



**SGTB KHALSA COLLEGE**

**DEPARTMENT OF  
PHYSICAL EDUCATION  
& SPORTS**

**DR INDERPREET KAUR NANDA  
DIRECTOR**

# RESPONSIBILITIES

The Department is responsible for

- Selection, organization, training and participation of the College Teams in various competition.
- Procuring equipment and kits
- Maintaining the College ground and other infrastructure.
- Organizing games for the general students and public.
- Organizing various tournaments.
- Giving academic courses.

# SGTB KHALSA COLLEGE SPORTS- Brief History

- SGTB Khalsa College's tryst with sports started modestly in 1951.
- The College had no playground in the initial days. Innovative ways and means of practice resulted in laurels for the College.
- We won the 4X 400 m relay in the Inter College Sports creating a Delhi University meet record.
- Four players from College including Gurbachan Singh and Harbans Singh represented Delhi University in the Inter-University football tournament in Colombo, Ceylon.
- Manjit Singh, our football goalkeeper played for the University in the All India Inter-University tournaments at both Banaras and Kabul.
- Surjit Kaur was an outstanding badminton player who represented Delhi University with distinction.

# 50 Years of Khalsa College Sports

- In the annals of Indian sports, SGTB Khalsa College, University of Delhi, has carved its own niche of fame, due to the remarkable achievements of two of their outstanding sportsmen.
- In the 20<sup>th</sup> century, India won two World championships, the World Cup hockey title in Kuala Lumpur in 1975 and in England in 1983, the much coveted cricket World cup crown. Remarkably, SGTB Khalsa College is the only institution in the country, which had representatives in the playing eleven of both the World Cup winning squads.

- **Ashok Dewan** was a student at College, when he donned India's colours as a goalkeeper in the 1975 World Cup. Courageous and plucky, Dewan foiled the marauding Pakistani forwards in the final to enable India snatch a historic 2-1 win. It is India's only World Cup hockey triumph till date.
- Ashok Dewan also represented India in the 1976 Montreal Olympics and 1981-82 World Cup in Bombay.



- **Mohinder Amarnath**, who studied in College in the 1970s, was man of the match in both the semi finals and final of the 1983 Prudential trophy against England and West Indies respectively.





# COLLEGE ALUMNI – ARJUN AWARDEES

NAME	ACHIEVEMENT	YEAR OF AWARD	
<b>SHYAM LAL</b> <b>(Gymnast)</b>	Represented India 1956 ( Melbourne) & 1960 (Rome) Olympic Games	1961	
<b>DALBIR SINGH</b> <b>(Weight Lifting)</b>	Represented India 1974 ( Tehran) & 1978 ( Bangkok) Asian Games	1975	
<b>MOHINDER AMARNATH</b> <b>(Cricketer)</b>	Represented India 1983 World Cup - England	1983	
<b>VIJAYMALA BHANOT</b> <b>(Shot Put)</b>	Represented India 1982 ( New Delhi) & 1986 ( Seoul) Asian Games	2000	
<b>RAMKARAN</b> <b>(Para Athlete 800m) - MA Hindi 2014</b>	silver medal in men's 800m at the 2014 <b>Para Asian Games</b> in Korea.	2014	

