



Sh. L.N. Hindu College, Rohtak

Affiliated to M.D. University, Rohtak
A post Graduate Co-Educational College, Bhiwani Road, Rohtak
Accredited by NAAC with 'B' (2.74) Grade

Annual Report Department of Physical Education (2022-23)





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Head, Department of Physical Education
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**Mrs. Mousam
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Sr. No.	Date	Activity	No. of Participants	Page No.
1.	05.10.2022 to 07.10.2022	3 Days Baseball Inter College, Tournament.	04 team	4-8
2.	23.02.2023 to 24.02.2023	2 Days 48 th Annual Athletic meet.	220 Students	9-16
3.	30.03.2023 To 01.04.2023	3 Days Softball Inter College tournament.	04 team	17-21

Events/Activities organized by the Department Physical Education (2022-23)

1. 3 Days Baseball Inter College Tournament (05th – 07th Dec, 2022)

श्री लाल नाथ हिन्दू कॉलेज, रोहतक

नोटिस

दिनांक: 17.10.22

हिन्दू कॉलेज के सभी विद्यार्थियों को सूचित किया जाता है कि MDU Inter College Tournament (Men&Women) का चयन नीचे लिखे अनुसार होना है। जो छात्र-छात्राएं इस प्रतियोगिता में भाग लेना चाहते हैं वे सभी छात्र-छात्राएं स्पोर्ट्स ऑफिस में अपना नाम डॉ.प्रदीप कुमार, डॉ. वीरेंद्र बलोदा व श्रीमती मौसम को लिखवा दें।

नोट: ट्रायल के दिन सभी छात्र-छात्राएं कॉलेज पहचान पत्र (I-Card), Fee Slip के साथ व अपनी खेल ड्रेस में रिपोर्ट करें और जो विद्यार्थी खेल ड्रेस में नहीं आयेगा उस विद्यार्थी का ट्रायल नहीं लिया जायेगा।

Sr. No.	Game	Trail Date & Time	Venue	Team Incharge
1	Baseball (M&W)	19.10.22 at 9:30 am.	Sports Ground	Dr.Pardeep Kumar
2	Softball(M&W)	19.10.22 at 9:30 am.	Sports Ground	Dr.Pardeep Kumar
3	Badminton(M&W)	19.10.22 at 9:30 am.	Sports Ground	Dr.Virender Baloda
4	Lawn Tennis(M&W)	19.10.22 at 9:30 am.	Sports Ground	Mrs. Mousam
5	Swimming&Water Polo(M&W)	28.10.22 at 9:30 am.	Sports Ground	Dr.Pardeep Kumar
6	Basketball(M&W)	28.10.22 at 9:30 am.	Sports Ground	Dr.Pardeep Kumar


H.O.D

(Deptt. of Phy.Education)


Principal



MAHARAJA BALACHAND UNIVERSITY, ROHTAK

(A state University established under Haryana Act. No. 25 of 1975)

(NAAC Accredited 'A+' Grade)

SPORTS OFFICE

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Dr. Davinder Singh Dhull
Director Sports

Sports/20 / 19877-20107
Date : 24-11-2022

To

The DSW/Principals/Directors
All the Colleges/Institutes affiliated with M.D.U., Rohtak

Sub: Schedule of Inter College Baseball (M) Tournament, 2022-23

Sir/Madam,

It is to inform you that schedule of Inter College Baseball (M) Tournament(s), 2021-22 are as per details below:

Sr. No.	Name of the Competition	Schedule	Venue	Reporting Time
1.	Baseball (M)	05-07.12.22	Sh. LN Hindu Coll, Rohtak	9.00 AM on 05.12.22
Club Committee of Baseball (M)				
1	Dr. Shabnam Rathee	Chairman	Principal, AIJHMC, Rohtak	
2	Vishal Nehra	Member	GC, Meham	
3	Pardeep Sheoran	Member	Sh. LN Hindu Coll, Rohtak	
4	Ravin Kadiyan	Member	GC, Jhajjar	
5	Kusumlata	Member	MKJKM, Rohtak	
6	Secretary MDUSC.			

All the Principals/Directors of participating Colleges/Institutes teams are requested to kindly direct the In-charges/Managers of the said team along with student players of your college/institute to reach by 10.00 AM on first day (Ind. & Group Event(s)).

Note: All students are requested to bring all necessary documents along with Eligibility Performa (two copies checked & signed), College I-Card and all protective guards & equipment. Entry Fee is Rs. 2,000/- per team per event.

