



**Delhi Technological University**  
Shahbad Daultpur, Bawana Road, Delhi-110042

# DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

## ANNUAL SPORTS REPORT ~ 2019-20





# 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 2019-20.

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 2019-20)



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)

# Student sports council

## Academic year 2019-20



ISHAN GAURI  
Sports Secretary



ESHITA YADAV  
Sports Secretary



AYUSH GARG  
Treasurer



MRIYANK SINGH  
Joint Treasurer



PANKAJ KANWAT  
Joint Sports Secretary



ARSHIYA THUKRAL  
Joint Sports Secretary



SIDDHARTH CHAUHAN  
General Coordinator



RISHABH SETHI  
Sports manager



ANUBHAV GABA  
Sports advisor



**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 2019-20



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

# SPORTS PERFORMANCE OF DTU STUDENTS IN 2019-20

## FIT INDIA RUN - 29<sup>th</sup> aug 2019

Fit India Run was organized on 29<sup>th</sup> August on the occasion of Sports Day by the Sports council of DTU. Approximately 800 students participated in the event. Flag off was given by hon'ble Vice Chancellor Prof. Yogesh Singh. Other faculties present in the event were Chairman Sports Council – Prof. R.C. Singh, Director of Physical Education and Sports – Dr. A.K. Srivastva, Vice Chairman Sports Council – Prof. Rajiv Chaudhary, and other faculty members. All the participants were offered participation certificates along with the refreshments.

Every year on August 29, India celebrates its National sports day. The day is celebrated to honor the legendary hockey player Major Dhyan Chand Singh. The day is observed to spread awareness about the importance of sports and daily activities in everyone's life. Sports are considered very important for the physical and mental development of humans. The person who plays any sport remains healthy.



Hon'ble Vice Chancellor Prof. Yogesh Singh in Fit India Run 2019

## 1. DTU Participate in Sports Fest TRIQUETRA, IIITD, 1<sup>st</sup> to 3<sup>rd</sup> Oct., 2019

Delhi Technological University sports teams attended the annual sports festival Triquetra'19. The sports festival was held from 1<sup>st</sup> October 2019 to 3<sup>rd</sup> October 2019. The various sports teams that participated were Cricket (M), Football (M), Basketball (M/W), Badminton (M/W), Table Tennis (M/W), Chess, Volleyball (M/W), Athletics (M/W) and Lawn Tennis (M/W).

The teams from DTU gave a brilliant performance.

The following teams and players brought laurels to the university: -

### 1. DTU Cricket Team won the final match by 9 wickets

SI. No.	NAME	ROLL NUMBER
1.	PIYUSH KUMAR	2K18/EE/136
2.	DIVYANSH BHARDWAJ	2K17/CECE/13
3.	ISHAN GAURI	2K17/PS/27
4.	TUSHAR TYAGI	2K19/B5/17
5.	MUSHIR REHMAN	2K19/A6/78
6.	PAWAN MEENA	2K17/CE/65
7.	VIVEK JANGRA	2K17/CO/380
8.	VIVEK KUMAR	2K18/CO/396
9.	AKASH RAI	2K18/PS/007
10.	AAKASH GARG	2K18/SE/002
11.	SARTHAK	2K19/B7/28
12.	ANSHUMAN HOODA	2K19/B11/61
13.	RAJAT MALIK	2K17/ME/183
14.	RISHABH NAGAR	2K19/B2/71
15.	ABHISHEK RAJ	2K19/B11/52
16.	SANDEEPAN ROY	2K16/PS/40



## **2. DTU Badminton (Women) won SILVER MEDAL.**

<b>Sl. No.</b>	<b>NAME</b>	<b>ROLL NUMBER</b>
1.	SUMEDHA	2K16/EC/167
2.	YASHASVI CHAHAL	2K19/B5/31
3.	KIRTI	2K19/A12/09
4.	ESHITA	2K17/EC/62
5.	YASHASVI SINGH	2K18/BT/51

## **3. DTU Badminton (Men) won SILVER MEDAL.**

<b>Sl. No.</b>	<b>NAME</b>	<b>ROLL NUMBER</b>
1.	CHINMAY VIRMANI	2K17/PS/17
2.	DHANANJAY SINGH	2K18/BT/011
3.	VISHU DHAMA	2K18/CO/394
4.	ANIRUDH KUNDU	2K18/BD/008
5.	VIPUL BALIYAN	2K18/ME/248

## **4. DTU Table Tennis (Men) won SILVER MEDAL.**

<b>Sl. No.</b>	<b>NAME</b>	<b>ROLL NUMBER</b>
1.	SPARSH SHARMA	2K18/ME/224
2.	SRIKAR	2K19/B3/004
3.	ARCHIT BHAYANA	2K18/ME/041
4.	RAHUL KHARBANDA	2K17/ME/180
5.	PARTH	2K19/A7/066
6.	SARTHAK	2K17/CO/304

