

Glimpses of Annual Athletic Meet



Dr. Davinder Singh

Dean, Department of Physical Education

- Ph.D. (Physical Education) Punjabi University, Patiala (2019)
- M.Phil, Gold Medalist, (Physical Education) Panjab University, Chandigarh (2012)
- NET (Physical Education) University Grants Commission, New-Delhi (2012)
- P.G.D.S.C. (Basketball), Gold Medalist, LNUPE, Gwalior (2013)
- M.P.Ed, 2nd Position in the Merit List with Distinction, GNDU, Amritsar (2011)
- B.P.Ed, 2nd Position in the Merit List, GNDU, Amritsar (2009)
- Secured Second Runners-Up Position in All India Inter-University Netball Championship (2010)
- Represented Guru Nanak Dev University in Inter-University Basketball Championship (2009)



Ms. Baldina D. Khokhar

Lecturer

B.P.Ed, M.P.Ed,

Area of Specialization: Basketball

Research Publications: 2 International Research Publications



Dr. Madhumeet

Associate Professor

M.A. Gold Medallist. M.Phil, Ph.D.

Head, PG Dept. of English, Dean, Student Welfare

Dean, Languages, Chief Editor, Sports Newslane

The Heritage Institution
Kanya Maha Vidyalaya (Autonomous)

College with Potential for Excellence by UGC

Star College Status by DBT, Govt. of India

Top National Rankings

(India Today, Outlook Magazine & Times of India Group)

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2022-23

The Heritage Institution **KANYA MAHA VIDYALAYA (Autonomous)** **KMV SPORTS NEWSLINE**

Dedicated to the Spirit of True Sportsmanship

From the Principal's Desk

It gives me immense pleasure to pen a word for Sports Newslane—the annual news journal of KMV which showcases the exceptionally laudable ventures of our budding as well as outstanding sportswomen. Here at KMV—an institution sui generis—we not only provide world-class opportunities to our sportswomen but also hone their latent skills and talents which elicits excellent results. The vibrant campus replete with robust sports culture nurtures sportswomen who display extraordinary brilliance in sports arena as well as in curricular and extra curricular activities. Over the 138 glorious years of forging new pathways for the young women, KMV has strenuously striven for the holistic development of our pupils leading them to empowerment and emancipation. Creating benchmarks, KMV has joined the higher league of colleges and caeved a niche for itself internationally too. Heritage Status, Autonomous Status, Star College Status and top Rankings in Survey by India Today, Times of India and Outlook Magazines are some coveted titles which this trailblazing institution has received by dint of its exceptional excellence and unparalleled standards. Undeniably “Success is counted sweetest” but what I deem to be of much more significance is to have sportsmanship and the spirit to take part in healthy competitions, with zeal, aplomb and felicity. Sports definitely help to develop a healthy attitude towards life and build strength to face challenges with courage and positive attitude. We teach our pupils to compete with themselves and better themselves first and success will be the inevitable corollary. I have the conviction that with gaze set high and feet firmly grounded we can accomplish hitherto insurmountable targets. At this juncture, it is opportune for me to salute the spirit of sportsmanship—the hard work, commitment, discipline, dedication, steadfast resoluteness, single-mindedness, pluck, grit, perseverance and sweat which go behind the making of a sportsperson. May the torch of a true sportsman with indomitable spirit all set to take on formidable challenges, always remain aloft and bright. Amen!

Kudos to Sportsmanship!



Prof. (Dr.) Atima Sharma Dwivedi



138 glorious years of forging new pathways for the Youth

केएमवी की छात्राओं ने हासिल किए चार मडल
जालंधर में 52वीं वार्षिक एथलेटिक मीट में खिलाड़ियों ने किया शानदार प्रदर्शन

MEDIA SPEAKS

KMV welcomes its national champ Ramandeep Kaur

RAMANDEEP, OCTOBER 13
Kanya Maha Vidyalaya (KMY) on Thursday gave a warm welcome to Ramandeep Kaur, a national-level softball player, who participated in the 36th National Games held in Ahmedabad, Gujarat, and has come back with a gold medal.

