

#### <u>SPORTS: A PASSION</u>

# DEPARTMENT OF SPORTS





## <u>DEPARTMENT OF SPORTS, SHARDA UNIVERSITY</u>

## <u>SPORTS: A PASSION</u>

Physical recreation through games and sports has been an important part of the university since its inception. Following sports facilities are being provided.

#### <u>Outdoor Games</u>

• Football:-

"Some people think football is a matter of life and death. I assure you it's much more serious than that."

-BILL SHANKLY

Sharda University provide one 100 \*50 yard football ground to its students. It also provides one soccer coach who trains the players. The university provide all the world class facility to the Sharda University football team.

• Basketball :-

"Talent win games, but team work and intelligence wins championships" -MICHEAL JORDAN

Sharda University provide **two basketball courts**. The Sharda University sends its basketball team for matches, all around places where the team emerged victorious at many occasions.

• cricket :-

"Reading poetry and watching cricket were the sum of my world, and the two are not so far apart as many aesthetes might believe" -DONALD BRADMAN

Sharda University provide one cricket ground and 3 nets for net practice. The team also has one coach who guides the players of the Sharda university team. It provides complete cricket kit to all the players of the team.

Volleyball :-

"It's not size of the man but the size of the heart that matters" -EVANDER HOLYFIELD

Sharda University have four volleyball courts. Like any other sports it also requires stamina, agility, and endurance and to help the players achieve these objectives the team is provided with one coach.

Athletics :-

"Practice as if you are the worst; perform as if you are the best" Sharda University promotes athletics and any other athletic events.

<u>Indoor Game</u>s

- Badminton
- Table-Tennis

**Co-Curricular** Activities

Yoga

Gymnasium Yoga



<u>OUR UNIVERSITY FOOTBALL TEAM</u>

The world's most watched game, football combines all the qualities of a sportsman like endurance, team spirit and accurate co-ordination.

Our very own Ronaldinho's and Renaldo's slog it out daily in the extremely well maintained football field with flood light facilities. The students are provided

with the gear by the university and an experienced coach provides the necessary guidance for students to improve their skills.

The team has participated in many prestigious tournaments conducted by Maulana Azad Medical College (Delhi), Amity University (Noida), IIT Delhi, NTPC (Dadri), Sunderdeep College (Ghaziabad), SECL (Amlai,M.P.), LNMIIT (Jaipur).

Inter-branch tournaments are also conducted in the University every year with great enthusiasm and sportsmanship. Last year, IT-EE was the winners with CS branch to be the runner ups.

Our annual sports fe<mark>st, SHARDA CVP wa</mark>s held in 2010 in which colleges from Gr. Noida were invited. <u>Team Achievements:-</u>

Winners of Desportivos-2011 at LNMIIT, Jaipur Commendable performance against state teams in SECL Gold Cup 2011, M.P Runner Up in Sunderdeep College, Ghaziabad Winners of Sharda Cup-2010

Mr. Yusuf Ahmed is the coach of the team. He has represented Delhi and is currently associated with City FC, prestigious club in Delhi.

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SUNDERDEEP TOURNAMENT, GHAZIABAD



AT UNIVERSITY CAMPUS

# <u>Basketball</u>



Fast and furious, the pace of this game brings out all the grit, determination and stamina that the players possess.

We have two basketball courts for boy's team and girl's team.

Boy's team participated at IIT, Delhi and IGI, Delhi. They also organized inter branch tournament in which MBA clinched the trophy from BBA in 2009 and IT won it in 2010.

Their Achievements:-

Runner Ups in Desportivos-2011 at LNMIIT, Jaipur Winners of Sharda Cup-2010 Winner's at IMI, Greater Noida.

Girl's team had their first tour in Desportivos-2011 at LNMIIT, Jaipur. They played well and gave their best and their tour experience was worth boosting up their confidence level.



IMT, GREATER NOIDA



GIRLS INTER BRANCH TOURNAMENT



WINNERS SHARDA CUP-2010



WINNERS SHARDA CUP-2010



LNMIIT, JAIPUR



<u>IMI, GREATER NOIDA</u>



<u>RUNNER UP, LNMIIT, JAIPUR</u>

# <u>Cricket</u>

From galli to Oval, cricket has always been the most popular amongst all sports. It epitomises both physical fitness and strategy.

We have our lush green cricket ground with newly created clay pitch.