## 5. DTU Basketball (Men) won GOLD MEDAL.

SI. No.	NAME	ROLL NUMBER
1.	Siddharth Chauhan	2K16/ME/169
2.	Chitraksh Grover	2K16/CO/085
3.	Daksh Singh	2K16/ME/047
4.	Uzair Alam Khan	2K16/ME/185
5.	Pranjal Negi	2K16/EL/059
6.	Raghav Yadav	2K17/C0/250
7.	Chirag Mann	2K17/ME/075
8.	Anand Bhushan	2K17/PE/012
9.	Harsh Lariya	2K17/EE/89
10.	Parth Pal	2K18/PE/42
11.	Dhyeya Khandelwal	2K18/ME/74
12.	Navleen	2K18/SE/87

## 6. DTU Basketball (Women) won SILVER MEDAL.

SI. No.	NAME	ROLL NUMBER
1.	SAUMYA TABITHA BARA	2K16/EC/164
2.	CHARMI DOSHI	2K16/CE/035
3.	SWEETY	2K17/CO/356
4.	BHUMIKA	2K18/CO/110
5.	NIMISHA	2K19/B14/18
6.	DEVIKA	2K19/A8/003
7.	REETIKA	2K19/MSC BIO/05
8.	NIDHI	2K17/IT/075
9.	AAYUSHI	2K19/B13/049

## 7. DTU Football (Men) won GOLD MEDAL.

Sl. No.	NAME	ROLL NUMBER
1.	PURU VERMA	2K18/EE/151
2.	SHUBHAM DUA	2K17/CO/335
3.	PRANAV NARANG	2K16/ME/114
4.	UTKARSH PATIYAL	2K17/CO/363
5.	BAMBA YABAHA	2K18/CO/106
6.	NAYEER CAMAL	2K18/IT/077
7.	EHIMANCE SIMON	2K18/ME/130
8.	ADITYA KAPOOR	2K16/CO/19
9.	RAGHAV SAREEN	2K17/IT/90
10.	MANISH SEHRAWAT	2K19/A12/012
11.	KANISHK SONI	2K18/SE/071
12.	VISHAL CHOUDHARY	2K19/B3/32
13.	ANKIT LUITEL	2K17/EC/25
14.	FREDRICK KABWE	2K18/ME/075
15.	EMMANUEL CHILUNJIKA	2K19/A13/03

## 8. DTU Chess won SILVER MEDAL.

Sl. No.	NAME	ROLL NUMBER
1.	ISHAN GOEL	2K16/EP/023
2.	SHIVAM TYAGI	2K16/ME/160
3.	VAIVASVAT MANU TRIPATHI	2K17/CE/116
4.	KSHITIJ RASTOGI	2K17/ME/124
5.	SAHIL GARG	2K19/B12/17
6.	KRISHAN KUMAR	2K19/B15/15



### 9. DTU Volleyball (Men) won GOLD MEDAL.

<b>Sl. No.</b>	<b>NAME</b>	<b>ROLL NUMBER</b>
1.	VIDRUM GAUR	2K18/ENE/14
2.	APURVA KESHAV	2K18/EE/40
3.	ADITYA NAYAL	2K18/EE/10
4.	ANKIT RANA	2K18/PE/10
5.	VIKAS	2K19/B5/25
6.	ABHISHEK SINGH RAGHAV	2K18/CE/7
7.	NIKHIL MALIK	2K18/ME/141
8.	NAVIT KUMAR	2K18/BT/24
9.	AKUL DIXIT	2K19/B12/50
10.	RAVINDER	2K18/C0/285
11.	ROHIL NAIN	2K17/CO/278
12.	ARYAN KATARIA	2K17/PE/16

### SI. No. 10. DTU Table Tennis (Women) won GOLD MEDAL.

	<b>NAME</b>	<b>ROLL NUMBER</b>
1.	ARU AGGARWAL	2K19/BD/11
2.	ISHA AGGARWAL	2K19/A6/09
3.	PRIYANSHI	2K16/MC/26
4.	VELENTY	2K19/B13/19

## 11. ATHLETICS

Best Athlete Woman: Akansha from DTU.