के.एम.वी. ने राष्ट्रीय खेलों में गोल्ड मैडल प्राप्त करने वाली रमनदीप कौर का किया स्वागत

गोल्ड मैडल प्राप्त करने वाली रमनदीप कौर का कलेज पहुंचने पर स्वागत करते हुए प्रिंसिपल प्रो. अतिमा शर्मा द्विवेदी व स्टाफ व खिलाड़ी। (संदीप शर्मा)

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ACHIEVEMENTS GALORE OF SPORTS STARS

SOFTBALL (Creating Benchmarks)

KMV Softball Team displayed excellence by winning champion position in Guru Nanak Dev University Inter-College Softball Championship. Exhibiting sterling qualities six sportswomen namely Ramandeep Kaur, Kavita, Nikita Chauhan, Harshita, Khushdeep Kaur and Anushka participated in All India Inter University Softball Championship. Ramandeep Kaur, a National Level Player had earlier participated in different national tournaments including 36th National Games held at Ahmadabad, Gujarat and exhibited exceptional qualities securing Gold Medal. She also participated in 44th Senior National Softball Championship held at Puri, Odisha and made everyone proud by bagging Silver Medal. She also secured Bronze Medal in Softball in Khed Mela State Level Tournament organized by Punjab Sports Department. She did us all proud by being selected to represent the Punjab Senior State Softball Championship held at Ludhiana where she won a Bronze Medal. Seven sports stars namely Anushka, Kavita, Devanshi, Nikita, Harshita, Neha and Ravina participated in 15th North Zone Softball Championship held at Parmanu, Himachal Pradesh. Another achievement was registered by six of our prominent players, namely Ravina, Kavita, Harshita, Anushka, Nikita and Neha, who were selected to represent Himachal Pradesh Senior National Softball Championship. The brilliance personified team comprising Anushka, Kavita, Devanshi, Nikita, Harshita, Neha Nagita, Ravina and Harshita have represented Himachal Pradesh in 34th Senior State Softball Championship where they won the much coveted Gold Medal.



VOLLEYBALL (Laurels all the Way)

KMV Volleyball Team fetched laurels all the way which is apparent from its winning the Open Rural Cash Prize Tournament held at Kashpur and securing the coveted Gold Medal. KMV Volleyball team also participated in Open Rural Cash Prize Tournament held at Abadgharh and clinched the Gold Medal. Continuing the success story, our Volleyball players Harmanpreet Kaur and Lovedeep Kaur got the Bronze Medal in North Zone Volleyball Tournament held at Chitkara University Himachal Pradesh. Both champs went up to represent GNDU in All India Interuniversity Tournaments held at Kerala. They also got selected for Khelo India Universities Games. It is a matter of great honour that Simran Kaur participated in Senior National Volleyball championship held at Guwahati, Assam and Khushpreet Kaur participated in Junior National Volleyball Championship at Jammu. Kiran Bedi ensured a wholehearted participation in Youth National Volleyball Championship held at Madhya Pradesh. KMV Volleyball Under 17& 21 and Under 21 & 40 teams secured Champion Position in Khed Mela Block and District level tournament organized by Punjab Sports Department.



KHO-KHO (Invincible)

KMV's Kho-Kho Champions have been invincible and have won the much-coveted Champion position in Guru Nanak Dev University Inter College Championships. Exhibiting sterling qualities eight sportswomen namely Afsana Khatun, Dilpreet Kaur, Jaspreet Kaur, Rajni Devi, Salomi, Sarabjit Kaur, Simran Choudhary and Sumandeep Kaur participated in North Zone India Inter University Softball Championship. KMV Kho-Kho U-21 team secured Champion position in Khed Mela Block and District level tournament organized by Punjab sports department.