# AMOJ JACOB

- Amoj Jacob starts his carrier as a middle-distance runner. The motivation of friends and coach helped him to achieve good height in athletics. He joins SGTB Khalsa College in 2016 in B. Com (Prog). He has achieved first international medal in Junior Asian athletics championship 2016 held at Vietnam. Also, he in Senior National 2016 we won bronze medal in 800m. He has represented India in World Athletic Champion held at London 2017 and represented India in Asian track and Field Championship Bhubaneswar he secured gold medal in 4\*400 relay. In 2017 was also represented India in World University held in Taiwan. He has created new Junior National record in 400 meters in 2016. And created new meet records in All India Inter University Athletic Championship in 400m & 800m 2017. In 2017 he is the only 400m Record holder in Indoor Athletic Championship. He represented India in Commonwealth Games 2018, Goal coast, Australia – participation 4X 400m Relay. In July 2017, Jacob was part of India's gold medal winning 4 × 400 metres relay team at the [Asian Athletics Championships](#). The team of Jacob, [Kunhu Muhammed](#), [Arokia Rajiv](#) and [Mohammad Anas](#) clocked 3:02.92, the season best time in Asia, to give India its first gold at the event since [Seoul 1975](#). With this performance, the team entered the [Athletics World Championships](#) in August 2017 with the sixth best timing in the world. He competed in the [2020 Tokyo Olympics](#) in the Men's [4x400 m relay](#) event where the Indian team broke the Asian and National Records and clocked a time of 3:00.25. In 2021, Jacob won the gold medal in the 400 metres event at the [2021 Federation Cup Senior Athletics Championships](#). And finally he won a gold medal at the [men's 4×400 metres relay](#) event at the [2022 Asian Games](#). He had participated in Relay event in Paris Olympics 2024





# Karan Sharma – Cricket

- He got Admission through Sports quota in year 2017 in B.A. (Prog). The 23-year-old all-rounder made his debut for his state team during the Syed Mushtaq Ali T20 2020-2021. He made his List A debut in February 2021. He was bought by Lucknow Super Giants at his base price of Rs 20 lakh at the IPL 2022 Mega Auction in Bengaluru. The right-handed batsman and right-arm off-spinner made his First-Class debut for UP against Vidarbha in Sultanpur in February 2022. He was also the captain of the side in that game and scored 26 runs in the second innings.

Read more

at: <https://www.mykhel.com/cricket/ipl-2022-who-is-karan-sharma-ipl-price-stats-interesting-fact-all-you-need-to-know-189749.html>



# ABHILEKH PARASAR - GYMNASTICS

**Abhilekh Parasar Joined Khalsa College in 2014 through general merit admission in B.A. (Prog). Before taking admission in Khalsa College , He studied about that Indian first Gymnast was from Khalsa College which motivated him to participate at University level from Khalsa College. He won various titles which are as follows**

- **All India Inter University 2014 -15 Kurukshetra 1 bronze medal**
- **All India Inter University 2015-16 1 silver medal 2 bronze medal (LNIPE Gwalior)**
- **Selected in Center of Excellence in 2016 (sports authority of India, new Delhi)**
- **Represented India at 7th Senior Asian Championship 2017, Thailand stood 16 in All Asia Ranking and has World Ranking 96**
- **All India Inter University Championship Mohali Chandigarh 2017 in which he secured 4 Gold. 1 Silver and 1 Bronze medal. And he was All Around Champion**
- **Senior National Championship 2018 Chandigarh he won 2 Gold 1 Silver 2 Bronze medals and secured third place in All Around Champion**
- **All India Inter University 2018-19 Kurukshetra 2 Gold medal 1 Bronze medal.**
- **In 2018 Got awarded by Rajasthan State government - Maharana Pratap Award for lifetime achievement in the field of Artistic Gymnastics.**
- **Joined Indian Railways in 2018 and represented All India Railways 2018-19 and won 2 Silver medal and 1 Bronze medal.**
- **He participated in National Games Goa represented Uttar Pradesh team and Secured Silver medal in team event , 2023**
- **Senior National 2023 -24 and Gold medal in Team 7 (Indian Railways) Event, Orissa**
- **All India Inter railways 2023-24 Team Gold.**
- **In Pandemic He had initiated 100 days challenge**





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# OTHER OUTSTANDING SPORTSPERSONS & SPORTS ADMINISTRATORS

NAME	ACHIEVEMENT	
<b>KIRAN SANDHU</b> (Basketball)	Asian Basketball Championships 1970-1980	 A photograph of Kiran Sandhu, a woman with dark hair, wearing a white sleeveless top and a necklace, smiling.
<b>MANINDER SINGH</b> (Cricketer)	Indian Team 1983 – 1990	 A photograph of Maninder Singh, a man wearing a black turban, a white shirt, and a patterned tie, smiling.
<b>HARENDRA SINGH</b> (Hockey)	Asian Games 1990 and was Asst. Coach to V. Bhaskaran and Currently Head Coach of Indian Women Hockey Team Who won Women's Asian Champions Trophy in Rajgir, Bihar.	 A photograph of Harendra Singh, a man with a mustache, wearing a light blue polo shirt with 'SAHARA' written on it, standing outdoors in front of a building.