### 1. 100m

Abhimanyu (M) – Silver  
Akansha (W) – Gold  
Lakshmi (W) – Bronze

### 2. 200m

Abhimanyu (M) – Bronze  
Akansha (W) – Gold

### 3. 400m

Abhishek (M) – Silver  
Lakshmi (W) – Gold

### 4. 800m

Shaurya (M) – Silver  
Lakshmi (W) – Silver

### 5. 1500m

Shaurya (M) – Silver

### 6. Long Jump

Marko (M) – Bronze  
Monika (W) – Bronze

### 7. 4x100m

DTU (M) – Bronze  
DTU (W) – Silver

### 8. 4x400

DTU (M) – Silver  
DTU (W) – Gold

## SPORTS COUNCIL DTU

2019-2020



## 2. DTU Participated in Sports Fest SPARDHA, IIT BHU, 18<sup>st</sup> to 20<sup>TH</sup> Oct., 2019

Delhi Technological University sports teams attended the annual sports festival SPARDHA organized by IIT BHU. It was attended by 179 students and 5 coaches of various games. The sports fest was held from 18<sup>th</sup> to 20<sup>th</sup> October, 2019. The contingent departed from the DTU campus on 15<sup>th</sup> October. The various sports teams that participated in SPARDHA were – Cricket (M), Football (M), Basketball (M/W), Powerlifting (M), Badminton (M), Table Tennis (M/W), Chess, Volleyball (M/W), Kabaddi (M/W), Lawn Tennis (M/W), Athletics (M/W), Squash, and Handball.

The event witnessed a tough competition with highly capable teams participating from different parts of the country. The teams from DTU gave a brilliant performance by an engineering university standard.

The following teams won a medal in this tournament : -



## 1. Athletics

Sl. No.	NAME	ROLL NUMBER
<b>100m Women BRONZE</b>		
1.	ANUKRITY VARSHNEY	2K18/IT/030
<b>400m men SILVER</b>		
1.	ABHISHEK YADAV	2K17/EE/013
<b>4x400m relay BRONZE</b>		
1.	ISHA AGGARWAL	2K19/A6/009
2.	LAKSHMI NAIR	2K16/EC/065
3.	AKANKSHA VIDYARTHI	2K19/B13/039
4.	ANUKRITY VARSHNEY	2K18/IT/030
<b>4x100m relay SILVER</b>		
1.	ISHA AGGARWAL	2K19/A6/009
2.	LAKSHMI NAIR	2K16/EC/065
3.	AKANKSHA VIDYARTHI	2K19/B13/039
4.	ANUKRITY VARSHNEY	2K18/IT/030

## 2. Lawn Tennis(M)- BRONZE

SI. No.	NAME	ROLL NUMBER
1.	ARYAMAN SHUKLA	2K18/CO/094
2.	RISHONE DESHWAL	2K17/MC/083
3.	ROHAN BHATIA	2K19/A4/02
4.	ADITYA	2K19/A14/034

## 3. Powerlifting - BRONZE

SI. No.	NAME	ROLL NUMBER
1.	LAVNISH	2K17/ME/127

## 4. Table Tennis-SILVER

SI. No.	NAME	ROLL NUMBER
1.	SPARSH SHARMA	2K18/ME/224
2.	SRIKAR	2K19/B3/004
3.	ARCHIT BHAYANA	2K18/ME/041
3.	RAHUL KHARBANDA	2K17/ME/180
4.	PARTH	2K19/A7/066

## 5. Taekwondo – GOLD

SI. No.	NAME	ROLL NUMBER
1.	ANKIT KUMAR	2K18/BD/009

# GUINNESS WORLD RECORDS HOLDER

Amit Pal of Delhi Technological University secured 2nd Position in All India Inter University Rope Skipping Men & Women Championship 2019 which was held from 27<sup>th</sup> December to 29<sup>th</sup> December 2019 at Adikavi Nannaya University, Andhra Pradesh and he has also achieved the Title of Guinness World Records Holder in Rope Skipping in following Events-

1. Highest number of skips in 30 seconds with one foot – 137.
2. Highest number of rope crossovers (Criss cross) while skipping on one leg in 1 minute- 94.

He also has some other mind-blowing achievements as follows-

- 5 Time National Level Gold Medalist in Rope Skipping.
- 2 Time Gold Medalist in Delhi Olympic Games 2018-2019 & 2019-2020.
- 3 Time Limca Book of Records Holder in Rope Skipping.
- 5 Time Gold Medalist in Delhi State Championship in Rope skipping.



## RUN FOR UNITY - 31<sup>st</sup> Oct, 2019

The 'Run for Unity' was organized by DTU Sports Council on the occasion of the birth anniversary of Sardar Vallabhbhai Patel on 31<sup>st</sup> October 2019 (National Unity Day) at DTU Sports Complex. More than 600 students of DTU participated in this event. All the students ran around the sports complex symbolizing the motive of Run for Unity.

Hon'ble Pro Vice Chancellor, Prof. S.K. Garg flagged off the event. Other faculties present in the event were Registrar DTU- Prof. Samsher, Chairman Sports Council – Prof. R.C. Singh, Director of Physical Education and Sports – Dr. A.K. Srivastva, Vice Chairman Sports Council – Prof. Rajiv Chaudhary, and other faculty members. All the participants of the Run for Unity were offered participation certificates along with the refreshments.

'Run for Unity' is a marathon dedicated to Sardar Vallabhbhai Patel. It encourages India to run together. This included students from Sports FEC, various DTU Sports teams and transit students as well.



