SHAHEED BHAGAT SINGH EVENING COLLEGE

(UNIVERSITY OF DELHI)

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES



SPORTS SAGA

SESSION 2025-26

THIRD EDITION



SPORTS CLUB



OVERVIEW

We are proud to present the Third edition of Sports Saga—the annual sports magazine of Shaheed Bhagat Singh Evening College, curated by the Department of Physical Education and Sports Sciences. This edition celebrates the passion, resilience, and sportsmanship of our student-athletes.

The 2025-26 academic year brought challenges, particularly due to infrastructure upgrades that limited access to sports grounds. Yet, our department rose to the occasion, ensuring sporting activities continued without interruption.

Highlights of the year include vibrant intra-college tournaments, university-level participations, and standout individual performances. Flagship events like RANN 3.0, held in collaboration with Parakram – The Sports Society, saw enthusiastic participation across disciplines.

From indoor games like chess and table tennis to dynamic sports like kabaddi and volleyball, our students displayed remarkable talent and teamwork. Many also represented the University of Delhi and competed at national levels, earning accolades for SBSEC.

This edition captures these milestones, honoring the spirit of perseverance and excellence. We thank all students, faculty, and administration for their unwavering support. As we reflect on the past year, we look forward to greater achievements ahead.

PRINCIPAL'S MESSAGE



It gives me great pleasure to extend my warm wishes on the release of the third edition of Sports Saga, published by the Department of Physical Education and Sports Sciences.

Sports are integral to the holistic development of individuals, instilling discipline, resilience, and teamwork values that closely align with the vision of Shaheed Bhagat Singh Evening College. Despite infrastructural challenges during the 2025–26 academic session, our students and faculty demonstrated unwavering dedication and enthusiasm, ensuring that sporting activities not only continued but flourished.

Flagship events like RANN 3.0, organized in collaboration with Parakram – The Sports Society, became a vibrant showcase of our students' athleticism and spirit. I am especially proud of our student-athletes who represented the College and University of Delhi, bringing pride and recognition to SBSEC.

It is rightly said, "A healthy mind resides in a healthy body." At SBSEC, we are committed to nurturing both, through multidimensional engagement that includes robust sports and fitness programs. The efforts of the Sports Committee have been instrumental in fostering this culture of well-being and excellence.

In the words of the great Muhammad Ali, "Champions aren't made in gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision." This truly reflects the spirit of our students.

I extend my heartfelt congratulations to the Department and the Sports Committee, and wish them continued success in all their future endeavors.

Prof. Arun Kumar Attree
(Principal)

TEACHER-IN-CHARGE'S MESSAGE



It is with immense pride and joy that I present the third edition of our annual sports magazine, Sports Saga. This edition reflects the vibrant participation, the progress of our department, the utilization of sports infrastructure, and the many achievements of our student-athletes over the past year.

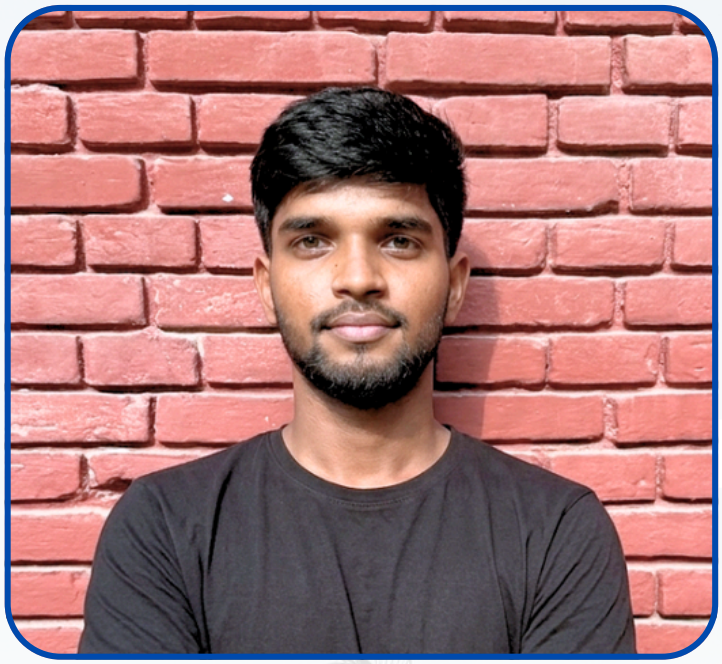
Keeping in view the interests of readers, students, teachers, and society at large, every effort has been made to include authentic accounts and living references to events, reports, and reflections that shaped our sporting calendar. Despite infrastructural challenges during the 2025–26 academic session, the Department, in collaboration with Parakram – The Sports Society, delivered a rich and engaging sports experience.

I would like to express my heartfelt gratitude to our respected Principal, Prof. Arun Kumar Attree, for his unwavering support and vision for holistic student development through sports. A special note of appreciation goes to the editorial team Rohit Verma & Keshav, for creativity, insight, and tireless efforts brought this publication to life.

With immense gratefulness, I extend my humble appreciation to all contributors and readers who have made Sports Saga a respected and widely appreciated publication.
In the words of tennis legend Billie Jean King, "Champions keep playing until they get it right." May this edition continue to inspire excellence and passion in every reader.

Dr. Vineet Mehta

EDITOR'S MESSAGE



Rohit Verma

— Editor In Chief —

It gives me great pleasure to present the third edition of Sports Saga, a true reflection of the energy, dedication, and resilience of the sporting community at Shaheed Bhagat Singh Evening College.

Despite the challenges faced this year, our athletes and team displayed exceptional spirit and determination. Congratulations to everyone involved in making this edition a success—I look forward to the inspiring stories it holds.

Presenting the third edition of Sports Saga fills me with immense pride. Despite challenges such as limited access to ground facilities, our athletes, organizers, and volunteers rose above every obstacle, showcasing true sportsmanship and resilience.

This edition beautifully captures the unwavering passion and spirit of the sporting community at Shaheed Bhagat Singh Evening College. Congratulations to the entire team on this remarkable achievement—I look forward to exploring the inspiring stories within.



Keshav Kashyap

— Editor —

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ANNUAL REPORT 2024-25

INTER-COLLEGE PARTICIPATION AND ACHIEVEMENTS

During the academic session 2025–26, students of Shaheed Bhagat Singh Evening College actively participated in various sports events at inter-college, university, and national levels, earning notable achievements and bringing recognition to the college through their dedication and sportsmanship.

VOLLEYBALL – MEN

Team Members: Garvit Yadav, Malik Tashooq Ahmad, Aditya Tanwar, Gurkamal Litt, Ashraful Ansari, Hitesh Lohia, Subham Singha, Ujjwal Barman, Priyanshu Raj, Youraj Kumar, Vinay Choudhary, Mohit Kumar, Daksh Kumar and Aniket Dhaka.
During the academic session 2025–26, these students participated in **Inter College Volleyball (Men) Tournament** organized at **PGDAV College, University of Delhi**, held from **19th November, 2025 to 22th November, 2025** under the guidance of coach **Pulkit Tyagi.**

Team participated in **XXV New Delhi YMCA Invitational Inter College Volleyball Tournament 2025** which happened from **28th to 31st October 2025.**

Aditya Tanwar participated in **All India University competition and 26' Youth National Volleyball Championship Open (15th to 20th March, 2026)** at **Bhubaneswar, Odisha** and secured **4th place.**
He also represented University of Delhi in **North Zone Inter University Tournament** held at **Central University, Haryana, Mahendergarh** from **6th to 12th December, 2025.**



MORE TOURNAMENTS OF VOLLEYBALL:

Delhi Youth State - Laxmi Public School, Karkardooma, New Delhi (14-15 February, 2026) – **3rd Position**
South East District Senior Volleyball Championship - Jaitpur Badarpur, New Delhi (15-16 November, 2025) – **2nd Position**
Delhi Khel Mahakumbh - Pitampura, New Delhi (19-25 February, 2026) – **3rd Position**
Chorus Tournament - Sharda University, New Delhi (24th - 25th February, 2026)

TAEKWONDO – MEN

Team Members: Bhabharnab P. N. Sandilya (under 87kgs), Aditya Kumar (87 kg+), Prateek Sangam (under 63 kg), Ritik Kotwal (under 74 kgs), Sahil Singh Naruka (under 68 kgs) and Harsh Yadav (under 80 kgs) participated in **Inter College Taekwondo (M&W) Championship** held at **Multipurpose Hall, University of Delhi** from **19 to 20 February, 2026**. In which **Bhabarnab P.N. Shandilya** secured **silver medal** and **Aditya Kumar, Prateek Sangam, Ritik Kotwal** secured **bronze medal** under coach Harish Tokas.