It was a bit dry season for the team as they didn't participated in many tournaments. They failed to win Sharda Cup-2010. But they return on a great note by winning the tournament at Priyadarshani College, Gr. Noida.

Inter branch creates a mini world cup atmosphere in Sharda University every season. MBA was the clear champion in the last tournament held beating EC of B.T





## <u>Volleyball</u>

A sport that stands for teamwork, volleyball is real entertainer. With coordination at its highest precision, the spikes and blocks show the strength and resilience of the players. Raw power and sheer endurance-volleyball is not for the weak.

We have four volleyball courts, two each for boy's team and girl's team.

Boy's team was the Sharda Cup winners in 2010. Also they were the winners at IMI College tournament. They participated in various tournaments across NCR and had a successful year. They also organized the inter branch tournament in which EE continued their last season winning reign and overcome the talented EC branch.



SHARDA VOLLEYBALL BOYS TEAM-2010



GIRLS PLAYING VOLLEYBALL AT UNIVERSITY

While leveling themselves with boys, our university VOLLEYBALL GIRLS team has also performed extremely well in the recent tournaments.

Our university girls' team stood runner-up in the SHARDA CUP, after a tough match with GNIT, GREATER NOIDA.

In the INTER BRANCH VOLLEYBALL tournament B.tech (CIVIL) rocked the court by standing tall and defeating BDS girls in the middle of November.



Athletics, a sport of power, stamina, agility and endurance. This was our first opportunity of our universities' athletes to prove the credentials at external arena.

Our athlete participated in DESPORTIVOS 2011, LNMIT JAIPER. We participated in events like short races, short put, and 4  $\chi$  4 relay races (boys  $\mathcal{L}$  girls)  $\mathcal{L}$  javelin throw.

Our students glorified our university by attaining several medals in various athletic events. ISHAN SINGH (3<sup>rd</sup> year) bagged gold medal in short put (male), SAURABH YADAV achieved silver in LONG JUMP, DIPESH SINGH clinched silver in JAVLIN THROW and in females DIVYASHA MALIK grasped silver in SHORT PUT.



A power packed sport which showcases the 3 S's, Stamina, Skill and Speed. Moreover as the total of any other sport, competitiveness is at an all-time high. Athletics team went out to their first tour at Despotivos-2011, LNMIIT Jaipur and had a great success bagging 2 Gold and 2 Silver in long jump, shot put and javelin.



GIRLS 100m AT LNMIIT, JAIPUR

# **Badminton**

It's all about deft wrists, swift feet and razor sharp reflexes.

We have two state of the art badminton courts at SET and SBS premises.

Badminton team had a great success in year 2010. Apart from Sharda Cup tournament they also had a great success in various other tournaments. They showed a great performance in tournaments at Amity University and IMI, Greater Noida and LNM IIT JAIPUR.





SAURABH PUNDIR PLAYING AT IIT DELHI



SHARDA BADMINTON TEAM WITH SHARDA CUP



As the tiny ping pong ball is flicked, smashed and set to spin by artful strokes, the atmosphere almost seems to crackle with the growing silence and the intense pressure. This is a game of sheer dexterity and incomprehensible finesse.

We have 8 tables for TT. Two each at boys hostel (senior & junior) and girls hostel (senior & junior).

TT team showed up a great performance in year 2010. Apart from Sharda Cup tournament they also had a great success in various other tournaments. They showed a great performance in IIT, Delhi and IMI, Greater Noida. They also organized the inter branch tournament in which EI won the tournament.