Pro Vice Chancellor Prof. S. K Garg flagging off Run for Unity 2019 along with Prof. Samsher, Prof. R.C. Singh , Dr A.K. Srivastva and Prof. Rajiv Chaudhary



Athletes during Run for Unity 2019-20



Pro Vice Chancellor Prof. S. K Garg flagging off Run for Unity Marathon





Prize Distribution Ceremony of Run for Unity 2019-20



Chairman Sports Council , Prof RC Singh along with the Student Sports Council Members

## ARENA - 17<sup>th</sup> to 19<sup>th</sup> jan, 2020

DTU also hosted a plethora of sports activities to inculcate the culture of physical fitness among the young minds. The University formulated the unique concept of a week-long inter-departmental sports fest, “ARENA 2020”. The fest involved more than just playing and enjoying sports; it became a medium of bringing together the youth by giving them the opportunity to showcase their Sporting Skills.

Inter-departmental Sports Fest ARENA 2019-20 was organized by the Sports Council of DTU for the students of all the departments including MTech, BBA & DTU East Campus. Following sports were played in ARENA- Athletics, Badminton, Basketball, Chess, Cricket, Football, Handball, Kabaddi, Lawn Tennis, Table, Tennis, and Volleyball.

A very tough competition was seen in Football from all branches. In athletics; new records were made. All other events were also competitive and there was a huge crowd in the sports complex witnessing the tournament.



# STUDENT-FACULTY CRICKET MATCH

## 26<sup>th</sup> Jan 2020

Student-Faculty Sports match was organized by DTU Sports Council on the occasion of 71<sup>st</sup> Republic Day of India – 26<sup>th</sup> January, 2020 at DTU sports complex. Hon'ble Vice Chancellor, Prof. Yogesh Singh flagged off the event.

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.

Republic Day is celebrated all over India with great pride and zeal. It's a day to honor the Constitution of the independent India. National flag hoisting in schools and colleges is common.

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.

The matches were followed by lunch for around 400 students and faculty members.



cricket during student faculty cricket match 2020  
Hon'ble Vice Chancellor, Prof. Yogesh Singh playing

# AAHVAAN

## 21st to 23rd feb, 2020

AAHVAAN the annual sports tournament of Delhi Technological University was organized from 21<sup>st</sup> to 23<sup>rd</sup> February 2020. It was organized for students of all colleges from Delhi and outside Delhi. The vision is to provide a competitive platform to university students to showcase their sporting talent. The mission is to capitalize the power of the resources of the University to provide a competitive sporting platform to students from all over the India.

Following sports were played in the same:

1. Cricket (men)
2. Football (men)
3. Badminton (men/women)
4. Chess (men)
5. Table Tennis (men/women)
6. Lawn Tennis (men/women)
7. Athletics (men/women)
8. Volleyball (men/women)
9. Basketball (men/women)
10. Kabaddi (men/women)



Hon'ble Vice Chancellor Prof. Yogesh Singh during inauguration ceremony of AAHVAAN 2020



The opening ceremony was held in the Sports Complex, DTU on 21st February, 2020. Our Hon'ble Vice Chancellor Prof. Yogesh Singh motivated the players to compete with true sportsmanship and expected to be a healthy competition. After the opening ceremony, the matches started as scheduled for that day, players were provided with refreshments during each and every match. Officials were provided with refreshments as well as lunch. Outstation players staying in our campus were provided with breakfast, lunch and dinner in the sports complex.

The closing ceremony was held at the sports complex on the third day i.e 23rd February in the evening. The winners were given medals, trophies, certificates and cash prizes. Many talented and hardworking players excelled in their sports.

The sports fest was organized by the Sports Council of DTU. Because of their efforts and hard work the sports fest was an overall success.

Cricket started on 18th February as there were 16 teams and all the matches had to be accommodated in the given schedule. While the other games started from 21st February and ended on 23rd February.

A total of 2500 participants (approximately) took part in Aahvaan this year with more than 200 people staying inside the campus.

CRICKET WINNER- DTU

KABADDI (BOYS) WINNER- DTU

FOOTBALL (BOYS) WINNER- DTU



# GLIMPSES OF AAHVAAN



# FELICITATION OF STUDENTS

Felicitation of winners of Spardha- IIT BHU, Triquetra, AIU and Arena was held on 4th February, 2020 in the presence of Hon'ble Vice Chancellor Prof. Yogesh Singh.