BOXING – MEN

Team Members: Ajay Kumar, Nitin Dhangar, Aviral Yadav, Harivansh Rawat, Swastik Swoyaam Mohanty, Vibhor Chaudhary, Hariom Rai, Prakhar Singh, Kartikey Madhesiya, and Aditya Kumar participated in **Inter College Boxing (Men) Tournament** organized at the **Dayal Singh College (DSC), University of Delhi** on **19th – 22nd November** under coach **Jatin Tokas.**

Ajay Kumar (under 55 kg) and **Kartikey Madhesiya (under 90 kg)** were able to **secure silvers medals** in the game.

JUDO – MEN

Team Members: Om Kaushish, Madhav Nijhawan, Shivam Yadav, and Saurabh Kumar represented the college in **Inter College Judo (Men & Women) Championship** organized at the **Multipurpose Hall (MPH), University of Delhi,** held on **29th October, 2025.**

Highlighting the team's achievement, **Om Kaushish (under 81 kg)** secured the **Bronze Medal** with an exceptional performance.



HANDBALL – MEN



Team Members: Ayush Kumar Gupta, Mayank Mohan, Krishna Verma, Gursaib Singh, Yash Chouhan, Satvik Faria, Kapil Kumar Singh, Vibhor Chaudhary, Raunak Rai, Shivam Kumar, Piyush Kumar, Devesh Singh, and Arun Kumar participated in **Inter College Handball (Men)** at **Keshav Mahavidyalaya, University of Delhi** on **2nd and 3rd February** , under the guidance of Coach **Sehdev.**

Kapil Kumar represented University of Delhi in **North Zone Inter University Championship Handball (men)** held at **Punjab University, Patiala (PB)** from **16th to 20th February 2026.**

Krishna Kumar and **Satvik Feria** participated in the **47th Junior Boy's Handball Championship organized by Handball Association of Delhi** from **10th to 14th January, 2026.**



BASEBALL – MEN

Team Members: Rohit Verma, Ayan Hasan, Sahil, James Rajvansh, Sumit Maurya, Ninad Sharma, Aditya Anand, Shubham Yadav, Manish Yadav, Ashish Raj Gupta, Anshu Dagar, Manav, Nihal Tiwari, Mayank Pathak, Ajay Kumar, and Varun Dev.

These students represented the college in **Inter College Baseball (Men) Tournament** organized at the **Rugby Stadium, University of Delhi** on **21st to 24th November, 2025.**

Coach : **Shahrukh**

BASKETBALL – MEN

Kartikey Gaur, Yash Chouhan, Chirag Singh Rathore, Chanakya Jangid, Ashutosh Tyagi, Shubham Malik, Aviral Yadav, Ninad Sharma, Gursahib Singh, Ankit Kumar Pandey, Arya Rathi, and Atharv Khaneja represented the college in **Inter College Basketball (Men) Tournament** from **18th to 21st November, 2025 at BRAC, University of Delhi.**



CRICKET – MEN



Team Members: Varun Dev, Achal Mishra, Kartikey Kakani, Aarav Thakur, Anubhav Yadav, Ashish Raj Gupta, Gouransh Yadav, Thinlas Namgyal, Chinmay Dhonde, Krish Arya, Lakshya Arora, Aditya Kumar, Priyanshu Verma, Bineeth Besara, Bhavya Tomar, Priyanshu Kumar, and Divyansh Sharma.

These students participated in **Inter College Cricket (Men) Tournament** organized at the **PGDAV College, University of Delhi** from **30th October to 10th November, 2025.**



BADMINTON – MEN

Piyush Gulati, Devaansh Gulati, Tausif Ahmed, Harshit Katariya, Kambaj Basumatary, Vinay, and Gautam Bathla represented the college in **Inter College Badminton (Men) Tournament.** The team participated in the tournament held at the **Multipurpose Hall (MPH), University of Delhi** on **11th to 13th November, 2025.**

Vinay (B.A. Political Science Honours) secured **Gold in Doubles, Silver in Singles** on **20th and 21st November, 2026** at **Inter College Badminton Tournament** organized by **Lady Shri Ram College, University of Delhi**

TABLE TENNIS – MEN

Yatharth, Naman Garodia, Ashwin Rasaily, and Zayan Irshad Siddiqui took part in **Inter College Table Tennis (Men) Tournament.** The team competed in the tournament held at the **Multipurpose Hall (MPH), University of Delhi** on **18th to 20th November 2025.**



KABADDI – MEN



Dipender, Tapshyam Narayan Jha, Aditya Raj, Chitransh, Akash Ahirwar, Shivam, Himanshu Yadav, Aryan Yadav, Om Kaushish, Yash Punia, Kavay, and Mohit Kumar represented the college in **Inter College Kabaddi (Men) Tournament** held on **16th – 21th February, 2026** organized at **Aryabhatta College, University of Delhi.**

The same team also participated in **Mahraja Agrasen Kabaddi (M) Cup** on **12th – 13th November, 2025** before the team went to Aryabhatta College for participation.



POWERLIFTING – MEN

Tapas Das, a 3rd year B.A. Programme student, achieved notable success during the academic session 2025–26.

He secured the **2nd Prize** at the **Powerlifting Association of Delhi (IPF) National Trial** held on **9 November 2025.**

He also secured a **gold** in **Iron Warrior Classic - Powerlifting Championship (5th June 2025)** and secured a **gold** in **IPF Delhi State Powerlifting 2025 too.**

Other competition he participated in were **World Bodybuilding Fitness Association - Open state (6th July 2025)** where he secured a **gold** and was in the **top 5** in the **IPF National, 2026.**

Best Young Achievers Award in Sports Category 2026 held in **PGDAV College** on **15th February, 2026.**

WEIGHTLIFTING



Preet secured a **Gold medal** in weight category **+110 kg** and **Tapas Das** secured a **Bronze medal** in weight category **88 kg** in the **Inter-College Weightlifting Competition (Men & Women)** organized at **Maitreyi College, University of Delhi** held on **21st and 22nd November, 2025** bringing recognition to the college through his strength and dedication in the sport.

Preet also participated in **All India University Weightlifting Championship** at **Chandigarh, Punjab.**

Rudkraksh Pratap Singh also participated in the same.

CARROM

Aditya Kumar (B.Com Programme) and **Puneet Sharma** (B.Com) secured the **1st Position** in Carrom at **SRCC FYOS** held on **24th – 25th February, 2026.**





SWIMMING – MEN

Saaransh Kesarwani, Yatharth, and Nhisher Palsang Isaacs participated in **Inter College Swimming (Men) Championship** during the academic session 2025–26 held on **30th and 31st October, 2025**. The team competed in the tournament held at the **Shyama Prasad Mookerjee Swimming Pool Complex, New Delhi.**

ATHLETICS – MEN

Ajay Kumar, Zayan Irshad Siddiqui, Kuldeep Singh, Varun Dev, and Kartikey Madhesiya participated in **Inter College Athletics (Men) Championship** during the academic session 2025–26. The athletes competed in the tournament held at the **University Pologround, University of Delhi,** held on **6th November to 8th November, 2025**.



