ACTIVITIES 2011

MEENAKSHI GRABS LIMELIGHT AT LAKE TRAVIS SOLO SWIM 2011
Our own Faculty member Meenakshi Pahuja, an accomplished long distance swimmer, participated in the 12 mile long Lake Travis solo swim in Austin, Texas, USA on 10 October 2011 and earned accolades from the organisers. Read all about it here.

FITNESS CAMP 2011
L.S.R has an extremely hectic sports calendar. The year commences with an arduous fitness camp in August. The 15 day fitness camp is organized with a motive of restoring stamina and endurance of the students.

The fitness camp witnesses extensive and unrestricted participation from the sports quota students as well as enthusiastic general category students. The students are very fortunate to train under the guidance of extremely proficient and adept coaches like Shri Ajay, Shri Sudhir and Shri Mahesh.

In the 2011 session of the fitness camp, it was our esteemed opportunity that a highly revered athlete-Mr Amit Khanna could assist the aforementioned coaches. We also had Mr. Rahul Verghese, Founder and CEO of Running and Living Infotainment coming to LSR and motivating our budding athletes. We were fortunate to have a talented team of skippers from Skipping Federation of India coming and showcasing their talent and teaching the skill to our students.

The fitness camp proves to be very helpful in refining running skills, rebuild the vigor, restoring fitness and rejuvenate the students. It provides the students with a tiring yet engaging workout.

ANNUAL CROSS COUNTRY RUN 2011
The department of physical education organized its Annual Cross Country Run on 26th of August, 2011 at 6:30 a.m. The run was for a distance of 3.5 km, which started from the front gate of the college and finished at the back gate of the college after covering the distance.

This year the college had organized the run to spread awareness of and take a stand for the ‘Safety of Women’.
Shri Mahabali Satpal, a former wrestler of India and presently Additional Director of Physical Education in New Delhi and Ms. Vimla Mehra, Alumna of our very own college presently holding the position on Head CP Security flagged off the race. We witnessed a participation of over 700 students which was a record-breaking figure. The Vice-Principal and other teaching and non-teaching members of the LSR community also joined the run in support of our worthy cause. The run was not all about competing, it was more about spreading awareness of the cause. Overall the event was a grand success.

RESULTS:
The first position was bagged by JYOTI, History (Hons.) 3rd year
The second position was bagged by AANCHAL, Economic (Hons.) 1st year.
The third position was bagged by NUPUR, Pol. Science (Hons.) 3rd year.

ACTIVITIES 2010

FITNESS CAMP 2010
L.S.R has an extremely hectic sports calendar. The year commences with an arduous fitness camp in August. The 15 day fitness camp is organised with a motive of restoring stamina and endurance of the students. The fitness camp witnesses extensive and unrestricted participation from sports quota as well as enthusiastic general students. The students are very fortunate to train under the guidance of extremely proficient and adept coaches like Mr Pankaj Tyagi and Mr. Mahesh. In the 2010 session of the fitness camp, it was our esteemed opportunity that a highly revered athlete-Mr Amit Khanna could assist the aforementioned coaches. The fitness camp proves to be very helpful in refining running skills, rebuild the vigor, restoring fitness and rejuvenate the students. It provides the students with a tiring yet engaging workout.

SEMINAR 2010

The Seminar on Women’s World of Sports: An informative seminar on the problems faced by women in sports was organized in LSR. We had eminent speakers like Dr. Rita Bakshi, Mr. Rahul Verghese and Dr. Jawahar Jain sharing their expertise on the subject with our students and faculty members.

Dr. Rita Bakshi, MD Obst & Gynaecologist and Director, ADIVA spoke about the Journey of a woman: menarche to menopause. Mr. Rahul Verghese, Founder of Running and Living Infotainment and International Marathon Runners enlightened us with his presentation and talk on “Women and Running” and our third speaker Dr. Jawaharlal Jain, Senior Physician and Medical Administrator, University of Delhi enlightened us with
his presentation on “Women’s world of sports injuries”.

It was a great place for dissemination of information among students and faculty. The occasion was graced by the presence of our Principal, Dr. Meenakshi Gopinath. We were also honoured to have amongst us Dr. D.K. Kansal, Head, Department of Physical Education, University of Delhi and Principal, IGIPSS, Dr. J.S. Naruka, Deputy Director General, Venue Development and Convenor, Volunteer Training Programme, CWG, 2010, Dr. Sudershana Pathak, Associate Professor, University of Delhi, our ex-faculty & first Physical Education teacher Mrs. Mannil, teachers of various colleges and LSR faculty and students.

SPORTS MEET 2010
The Dr. Bharat Ram Open Sports Meet has become one of the most important events in the calendar of Inter-College Sports engagement. And once again this year we were able to organise it successfully. As every year we observed a greater participation. We were also able to successfully organise golf as an invitational tournament as a part of our sports meet. The response was over-whelming which has encouraged us to shape Golf as a full-fledged Inter-College tournament. The various other events at the Dr. Bharatram Open Sports meet were Athletics, Basket-Ball, Lawn Tennis, Table Tennis, Judo, Volley-Ball, Chess, Shooting and Badminton. LSR was also the proud winner of the over-all championship trophy. We had a magnificent participation from more than 40 colleges across Delhi.

SHORT TERM CERTIFICATE PROGRAMME 2010
Physical Education Department of Lady Shri Ram College and Focus Learning Group took an initiative to introduce a Short Term Certificate Programme on SPORTS JOURNALISM AND COMMENTARY. The program had a good response from the student’s body. This course is taught by select industry practitioners. This is a technical program dealing with sports reporting, anchoring, commentary and editing. This course will give students the exposure to the intricacies of the world of sports journalism, thus helping them to expand their horizons.