Hon'ble Vice Chancellor Prof. Yogesh Singh congratulating players



DTU Handball Team during felicitation ceremony



# DTU Sports Teams

## Athletics Team (Men - Women)



UPPER ROW(LEFT TO RIGHT) -Sanjeev, Rohan, Prashant, Vishal,Abhishek Yadav , Abhimamyu, Sumit, Vikhyat, Abhishek ,Shekhar  
MIDDLE ROW(LEFT TO RIGHT) – Nishchal, Yatharth, Yash, Anmol, Ayush, Abhinav,Shailesh, Shaurya, Vinay  
LOWER ROW(LEFT TO RIGHT) - Ankit, Anukrity, Lakshmi, Isha, Akanksha

## Badminton Team (Men - Women)



(LEFT TO RIGHT) – Muskaan, Anukriti, Siddhant, Anirudh, Prerak, Sanchit, Vipul, Aayush, Nimisha, Dhananjay, Yashasvi, Mehak

## Basketball Team (Men)



UPPER ROW (LEFT TO RIGHT) - Aman Ahlawat, Uzair, Chirag Mann, Anand Bhusan , Parth Pal, Kemoh , Raghav ,Vaibhav Tevatia, Sid-dharth Chauhan , Harsh Lariya, Ayush Swastik, Madhu, Kushal Garg, Ankesh, Mohit Yadav

LOWER ROW (LEFT TO RIGHT) - Himanshu Lohit, Armaan ,Ish Mishra, Dhiren Kinha, Chitraksh, Abhinav , Shubham

## Basketball Team (Women)



(LEFT TO RIGHT) - Charmi ,Srishti, Himanshi, Nidhi, Disha, Mansi, Nidhi, Pragya, Soumya



## Cricket Team (Men)



UPPER ROW (LEFT TO RIGHT) – Anirudh, Sandipan, Tushar, Rajat , Divyansh , Vivek ,Anshuman Rishabh , Sidharth  
LOWER ROW (LEFT TO RIGHT) – Mushir, PawaN, Sarthak, Akash , Aakash, Abhishek, Ishan Piyush, Vivek

## Chess Team (Men)



(LEFT TO RIGHT) - Krishna Kumar, Shivam Tyagi, Ishan Goel, Vaivasvat Manu



## Football Team (Men)



UPPER ROW (LEFT TO RIGHT) - Ankit, Manish, Vishal, Shubham, Kanishk, Ishan, Bamba, Puru ,  
LOWER ROW (LEFT TO RIGHT) - Raghav, Nayeer, Utkarsh, Pranav, Simon, Aditya

## Handball Team (Men)



UPPER ROW (LEFT TO RIGHT) - Raghav Sharma, Neeraj Yadav, Ved Sharma, Ayush Garg, Rajat Saini, Sanchit, Himanshu Nandanwar, Vishesh Ranjan, Abhishek Berwal, Aman Jain, Ankit Baisoya  
LOWER ROW (LEFT TO RIGHT) - Stanzin choldan, Swastik, Sagar kumar

## Kabaddi Team (Women)



UPPER ROW (FROM LEFT TO RIGHT) - Arju , Yashasvi Singh, Vipin,  
Spalzes Angmo

LOWER ROW (FROM LEFT TO RIGHT)- Ritu Singh, Manisha,  
Saloni Sharma, Kirti

## Kabaddi Team (Men)



UPPER ROW (LEFT TO RIGHT) -Vinay Tomar, Shivam, MD. Asif,  
Parvesh lamba, Dharmesh Rana, Nishant shokeen, Sumit  
dahiya

LOWER ROW (LEFT TO RIGHT) – Nikhil, Karan beniwal, Tarun  
phore, Prince ,Abhishek



## Lawn Tennis Team (Men-Women)



UPPER ROW (LEFT TO RIGHT) - Aryaman Shukla ,  
Muskaan Singla, Yateesha , Astha ,Aditya  
LOWER ROW (LEFT TO RIGHT) - Tanya Kaushal,Utsav ,  
Rohan

## Squash Team (Men)



(FROM LEFT TO RIGHT): Apaar Kamal, Sarthak Gupta, Harsh  
Goyal, Shubham Kumar

## Table Tennis Team (Men-Women)



(LEFT TO RIGHT) -Srikar, Rahul , Archit , Bianchi , Sarthak  
(c), Isha , Sparsh , Parth

## Volleyball Team (Men)



UPPER ROW (LEFT TO RIGHT) - Nikhil, Vikas, Ravinder, Akul  
, Navit, Rohill , Aditya  
LOWER ROW (LEFT TO RIGHT) - Abhishek, Budjav Gan-  
baatar, Apurv



# Participants Feedback for AAHVAAN 2020

Our team thoroughly enjoyed the experience at AAHVAAN 2020. We had classes so the organizers were able to be flexible with the timings of our matches and ensured that none of our classes clashed with the timings of the matches. The competition was also very stiff, and as a result it was a challenging tournament that allowed us to go compete to the best of our ability. Overall, our team was very happy with the organization of AAHVAAN and we look forward to attending all the future tournaments as well!!

Ajay, IIT Delhi

Amazing fest with good sportsmanship and team spirit. The whole thing was “sportingly” and it didn't let us down. Management and service was efficient and good. Looking forward to it next year also.

Anamika Tewatia, GWEC, AJMER

A sports fest is the one that is primarily concerned with bringing out the physical side of students who are generally exercising with their brains. We are very thrilled to be a part of AAHVAAN, 2020 and would like to acknowledge the efforts made by the team for the same. It really helped us serve as a healthy mid-study break activity. DTU again proved that hospitality of their guests is of utmost importance to them.