TENNIS

Sumit Goel, a B.A. (Hons.) Geography student, has actively participated in several prestigious tennis tournaments during the 2025–26 session.

In the **AITA Super Series**, he reached the **Pre-quarter final (Boys U-18 singles)** and **quarterfinals (Boys U-18 doubles)** held from **13th to 17th October, 2025.**

At the university level, he reached the **Round of 16 in DU trials** and later advanced to the **pre - quarterfinals in the MTA - AITA PRO CIRCUIT MEN'S ₹1 LAKH TENNIS TOURNAMENT (23rd to 27th March 2026).**

Additionally, he participated in **THE BNP TENNIS – National Ranking Tournament** in the **AITA CS-7, U-18 in both – boy's singles and doubles** where he turned out to be the **quarter finalist and winner respectively.** The event took place from **08th to 12th September, 2025.**



CHESS

The following students represented the college in **Inter College Chess (Men) Tournament** at **Shri Ram College of Commerce (SRCC), University of Delhi** on **10th to 11th February, 2026** : Abhishek Gupta, Vaibhav Kumar, Anubhav Gautam, Yash Bhardwaj, Aditya Singh Bisht, and Piyush Gulati.



SPORTS COMPETITIONS AND FITNESS ACTIVITIES (INTRAMURAL)

The session commenced with the celebration of **National Sports Day** on **29th August,** honouring the legacy of Major Dhyan Chand and promoting awareness about the importance of sports and fitness. With **over 400 participants** in the two games – **Dodge Ball** and **Tug of War**, this day was a grand success.



In September, a series of indoor games encouraged strategic thinking and participation:
Chess Tournament on **24th September**, **Table Tennis Tournament** on **25th September**, **Carrom Tournament** on **26th September** with **more than 400 participants.**
Continuing the momentum, a fun and engaging **Leg Cricket Tournament** was organized on **8th October** with **over 50 teams with 5 member each**, promoting teamwork and sportsmanship in an energetic environment.
To encourage peace and mindfulness, a **45-Hour Student Development Programme** was conducted from **20th January to 1st February** with **51 students' involvement.**



Further strengthening team spirit, the ***Unity Cup – Inter Society*** was organized from **29th January to 31st January** with over **240 participants**. The sports conducted in the Unity Cup were **Futsal, Cricket, and Dodgeball.**
Promoting holistic well-being, **Fitness Week** was observed from **4th February to 6th February** with **more than 900 participants** including the **teaching and non-teaching staffs**. This week hosted different challenges through different competitions, they were : **Push-Up, Curls Up, Plank, V-Sit and Skipping Competition**.
Adding a wellness dimension to the calendar, a **One-Week Yoga Certificate Course** was conducted from **9th February to 13th February** with **69 involved students.**



On **11th February**, a **Volleyball Tournament** was organized, showcasing athletic excellence, coordination, and team spirit among students where more than **200 players participated.**
Encouraging inclusivity and institutional engagement, **Teaching and Non-Teaching** Staff Competitions in **Chess, Carrom,** and **Table Tennis** were held on **18th February.**
The sporting calendar culminated with **RANN 3.0**, the **flagship intra-college sports tournament**.

Events organized were:
Athletics (including long jump, high jump, and shot put) on 16th and 19th March
Hopscotch on 16th March
Badminton (girls only) took place on 17th and 19th March

SPORTS COMPETITIONS AND FITNESS ACTIVITIES (INTRAMURAL)

Futsal was conducted on 17th, 18th, and 19th March
Kabaddi was held on 16th, 17th, and 18th March
Kho Kho (girls only) took place on 19th and 24th March
Pitthu was organized on 24th March - the last day of RANN 3.0

Competitions for **teaching and non-teaching staff** were conducted on 18th March, during which a special day was dedicated to them as **part of RANN 3.0**, and Parakram organized the same games as listed above exclusively for their participation as well.

On **7th April 2026**, during SAPTARANG DAY-2 Parakram organized **"Dell Campus Quest"** in collaboration with Dell Technologies, who sponsored the event with **₹20,000** which had over 1**000 registrations from University of Delhi.**

The **University Cricket League** was conducted on **22nd of April, 2026** that brought together **31 teams** in total and was organized in collaboration with **Predator Energy** who **sponsored the event with ₹25,000** and also **provided ₹10,000 to the winning team.**

Through these diverse events, Parakram successfully promoted a culture of fitness, inclusivity, and competitive excellence. These initiatives significantly contributed to the holistic development of the college community.



SPECIAL EVENTS & SEMINARS

45-HOUR STUDENT DEVELOPMENT PROGRAMME

Vivekananda Kendra, Delhi, in collaboration with Parakram – The Sports Society and Centre for Holistic Development, successfully organized a **45-hour Student Development Programme** on the theme **"Leadership & Team Development"** conducted from **20th January to 1st February 2026**, the programme aimed at nurturing essential life skills among students. This programme witnessed a participation of **more than 50 students.**



The programme was structured into three well-designed modules.

The sessions were guided by **Dr. Nikhil Yadav (Deputy Head, Vivekananda Kendra)**, whose mentorship played a key role in making the programme impactful and engaging.









SPECIAL EVENTS & SEMINARS

ONE WEEK CERTIFICATE COURSE IN YOGA:

The Department of Physical Education and Sports Sciences, Shaheed Bhagat Singh Evening College, in collaboration with the **Internal Quality Assurance Cell (IQAC)**, organized a One Week Certificate Course in Yoga titled **"Yoga in Practice: Theory and Practical Applications"** from **9th February to 13th February** with the participation of about **70 students.**

A major highlight of the course was the practical training in different yogasanas. Participants practiced a variety of postures including Surya Namaskar, Tadasana, Padahastasana, Garudasana, Natarajasana, Padmasana, Vajrasana, Gomukhasana, Shashankasana, Bhujangasana, Dhanurasana, Naukasana, Sarvangasana, and Savasana. Along with this, students were also trained in pranayama techniques such as Purak, Rechak, and Kumbhaka, enhancing their understanding of breath control and relaxation. **The event was graced by the presence of Prof. S. K. Bandoni.**

The course was open to all undergraduate and postgraduate students of Delhi University and provided certificates upon successful completion.

Overall, the program was insightful and beneficial, encouraging students to incorporate yoga into their daily routine for a healthier and more mindful life.









SPECIAL EVENTS & SEMINARS

THE PEACE EDUCATION PROGRAM

The Department of Physical Education and Sports Sciences, Shaheed Bhagat Singh Evening College, through its sports society Parakram, in collaboration with the **Prem Rawat Foundation**, organized “The Peace Education Program” on **21st April from 3:00 PM to 5:00 PM in Room C5.**

The program aimed to help students explore their inner strengths and develop a deeper understanding of personal peace. It focused on essential human values such as Peace, Hope, Choice, Clarity, Appreciation, Inner Strength, Contentment, and Self-Awareness. Through a combination of engaging videos, guided discussions, and self-reflection activities, participants were encouraged to think beyond external pressures and connect with their inner selves. The session created a calm and positive environment where students could openly reflect on their thoughts, emotions, and aspirations.

The program was part of a **6-day series,** designed to provide a structured and continuous learning experience. This blended format ensured flexibility and allowed students to continue their journey of self-discovery beyond the classroom setting.

Overall, “The Peace Education Program” proved to be an enriching and insightful experience. It successfully provided students with practical tools and perspectives to cultivate inner peace, contributing to their personal growth and overall well-being.









SPECIAL EVENTS & SEMINARS

DELL CAMPUS QUEST

On **7th April 2026**, during the Annual Fest SAPTARANG of Shaheed Bhagat Singh Evening College (SBSEC), University of Delhi, Parakram – the Sports Society of SBSEC successfully organized a gaming and engagement event in collaboration with Dell Technologies – **"Dell Campus Quest"**.