Yours Sincerely,

Director Sports &
Secretary, MDUSC

Endst. No. Sports/20 / 20108-20113 Date: 24-11-22

A copy of the above is forwarded to the following for information and necessary action:-

1. President, MDUSC
2. The Director, UCC, M.D.U. Rohtak to upload the letter on University website.
3. Director, Public Relation Office, M.D.U, Rohtak
4. OSD, Directorate of Sports
5. Chairperson and Members of Baseball (M&W) Club Committee(s), 2022-23
6. Dealing Assistant/Clerk, Sports Office, M.D.U, Rohtak for advance and adjustment.

Director Sports &
Secretary, MDUSC

Three-days inter college baseball competition was held at Shri Lal Nath Hindu College. On this occasion, Mr. Manish Kumar Grover, Cooperative Minister, as the chief guest, Director Sports Department, Maharshi Dayanand University, Mr. Devender Dhull as the special guest. On this occasion, Honourable Manish Kumar Grover said that this college is a banyan tree planted by the elders, whose fragrance is now spreading all around, and for the successful conduct of this program, the institution of the college gave best wishes to the staff and all the players present. On this occasion, special guest Devender Dhull ji said that this college has made a different place for itself in sports competitions along with academic activities. It is known from this that this college is progressing with discipline which is commendable. On this occasion, Mr. Rajesh Kumar Sehgal, the former head of the institution, congratulated the players of the winning team from all other colleges and asked them to progress with discipline in the future as well, along with the head of the institution Mr. Sudarshan Kumar Dhingra said, the person who wants to bring the knowledge of Gita into his life, he will have to play, exercise everyday. Because to bring knowledge into life, it is necessary to have a healthy body and a healthy mind. At the end of the program, Mr. Sudarshan Kumar Dhingra ji presented mementos as a thank you to the chief guest, special guest and dignitaries of the organization present there. On this occasion, Principal Dr. Rashmi Chhabra congratulated the teachers from other colleges, the jury and all the winning players, as well as Dr. Pradeep Sheoran, Dr. Virender Baloda and Mrs. Mausam, Head of Department of Sports and Physical Education for this successful event. Congratulations and best wishes. On this occasion, players were given consolation prizes in the form of money by Dr. Pradeep Sheoran. On this occasion Mr. Ashwini Khurana, Mr. Gulshan Dhal, Mr. Jitendra Mehta, Mr. Shyam Kapoor, Mr. Ajay Nijhawan, Mr. Dinesh Dua, Mr. Gulshan Dhingra, Mr. Virendra Dua, Dr. Hitesh dhall (Director HIMT), Dr. Neelam Maggu, Mrs. Anila Bathla, Dr. Shikha, Mrs. Vandana, Mr. Rajesh Gehlawat, Dr. Sandeep, Dr. Hardeep etc. were present. The stage was moderated by Dr. Anju Deshwal and Dr. Rajni Kumari.

The results of the competition were as follows:

Sr. No.	Position	Name of the Institution
1.	1 st	Sh. L.N. Hindu College, Rohtak
2.	2 nd	University Teaching Department, Rohtak
3.	3 rd	All India Jat Heroes Memorial College, Rohtak
4.	Consolation	Agarwal College Ballabgarh, Faridabad



अंतर महाविद्यालय बेसबॉल स्पर्धा का खिताब लाल नाथ हिंदू कॉलेज के नाम

रोहतक, गिरीश सैनी। लाल नाथ हिंदू कॉलेज में आयोजित तीन दिवसीय अंतर महाविद्यालय बेसबॉल स्पर्धा संपन्न हुई। समापन समारोह में बतौर मुख्य अतिथि पूर्व मंत्री मनीष कुमार ग्रावर ने शिरकत की। विशिष्ट अतिथि के रूप में एमडीय के खेल



स्पर्धाओं में भी अपना एक अलग स्थान बनाया है। हिंदू संस्था के प्रधान सुदर्शन कुमार धोंगड़ा ने कहा कि ज्ञान को जीवन में उतारने के लिए स्वस्थ शरीर, स्वस्थ मस्तिष्क का होना जरूरी है। पूर्व प्रधान राजेश कुमार सहगल तथा प्राचार्य डॉ. रश्मि छबड़ा ने भी

श्री लालनाथ हिंदू कॉलेज ने जीती बेसबॉल

सचिव मून एजेसी

संस्कृत। श्री लाल नाथ हिंदू महाविद्यालय में बुधवार को तीन दिवसीय अंतर महाविद्यालय बेसबॉल स्पर्धा का समापन समारोह आयोजित किया गया। मुख्य अतिथि के रूप में मनीष कुमार ग्रावर ने शिरकत की। विशिष्ट अतिथि के रूप में निदेशक जगत बिष्णु, माहिं देवानंद मुनिवर्मा, एमिड मून मौजूद रहे।