# OTHER OUTSTANDING SPORTSPERSONS & SPORTS ADMINISTRATORS

NAME	ACHIEVEMENT	
<b>HARISH SHARMA</b> (Basketball)	Secretary Basketball Fed. Of India	 A portrait of Harish Sharma, a middle-aged man with dark hair and a mustache, wearing a blue shirt, smiling.
<b>KULDEEP VATS</b> (Volleyball)	President Delhi Volleyball Association	 A portrait of Kuldeep Vats, a man with a mustache wearing a dark suit, white shirt, and blue tie.
<b>SHIVAJI</b> (Handball)	Was Coach of Indian Women Handball Team	 A photograph of Shivaji standing in a dark suit at an indoor sports arena, with a handball court and spectators visible in the background.
<b>RAJDEEP SINGH</b> (Hockey)	Was All India University Hockey Selector	 A portrait of Rajdeep Singh, a man with a beard wearing a purple turban, a dark suit, white shirt, and purple tie, standing in front of a floral arrangement.

# **ACHIEVEMENTS– 60s and 70s**

Inter-College Titles in

- Volleyball (both men and women),
- Cross-Country continuously for six years
- Gymnastics
- Table Tennis (women).

**Overall about 50 cricketers from SGTB Khalsa College have represented various states in Ranji Trophy.**

# ACHIEVEMENTS– 70s, 80s & 90s

GAME	ACHIEVEMENT
<b>WEIGHTLIFTING</b>	Inter College Champion in 1975 and then in 1980s
<b>SWIMMING</b>	Inter College Champions 1979-1980
<b>HOCKEY</b>	Inter College Champions in 1970 and a dozen times after that
<b>BADMINTON</b>	Inter College Champions in 1980s
<b>WOMEN'S TT</b>	Inter College Champions continuously for three years in mid 1980s
<b>CRICKET</b>	Inter College Champions in 1988-1989 and almost a decade after that
<b>FOOTBALL</b>	Inter College Runners up in 1979-1980 and 1980-1981

# COMMONWEALTH GAMES AT KHALSA

College ground was taken over and converted to a practice grounds for Rugby 7 in Commonwealth games 2010.



**CWG Delhi 2010: Principal welcoming a participant of Rugby 7**



**Principal, Dr. Jaswinder Singh welcoming International Rugby 7 players on their arrival at the college grounds**



**CWG Delhi 2010: Rugby 7 participating teams practicing at college grounds**



**Vice Principal, S. Jaspal Singh, with International Rugby 7 players at practice session at college grounds**



**Principal, Vice Principal and Sports Teacher, Late Ms. Parveen Sahni with student volunteers and Nigerian Rugby 7 players**

# **SPORTS AFTER COMMONWEALTH GAMES**

- After the ground was handed back to the College, the joint efforts of the Principal, S. Jaswinder Singh, the new sports Teachers and Convenor Sports, resulted in converting the field to a multi purpose ground.
- Ms. Inderpreet Nanda joined the department as Assistant Professor in year 2011 & serving till date.



# CURRENT INFRASTRUCTURE

- The College boasts of a large multi-purpose ground. The ground is flood-lit.
- Two flood-lit Tennis Courts.
- A state of art Gymnasium.
- Basket Ball court.
- Table Tennis room.
- State of Art Office Complex and Pavilion with separate facilities for Men, Women and differently abled.



# FACILITIES-I

## OUTDOOR SPORTS

- Cricket
- Handball
- Hockey
- Football
- Baseball
- Softball
- Ball badminton
- Volleyball
- Tennis
- Basketball
- Athletics
- Archery
- Netball
- Korfbal
- Gatka



## INDOOR SPORTS

- Table tennis
- Chess
- Fencing
- Yoga
- Gymnasium
- Badminton



# FACILITIES-II

- Trained coaches for all sports
- Physiotherapist
- Gymnasium – Appendix - XI
- Interaction with specialists





# INTER DEPARTMENT COMPETITIONS

Inter department competitions are also organized so that every student get equal opportunity to play. This also helps to identify some other players for the College teams besides players admitted through sports quota.