Dell Technologies was invited as the official sponsor **(INR 20,000)** for the event and set up an interactive stall on Day 2 of SAPTARANG. The stall was independently designed and installed by the Dell team, showcasing their technological ecosystem and engaging students through various activities. The event's media partner was **@inside_du**, which helped amplify outreach and student participation across the university.

Event Highlights:

- Free registrations were offered for all participants.
- Competitive gaming tournaments were conducted in:
- Valorant (2v2) • Tekken 8 (1v1)• EA FC25 (1v1)
- Dell Technologies conducted a **one-hour AI session**.
- Multiple **fun challenges** and **interactive activities** were organized at the stall.

Participation:

The event witnessed **over 1000 registrations** from students across various colleges of the University of Delhi.

Prize Distribution:

Valorant Skirmish (2v2):
1st Prize: ₹20,000 Amazon Vouchers 2nd Prize: ₹10,000 Amazon Vouchers

EA FC25 (1v1):
1st Prize: ₹7,500 Amazon Vouchers 2nd Prize: ₹2,500 Amazon Vouchers

Tekken 8 (1v1):
1st Prize: ₹7,500 Amazon Vouchers 2nd Prize: ₹2,500 Amazon Vouchers

The collaboration with Dell Technologies significantly enhanced the scale and quality of the event. The combination of competitive gaming, technological exposure through the AI session, and interactive challenges made it a well-rounded and impactful experience for students.



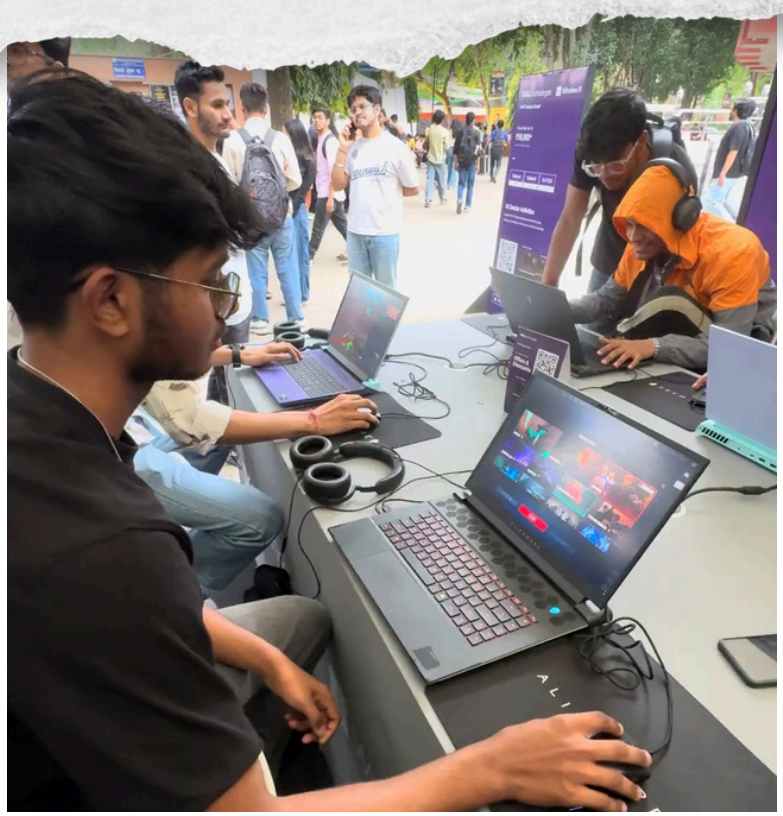








DELL PHOTO GALLERY





SPECIAL EVENTS & SEMINARS

UNIVERSITY CRICKET LEAUGE

The Department of Physical Education and Sports Sciences of Shaheed Bhagat Singh Evening College, under Parakram – The Sports Society, successfully organized the University Cricket League in collaboration with **Predator Energy**, who also served as the sponsor **(INR 25,000)** and co-organiser. The event was held on **22nd April, 2026** at the college ground and witnessed enthusiastic participation from students.

A total of **31 teams** competed in the league, making the tournament highly competitive and energetic. Each team, comprising **5 boys and 1 girl**, reflected the spirit of inclusivity and teamwork, adding a unique dimension to the matches.

The tournament aimed to promote sportsmanship, unity, and physical fitness among students. Participants showcased impressive cricketing skills, coordination, and determination, making the event engaging for both players and spectators.

To encourage and reward excellence, attractive prizes were announced. The **winning team received a cash prize of ₹10,000**, while the **runner-up team was awarded free merchandise**. These incentives boosted the competitive spirit and enthusiasm throughout the league.

Overall, the University Cricket League turned out to be a grand success, providing students with a vibrant platform to display their talent while fostering teamwork, discipline, and sportsmanship.



NATIONAL SPORTS DAY

Parakram, proudly hosted the “National Sports Day 2025–26” celebrations under the inspiring theme ”Ek Ghanta Khel Ke Maidaan Mein!!” on 29th August, 2025. The event served as the inaugural sports gathering of the academic session and was held to honor the birth anniversary of Major Dhyan Chand, India’s legendary hockey player.

Event overview:
The day was filled with vibrant energy, enthusiastic participation, and true sportsmanship. The college playground came alive with cheering crowds, competitive zeal, and team camaraderie as students across all years joined in. The event aimed to promote physical fitness, teamwork, and the value of sports in daily life.



Event Highlights:
Organized by: Parakram – The Sports Society
Coordinators: Abhimanyu Bhardwaj & Mohd Etheshan
Total Participation: 402 students
Tug of War: 30 teams | 240 players (180 Boys + 60 Girls)
Dodgeball: 27 teams | 162 players

Competitions Conducted:

1. Tug of War:
A classic test of strength, coordination, and strategy. The fierce competition among teams drew loud cheers from the audience. Both boys’ and girls’ teams showcased remarkable determination and team spirit.

NATIONAL SPORTS DAY

Winners: Sandeep, Saloni, Shikha, Varun, Krish, Manish, Vishv & Sanklap
Runners-up: Muskan, Varnika, Hardik, Akshay, Krish, Yuvraj, Shashank & Shidharth

2. Dodgeball:
The most exciting and fast-paced event of the day, Dodgeball tested agility, coordination, and teamwork. Separate matches were held for boys and girls, making it inclusive and engaging.

Boys' Category:
Winners: Ajay Kumar, Kartik, Kartikey, Dipender, Vibhor & Aviral
Runners-up: Ayushman, Ujjwal, Shubham, Shivam, Aman & Arin






Girls' Category:
Winners: Pooja, Shikha, Saloni, Vinjul, Bhumi & Preity
Runners-up: Adya, Sakshi, Khushi, Priyanshi, Divyanshi & Ritika

The National Sports Day celebration was a grand success, marking a perfect beginning to the sports calendar of Shaheed Bhagat Singh Evening College. Through participation and teamwork, students not only celebrated fitness and competition but also embraced the essence of unity and college spirit. The event strengthened the sense of community and created lasting memories for everyone involved.









NATIONAL SPORTS DAY PHOTO GALLERY









RANN 3.0

Flagship Intra-College Sports Tournament

RANN 3.0 served as a grand celebration of athleticism, teamwork, and spirit. Spanning from **March 16th to March 24th**, the event brought together students, teaching staff, and non-teaching staff in a series of high-energy competitions.

The festival featured a diverse mix of traditional Indian sports and modern athletic disciplines, including:

Athletics (Long Jump, High Jump, Shot Put)
Hopscotch, Badminton, Futsal, Kabaddi, Kho Kho, Pitthu
Throwball (exclusively for teaching and non-teaching staffs)



A dedicated day on **March 18th** was reserved exclusively for the **teaching and non-teaching staffs,** ensuring an inclusive environment that strengthened the bond across the entire campus community.