ये रहे परिणाम

अंतर महाविद्यालय बेसबॉल स्पर्धा की विजेता टीम रूनी के साथ।

मनीष ग्रावर ने कहा कि यह महाविद्यालय बच्चों का लगाना एक बड़ा कृषि है जिसकी सुरक्षा अब पूरी ओर मिल रही है। उन्होंने महाविद्यालय की संस्था, स्टार व डिपार्टमेंटों को शुभकामनाएं दीं। विशिष्ट अतिथि एमिड मून ने कहा कि इस महाविद्यालय ने शैक्षणिक, सांस्कृतिक के साथ खेलकूद प्रतियोगिताओं में अपना एक अलग स्थान बनाया है। संस्था के पूर्व प्रधान राजेश

कुमार सहगल ने अंतर महाविद्यालय से आए विजेता टीम के खिलाड़ियों को बधाई दी। कार्यक्रम के अंत में सुदर्शन कुमार भीरवा ने मुख्य अतिथि, विशिष्ट अतिथि को स्मृति चिह्न भेंटकर सम्मानित किया।

श्री लाल नाथ हिंदू कॉलेज ने जीती अंतर महाविद्यालय बेसबॉल प्रतियोगिता



अंतर महाविद्यालय बेसबॉल स्पर्धा में 16-3 के साथ हिंदू कॉलेज रहा विजयी

रोहतक। चेतना संवाददाता।

लाल नाथ हिंदू कॉलेज में सोमवार को अंतर महाविद्यालय बेसबॉल स्पर्धा का आयोजन किया गया। कार्यक्रम की



PIC GRID

2. Two Days 48th Annual Athletic Meet (23rd – 24th Feb, 2023)

श्री लाल नाथ हिन्दू कॉलेज, रोहतक


शारीरिक शिक्षा विभाग

दिनांक:- 13.02.2023

(खेल-सूचना)

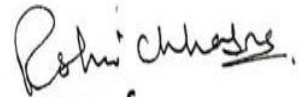
हिन्दू कॉलेज के सभी विद्यार्थियों को सूचित किया जाता है कि हमारे कॉलेज में 48 वीं वार्षिक एथलेटिक मीट का आयोजन दिनांक 23-24 फरवरी, 2023 को किया जा रहा है, जो छात्र-छात्राएं एथलेटिक मीट के जिन इवेंट्स में भाग लेना चाहते हैं, वे अपना नाम Sports Office में दिनांक 20.02.2023 तक डॉ. प्रदीप कुमार व श्रीमती मौसम को लिखवा दें।

नोट:- एथलेटिक मीट में भागीदारी के लिए खिलाड़ी के पास कॉलेज पहचान-पत्र (I-Card) का होना अति आवश्यक है। खिलाड़ियों के लिए स्पोर्ट्स किट पहनना जरूरी होगा। किसी भी खिलाड़ी को जीन्स/पैंट पहन कर खेलने/भाग लेने की अनुमति नहीं दी जाएगी। जो खिलाड़ी एथलेटिक मीट में बेस्ट एथलीट बनेगा, उसे ट्रॉफी व नकद इनाम भी दिया जाएगा।


डॉ प्रदीप कुमार

विभागाध्यक्ष

शारीरिक शिक्षा विभाग


प्राचार्या

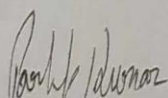
SH. L.N. HINDU COLLEGE, ROHTAK

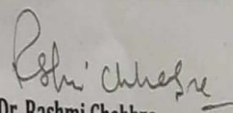
48TH Annual Athletic Meet 2022-23

Sequence of Events

23rd & 24th FEBRUARY, 2023

1. 100 Mts. Race (Boys)	Heat	15. 400 Mts. Race (Boys)	Final
2. 100Mts. Race (Girls)	Final	16. 800 Mts. Race (Girls)	Final
3. Javelin Throw (Girls)	Final	17. Discuss throw (Boys)	Final
4. Long Jump (Girls)	Final	18. Chatti Race (Girls)	Final
5. 200 Mts. Race (Boys)	Final	19. 800 Mts. Race (Boys)	Final
6. Sack Race (Girls, Boys)	Final	20. Shotput (Boys)	Final
7. 200 Mts. Race (Girls)	Final	21. Shotput (Girls)	Final
8. Potato Race (Girls)	Final	22. 100 Mtr. Race (Boys)	Final
9. 4X100 Relay Race (Boys)	Final	23. Staff Musical Chair	Final
10. 400 Mts. Race (Girls)	Final	24. 100 Mtr. Race Non-Teaching Staff	Final
11. Javelin throw (Boys)	Final	25. 5000 Mtr. (Boys)	Final
12. Discuss Throw (Girls)	Final	26. Shotput Staff (Men & Women)	Final
13. 1500 Mts. Race (Boys)	Final	27. 100 Mts. Race Staff (Men & Women)	Final
14. Long Jump (Boys)	Final		