ROCBALL (Raining Gold)

Five of our players namely Harmanpreet Kaur, Sukhpreet Kaur, Simran Kaur, Lovedeep Kaur and Kamalpreet Kaur participated in Senior National Rocball Championship held at Ambikapur, Chhattisgarh and surpassed everyone by winning the Gold Medal.



HANDBALL (Hands Full of Achievement)

Our Handball Team clinched the First Runners-Up position in Guru Nanak Dev University Inter College Championship by their sterling performance. Five of our champions namely Renu Bala, Manpreet Kaur, Navpreet Kaur, Priya and Seema represented GNDU in North Zone Inter University Handball Championship held at Punjabi University, Patiala. The victorious stint was embellished with the selection of Ms. Renu Bala in 34th Federation Cup Handball Championship at Shri Mahavir Ji, Karauli, Rajasthan where she tasted immense success and secured Bronze Medal. The brilliance personified champs did not rest on these laurels and Renu Bala, Priya and Asha excelled by participating in 51st Senior Women National Handball Championship held at Uttar Pradesh Varanasi. KMV Handball U-21 and U-21-40 age group teams got champion position in Khed Mela District level tournament organized by Punjab Sports Department. KMV Handball U-21 and U-21-40 teams also secured Bronze Medal in Khed Mela State level tournament organized by Punjab Sports Department.



TAEKWONDO (Brilliance Personified)

Taekwondo champs Shagun Thakur performed exceedingly well and secured Silver Medal and Harvinder Kaur and Mandeep Kaur won Bronze Medal in Guru Nanak Dev University Inter-College Taekwondo Championship.



WUSHU (Victorious Stint)

Kmv College Wushu stars have proved their mettle by winning various medals in Inter College Championship which was held at GNDU Amritsar. Shagun Thakur participated in 56-60 kg competition and received a Bronze Medal. Manpreet won a Bronze Medal in Jianshu Event, Vishavpreet Kaur in Changquan Event, Mehak in Nanquan Event and Kamal who won a Bronze Medal in Qiangshu Event. The victorious trail was continued by Amarjeet in Taijiquan Event who again won bronze medal.



PENCAK SILAT (Claim to Fame)

KMV Pencak Silat team ascertained claim to fame by winning various medals in Inter College Championship which is held at GNDU Amritsar. Manpreet participated in 50-55 kg and secured Silver Medal championship. Harshita participated in 45-50 Kg event and Vishavpreet Kaur participated in 60-65 Kg competition and achieved Bronze Medals. Hina participated in 65-70 Kg category was the proud recipient of Bronze Medal. Nitika participated in 75-80 Kg category and Gurjeet Kaur participated in above 100 Kg category and fetched glory by winning Silver Medal.

Team Events Ganda: Kamaljeet and Manpreet participated in Seni Double Ganda and won Bronze Medal.

Seni Team Regu: Shagun, Harshita and Vishavpreet participated in Seni Team Regu and won Bronze Medal.



KARATE (Achievers Through and Through)

KMV College Karate team added a feather of success in cap by fetching Second Runners-up in Inter-College championship, which was held at GNDU Amritsar. Harvinder Kaur participated in U-58 Kg category and secured Silver Medal. Mandeep Kaur participated in U-68 Kg category and received Bronze medal. Samiksha participated in U-68 Kg category and also secured Bronze Medal.

Team Events Kataa: Shagun Thakur, Vishavpreet kaur and Shaini participated in Team events Kataa and they secured Bronze Medal.

Team Kumite: Shagun Thakur, Harwinder and Amarjeet Kaur participated in Team event Kumite and they secured Silver Medal.



Boxing (Indomitable)

Another success story was written by Nikita our National Level Boxer who got Champion Position in the Inter-College Boxing Championship organised by Guru Nanak Dev University, Amritsar. Nitika participated in All India Inter University Boxing Championship also held at LPU. She also participated in Open Khelo India Boxing Championship also held at Haryana. Another victory was registered by our college as Nitika secured Gold medal in Boxing in Khed Mela district level Tournament organized by Punjab Sports Department. She went up to win bronze medal in boxing in Khed Mela State Level Tournament organized by Punjab Sports Department. Harvinder Kaur secured Gold Medal in kick boxing in Khed Mela, district Level Tournament organized by Punjab Sports Department and won Bronze Medal in Kick Boxing in Khed Mela State Level Tournament organized by Punjab Sports Department.