Overall Participation & Impact:
With **over 660+ student participants** and **50+ staff members**, **RANN 3.0** was a resounding success. Beyond the medals, the tournament promoted physical fitness, stress relief, and leadership skills. It provided a platform for students to display grit and discipline, fostering a vibrant sports culture within the institution.







RANN 3.0 PHOTO GALLERY









ATHLETICS

Date: 16th and 19th March
Participation: 168 Students
Format: Individual Events

Event Highlights: The track and field events saw the highest engagement, with students pushing their physical limits in explosive power and agility.

Shot Put (Male)
1st – Priyanshu, 2nd – Kunal, 3rd – Ashutosh
Shot Put (Female)
1st – Shikha, 2nd – Bhumi, 3rd – Vinjul






Long Jump (Male)
1st – Sahil, 2nd – Arjun, 3rd – Priyanshu
Long Jump (Female)
1st – Pooja, 2nd – Arpita, 3rd – Isha

High Jump (Male)
1st – Sahil, 2nd – Arjun, 3rd – Vivek
High Jump (Female)
1st – Pooja, 2nd – Arpita, 3rd – Bhumi

Athletics stood as the cornerstone of the event, successfully showcasing individual brilliance and setting new benchmarks for physical excellence.

HOPSCOTH

Date: 16th March
Participation: 42 Students
Format: 3 Players per team
Event Highlights: A game of precision that required steady footing and calm nerves.

1st – Sumanjeet, Ankur Shahu, Yash Kumar
2nd – Kanishka Bhatia, Diya Aggarawal, Aditi Jindal
3rd – Priyanshu Kumar, Ashutosh Kumar, Vivek Kumar

Hopscotch successfully introduced a unique focus on balance and concentration, proving that sportsmanship can be found in every level of competition.






BADMINTON

Date: 17th and 19th March
Participation: 60 Students
Format: Singles
Event Highlights: A display of exceptional reflexes and strategic play. This game was particularly noteworthy for its high level of sportsmanship.

1st – Aadhya, 2nd – Sanvee, 3rd – Disha

The Badminton event was a resounding success in promoting women's sports and providing a healthy competitive outlet for both students and faculty






FUTSAL

Date: 17th, 18th, and 19th March
Participation: 108 Students
Format: 5 Players (4 Men + 1 Woman)

Event Highlights: A fast-paced variation of football that emphasized technical skill and quick transitions.

1st – Ajay, Arjun, Bhumi, Dipender, Vibhor
2nd – Dev Sharma, Ayush, Kunal, Basu, Dhruti

Futsal achieved great success by promoting gender-inclusive play and demonstrating high levels of coordination and technical finesse.





KABADDI

Date: 16th, 17th, and 18th March
Participation: 118 Students
Format: 8 Players per team
Event Highlights: Intense raids and tactical defending marked the Kabaddi matches, drawing huge crowds and high-octane energy.

1st – Sahil, Ashish Raj, Rohit Verma, Aditya Shaw, Manav Chaudhary, Pradyuman, Ram, Ninad Sharma
2nd – Ajay, Vibhor, Akshay, Dhruv, Sarthak, Vivek, Dilkush, Suraj

The Kabaddi tournament was a massive crowd-puller, successfully highlighting the grit, strategy, and cultural roots of our students.





KHO-KHO

Date: 19th and 24th March
Participation: 48 Students
Format: 8 Players per team
Event Highlights: The girls displayed incredible stamina and diving skills in this classic tag sport.

1st – Chandani, Arpita, Monika, Anjali, Disha, Mahak, Palak, Neha Yadav
2nd – Dolfy, Manyita Kesara, Saunya Sharma, Tanushri, Parvi Gupta, Ananya, Hanshika, Anshu Sangwan

Kho-Kho effectively tested the endurance of our female athletes and proved to be one of the most spirited team events of the tournament.






PITTHU

Date: 24th March
Participation: 70 Students
Format: 6 Players (5 Boys + 1 Girl)
Event Highlights: Organized on the final day, Pitthu brought a nostalgic yet competitive edge to the closing of RANN 3.0.

1st – Sahil, Rohit, Ashish Raj, Priyanshu Kumar, Monika, Aaditya
2nd – Nitish, Sandhya, Amit Yadav, Aadarsh, Ashutosh Kumar, Varshdeep

Serving as a perfect end of the event, Pitthu successfully bridged the gap between tradition and modern sports, leaving participants with a sense of joy and community.




TEACHING AND NON-TEACHING

Date: 18th March, 2026
Participants:
50 Total (19 in Badminton, 31 in Throwball)

Event Highlights: A day where the faculty traded their pens for sports gear. The Throwball matches were the highlight of the staff event, promoting camaraderie and teamwork among different departments.



Badminton

1st – Pritiranjan Sir and Pramanik Sir, 2nd – Vaneeta Ma'am and Deepti Ma'am, 3rd – Manvendet Sir and Brijesh Sir

Throwball

1st – Prashant Sir, Himanshu Sir, Siddhanth Sir, Jay Sir, Ravinder Sir, Rishikesh Sir, Ranjeet Sir
2nd – Himanshu Mishra Sir, Jaykant Sir, Aman Sir, Ajay Singh Sir, Gaurav Sir, Ujjwal Sir, Sameem Sir

CHESS

Date: 24th September, 2025

The **Intra-College Chess Tournament** was successfully organized by Parakram – The Sports Society of Shaheed Bhagat Singh Evening College (SBSEC). The event witnessed enthusiastic participation from a total of **88 players**, comprising both male and female students from various courses and years.

The tournament aimed to promote strategic thinking, concentration, and sportsmanship among students. Matches were conducted in a knockout format, ensuring fair play and intense competition throughout. Participants showcased remarkable analytical and decision-making skills, making the event both engaging and intellectually stimulating.

Winners (Girls):
1st - Sakshi Shekhawat, 2nd - Nidhi, 3rd - Khushi

Winners (Male):
1st - Yash, 2nd - Vaibhav, 3rd - Sajal

The winners were appreciated for their exceptional gameplay and awarded certificates of merit. The event concluded on a positive note, celebrating not only the champions but also the spirit of participation and healthy competition among all players.

The success of the tournament reflects the continuous efforts of Parakram – The Sports Society in encouraging sports culture and holistic development within the college.

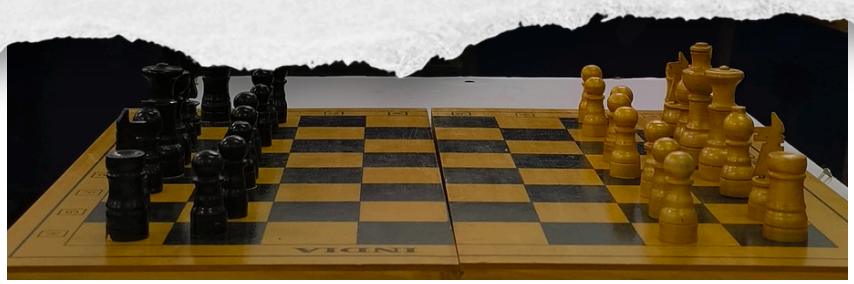








CHESS PHOTO GALLERY









CARROM

The Department of Physical Education and Sports Sciences of Shaheed Bhagat Singh (Evening) College successfully organized the **Intra College Carrom Tournament** thorugh Parakram – The Sports Society of SBSEC on **26th September, 2026**. The event witnessed a spirited participation of **152 players, comprising both male and female students** from various courses.

The matches were played in the **2v2 format**, fostering teamwork, coordination, and a competitive spirit among the participants. The tournament provided a dynamic platform for students to showcase their skills and enthusiasm for the game while promoting fitness and sportsmanship within the college community.