Dr. Pardeep Kumar
H.O.D.
Phy. Education


Dr. Rashmi Chhabra
Principal

Opening

The 48th Annual Sports Festival was inaugurated by the Sports and Physical Education Department of Shri Lal Nath Hindu Mahavidyalaya. This two-day sports festival was presided over by Mr. Sudarshan Kumar Dhingra, head of the Hindu Management Committee. On this occasion, Shri Rajesh Kumar Sehgal, former head of Hindu Management Committee, as the chief guest, hoisted the flag, administered oath to all the players and also said that sports should be an integral part of everyone's life, it is important in everyone's life. plays a role. On this occasion, the chief guest was welcomed by President Mr. Sudarshan Kumar Dhingra, college principal Dr. Rashmi Chhabra and all senior professors. Shri Sudarshan Kumar Dhingra, head of the Hindu Management Committee, said that the game should be played with the spirit of the game. Playing brings discipline in life and discipline makes life successful. At the end of the program, Principal Rashmi Chhabra thanked the chief guest. Honoring all the players, said that all the players are winners because participating in the game is more important, the place does not matter. The stage was moderated by Mrs. Vandana Ranga and Dr. Pooja Chawla. Head of the Department Dr. Pradeep Sheoran told that 220 students participated in different competitions for this two-day competition. On this occasion, Mr. Ashwini Khurana, Mr. Sunil Kumar Ahuja, Mr. Gulshan Rai, Mr. Pradeep Sapda, Mr. Dinesh Kumar Dua, Mr. Ajay Nijhawan, Mr. Nandlal Girdhar, Mr. Shyam Kapoor, Director Mr. Hitesh Dal. MIH, Gulshan Kumar Dhingra ji, Hindu Public-School Principal, Dr. Meenu Kumar ji etc. all the college staff members should be present. The results of the competition are as follows

Closing

48th Annual Sports Festival was concluded at Shri Lal Nath Hindu Mahavidyalaya. Mr. Gulshan Taneja, Registrar Maharshi Dayanand University was the chief guest on the occasion. Honoring all the winning players, he said that a healthy mind and intellect resides in a healthy body, for every person to remain mentally and intellectually healthy, it is necessary to maintain good health, for these sports play an important role. Former head of Hindu Management Committee Mr. Rajesh Kumar Sehgal ji said that all sportspersons should concentrate and work hard towards their goals. Player should always keep in mind his background and moral values of life and on behalf of the Hindu Management Committee, the baseball players were awarded with track suits and all the winning players with medals and citations, as well as 5100 (female and female) to the best athlete to encourage the players. 3100 (female and male category) as cash prize to the best runner-up and also congratulated Dr. Pradeep Sheoran and Mrs. Mausam for the successful conduct of the program. On this occasion, Principal Dr. Rashmi Chhabra congratulated and thanked all the guests who came and gave best wishes to the players. The program was staged by Dr. Vandana Ranga and Dr. Pooja Chawla. On this occasion, Mr. Ashwini Khurana, Mr. Sunil Kumar Ahuja, Mr. Nandal, Mr. Shyam Kapoor, Mr. Gulshan Rai Dal, Mr. Pradeep Sapda, Mr. Jiwal Girdhar, Mr. Gulshan Kumar Dhingra, Mr. Dinesh Kumar Dua, Mr. Ajay Nijhawan, Mr. Atmaprakash Ahuja, Mr. Narsingh Lal Chugh, Mr. Krishna Kurra, Mr. Sushil Puniyani, Mr. Jatin Luthra, Mr. Virendra Dua and other office bearers, H.T.M.I. Director Mr. Hitesh Dal, Dr. Meenu Hindu Public School, Principal Kumar Jittha, college staff, teachers and non-teachers were present.

Sh. L.N. Hindu College, Rohtak

Result of 47th Annual Athletic Meet, 2023

23rd & 24th March, 2023

Best Athlete (Boy)				Winner (M)
Name of student	Class	Roll No.	Score	Cash Prize
Purnod	BA II	8099		5,100/-

2nd Best Athlete (Boy)				Runner up (M)
Name of student	Class	Roll No.	Score	Cash Prize
Sunny Dhaka	BA III	3102		3,100/-

Best Athlete (Girl)				Winner (W)
Name of student	Class	Roll No.	Score	Cash Prize
Simran	BA II	8508	8508	5,100/-

2nd Best Athlete (Girl)				Runner-up (W)
Name of student	Class	Roll No.	Score	Cash Prize
Bhawana	BAJMC II	9618		3,100/-