ATHLETICS (Trailblazers)

KMV College Athletes penned a success story by exhibiting singular marksmanship during their participation in Inter college championship in Guru Nanak Dev University where they won One Gold, Two Bronze and Two Silver Medal. The following table speaks volumes about the achievements of our athlete.



Sports Achievements in Punjab Khed Mela

Individual Position of the Team Members				Glorious Excellence Exemplified Achievers				
Sr. No	Name of the Players	Events	Medals	Sr. No	Name of the Players	Events	Medals	Level
1	Gurjeet Kaur	Shot put	Gold	1	Harvinder Kaur	400 Mtr	Gold	Block
2	Ram Kumari	10,000 meter	Silver	2	Ram Kumari	1500 / 5000 Mtr	Silver	Block
3	Ram Kumari	21 km	Silver	3	Radha Kumari	1500 / 5000 Mtr	Silver	Block
4	Radha Kumari	1500 meter	Bronze	4	Ram Kumari	1500 / 5000 Mtr	Silver	District
5	Amandeep Kaur	21km walk	Bronze	5	Radha Kumari	1500 / 5000 Mtr	Silver	District
				6	Radha Kumari	5000 Mtr	Bronze	State
				7	Manpreet Kaur	Long Jump	Bronze	Block

National Sports Day celebrated with Zeal, Enthusiasm, and Verve by KMVites



Proud Participants of Indoor Volleyball friendly match with Madam Principal



KMV's Ramandeep Kaur Represented Punjab for 36th National Games and secured Gold Medal

KMV Collegiate Sr. Sec. School Team

Our Budding Sports Stars



SOFTBALL (The Winning Edge)

KMV Collegiate Softball team fetched glory by winning Champion position in district tournament held at Qadian. Our Softball team comprising Navdeep Kaur, Rajbir Kaur, Sejal, Krishika, Ishika, Sanjana, Neelakshi and Vanshika were successful in standing second in Punjab School State tournament held at Ludhiana. Navdeep Kaur was the proud winner of 40th Junior National Softball Championship held at Punjab University Chandigarh. She also tasted immense success and secured Silver Medal in Baseball National championship held at Kerala, Kollam.



Volleyball (Success Writ Large)

KMV Collegiate Volleyball team fetched glory by winning Champion position in East-Zonal level tournament held at KMV Jalandhar. The victorious stint continued with the volleyball team winning Champion position in district tournament held at Jalandhar. Our accomplished players Manpreet Kaur and Jobandeep Kaur got the honour of becoming member of Punjab team for open sub junior volleyball National Championship held at Delhi. Nikita, Manpreet Kaur, Lovepreet Kaur, Jobandeep Kaur, Veerpal Kaur, Lovepreet Kaur, Sandeep Kaur, Shejdeep Kaur, Anjali, Komalpreet Kaur and Pardeep Kaur participated in school state Volleyball tournament held at Barnala. KMV Volleyball U-17 team secured champion position in Khed Mela Block level tournament organized by Punjab Sports Department and also participated in Khed Mela district level tournament where they excelled by winning the Gold Medal.



Handball (Soaling High)

KMV Collegiate Handball team fetched glory by winning Champion position in East-Zonal level tournament held at KMV Jalandhar. The victorious stint continued with the Handball team winning Champion position in district tournament held at Jalandhar. Ritika, Manju, Saniya, Rani, Raj Nandhini, Nisha, Sumandeep kaur, Radha participated in school state Handball tournament held at Tarn-Taran. KMV Handball U-17 teams soared high by securing Champion Position in Khed Mela district level tournament organized by Punjab sports department.

Kudos Handball Champs!