1st Position: Aditya Raj & Tushar
2nd Position: Ajay & Aditya
3rd Position: Navneet & Ashutosh

The competition witnessed a high level of skill and determination from all participants. The doubles match added a layer of excitement, as teamwork played a crucial role in determining the champions.

The winners were felicitated with certificates and trophies by the organizing committee. The event highlighted the growing interest in indoor sports and reflected the college's commitment to promoting a culture of health and active participation among students.

The success of this tournament stands as a testament to the efforts of Parakram – The Sports Society of SBSEC, which continues to encourage students to engage in sporting activities and embody the true spirit of competition and camaraderie.









CARROM PHOTO GALLERY





TABLE TENNIS

Date: 25th September, 2025

The **Intra-College Table Tennis Tournament** was successfully organized by Parakram – The Sports Society of Shaheed Bhagat Singh Evening College (SBSEC). A total of **65 players, including both male and female students,** participated enthusiastically in the event. The matches were conducted under four categories — Boys (Singles), Girls (Singles), Boys (Doubles), and Mixed Doubles — ensuring inclusive and competitive participation.

The tournament aimed to promote agility, focus, and sportsmanship among students while providing a platform for them to display their skills and teamwork. Each match was played in a spirited and fair manner, creating an engaging and energetic atmosphere throughout the competition.

Boys (Singles)
1st – Zayan Siddiqui, 2nd – Yatharth Khurana, 3rd – Naman Garodia

Girls (Singles)
1st – Pooja, 2nd – Jiya Punia, 3rd – Durga Kumari

Boys (Doubles)
1st – Yatharth / Piyush, 2nd – Prince / Aditya , 3rd – Zayan / Puneet

Mixed Doubles
1st – Yatharth / Vinjul, 2nd – Anshika / Rohit Rajput, 3rd – Pooja / Prince

The winners were recognized for their outstanding performances and awarded certificates of merit. The event concluded successfully, reflecting the commitment of Parakram – The Sports Society to promoting a healthy competitive spirit and encouraging active student participation in sports activities.







TABLE TENNIS PHOTO GALLERY









LEG CRICKET

The Parakram Society of Shaheed Bhagat Singh Evening College organized an exciting and one-of-a-kind sporting event — **a Leg Cricket Tournament** — in the college premises on **8th October, 2025.** The tournament was designed to encourage participation, teamwork, and fun among students, offering a fresh twist to conventional cricket.

Event Overview:

- Total Teams: 59 (55 Male + 4 Female)
- Team Strength: 5 members per team
- Venue: College Ground

The event witnessed enthusiastic participation, especially from first-year students who brought immense energy and cheer to the field. Leg Cricket, being a unique combination of football and cricket, drew curiosity and excitement among the audience. The day was filled with laughter, competitive spirit, and outstanding performances from both male and female teams.

Results:

Male Category

1st Position (**Team RCB**):
Vedansh Patidar, Rupol Khuand, Ishaan Raj, Shubham Singha, Kartik Kapoor

2nd Position (**HR Heroes**):
Ajay Kumar, Aditya Kumar, Vibhor, Dipender Choudhary, Devesh

Female Category

1st Position (**The Wicket Warriors**):
Neha Yadav, Palak, Disha, Mahak, Akanksha

2nd Position (**Team Squad**):
Vinjul, Anshika Sharma, Bhumi Kukreja, Monika, Palkin Baghel

The Leg Cricket Tournament was a resounding success, marked by creativity, enthusiasm, and unity. The innovative format brought a refreshing change to college sports and provided students with an enjoyable and competitive experience. The Parakram Society once again demonstrated its commitment to promoting physical fitness, sportsmanship, and campus engagement through well-organized and inclusive events.







LEG CRICKET PHOTO GALLERY







UNITY CUP

The Inter-Society Showdown 2026

The Inter-Society Sports Meet 2026 was successfully organized by Parakram – The Sports Society of Shaheed Bhagat Singh Evening College (SBSEC) which was also a new initiative from the society. From **January 29th to 31st**, the campus witnessed an explosion of energy and teamwork, with over **240 participants** competing across three disciplines, fostering a spirit of healthy competition and inclusivity.

The tournament aimed to promote physical fitness, teamwork, and sportsmanship among students. Matches were conducted across Futsal, Cricket, and Dodgeball, ensuring high-octane action and intense competition. Participants showcased remarkable agility and strategic skills, making the three-day event both engaging and a resounding success.

Winners:
Parakram (Futsal)
NSS (Cricket)
Devbhoomi (Dodgeball)

Runners up:
NESS (Futsal)
Department of Geography (Cricket)
Department of Geography (Dodgeball)

Number of participants:
Futsal - 55 Players
Cricket - 96 Players
Dodgeball - 90 players

MVP Society: Department of Geography (reached 2 finals)

The winners were appreciated for their exceptional performance and awarded for their achievements. The event concluded on a positive note, celebrating not only the champions but also the memories made on the field and the spirit of participation among all players.
The success of the tournament reflects the continuous efforts of Parakram – The Sports Society in encouraging sports culture and holistic development within the college.





UNITY CUP PHOTO GALLERY







FITNESS WEEK

Parakram - The Sports Society of SBSEC organized a Fitness Week from **4th February to 6th February** with the aim of promoting physical fitness, healthy lifestyles, and active participation among students **(more than 900)**. The event encouraged students to test their strength, endurance, and overall fitness through various activities.

Fitness Week witnessed enthusiastic participation from both male and female students, making the event lively and competitive. The initiative was taken to spread awareness about the importance of regular exercise and maintaining good health in daily life.
Through this event, Parakram Society aimed to motivate students to adopt fitness as an essential part of their routine and develop a spirit of sportsmanship and discipline.

The Fitness Week included a variety of physical challenges designed to test different aspects of fitness such as strength, stamina, and balance.
The activities conducted during the event included:
Push-Ups – to test upper body strength and endurance.
Curls Ups – to measure abdominal strength and core endurance.
Plank – to evaluate core stability and body balance.
V-Sit – to test abdominal strength and flexibility.
Skipping Competition – to measure stamina, coordination, and agility.

Each activity had three winning positions – First, Second, and Third – recognizing the best performers in every category.

Additionally, special titles were awarded for overall performance:
Mr. Fitness & Mrs. Fitness

These titles were given to participants who demonstrated outstanding fitness and performance across activities.

Push-Ups
Male: 1st – Suraj, 2nd – Aditya Chauhan, 3rd – Rohit Verma
Female: 1st – Anjali, 2nd – Arpita, 3rd – Monika

Curl-Ups
Male: 1st – Ashish Raj, 2nd – Nitish Kumar, 3rd – Lakshhay
Female: 1st – Manya, 2nd – Priyanshi, 3rd – Arpita

FITNESS WEEK

Plank
Male: 1st – Md. Ahmed Raza, 2nd – Hariom Tomar, 3rd – Vinit Mehta
Female: 1st – Priyanshi, 2nd – Arpita, 3rd – Saumya

V-Sit
Male: 1st – Md. Ahmed Raza, 2nd – Abhishek, 3rd – Aryendra Rajput
Female: 1st – Shipra, 2nd – Vinjul, 3rd – Pooja Kumari

Skipping
Male: 1st – Arin, 2nd – Tushar, 3rd – Harivansh
Female: 1st – Pooja, 2nd – Arpita, 3rd – Nainee

Special Titles
Mr. Fitness – Mohd. Ahmed Raza
Miss Fitness – Arpita

The event not only provided a platform for students to showcase their physical abilities but also encouraged discipline, determination, and sportsmanship. Overall, Fitness Week served as an inspiring initiative, motivating students to incorporate fitness into their daily routine and contributing positively to the culture of well-being within the college.









