

**POSTGRADUATE GOVERNMENT COLLEGE FOR GIRLS,
SECTOR-42, CHANDIGARH**



40TH ANNUAL ATHLETIC MEET

February 20, 2024

**Dr. Sushma Punj
HOD, Phy.Edu.**

**Prof. Nisha Aggarwal
Principal**

Post Graduate Government College for Girls, Sector 42, a premier multi-faculty institution of Higher Education in the City Beautiful, Chandigarh, was established in 1982. Spread over a spacious campus of nearly 18 acres in the southern part of Chandigarh, it has emerged as an all-encompassing institute. It imparts education to about 3000 students in the streams of Commerce, Humanities, Science and Computer Applications.



SPORTS INFRASTRUCTURE

INDOOR FACILITIES

Sr.No.	Items	No. of Items
1.	Recumbent Bike	02
2.	Cross Trainer	02
3.	Smith machine	01
4.	Elliptical Trainer	01
5.	Spin Bike	03
6.	Weighing Machine Digital	01
7.	Judo Mat	62
8.	Taekwondo Mat	85
9.	Treadmill	01
10.	Leg Extension	01
11.	Leg Press	01
12.	Bow Flex Machine	04
13.	Gym Ball	01
14.	Bosu Ball	01
15.	Pool /Snooker Table	01
16.	Kettle Bell	07
17.	Dumbbells	68

OUT DOOR FACILITIES

Sr.No.	Items	No. of Items
1.	400 Mtr. Track	01
2.	Basketball Court (Flood Light)	02
3.	Lawn Tennis	01
4.	Volleyball Court	01
5.	Cricket Pitch (Synthetic Court)	02
6.	Cricket Net (Two pitch for practice)	02
7.	Football Ground	01
8.	Netball Court	01
9.	Golf Putting Range	01
10.	Long Jump Pit	01
11.	Shot Put Area	01
12.	Discus Area	01

18.	Table Tennis Table	03
19.	Weight Plates	53
20.	Barbells	18
21.	Plyometric Benches	05
22.	Body Shaker	01
23.	Badminton Court	02
24.	Vaulting Horse	01
25.	Balancing Beam	01
26.	Chess Board	04
27.	Carom Board	01
28.	Massager Chair	01
29.	Nuga best Bed	01
30.	Stretcher	01
31.	B.P. Machine	02

Faculty members

1. Dr. Sushma Punj
Assistant Professor/HOD
2. Dr. Shafali Malhotra
Assistant Professor
3. Ms. Ramandeep Kaur
Assistant Professor
4. Mr. Mohd. Shamshad
Junior Assistant Lecturer
5. Ms. Rani
Gym Instructor
6. Ms. Manju
Gym Attendant
7. Ms. Neeru
Gym attendant
8. Mr. Sunny (Games Boy)

Infrastructure



Basketball Court



Gymnasium Hall



Lawn Tennis Court



Volleyball Court

SPORTS ACHIEVEMENTS RECORD

1. Rugby: - Overall 3rd place in Chandigarh State Rugby Championship.
2. Taekwondo :- Overall 3rd place in Panjab University Inter College Championship
3. Gatka :- Overall 3rd place in Panjab University Inter College Championship
4. Wrestling :- Overall 3rd place in Panjab University Inter College Championship
5. Chess: - Overall 3rd place in Panjab University Inter College Championship.