# **INCENTIVES TO THE PLAYERS**

- Freeship to every player depending on need and achievements
- Refreshment, which include a balanced , protein rich diet, is provided to each member of the Team.
- Awards and rewards on the basis of performance
- Playing jersey/ Kit and equipment is provided to every member of the College team.
- Yonex and SGTB Khalsa College have signed a MOU, and provides kits to the College Badminton and Tennis Team.

## **PROCUREMENT AND DISTRIBUTION OF EQUIPMENT / KITS TO PLAYERS OF THE COLLEGE**

- Kits/ equipment are procured by tendering / market survey.
- Goods procured are entered in the stock register.
- They are then issued to the individuals in proper record or entry.
- The individuals return these articles at the end of the even semester.



# ACHIEVEMENTS 2011-2015

## Inter-college

GAME	YEAR/S	POSITION	
<b>Athletics</b>	2011 -2015	Winners	
<b>Aquatics</b>	2011-2013 2014-2015	Winners Runners-up	
<b>Badminton</b>	2011-2012 2013-2015	III place Winners	
<b>Basketball</b>	2011 2012 2013-2015	IV place Winners III place	
<b>Cricket</b>	2011-2013 2014-2015	Winners III place	
<b>Cross-country</b>	2011-2014 2015	Winners Runners-up	

# ACHIEVEMENTS 2011-2015

## INTERCOLLEGE






GAME	YEAR/S	POSITION	
<b>Handball</b>	2011-2015	Winners	 A group of handball players in blue and yellow uniforms posing in front of a handball court.
<b>Hockey</b>	2011-2013 2014 2015	Winners Runners-up III place	 A group of hockey players in blue and yellow uniforms posing on a field with a hockey net in the background.
<b>Table-Tennis</b>	2011-2015	III place	 A group of table tennis players in various casual attire posing in front of a table tennis table.
<b>Tennis</b>	2013-2015	Winners	 A group of tennis players in various attire posing in front of a tennis court.
<b>Shooting</b>	2014 2015	IV place III place	
<b>Volleyball</b>	2011 2012-2015	Runners-up IV place	 A group of volleyball players in white and blue uniforms posing on a volleyball court.

# OUTSTANDING PERFORMERS

NAME	GAME	YEAR	LEVEL OF PARTICIPATION	
<b><i>DIVYA ADLAKHA</i></b>	<b><i>ARCHERY</i></b>	<b>2015-17</b>	<ul style="list-style-type: none"> <li>•All-India inter-university competition- BRONZE</li> <li>•Inter-College competition- FIRST</li> <li>•Qualified for World University in 2016 and 2015. • Participated in NRAT (National Ranking Archery Tournament)</li> <li>•Senior National Rank 14th</li> </ul>	
<b><i>ARJUN SINGH</i></b>	<b><i>DISCUS THROW</i></b>	<b>2011-13</b>	<ul style="list-style-type: none"> <li>•All India University- Gold,</li> <li>•World University Games Participation,</li> <li>•Delhi State chps- Gold medal and new Record.</li> <li>•Youth Asian Games Participation</li> </ul>	
<b><i>LALIT MATHUR</i></b>	<b><i>ATHLETICS 400m &amp; 800m</i></b>	<b>2013</b>	<ul style="list-style-type: none"> <li>•Delhi state and Junior Nationals 800 m–Gold medal and</li> <li>•All India Inter University chps. 800m silver medal.</li> <li>•800 m Silver medal in <b>Lusofonia Games 2014, Goa-India</b></li> </ul>	
<b><i>AJAY KUMAR</i></b>	<b><i>WRESTLING (PWD)</i></b>	<b>2013-16</b>	<ul style="list-style-type: none"> <li>•Haryana Sate –Gold</li> <li>•National Games for deaf &amp; dumb – Gold</li> <li>•International Participation</li> </ul>	
<b><i>HITEN DALAL</i></b>	<b><i>CRICKET</i></b>	<b>2012-17</b>	<ul style="list-style-type: none"> <li>• Currently U-23 Delhi Captain</li> <li>• Delhi Ranji Trophy Probable</li> <li>• Currently on stipend in AIR INDIA</li> <li>• All India University – II Position</li> <li>• North Zone University – First Position</li> <li>• Highest run Scorer in Delhi University</li> <li>• U-19 Delhi</li> </ul>	