Nikita, KIET

AAHVAAN was a great experience for our whole team. The volunteers and their help were always in our reach. The team at all times was accompanied by at least one person to see if we needed anything. The arrangements were as hospitable as they could be. The crowd was also very good. They seemed more exuberant about the games rather than siding with the players. Our team eagerly looks forward to participate in the next AAHVAAN.

Pratiksha, Institute of Home Economics

Sports events have always been a medium to incorporate team spirits and enthusiasm among all. AAHVAAN was definitely one of the most awe-inspiring events for our whole team. The commendable management, profuse and exuberant hospitality made each of our player and coordinator feel ecstatic. The fervent audience cheered up us through entire game. Everyone there showcased true sportsman spirit which makes the next year's AAHVAAN even more awaited for us. The 2 days event left us motivated to practice more and brush our skills.

Looking forward to next AAHVAAN soon.

Aastha Singhal, Gargi College



# Aahvaan Experience

## 1. Convener



For me it is always about the team which refuses to give up on any of the members. It was nothing less than a roller coaster ride for me and having to meet amazing people was the best thing about AAHVAAN'20. We always think of unique and different ideas here at AAHVAAN, a team which raises the bar every year. I wish nothing but the best to the new council and I have full confidence that this team will take AAHVAAN to newer heights this time as well.

Shivam Gupta

## 2. Co-Convener



For me it is the people with whom you see a vision and work to achieve it. It was a learning experience in many ways and having to meet amazing people was the best thing about AAHVAAN'20 and being a fan of sports, I admired the vibe we shared while organizing a sports fest of this level. AAHVAAN is always known for its uniqueness and I know the new council will give their best.

Arjun Rana

# SPORTS COUNCIL EXPERIENCE

## 1. Secretary Sports Council

6th August 2017 was the first day I stepped into DTU for my admission counselling and the very first thing I did post counselling was to visit the DTU Sports Complex. The feeling of joy and excitement I experienced after the very first glimpse of sports complex is beyond my capacity to express. This was the day I decided to dedicate majority of my time apart from my academics towards betterment and upliftment of sports in Delhi technological university.

As a player I got an opportunity to join DTU cricket team and play alongside some great talented players. Within no time I personally experienced not only the cricket but every sport team of DTU participating and winning major tournaments across India, may it be in IIT-kanpur, IIT-Roorkee, BITS-Goa or AAHVAAAN the annual national sports fest of DTU. The progress of sports at DTU since 2017 with the support of our Vice chancellor Prof. Yogesh Singh, Director of physical education and sports Dr. A.K. Srivastva and the Sports Council led by Chairman Prof. R.C. Singh is absolutely phenomenal. It was the academic year 2019-2020 wherein I was elected as Secretary of sports council Delhi Technological University. The task at hand was mammoth to organize 6 events including two inter university events and 2 national sports tours. The team I had with me deserves all the credits of pulling out these tasks and executing them with perfection.

Talking about the exposure and experience we get as a council member, it is definitely of paramount value and importance. May it be Team work, handling pressure, pulling out business deals, managing huge amount of sports participants from across India or taking responsibilities, we as a council member get our hands on each and every of these valuable skills which definitely are very precious in our day to day lives.

What being a member of sports council did for me is it prepared me to handle any amount of pressure and deliver results under any and all circumstances.

At last I would like to thank our vice chancellor Prof. Yogesh Singh, Chairman Sports Council Prof. R.C. Singh, Director of physical education and sports Dr. A.K. Srivastva and the entire sports council for their support throughout this wonderful journey



**ISHAN GAURI**

## 2. Treasurer Sports Council

Sports have always played a crucial role in my life; it has always helped me balance my emotions during difficult times. Being a part of the DTU handball and badminton team, I was fortunate enough to experience those hardcore training sessions and those victorious moments while participating in various sports tournaments held at IIT Kanpur, BITS Goa, IIT BHU, etc. The response of DTUites towards sports games has always been phenomenal, and that has always motivated me to improve my game continuously.

Observing my seniors work for the sports council of DTU and exemplifying impeccable management of sports in DTU, it has always been my dream to contribute to sports' betterment. Fortunately,



**AYUSH GARG**

I got an opportunity to live my dream in my 3rd year.

I was appointed as the treasurer of the sports council of DTU, and it turned out to be a life-changing moment for me. It has been an incredible journey, and to be honest, taking up all the responsibilities of organizing more than six major sports events within a single academic year and managing the entire sports infrastructure wasn't an easy task at all. But in the end with the help of all my peers and my counterparts, I was able to fulfill all the responsibilities that were bestowed upon me.

I started the chapter of my university life as an immature and shy person, where I used to be afraid of taking charge of small responsibilities. But gradually under the guidance of my seniors, I have learned a lot of new things and transformed myself into a more mature, responsible, and confident leader. Today, with all the experiences and learnings that I have gained while working as the treasurer, I can say with full confidence that I will be entering the next phase of my life with utmost courage and determination to face all the challenges life has to offer.