SHARDA UNIVERSITY AT LNM IIT JAIPUR



GIRLS PLAYING IT AT OUR UNIVERSITY



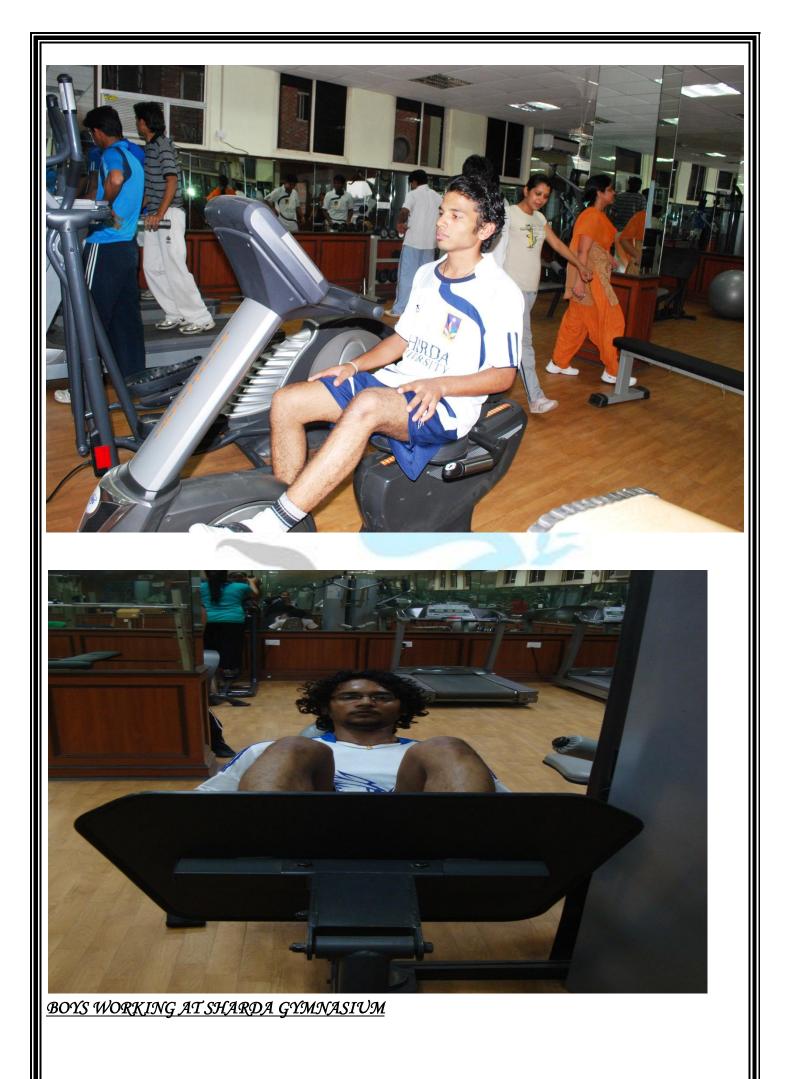
SHARDA BOYS AT THEIR BEST....

#### <u>Gymnasium</u>

The university has an air-conditioned gymnasium which boasts of the state of the art machinery. There are two sections in the gymnasiums. One section is meant for general exercises while the other is meant for weight training. Instructors are present in the gymnasium to ensure that the students don't injure themselves while exercising. Separate timings for boys and girls are scheduled.



STUDENTS WORKING OUT IN THE GYM.







Yoga refers to traditional discipline that originated in India. It contributes to an individual's psychological and physiological well-being. This is accomplished as Meditation brings the brainwave pattern into an alpha state, which is a level of consciousness that promotes the healing state. Meditation reduces blood pressure and relieves pain and stress.



<u>A MEMBER OF SHARDA UNIVERSITY YOGA CLUB</u>



MORNING AND EVENING SESSION



STUDENTS PERFORMING YOGA AT UNIVERSITY



#### SHARDA UNIVERSITY SPORTS FACULTY

<u>HEAD</u> – Mr. MEHAK SINGH <u>SPORTS OFFICER-</u> Mr. ARUN KUMAR <u>FOOTBALL COACH</u>- Mr. YUSUF AHMED <u>CRICKET COACH</u>- Mr. SANJAY SAINI <u>BASKETBALL GIRLS</u>- PRATIBHA CHAUDHARY

<u>MEMBERS OF SPORTS DEPARTMENT</u>

Mr. AJIT KUMAR Mr. PANKAJ SINGH Mr. R. B. SHAHI DR. NAZROOL

STUDENT SPORTS CO-ORDINATOR

NIKHIL RAJ SINGH NISHI KANT RAI DEEPAK RANA DEEPIKA SINGH

# SPORTS CO-ORDINATORS <u> GAME:-</u> *BOYS* :-<u>GIRLS:-</u> ATHLETIC -NIKHIL RAJ SINGH KUMAR VIVEK BADMINTON-YASHIKA BASKETBALL- MAUSHIN DEEPIKA SINGH CRICKET-ANKIT AWASTHI FOOTBALL-VIVEK TOMAR TABLE TENNIS- \_\_\_\_\_SHUCHISHMAN ROBINA VOLLEYBALL- DEEPAK RANA SPALZES peacethroughsport