# OUTSTANDING PERFORMERS

NAME	GAME	YEAR	LEVEL OF PARTICIPATION	
<b>ASHISH TOKAS</b>	<i>Swimming</i>	<i>2012-14</i>	<ul style="list-style-type: none"> <li>•Declared Delhi university Inter College Best Swimmer</li> <li>•Inter College -9 gold,</li> <li>•All India University – 2 Gold,</li> <li>•Delhi state State Chps. - 2 Gold 2 silver</li> </ul>	
<b>ABHILEK PRASHAR</b>	<i>Gymnastics</i>	<i>2012 -15</i>	<ul style="list-style-type: none"> <li>•Senior National chps.</li> <li>•State Championships -three gold medals in individual events</li> <li>• All India Inter Univ. chps. – Bronze Medal</li> </ul>	
<b>ARSHDEEP SINGH</b>	<i>Basketball</i>	<i>2012-17</i>	<ul style="list-style-type: none"> <li>•Currently Playing NBA from Delhi</li> <li>•Senior National participation</li> <li>•All India University participation</li> <li>•North Zone University - SILVER</li> </ul>	
<b>NITISH RANA</b>	<i>Cricket</i>	<i>2013-14</i>	<ul style="list-style-type: none"> <li>•U-23 Delhi</li> <li>•Ranji Trophy Delhi</li> <li>•IPL from Mumbai Indians</li> </ul>	
<b>AMOJ JACOB</b>	<i>Athletics</i>	<i>2016 onwards</i>	<ul style="list-style-type: none"> <li>• Gold ( 800m)- 17th Asian Junior Athletics Championships, Vietnam</li> <li>•Senior national 2016 – Bronze in 800m</li> <li>•Qualify for South Asian Games 2016</li> </ul>	

# OUTREACH PROGRAM IN SPORTS

- College ground is open for use by the general society who wish to play games that the College caters to.
- Coaching is provided in Cricket, Tennis, Table-tennis and Gymnasium related activities.
- Various students, teachers and members of the public from nearby areas make use of this benefit.
- The facilities are also enjoyed by senior, retired Hockey players.





# OUTREACH PROGRAM

## BOX CRICKET LEAGUE

Mikka, Co-owner of Delhi Dragons was here in Khalsa College grounds for promotion of Delhi Dragons Box Cricket team in a friendly promotional match against the Media Giants. The Delhi Dragons had television stars Karan Wahi, Kishwer Merchant, Aadesh Chaudhary and Suyash Rai among others, who interacted and entertained the huge audience.



## INNOVATION PROJECT

College conducted research in INNOVATION PROJECT funded By Delhi University

***DEVELOPMENT AND CHALLENGES IN SPORTS:A CASE STUDY OF INDIAN CRICKET*** – study of socio economic issues of players.

PI : Mr. Jaswinder Singh

Co PI: Ms Inderpreet Kaur Nanda

Mentor: Padma Shree Dr.Ravi Chaturvedi

# OUTREACH-PROMOTING SPORTS and GOODWILL

- Organizes Annual Event Sahibzada Zorawar Singh & Sahibzada Fateh Singh T-20, floodlit, Cricket tournament in the month of February since 2011. Leading clubs of NCR participate, and Various International , IPL & National Players participate in this tournament . Its being 11 season the college has conducted this event
- Organizes Floodlit Hockey tournament in 2014 so that young players of various Colleges could gain skills from experienced players. Almost 4 season of this tournament is organized to promote the budding players in both men & women category in hockey and basketball





SPORTS DO NOT BUILD CHARACTER. THEY REVEAL IT

*JOHN WOODEN*