Sr. No	Name of The Students	Class	Roll No.	Games	Venue	Prize/Team/ Individual	Activity/Event	Dates
1.	Kaushiki	BA III	210252	Rugby	Panjab University Chandigarh	Bronze Medal Team	Chandigarh State Rugby Championship	29/06/2023 to 30/06/2023
2.	Radhika	BA III	210399					
3.	Anjali	BA III	210573					
4.	Navneet	BA III	210435					
5.	Kusma Kumari	BA III	210558					
6.	Samridhi Sharma	BA III	210345	Football	Hyderabad	Participation	Chandigarh American Football Association	10/08/2023 to 25/08/2023
7.	Anjali	BA III	210573					
8.	Navneet	BA III	210415					
9.	Kaushiki	BA III	210252					
10	Yasmin Parveen	BPED II	224621	Taekwondo	Sports Complex, Sector -56, Chandigarh	Silver Medal	Chandigarh State Taekwondo Championship	20/08/2023
11	Moni	BPED II	224620					
12	Gurvir	BPED II	224601	Netball	Kharkhoda (Sonipat),	Participation	41 st Senior National Netball	21/09/2023 to 24/09/2023

13	Chetan	BPED I	234615		Haryana		Championship	
14	Yasmeen Parveen	BPED II	224621	Lawn bowls	Sarusajai sports compled, Guwahati, Assam	Participation	8 th Senior and 4 th U-25 National Lawn Bowls Championship	23/09/2023 to 29/09/2023
15	Inderjeet Kaur	BPED II	224610					
16	Gurbani	BPED II	224612					
17	Anjali Dhiman	BPED II	224614					
18	Ishiq	BA II						
19	Sanjana	BCOM III	211173	Chess	P.U Chandigarh	Bronze Medal	P. U Inter College Chess Championship	03/10/2023 to 04/10/2023
20	Simar	BCOM III	211177					
21	Priya	BCOM III	211074					
22	Tanya	BA I	230424					
23	Diksha	BCA II	221549					
24	Gurvir Kaur	BPED II	224601	Fast Five Netball	Campal Indoor Stadium, Panjim Goa	Participation	37 th National Games	25/10/2023 to 27/10/2023
25	Chetna	BPED I	234615					
26	Aradhya Dwivedi	BPED II	224630					
27	Akshya Chaudhary	BPED II	224629					
28	Santosh	BPED II	224615					
29	Kiranjot	BPED II	224602	Gatka	Jhar Sahib	Bronze Medal	PU Inter College Gatka Championship	19/11/2023
30	Gurvir Kaur	BPED	224601					

		II						
31	Inderjit kaur	BPED II	224610					
32	Arshpreet Kaur	BA II	220167					
33	Kusum	BPED II	224607	Ball badminton	Govt. Science college ground, Gadchiroli (Maharashtra)	Participation	69 th Senior National Ball Badminton Championship	06/01/2024 to 10/01/2024
34	Yasmin Paveen	BPED II	224621					
35	Moni	BPED II	224620					
36	Sona Devi	BPED II	224606	Wushu	P U Chandigarh	Bronze Medal	PU Inter College Wushu Championship	19/01/2024
37	Anjali	BPED II	224609					
38	Akshya	B.P.ED II	224629	Netball	Telangana	Participation	Senior National Netball Championship	13/01/2024 to 16/01/2024
39	Versha	B.P.ED II	224613					
40	Chetna	B.P.ED I	234615					
41	Poonam	BA III	210266	Kho-kho	Rajasthan Jaipur	Participation	National Kho-kho championship	30/01/2024 to 04/02.2024
42	Priti Devi	BA III	210585					
43	Sonia	BPED II	224611	Netball	Goa	Participation	National Netball Championship	28/02/2024 to 02/03/2024
44	Simranjeet Kaur	BPED II	224605					
45	Radhika	BA III	210399	Rugby	Hurricanes Ground, Delhi	Bronze Medal Team	Delhi National Rugby	29/07/2023