FITNESS WEEK PHOTO GALLERY









VOLLEY BALL

Parakram - The Sports Society of SBSEC organized a Volleyball Tournament starting on **11th February, 2026** at the college sports ground. The event aimed to promote sportsmanship, teamwork, and active participation among students. A special rule ensured inclusivity where each team consisted of **6 players with 5 boys and 1 girl (mandatory).**

The tournament received an overwhelming response from students. A total of **34 teams** participated, bringing together **204 players** from different courses and batches. The event created a competitive yet energetic atmosphere throughout the matches.

Winners:
Varun Dev
Ashutosh Tyagi
Arpita
Kavish Prajapati
Prashant
Vedansh Patidar

Runners-Up:
Bhavya Tomar
Mayank Singh Tariyal
Anshika Sharma
Achal Mishra
Gaurav Thapa

3rd Place:
Mozahar Mullah
Arnav Kumar
Zaid Znasir
Prabhjot Singh
Disha
Tapshyam Narayan Jha

The tournament was conducted successfully and created an atmosphere of healthy competition, teamwork, and enthusiasm among students. Such events play an important role in encouraging physical activity, collaboration, and student engagement within the college community.







VOLLEY BALL PHOTO GALLERY









TEACHING & NON-TEACHING STAFFS' FITNESS WEEK

Fitness Week was organized with the objective of promoting physical fitness, active lifestyle, and well-being among both teaching and non-teaching staff. The event included a range of activities such as Plank, Push-Up, Curl-Up, V-Sit, and Skipping, designed to test strength, endurance, and consistency.

The event witnessed enthusiastic participation from staff members across all categories, including teaching (male and female) and non-teaching (male and female). Participants actively engaged in multiple activities, showing great energy, discipline, and sportsmanship. The initiative successfully created awareness about the importance of regular exercise and maintaining a healthy routine in daily life.

The competitions were conducted smoothly, and the performances reflected determination and competitive spirit among all participants.

Winners List

Teaching (Male)

- Plank – (1st) Satish Sir, (2nd) Sharad Yadav Sir, (3rd) Sunil Sir
- Push-Up – (1st) Satish Sir, (2nd) Jai Singh Sir, (3rd) Sharad Yadav Sir
- Curl-Up – (1st) Jai Singh Sir, (2nd) Satish Sir, (3rd) Dilip Sir
- V-Sit – (1st) Mukesh Sir, (2nd) Jai Singh Sir, (3rd) Satish Sir
- Skipping – (1st) Satish Sir, (2nd) Jai Singh Sir, (3rd) Mukesh Sir

TEACHING & NON-TEACHING STAFFS' FITNESS WEEK

Teaching (Female)

- Plank – (1st) Nidhi Ma'am, (2nd) Geeta Ma'am, (3rd) Aruna Ma'am
- Push-Up – (1st) Nidhi Ma'am, (2nd) Aruna Ma'am
- Curl-Up – (1st) Nidhi Ma'am, (2nd) Ritika Ma'am, (3rd) Aruna Ma'am
- V-Sit – (1st) Aruna Ma'am, (2nd) Ritika Ma'am, (3rd) Nidhi Ma'am

Non-Teaching (Male)

- Plank – (1st) Rishikesh Sir, (2nd) Gagandeep Sir
- Push-Up – (1st) Gagandeep Sir, (2nd) Rishikesh Sir
- Curl-Up – (1st) Gagandeep Sir, (2nd) Rishikesh Sir
- V-Sit – (1st) Rishikesh Sir, (2nd) Gagandeep Sir
- Skipping – (1st) Gagandeep Sir, (2nd) Rishikesh Sir

Non-Teaching (Female)

- Plank – (1st) Aayushi Ma'am
- Push-Up – (1st) Aayushi Ma'am
- Curl-Up – (1st) Aayushi Ma'am
- V-Sit – (1st) Aayushi Ma'am
- Skipping – (1st) Aayushi Ma'am





TEACHING & NON-TEACHING STAFFS' TOURNAMENT

On **18th February 2026**, indoor sports competitions in **Chess, Carrom, and Table Tennis** were organized for both teaching and non-teaching staff. The event aimed to promote recreation, teamwork, and a healthy competitive spirit among staff members.

The competitions witnessed enthusiastic participation from staff across departments. Separate categories were maintained for teaching and non-teaching staff to ensure fair and inclusive competition. All matches were conducted smoothly, and participants displayed commendable sportsmanship and skill.

The event served as a refreshing break from routine work and helped strengthen interaction and bonding among staff members.

Winners List

Chess (Teaching Staff)
1. Sunil Sir
2. Ravinder Sir
3. Dr. Nidhi Gupta Ma'am

Chess (Non-Teaching Staff)
1. Gaurav Sharma
2. Radhe Shyam

Carrom (Teaching Staff)
1. Vaneeta and Kamai
2. Prashant and Shivani
3. Nidhi and Suman

Carrom (Non-Teaching Staff)
1. Himanshu and Aman
2. Gaurav and Sameen
3. Chirag and Pardeep

Table Tennis (Teaching Staff)
1. Rajan
2. Prashant
3. Nidhi

Table Tennis (Non-Teaching Staff)
1. Himanshu
2. Ravinder
3. Ajay







SPECIAL ACHIEVEMENT BY - NIDHI MISHRA MA'AM

We are proud to announce that Dr. Nidhi Mishra, esteemed faculty member of the History Department at Shaheed Bhagat Singh Evening College, has achieved a remarkable milestone by winning the Gold Medal at the 24th National Para Athletics Championship held in Bhubaneswar in March 2026. This outstanding accomplishment brings immense pride to our entire college community.



Dr. Mishra's achievement is a shining example of dedication, perseverance, and excellence in sports. Her success at such a prestigious national event highlights her unwavering commitment and determination, inspiring students, colleagues, and the broader para-sports community.









TEACHING & NON-TEACHING STAFFS' TOURNAMENT PHOTO GALLERY









PARAKRAM
THE SPORTS SOCIETY

Parakram, the official Sports Society of Shaheed Bhagat Singh Evening College, University of Delhi, is a vibrant and proactive body committed to cultivating a strong sporting culture and promoting physical wellness among students. Functioning under the Department of Physical Education and Sports Sciences, Parakram aims to instill values of teamwork, discipline, and leadership through its diverse sports initiatives.

Throughout the academic session, Parakram successfully organizes flagship events such as RANN – the Intra-College Sports Tournament, the Annual Sports Day, and fitness challenges like the Fittest Male and Female Titles, while also encouraging active participation in University-level and National sports competitions. From traditional games like Kabaddi and Tug of War to indoor games such as Chess and Carrom, Parakram ensures an inclusive sporting experience for all students. Even amidst infrastructural challenges due to campus upgrades, the society has continued to thrive—making sports an essential and celebrated part of student life at SBSEC.



PRESIDENT'S MESSAGE



Kartikey Garg

Parakram, the official Sports Society of Shaheed Bhagat Singh Evening College, University of Delhi, is a vibrant and proactive body committed to cultivating a strong sporting culture and promoting physical wellness among students. Functioning under the Department of Physical Education and Sports Sciences, Parakram aims to instill values of teamwork, discipline, and leadership through its diverse sports initiatives.

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VICE PRESIDENT'S MESSAGE



Puneet Sharma

When I first joined college, everything felt new and exciting. The campus was full of life, and I was eager to explore. Very soon, the basketball court became a place where I felt a true sense of belonging. However, I also noticed that there was no sports society, which felt like something important was missing.

That changed in my second year with the formation of Parakram. It was exciting to see an idea turn into reality, and being part of its journey was truly special. From those early days to taking on the role of Vice President in my final year, the experience has been incredibly rewarding.

Parakram has given me the chance to connect with passionate people, organize memorable events, and contribute to something meaningful. It has been more than just a society—it has been a journey of growth, teamwork, and pride.

