

# हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय  
महात्मा हंसराज मार्ग,  
मलकागंज, दिल्ली - 110007  
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# HANSRAJ COLLEGE

UNIVERSITY OF DELHI  
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## NAAC ACCREDITED 'A++' GRADE COLLEGE

**2022-2023**

**Name of the Department/Society: Department of Physical Education and Sports Sciences.**

**Name of the Event : The Cultural Heritage of India and NEP 2020.**

**Date of the Event: 15/April/2023**

**Convenor of the Department/Society: Dr. Gaurav Kumar**

### **Description of the event:**

With the intent of augmenting the cognizance concerning the vitality of physical education and discovering the unread parts of history of sports, Hansraj College, the Department of Physical Education and Sports Sciences in association with Kreedha Bharati organized an enriching seminar on the topic "Physical Education and Sports: The Cultural Heritage of India and NEP 2020" on 15th April 2023 from 9:30am to 2:00pm in the Hansraj College auditorium. For the first time in the 100 years of Delhi University's history, a seminar revolving around this critical discussion of the understated Indian heritage of Physical Education and Sports was held. It was attended by illustrious personalities with Prof. Rakesh Sinha, Member of Rajya Sabha as the chief guest, Dr. Brahm Prakash Bhardwaj, Prof. and Head Division of Educational Research NCERT, Olympian Ms. Shivani Kataria, Prof. Balaram Pani, Dean of Colleges, Delhi University as guests of honor who with their cognition and sagacity aggrandized the event. It was also attended by several professors, scholars and students across various universities.

The seminar commenced with the lighting of the lamp by the dignitaries. They were welcomed and felicitated by the notable principal, Prof. (Dr.) Rama and continued with an articulative addressal by her. After that, Dr. Gaurav Kumar delivered the concept note highlighting the major focus of the seminar. It was followed by a speaker session by the guests of honor, a presentation by Dr. Rajendra Singh, Former Director of Physical Education and Sports, Jiwaji University, Gwalior and a panel discussion which embraced a vital exchange of propositions.

The seminar highlighted various aspects of the topic and also the propositions mentioned in the National Education Policy 2020 for the promotion of physical education across the country making it a part of the curriculum rather than just a co-curricular activity. Prof. Yashveer Singh from the Dept. of Dharma Shastra, S.L.B.S.N.S.U. enlightened the audience with facts from Vedas, Puranas and Upanishads proving how the concept of wellness has been present in them for centuries and is being executed in India since time immemorial. The renowned speakers also put forward several suggestions like all the institutions need to compile their approaches together for a holistic development and implementation of the policies. One of the other suggestions was the building of more physical education faculties across India since there is a lack of them presently. The seminar was concluded by a vote of thanks by Mr. Prasad Mahankar, Rashtriya Sangathan Mantri of Kreedha

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Bharati and Dr. MP Sharma, HOD of Physical Education and Sports Sciences. The National Anthem was sung by all marking the end of the seminar.

### Poster:

**HANSRAJ COLLEGE**  
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES  
UNIVERSITY OF DELHI  
in association with  
**KREEDA BHARATI**  
organizes a seminar on  
**"PHYSICAL EDUCATION & SPORTS:  
THE CULTURAL HERITAGE OF INDIA  
AND NEP 2020"**

**GUEST OF HONOUR**  
**PROF. BALARAM PANI**  
Dean of Colleges, DU

**CHIEF GUEST**  
**PROF. RAKESH SINHA**  
Member of Rajya Sabha

**GUEST OF HONOUR**  
**DR. BRAHM PRAKASH  
BHARDWAJ**  
Professor & Head  
Division of Educational  
Research, NCERT

**GUEST OF HONOUR**  
**MS. SHIVANI KATARIA**  
Olympian, Swimmer

**PATRON**  
**PROF. (DR.) RAMA**  
Principal, Hansraj College

**TEACHER IN-CHARGE**  
**DR. M.P. SHARMA**  
Associate Professor

**15**  
April 2023

**HANSRAJ AUDITORIUM**

**09:30**  
A.M. Onwards

**FREE REGISTRATION**  
<https://forms.gle/ozxo5hXyTeSrknqqa>

E-certificates will be provided  
to all the participants.