							Championship	
46	Priyanka	BA II	220367	Boxing	Rohtak, Haryana	Bronze Medal	Northern Talent Hunt Open Boxing Championship	04/09/2023 to 14/09/2023
47	Priyanka	BA II	220367	Boxing	Jalandhar L.P.U	Participation	All India Inter University Boxing Championship	19/01/2024 to 23/01/2024
48	Priyanka	BA II	220367	Boxing	Bhopal (M.P)	Participation	6 th youth women National Boxing Championship	26/06/2023 to 01/07/2023
49	Sanjana	BA II	220528	Athletic 800m	Sports Complex, Chandigarh	Silver Medal	Chandigarh State Athletic Championship	01/09/2023 to 03/09/2023
50	Kiranjot	BPED II	224602	Athletic 1500 m	Sports Complex, Chandigarh	Silver Medal	Chandigarh State Athletic Championship	01/09/2023 to 03/09/2023
51	Garima	BPED I	234603	Taekwondo	P. U Chandigarh	Bronze Medal	P U Inter college Taekwondo championship	28/09/2023
52	Khushi	BPED I	234607	Taekwondo	P. U Chandigarh	Bronze Medal	P U Inter college Taekwondo championship	28/09/2023
53	Kiran Kumari	BPED I	234612	Swimming	P.U. Chandigarh	Bronze Medal	P.U Inter College Swimming Championship	06/10/2023 to 07/10/2023
54	Ashu	BPED II	224608	Hammer Throw	Sports Complex Chandigarh	Bronze medal	3 rd Chandigarh State Hammer Throw Championship	7/10/2023 to 08/10/2023
55	Kiranjot	BPED	224602	Gatka	Talkatora	Gold Medal	National Gatka	11/10/2023

		II			Stadium		Championship	to 12/10/2023
56	Arshpreet kaur	BA II	220167	Gatka	Talkatora Stadium	Gold Medal	National Gatka Championship	11/10/2023 to 12/10/2023
57	Arshdeep Kaur	BA II	220041	Power lifting	Shahid Bhagat Singh Stadium, Bathinda	Silver Medal	Punjab State Power lifting Championship	17/10/2023 to 23/10/2023
58	Gunjan Sharma	BPED I	234614	Wrestling	P U Chandigarh	Gold Medal	P U Inter College Wrestling championship	26/10/2023
59	Alpa	BPED I	234604	Wrestling	P U Chandigarh	Bronze Medal	P U Inter College Wrestling championship	26/10/2023
60	Manisha	BPED II	224628	Wrestling	P U Chandigarh	Silver Medal	P U Inter College Wrestling championship	26/10/2023
61	Kiranjot	BPED II	224602	Gatka	Stadium Campal Outdoor, Panjim Goa	Gold medal	National Games	31/10/2023 to 02/11/2023
62	Arshpreet kaur	BA II	220167	Gatka	Campal Stadium Outdoor, Panjim Goa	Bronze medal	National Games	31/10/2023 to 02/11/2023
63	Priyanka	BA II	220367	Boxing	Dasmesh Girls College, Badal	Gold Medal	PU Inter College Boxing Championship	22/11/2023 to 24/11/2023
64	Aanchal	BPED	224619	Basketball	MJP	Silver Medal	North Zone Inter	14/12/82023

		II			Rohilkhand University Bareilly U.P.		University Basketball Championship	to 17/12/2023
65	Aanchal	BPED II	224619	Basketball	Murthal Haryana	Participation	All India Inter University Basketball Championship	05/12/2023 to 10/12/2023
66	Aanchal	BPED II	224619	Basketball	Sports Complex, Ludhiana	Participation	Senior National Basketball Championship	1/12/2023 to 10/12/2023
67	Aanchal	BPED II	224619	Basketball	NPS School Sector 18, Chandigarh	Bronze Medal	Senior State Basketball Championship	15/11/2023 to 18/11/2023
68	Khushi	BPED I	234607	Taekwondo	Aanchal International School	Gold Medal	3 rd Chandigarh State Taekwondo Championship	17/12/2023
69	Sneha	BPED I	234616	Karate	P U Chandigarh	Gold Medal	PU Inter College Karate Championship	25/12/2023
70	Sanjana	BPED I	234602	Karate	P U Chandigarh	Silver Medal	PU Inter College Karate Championship	25/12/2023
71	Sanjana	BPED I	234602	Karate	Sports Complex, Sector -56, Chandigarh	Gold Medal Gold Medal	Chandigarh State Karate Championship	04/02/2024
72	Sandeep Raj	BPED I	234618	Karate	Sports Complex, Sector -56, Chandigarh	Gold Medal Gold Medal	Chandigarh State Karate Championship	04/02/2024