I would like to express my gratitude to our hon'ble Vice-chancellor DTU – Prof. Yogesh Singh, Chairman of Sports Council – Prof. R.C. Singh, Director of Physical Education and Sports – Dr. A.K. Srivastva, all the sports team players, seniors, coaches, helpers, administrative faculty members, and all the other students of DTU without whom, we wouldn't have been able to raise the standards of Sports in our University.

I convey my best wishes to all the upcoming sports councils and I believe that sports infrastructure will continue to develop in the University unabatedly.

# ALUMNI EXPERIENCE

## 1. DTU, Cricket captain

MBA, NITIE Mumbai  
YouTuber, 'The Poetic News'

'The Sun was shining bright,  
We all were in white.  
A quirky voice said, the match starts at nine  
All players should be on time'



**SHREYANSH MUDRA**

And then joining every possible match played by Delhi Technological University in the 4 years, time, as we say went by and so did we. From the best part of the college to bucket-full of memories and emotions, I did cherish all the moments with my team. Starting on when coming into the team, I did experience all dimensions of the role in my journey, from on one side giving the trial to other while taking the trial for selection of the team. I was a wicket-keeper batsman and played across India including IIT's, BITs and other esteemed institutions. It was a moment to remember when i was the first one to be made Captain of DTU Cricket team in my 3rd year of engineering. To all the hard-work put in by the boys, we managed to win 4 tournament's in that year including IIM Indore's Ranbhoomi, Adidas Cup. The blessing in disguise for all of us was when a coach named Mr. Harish Dagar stepped in, all his trainings and timely advices cannot be put down into words rather it be justified by our sweats. The achievements under him talked a lot about our sincerity, will and the skill we all possessed to secure a position in BITs Goa and IIT Kanpur.

Today, I'm pursuing MBA from NITIE, Mumbai and also run my YouTube channel, 'The Poetic News', which delivers news in the form of rhyme.

My team is a family for me, we lost, we won but in the end we played and stayed as one unit. The bonding between us, from how we all motivated each other to all the frolics outside the field, every individual had something special. My advice to all the budding youngsters out there, if you're doing something make sure you put in all the efforts on regular basis and the results will follow.



## 2. DTU, Handball captain

Mathematics and Computing, 2020  
Placement Coordinator  
Software Engineer at Deutsche Telekom Digital Labs



**AMAN JAIN**

Sports has been an integral part of my college life. With the support of AK Srivastava sir, RC Singh Sir and some seniors I took up charge to start handball in the very first year. I had no idea how I would proceed with the sport but it's important to start from somewhere. Throughout the journey, I learnt some invaluable lessons. I learnt the importance of hardwork and consistency. I learnt how to lead from the front and keep calm in the pressure situations. I had a great team and a conducive environment in my team. Being the placement coordinator, I tried my best to help them with their studies and placement preparation as well. Together we have won quite a few laurels for the university and had a lot of fun.

Sports is therapeutic. It has helped me to deal with all kinds of setbacks and mental stress. It has helped me to concentrate better and sit for long while studying. It teaches you to keep going no matter how hard the things get. I lost some key matches and faced rejections from companies. I had to undergo ACL reconstruction surgery in my final year but the key was to keep going. Try going for a run after getting rejected from your dream company or getting GPA below your expectation or anything until your stomach hurts and then you'll know what I'm talking about. DTU has got a wonderful sports program, supportive coaches and administration. Make it count!



### 3. DTU, Cricket captain

When I look back at the 4 years I spent at this amazing technical institution, ironically all I remember are the days of playing cricket for the university.

I joined a cricket academy for the first time when i was 9 years old, so you can say i have been passionate about the game from the very beginning. It was a disappointing end as i left Cricket to prepare for JEE in 11th standard after i realized that a future in cricket looked uncertain and risky. I started the journey of 2 years of hard work and discipline which was fruitful in the end as I got admission in DTU in the Computer Engineering Department.



**DIVYANSH SINGH**

When I joined the University, the first thing I enquired about was the cricket team. I gave the trials, got selected and then started the most amazing chapter of my cricketing life, playing for the DTU Cricket Team. Facing pressure situations, resource management, time-management, patience, I learned all these things on the field and they helped greatly in carrying out a decent academic record.

The University provided us with amazing facilities and encouragement. The coaches taught us selflessly and collectively we won tournaments, championships for the university which filled us as a team with pride. I learned to work in a team environment which still helps me with my job today. All in all, being involved in sports gives another dimension to your personality, it makes you more aware of your surroundings and enhances your adaptive ability which comes in handy in solving problems which you face today or might face in the future.

In conclusion I would advise my juniors to not be hesitant to take part in sports and that you will learn a lot of practical things which will be eventually useful for you. I would like to close with a saying that i experienced in cricket and it is always something that i live by, "Success is not bought, it is rented, the rent is hard work and it is due everyday".