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Geo-tagged photographs with captions.



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### List of participants:

RAKESH KUMAR	Obaid ullah khan
Sarita Tyagi	AASIF AHMAD SHAH
Dr Anuj Kumar	HASHIM VEERAN A
Dr Arti Dhankhar	Dr. Mohammad Muzamil Shah
Anju Luthra	Dr. Kavita Vats
Dr. Rajender Lal	Dr. Om Jha
Sumit verma	Pulkita
Siddharth singh	Simran
Waris khan	ISHFAQ JABAR KHAN
Anukul Balyan	Dr.Ashwani Kumar
Chirag Bhardwaj	Praveen Kumar
Vansh	Dr. Kavita Sharma
Shubham Sen	Dr. Parveen Singh Rathi
Balkrishan Bhamu	Dr Rohit
Harsh	Dr.Sheela Kumari S
Rohit tiwari	Harshita
Shally Upreti	Shri bhagwan
Yash Pal Singh	Riddhi Bajaj
Arpit Tayal	Ritu Chaudhary
Sarita Tyagi	Dr Renu Bala
Naresh kumar	Susheel Raina
Sarita Tyagi	Deepanshi
Divyesh Pratap Shahi	Dr. Santosh Kumar
Anjali Swami	Dr. Santosh Kumar
Manas Singh	Dev kumar
Shivansh Golya	Sadanand Patel
Dr.kuljeet Kaur	Harish Kumar
Dr.Namita Saini	Yash Kaushik
chirag yadav	Rishabh
Shivam	Himani Mehra
Dr. Apoorva Gupta	Dr. Sunita Sharma
Dr. Kumari Seema	Keshav Kumar
Dr. Tarun Routhan	Trisha Gupta
Md. Hamidur Rahman	Pooja
Dr. Rajesh Aggarwal	Lalbahadur Patel
Dr. Raghvendra Shukla	POOJA JHA
Anayat Mushtaq Rather	Avnish mishra
Kehkashan Bashir	Bhupesh Bhola
Prof. Sunita Arora	Richa
Md. Aman Ullah	Preeti
Renu	Arjit

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Sumit kumar kashyap	Nitin kumar
Sahil Kumar	Pawan
Arsh Tiwari	Diksha
Vivek Chaubey	Bhoomika
Anita Kumari	Loshali
Naman Kumar	Kaushambi Tyagi
Dr. Sudha pandey	SHIVAM VERMA
Ujjawal Kumar rai	Aakansha suyal
Anmol	Nishant
Amit	Dr Rakesh
Munish kumar	Neha kumari
Sakshi Yadav	Dr Savita
Rakesh Sejwal	Priyanka
Pooja	Dr. Rahul
Mayank	Vashishtha
Vansh Thakran	Tribhuvan Ram
Garima Bajaj	Narayan
Kapil Mohan Saini	Rekha kumari
Arpit Tayal	Vinay
Prince	Vartika
Urgen phanday	Yatendra
Dokhansiam suante	Rekha kumari
Shally	Anurag Negi
Dr Ashok	Gauri
Dr rambir	Kajal
Dr Sajjan	Shriya
Ajay kumar	Ajay kumar
Sandeep	Monika
Dr Sarita	siddharth bachela
PARDEEP KUNDU	Vidit sachdeva
Shreya	Nitin tanwar
Arpit	Arpit Tayal
Dr. Kapil misra	DR. VINITA
Vijay Kumar	Vinay
Harsh	Anshuman
Muskan	Aman kumar
Akash yadav	AJAY
Chinzo	Fiza
Itisha Gupta	Manish
Manas	Ekta Dangi
Dr. Vishal Goswami	Ekta Dangi
Dr. Mohit	Sunil kumar
Nishant	Dr.Rekha

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Saloni	Chhavi
Dr. Shikha	Dr. Shweta
Abhimanyu	SUNNY
Sapna	Vikas
Deepanjli	Nitesh Kumar Pandey
Sumit kumar Rawal	Mohit bora
Rohit	Aditya Rathore