73	Sneha	B.A. II	220317	Handball	Chappra Bihar	Participation	45 th Junior National Handball Championship	27/01/2024 to 31/01/2024
74	Gungun	BA III	210392	Taekwondo	Sports Complex, Sector-56, Chandigarh	Silver Medal	4 th Open National Keshav Case Prize Taekwondo Championship	
75	Karishma Rawat	BA III	210431	Paralympics Athletics	Jawarhar Lal Nehru Stadium New Delhi	Gold Medal	Para Olympic Athletics Championship	
					Thailand, Bangkok	Participation	Inter National Athletics Championship	
					Goa	Participation	National Athletics Championship	

Our Achievers



Garima and Khushi won Bronze Medal in PU Inter College Taekwondo championship 2024



Priya won bronze medal in PU Inter College Swimming Championship 2024



Aanchal won silver medal in North zone Inter University Basketball Championship



Gold Medal in Chandigarh State Taekwondo Championship



Gold medal in Para Olympic Athletics Championship,
New Delhi



Kiranjot won Gold Medal in Nationals Games Gatka
championship , Goa



Gunjan won Gold Medal in P U Inter College Wrestling Championship



Priyanka won Gold Medal in PU Inter College Boxing
Championship

Cash Prize Winner from Panjab University

<p>Name -Ashu Class - Bped 1st Roll no.-224608 Cash prize -17000/- Position- 3rd All india inter university squash</p>	<p>Name -Parul Class - B.A 1st Roll no.-220058 Cash prize -17000/- Position-3rd All India inter university squash</p>	<p>Name -Lekha Class - Bped 2nd Roll no.-216031 Cash prize -25000/- Position 1st All India University Gymnastics</p>
<p>Name -Poshita Class - Bped 2nd Roll no.- Cash prize -17000/- Position-3rd All India inter university Yoga</p>	<p>Name -Ridhi Lata Class - Bped 2nd Roll no.-216017 Cash prize -21000/- All India inter university Netball</p>	<p>Name -Jagruti Class - Bped 2nd Roll no.-216007 Cash prize -21000/- Position-3rd All India inter university Volleyball</p>
<p>Name -Shukhveer Class - Bped 2nd Roll no.-216015 Cash prize -21000/- Position-2nd All India inter University Sepak Takraw</p>	<p>Name - Deepshika Class - Bped 2nd Roll no.- Cash prize -21000/- Position-2nd All India inter University Sepak Takraw</p>	

Dr. Ram Niwas Yadav

- ❖ Received Rs.10000/- cash award for winning 3rd position in All India Inter University Squash Championship (Somaiya University, Mumbai) from Directorate of Sports, Panjab University, Chandigarh as Coach/Manager for Panjab University Squash Team (Women).
- ❖ Appointed as Nodal Officer for 'Har Ghar Dhyam' under the aegis of 75th years of Bharat ki Azadi ka Amrutmahotsav, Ministry of Culture has collaborated with the Art of Living Foundation.
- ❖ Successfully conducted as coordinator for 39th Annual Athletic Meet 2022-23 of PGGCG-42, Chandigarh and invited Dronacharyee Awardee Mr. Shiv Singh (Boxing) as Chief Guest.
- ❖ Presented Departmental Report, Olympic Movement Society Report and Infrastructural Facilities to NAAC Peer Team on 12th -13th April, 2023.
- ❖ Dr. Ram Niwas Associate professor promoted as Principal in Govt. College for Girls Cheeka – Kaithal .