Computer Engineering, 2020

Software Engineer at magicPin, ex-intern at Samsung Research Institute, Bangalore.

# 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 fitness, 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 Suryanamaskar 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, Usthrasana, 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.

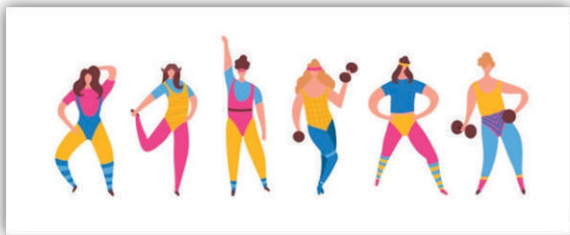
## FEC Sports -2

### 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.

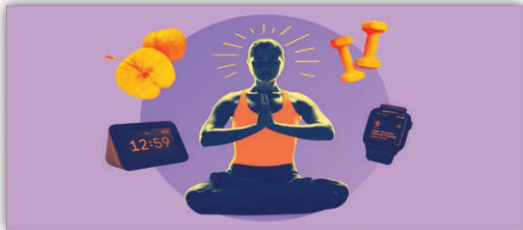




# FEC Sports - 3

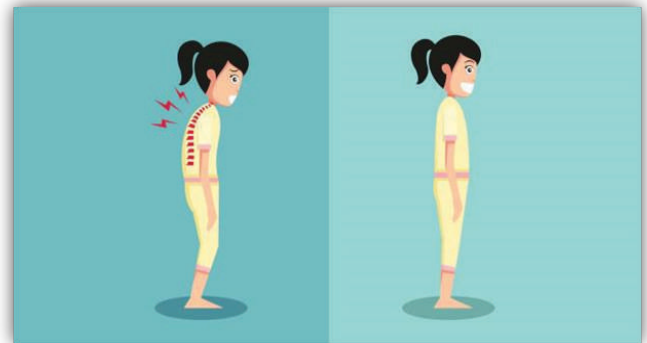
## DETAILS OF COURSE: - (Any two out of 4 components)

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



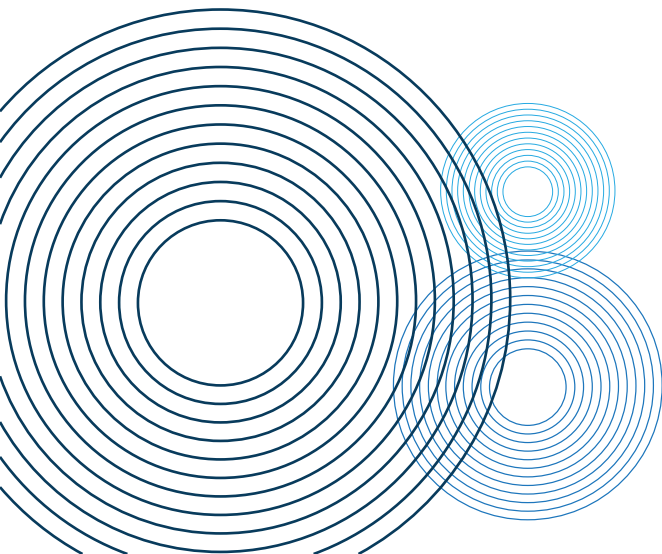
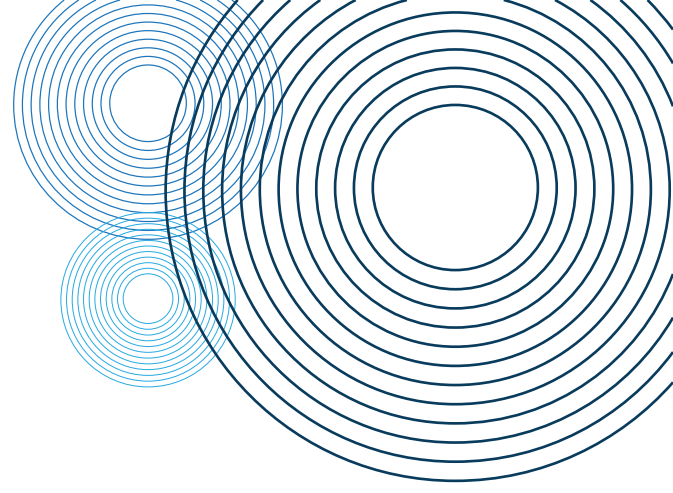
- 2. HEALTH Concept and factors affecting health Physical Fitness-Concepts and factors affecting physical fitness, sources of fitness, Types of physical fitness Elements of fitness, speed, strength, power, endurance, flexibility, agility warming up and cooling down

- 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.







Aerial View of DTU Sports Complex



**Delhi Technological University**  
Shahbad Daulatpur, Bawana Road, Delhi-110042