<u>100 Mtr. Race (Girls)</u>		
Position	Name of student	Class
1st	Bhawna	BAJMC II
2nd	Manju	B.A I
3rd	Simran	B.A II
<u>Javelin Throw (Girls)</u>		
Position	Name of student	Class
1st	Simran	B.A II
2nd	Jyoti	B.A I
3rd	Mamta	B.Sc II
<u>Javelin Throw (Boys)</u>		
Position	Name of student	Class
1st	Sunny Dhaka	B.A III
2nd	Aman	B.A I
3rd	Sahil	B.A I
<u>Long Jump (Girls)</u>		
Position	Name of student	Class
1st	Bhawna	BAJMC II
2nd	Simran	B.A II
3rd	Varsha	B.A I
<u>Discuss Throw (Girls)</u>		
Position	Name of student	Class
1st	Simran	B.A II
2nd	Bhawna	BAJMC II
3rd	Sargam	BAJMC I

<u>800 Mtr. Race (Girls)</u>		
Position	Name of student	Class
1st	Bhawna	BAJMC II
2nd	Simran	B.A II
3rd	Nikita	B.A II
<u>Chatti Race (Girls)</u>		
Position	Name of student	Class
1st	Priya	B.A II
2nd	Sargam	BAJMC I
3rd	Neha	BBA II
<u>200 Mts. Race (Girls)</u>		
Position	Name of student	Class
1st	Bhawna	BAJMC II
2nd	Simran	B.A II
3rd	Manju	B.A I
<u>Potato Race (Girls)</u>		
Position	Name of student	Class
1st	Divya	B.Com Hons III
2nd	Tanya	B.A I
3rd	Simran	B.A II
<u>Long Jump (Boys)</u>		
Position	Name of student	Class
1st	Parmod	B.A II
2nd	Punit	B.A II
3rd	Ankit	B.A II

400 Mts. Race (Girls)		
Position	Name of student	Class
1st	Bhawna	BAJMC II
2nd	Simran	B.A II
3rd	Manju	B.A I
1500 Mts. Race (Boys)		
Position	Name of student	Class
1st	Ankit	B.A I
2nd	Sagar	B.A II
3rd	Kunal	B.A III
Sack Race (Boys)		
Position	Name of student	Class
1st	Mohit	BCA I
2nd	Nitin	BCA I
3rd	Sumit	B.A I





लाल नाथ हिंदू महाविद्यालय में 48वें वार्षिक खेल महोत्सव का किया शुभारंभ

रोहतक, (स.ह.) : श्री लाल नाथ हिंदू महाविद्यालय के खेल एवं शारीरिक शिक्षा विभाग द्वारा 48वें वार्षिक खेल महोत्सव का शुभारंभ किया गया । इस 2 दिवसीय खेल महोत्सव की अध्यक्षता हिंदू प्रबंध समिति के प्रधान सुदर्शन कुमार धोंगडा द्वारा की गई।



स्वस्थ शरीर में ही स्वस्थ मन एवं बुद्धि का वास : गुलशन तनेजा



विजेता खिलाड़ियों को सम्मानित करते मुख्यातिथि एवं स्टाफ सदस्य।

रोहतक, 24 फरवरी (स.ह.) : श्री लाल नाथ हिंदू महाविद्यालय में शुक्रवार को 48वें वार्षिक खेल महोत्सव का समापन किया गया। इस

निभाते हैं। हिंदू प्रबंध समिति के प्रधान राजेश कुमार सहगल ने कहा सभी खिलाड़ियों को लक्ष्य के प्रति एकाग्र होकर परिश्रम करना चाहिए।

खिलाड़ियों का प्रोत्साहन बढ़ाने हेतु बेस्ट एथलीट को 5100 रुपए (महिला और पुरुष वर्ग) तथा बेस्ट रनरअप को 3100 रुपए (महिला और पुरुष

100 मीटर में भावना व 1500 मीटरमें अंकित प्रथम

रोहतक। श्री लाल नाथ हिंदू महाविद्यालय के खेल एवं शारीरिक शिक्षा विभाग द्वारा 48वीं वार्षिक



खेलकूल प्रतियोगिता में वीरवार को रोचक मुकाबले हुए। इस दौरान लड़कियों की 100 मीटर रेस में भावना, जेवलिन शो में सिमरन ने पहला स्थान हासिल किया। इसके अलावा लॉग जंप में भावना, डिस्कस शो में सिमरन, 800 मीटर रेस में भावना, 200 मीटर रेस में भावना, पोटेटो रेस में दिव्या, 400 मीटर रेस में भावना ने पहला स्थान हासिल किया। इसी तरह से लड़कों के वर्ग में 1500 मीटर

