February 13-16, 2019.	Gold Medal
	✦ Kurukshetra University Inter-College Volleyball Championship, held at Kurukshetra University Sports Complex, dated September 17-19, 2018.	Gold Medal
Santosh PGDCA	✦ Kurukshetra University Inter-College Volleyball Championship, held at Kurukshetra University Sports Complex, dated September 17-19, 2018	Gold Medal
Nandini B.Com. III 161902	✦ Hammer Throw in the Annual Athletic Meet of Kurukshetra University held at KUK, dated October 30 to November 01, 2018.	Bronze Medal
	✦ Kurukshetra University Inter-College Fencing Championship, held at Kurukshetra University Sports Complex, dated December 20-21, 2018.	1 Gold Medal 1 Bronze Medal
Sheetal M.Com. I 2286620040	✦ Kurukshetra University Inter-College Fencing Championship, held at Kurukshetra University Sports Complex, dated December 20-21, 2018.	1 Gold Medal 1 Bronze Medal
Madhu B.A. I 2314320190	✦ Kurukshetra University Inter-College Cycling Track Championship, held at Kurukshetra University, Kurukshetra, dated October 15-16, 2018.	1 Gold Medal 1 Silver Medal



Our Cyclist during KUK Inter-College Cycling Championship



Ms. Pooja, winner of Under-23 Wrestling National Championship



Chief Guest, Guest of Honour and Principal Madam being escorted by the NCC Cadets (Army and Air Wing)



Principal Ms. Sujata Gupta and Ms. Renu Mehta welcoming Padamshree Mr. Ajay Thakur



Principal Ms. Sujata Gupta and Ms. Renu Mehta welcoming Ms. Renu Bala Gupta, Mayor, Karnal



The members of Sports Club welcoming Principal Madam

You have to expect things of yourself before you can do them. –Michael Jordan

Sports Club organized Annual Athletic Meet 2018-19 in the college on February 08, 2019. Some of the events were held on February 05. The Chief Guest for the Prize Distribution Function was Mr. Ajay Thakur, Padamshree Awardee and Captain of Indian Kabaddi Team and Guest of Honour was Ms. Renu Bala Gupta, Mayor, Karnal. On the first day (February 05, 2019) the events held were- Long Jump, Discuss Throw, Shot Put, Javelin Throw, 100 mts, 200 mts, 400 mts, 800 mts and 4x100 mts Races. On the second day the events held were Chatty Race, Three-Legged Race, Sack Race and Musical Chair Race for Teaching Staff and Non-Teaching Staff members.

Ms. Shivani, B.A. I was declared as the Best Athlete of the Meet.

The college also promotes sportsmanship among students. Incentives are given to outstanding sports students.

In the session **2018-19** following incentives were given:

Concession in College fee

- ✦ 100% : 21 sports students
- ✦ 50% : 01 sports student
- ✦ 25% : 01 sports student

Freeship in Hostel fee

- ✦ 100% : 03 sports students
- ✦ 50% : 01 sports student

21 students were also provided Sports Kit including track suit worth **Rs. 31,500/-**.

In the session **2017-18**, **33 students** were given Sports Kit including track-suit worth **Rs. 49,500/-**. Freeship in Hostel Fee and concession in College Fee.

- ✦ 100% : 08 sports students
- ✦ 50% : 01 sports student

Our College students were honoured with cash prize by Kurukshetra University Sports Council (KUSC) on Annual Prize Distribution Function of Games and Sports of Kurukshetra University 2018-19 held at Dr. Radhakrishna Sadan, KU, on May 31, 2019 for their outstanding achievements in games and sports. The following students received the prizes:

Name	Sport	Prize Money	Tournament
Ms. Shivani M.A. (P), Eng.	Fencing	Rs. 25,000/-	Gold Medal in Jr. Commonwealth Games
		Rs. 18,000/-	Silver Medal in All India Inter University
Ms. Seema B.Voc. (FD)	Cycling	Rs. 16,000/-	4 th Position in All India University
Ms. Namrata B.A. I	Cycling	Rs. 16,000/-	4 th Position in All India University
Ms. Shivani B.A. III	Wrestling	Rs. 18,000/-	Silver Medal in All India Inter University
Ms. Annu M.Com. (P)	Wrestling	Rs. 3000/-	As a member of team that won 2 nd position in All India Inter University
Ms. Kavita B.A. III	Volleyball	Rs. 21,000/-	Gold Medal in All India Inter University
Ms. Pooja B.A. III	Volleyball	Rs. 21,000/-	Gold Medal in All India Inter University
Ms. Sukhveer B.A. I	Volleyball	Rs. 21,000/-	Gold Medal in All India Inter University
		Rs. 8000/-	Silver Medal in BRICS Championship



The opening of Annual Sports Meet



The Chief Guest, Guest of Honour and Principal Madam taking the salute of the Cadets



NCC Cadets performing drill



Principal Madam motivating the students



200 m Race...



Sports students performing the steps of Surya Namaskar

Winning isn't everything, but wanting to win is. –Vince Lombardi



Participants of Sack Race...



Participants of Chatti Race...



Participants of Three-Legged Race



Javelin Throw...



Shot Put...



Long Jump...



Discus Throw...



Chief Guest Mr. Ajay Thakur, Karnal addressing the students



Ms. Renu Bala Gupta, Mayor, Karnal addressing the students



Principal Madam, Ms. Sujata Gupta addressing the students



A token of remembrance to our honourable Guest of Honour



Chief Guest and Guest of Honour giving prizes to the winners



Ms. Shivani declared as the Best Athlete 2018-19



A token of remembrance to the Honourable Chief Guest



Musical Chair...



Prize winners of Musical Chair (Teaching Faculty)



Ms. Shivani Gold Medal winner in Commonwealth Games in Fencing



Dr. Suman receiving the award from Hon'ble Vice Chancellor, KUK at the Annual Prize Distribution Function of Games and Sports