श्री लाल नाथ हिंदू महाविद्यालय में प्रतियोगिता संपन्न

हरिमूमि न्यूज ▶▶ रोहतक

शुक्रवार को श्री लाल नाथ हिंदू महाविद्यालय में 48वें वार्षिक खेलकूद प्रतियोगिता का समापन हो गया। हिंदू प्रबंध समिति के पूर्व प्रधान राजेश कुमार सहगल ने कहा कि सभी खिलाड़ियों को अपने लक्ष्य के प्रति एकाग्र होकर परिश्रम करना चाहिए।



खिलाड़ियों को ट्रैक सूट तथा सभी विजेता खिलाड़ियों को पदक एवं

PI GRID (प्रसारित)

3. 3 Days Softball Inter College Tournament (30th march to 01st April, 2023)


श्री लाल नाथ हिन्दू कॉलेज, रोहतक
नोटिस


दिनांक: 17.10.22

हिन्दू कॉलेज के सभी विद्यार्थियों को सूचित किया जाता है कि MDU Inter College Tournament (Men&Women) का चयन नीचे लिखे अनुसार होना है। जो छात्र-छात्राएं इस प्रतियोगिता में भाग लेना चाहते हैं वे सभी छात्र-छात्राएं स्पोर्ट्स ऑफिस में अपना नाम डॉ. प्रदीप कुमार, डॉ. वीरेंद्र बलोदा व श्रीमती मौसम को लिखवा दें।

नोट: ट्रायल के दिन सभी छात्र-छात्राएं कॉलेज पहचान पत्र (I-Card), Fee Slip के साथ व अपनी खेल ड्रेस में रिपोर्ट करें और जो विद्यार्थी खेल ड्रेस में नहीं आयेगा उस विद्यार्थी का ट्रायल नहीं लिया जायेगा।

Sr. No.	Game	Trail Date & Time	Venue	Team Incharge
1	Baseball (M&W)	19.10.22 at 9:30 am.	Sports Ground	Dr.Pardeep Kumar
2	Softball(M&W)	19.10.22 at 9:30 am.	Sports Ground	Dr.Pardeep Kumar
3	Badminton(M&W)	19.10.22 at 9:30 am.	Sports Ground	Dr.Virender Baloda
4	Lawn Tennis(M&W)	19.10.22 at 9:30 am.	Sports Ground	Mrs. Mousam
5	Swimming&Water Polo(M&W)	28.10.22 at 9:30 am.	Sports Ground	Dr.Pardeep Kumar
6	Basketball(M&W)	28.10.22 at 9:30 am.	Sports Ground	Dr.Pardeep Kumar


H.O.D
(Deptt. of Phy.Education)


Principal

MAHARSHI DAYANAND UNIVERSITY ROHTAK
(A State University established under Haryana Act, No. 25 of 1975)
(NAAC Accredited 'A+' Grade)

SPORTS OFFICE

Uni. Website : www.mdurohtak.ac.in
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Mobile No. : 093552-35911
E-mail ID : dir.sports@mdurohtak.ac.in

Dr. Davinder Singh Dhull
Director Sports

Sports /20 / 5242-5472
Date : 28.3.23

To
The Principals/Directors/Dean,
All the Colleges/Institutes affiliated with M.D.U., Rohtak

Sub: **Regarding Schedule of Inter College Softball (M) Tournament, 2022-23**

Sir/Madam,
It is to inform you that schedule of Inter College Softball (M) Tournament, 2022-23 is as per details below:


Sr. No.	Name of the Competition	Schedule	Venue	Sel. Trials
1	Softball (M) Tournament, 2022-23	30.03.23 to 01.04.23	Sh. LN, Hindu College, Rohtak	01.04.23 at 11 AM

Club Committee of Softball(M)

1	Dr. Rashmi Chhabra	Chairperson	Principal, Sh. LN Hindu Coll., Rohtak
2	Pardeep Sheoran	Member	Sh. LN Hindu Coll., Rohtak
3	Manish Hooda	Member	AIJHMC, Rohtak
4	Ravin Kadiyan	Member	GC, Jhajjar
5	Vishal Nehra	Member	G.C. Meham
6	Secretary MDUSC.		

All the Principals/Directors of participating Colleges/Institutes teams are requested to kindly direct the In-charges/Managers of the said team along with student players of your college/institute to reach by 9.00 AM on above mentioned date.


Note: All students are requested to bring all necessary documents along with Eligibility Performa (two copies checked & signed), College I-Card and all protective guards & equipment.

Yours Sincerely,

Director Sports & Secretary, MDUSC

Endst. No. Sports/20 / 5474-80 Date: 28.3.23

A copy of the above is forwarded to the following for information and necessary action:-

1. President, MDUSC (Principal, T.R.(P.G.)G.C., Sonapat)
2. The Director, UCC, M.D.U. Rohtak to upload the letter on University website.
3. Director, Public Relation Office, M.D.U, Rohtak
4. Dy. Director Sports, M.D.U, Rohtak
5. O.S.D., Directorate of Sports
6. Chairperson and Members of Softball(M) Club Committee(s), 2022-23
7. Sh. Manish Singh, In-Charge of Softball(M) Trials.
8. Dealing Assistant/Clerk, Sports Office, M.D.U, Rohtak for advance and adjustment.


Director Sports & Secretary, MDUSC

Opening

A three-day inter college softball sports competition was organized at Shri Lal Nath Hindu College. This sports competition was presided over by Dr. Pradeep Sheoran, Head, Department of Physical Education. Shri Sudarshan Kumar Dhingra, the head of the Hindu Management Committee, who came as the chief guest on this occasion, while inaugurating the competition, said that play the game with the spirit of the game, through the softball competition, we show our creativity, what kind of our team There is work and the group of all team members moves forward to achieve a goal. Shri Ashwini Khurana, deputy head of Hindu Management Committee, who came as a special guest on this occasion, welcomed all the players and their coaches and also said that such competitions help players to extract sports skills. The first phase of the competition in which 1 semi-final match was held between Jat College Rohtak and Unity Rohtak, as a result of which Jat College won by 5-3 score and the second semi-final match was held between Shri Lal Nath Hindu College Rohtak and Government College Meham, the result of which was Swaroop Shri Lal Nath Hindu College Rohtak won the match by a score of 7-1. Deepak Sheoran, Sumit Panghal, Yogesh Rose, Shauki Dahiya were present as the jury in this competition. Mandeep Hooda, UTD Rohtak, Manish, Jat College Rohtak and other players were present on the occasion.

Closing

"Sports and Physical Education Department" of Shri Lal Nath Hindu College, under the chairmanship of Principal Dr. Rashmi Chhabra and under the leadership and direction of Dr. Pradeep Sheoran, organized the prize distribution ceremony of the three-day inter college softball sports competition (male category). The chief guest of this function was Mr. Rajesh Sehgal (former head Hindu Management Committee). Welcome of the Chief Guest Shri Sudarshan Kumar Dhingra ji (President Hindu Management Committee), Shri Ashwini Khurana ji (Deputy President), Shri Sunil Kumar Ahuja ji (Treasurer), Shri Shyam Kapoor ji (Manager Shri Lal Nath Hindu College), Shri Nandlal Giridhar ji (Manager S.F.S.), Ajay Nijhawan (Manager, Hindu Public School), Mr. Dinesh Kumar Dua (Manager HIMT), Virendra Dua (Administrative Officer), Dr. Neelam Maggu, Dr. Anju Deshwal and Dr. Pradeep Sheoran to be done. The program was started by lighting the lamp in front of Saraswati Maa by the chief guest and special guests. Inaugurating the program, Dr. Rajni Kumari said that those who apply the right power with the mind, they become excellent players in life and sports not only develop the spirit of tolerance, awareness, self-confidence, brotherhood etc. Intellectually and mentally also we stay healthy and he said that any person's success depends on mental and physical energy and a player is physically and mentally energetic. Welcoming and congratulating the chief guest and special guests, Dr. Neelam Maggu said that sports determine the future of any country, today's youth are our future and for this cooperation and unity is necessary and such competitions help cooperation and increases the feeling of brotherhood. (Former Head Hindu Management Committee) Shri Rajesh Sehgal ji in his address said that sport is a good physical activity which provides relief from stress and worries. In this the players get name, fame and money. The game is played for personal gain as well as for professional gain. In both ways it benefits our body, mind and soul and he congratulated all the winning players and said that the college has always been excelling in sports and will continue to do so in the future. Informing about the annual activities, Head of the Department and Coordinator Dr. Pradeep Sheoran said that various teams from various colleges of Maharishi Dayanand University participated in this three-day softball inter-college competition organized in the college premises. In which the first place was won by Shree Lal Nath Hindu College Rohtak, second place by All India Jat Heroes Memorial Jat College Rohtak, and third place jointly by two teams UTD Rohtak and Government

College Maham. The role of the jury was played by Mr. Sumit Panghal Yogesh Raj, Deepak. Dr. Pradeep Sheoran. Dr. Tejpal (UTD MDU Rohtak) in Team Incharge and Selection Committee, Manish Hooda (Jat College Rohtak), Dr. Vishal Nehra (Government College Maham), Dr. Raveen (Government College, Jhajjar) and Dr. Pradeep Sheoran (Shri Lal Nath Hindu College Rohtak). Mr. Manish Dhankhar, Yoga Coach from Maharshi Dayanand University was a special guest as an observer. (Principal Hindu Management Committee) Mr. Sudarshan Kumar Dhingra congratulated the winning players and praised Dr. Pradeep Sheoran and Mrs. Mausam Ma'am for the successful conduct of the competition and said that sports are important for all-round development and are an important part of our daily routine. Apart from this, along with regular education, it helps in giving base to our personality. Dr. Neelam Maggu, Mrs. Anila Bathla, Dr. Anju Deshwal and Dr. Pradeep Sheoran honored the chief guest and distinguished guests by presenting mementos. The first, second and third place teams were awarded with trophies and medals in the function organized in the college. Along with this, players Latika, Aman Kumar and Deepanshu who got first place in Quan Kido competition were also honored. On this occasion, Dr. Neelam Maggu Mrs. Anila Bathla, Dr. Anju Deshwal, Program Coordinator Dr. Pradeep Sheoran, Dr. Rajni Kumari, Mrs. Mausam, Dr. Shikha Phogat, Bandana Ranga, Dr. Pooja Chawla, Dr. Rajesh Gahlawat, Dr. Sumit Kumari Dahiya, Dr. Praveen Sharma Dr. Sunny Kapoor, Dr. Raunak, Harshita, Mrs. Kanchan, Mr. Gagan, Dr. Chitra Sharma, Mrs. Kiran Devi Sonia etc. all the professors and all the students were present.

Sr. No.	Position	Name of the Institution
1.	1 st	Sh. L.N. Hindu College, Rohtak
2.	2 nd	All India Jat Heroes Memorial College, Rohtak
3.	3 rd	UTD, Rohtak
4.	3 rd	Govt. College, Meham





मैच के बाद एक साथ मौजूद खिलाड़ी।

हिंदू कॉलेज में 3 दिवसीय खेल प्रतियोगिता आयोजित

रोहतक, 31 मार्च (स.ह.) श्री लाल नाथ हिंदू महाविद्यालय में तीन दिवसीय अंतर महाविद्यालय सॉफ्टबॉल खेल प्रतियोगिता का आयोजन किया गया। इसकी अध्यक्षता शारीरिक शिक्षा विभागाध्यक्ष डॉ. प्रदीप श्योराण के द्वारा की गई।

इस अवसर पर मुख्य अतिथि हिंदू प्रबंध समिति के प्रधान सुदर्शन कुमार धींगड़ा रहे, जिन्होंने प्रतियोगिता का शुभारंभ करते हुए कहा कि खेल की भावना से खेलें सॉफ्टबॉल प्रतियोगिता द्वारा हम अपनी रचनात्मकता

का परिचय देते हैं कि किस प्रकार का हमारा टीम वर्क है तथा सभी टीम सदस्यों का समूह एक लक्ष्य को पाने के लिए अग्रसर रहता है।

इस अवसर पर विशिष्ट अतिथि हिंदू प्रबंध समिति के उप प्रधान अश्विनी खुराना ने सभी खिलाड़ियों तथा उनके प्रशिक्षकों का स्वागत किया साथ ही यह भी कहा इस प्रकार की प्रतियोगिताएं खिलाड़ियों को खेल कौशल निकालने में मदद करती हैं। प्रतियोगिता के प्रथम चरण, जिसमें 1 सेमी फाइनल मैच जाट कॉलेज रोहतक एवं यूनिटी रोहतक

के बीच हुआ, जिसमें परिणाम स्वरूप जाट कॉलेज 5-3 स्कोर से विजयी रहा तथा दूसरा सेमीफाइनल मैच श्रीलाल हिंदू कॉलेज रोहतक एवं गवर्नमेंट कॉलेज महम के बीच रहा, जिसके परिणाम स्वरूप श्री लाल नाथ हिंदू कॉलेज रोहतक ने 7-1 के स्कोर से मैच जीता। प्रतियोगिता में निर्णायक मंडल की भूमिका दीपक श्योराण, सुमित पंघाल, योगेश रोज, शौकी दहिया ने निभाई। इस अवसर पर मनदीप हुड्डा, मनीष, तथा अन्य खिलाड़ी उपस्थित रहे।

सॉफ्टबॉल में जाट कॉलेज ने 5-3 से मारी बाजी

रोहतक। श्री लाल नाथ हिंदू महाविद्यालय में तीन दिवसीय अंतर महाविद्यालय सॉफ्टबॉल खेल प्रतियोगिता का आयोजन किया गया। प्रतियोगिता के प्रथम चरण में सेमीफाइनल मैच जाट कॉलेज रोहतक एवं यूनिटी रोहतक के बीच हुआ, इसमें परिणाम स्वरूप जाट कॉलेज 5-3 स्कोर से विजयी रहा। दूसरा सेमीफाइनल मैच श्री लाल नाथ हिंदू कॉलेज रोहतक एवं गवर्नमेंट कॉलेज महम के बीच हुआ, इसमें श्री लाल नाथ हिंदू कॉलेज रोहतक ने 7-1 के स्कोर से मैच जीता। ब्युरो