SECRETARY MESSAGE



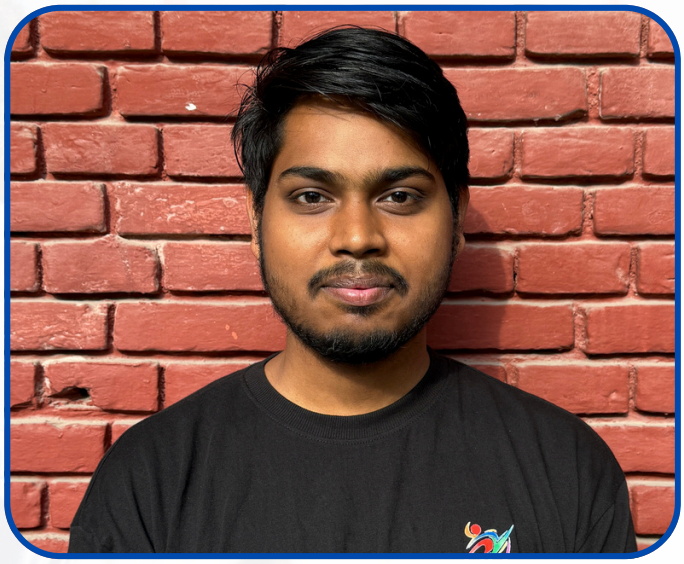
James Rajvansh

Serving as the Secretary of this society has been less about a position and more about responsibility.
Behind every event, there are deadlines, disagreements, last-minute problems, and a team that still shows up to make it work. What people see on stage is only a small part of what actually goes into building something meaningful.

This society is not just about activities or achievements. It is about people who are willing to step forward, take initiative, and grow through the process.

To every member who contributed, showed up on tough days, and gave more than what was expected — this journey would not exist without you.
And to those who are thinking of joining, don't just participate. Take ownership. That is where the real learning begins.
Because at the end, it is not the position that defines you, but the impact you leave behind.

JOINT-SECRETARY MESSAGE



Prabhakar Kumar

I am currently serving as the Joint Secretary of the Parakram Sports Society, a role that has given me the opportunity to take on responsibilities and contribute actively to our community. I believe in bringing energy, dedication, and a positive mindset to everything I do. Being in this position allows me to represent students, encourage participation in sports, and support teamwork across different activities.

I enjoy taking initiative and stepping up when challenges arise, as it helps me grow both personally and as a leader. My journey so far has been full of learning experiences that have shaped my confidence and strengthened my ability to handle different situations. I believe leadership is not just about holding a position, but about the effort and attitude you bring every day. Through my role, I aim to create a more engaging and supportive environment for everyone involved in sports

SPORTS COMMITTEE



DR. VINEET MEHTA
(TEACHER-IN-CHARGE)



MR. ABHISHEK SINGH
(MEMBER)



MR. ABHIMANY BHARDWAJ
(MEMBER)



MS. ARUNA SINGH
(MEMBER)



MR. MOHD. EHTESHAM
(MEMBER)



MR. SHEMPHANG
WANN LYNGDOH
(MEMBER)



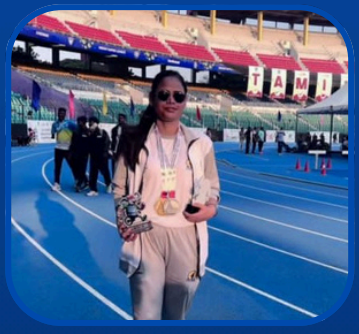
SH. SUDER SINGH
(MEMBER)



MS. KALYANEE RAJAN
(MEMBER)



DR.HIMANSHU MISHRA
(MEMBER)



DR. NIDHI MISHRA
(MEMBER)



MR. SAURABH DUBEY
(MEMBER)



DR. ANSHU JAIN
(MEMBER)



MR. RAJAN
(MEMBER)

STUDENTS COMMITTEE



KARTIKEY GARG
(PRESIDENT)



PUNEET SHARMA
(VICE PRESIDENT)



JAMES RAJVANSH
(SECRETARY)



PRABHAKAR KUMAR
(JOINT SECRETARY)



PIYUSH GULATI
(COORDINATOR)



ANANT PRAKASH
(ERP & RECORD
INACHARGE)



ROHIT VERMA
(IT HEAD)



KESHAV KASHYAP
(CONTENT HEAD)



POOJA DAGUR
(LOGISTICS HEAD)



SUMAN JEET
(ORGANIZING HEAD)



AJAY KUMAR
(SPORTS COORDINATOR)



ADITYA KUMAR
(SPORTS COORDINATOR)

SOCIETY MEMBERS

1.	ANKUR SHAHU	ORG. CO HEAD
2.	LAKSH KUMAR	CONTENT CO-HEAD
3.	SHIKHA	IT CO-HEAD
4.	YASH SHARMA	MEMBER
5.	MAYANK SINGH	MEMBER
6.	ADITYA RAJ	MEMBER
7.	CHINMAY DHONDE	MEMBER
8.	DIPENDER	MEMBER
9.	VINJUL	MEMBER
10.	ANSHIKA SHARMA	MEMBER
11.	YASH KUMAR	MEMBER
12.	LAKSHAY	MEMBER
13.	AKSHANSH VERMA	MEMBER
14.	AARUSH TOMAR	MEMBER
15.	KOMAL SHARMA	MEMBER
16.	ABHISHEK	MEMBER
17.	SAHIL KUMAR	MEMBER
18.	UTKARSH	MEMBER
19.	SHIPRA SINGH	MEMBER
20.	SALONI MALHOTRA	MEMBER
21.	ABHISHEK GUPTA	MEMBER
22.	SUJAL BALMIKI	MEMBER
23.	BHUMI	MEMBER
24.	JAGRIT SETHI	MEMBER









PARAKRAM PHOTO GALLERY









STUDENT'S CORNER EXPERIENCE AND REVIEW

पराक्रम सोसाइटी का हिस्सा बनना मेरे लिए एक बहुत ही खास अनुभव रहा है। आईटी हेड के रूप में काम करते हुए मैंने अपनी तकनीकी क्षमता के साथ-साथ जिम्मेदारी और टीमवर्क भी सीखा है। यहाँ का सकारात्मक माहौल हमेशा कुछ नया करने और बेहतर बनने के लिए प्रेरित करता है।

हर इवेंट में प्लानिंग और मैनेजमेंट का अनुभव मुझे बहुत कुछ सिखाता है। सभी सदस्यों के साथ मिलकर काम करते हुए एक अच्छा जुड़ाव बना है, जो इस सफर को और भी यादगार बनाता है। पराक्रम सिर्फ खेलों तक सीमित नहीं है, बल्कि यह हमें साथ मिलकर आगे बढ़ना और एक-दूसरे का साथ देना भी सिखाता है।

मुझे गर्व है कि मैं इस सोसाइटी का हिस्सा हूँ, जो प्रतिभा, फिटनेस और खेल भावना को बढ़ावा देती है।

रोहित वर्मा
आईटी हेड

Being a part of Parakram Society has been a truly enriching experience for me. As the Content Head, I have learned how to balance creativity with responsibility. Presenting every event and activity through words and ideas has been an exciting journey.

The positive environment and supportive team always inspire me to create something new and engaging. Working with such dedicated members has helped me improve my coordination, creativity, and communication skills.

Parakram is not just about sports; it is a platform where ideas, passion, and teamwork grow together. I feel proud to contribute to the society and help strengthen its identity through my work.

Keshav Kashyap
Content Head

STUDENT'S CORNER EXPERIENCE AND REVIEW

Joining the college sports club (Parakram) in my first year was a felicitous accident that soon became a formative journey. As a marketer and organizer, I've helped orchestrate four dynamic events (Rann 3.0 , Unity Cup ,etc) —each a symphony of teamwork, tenacity, and meticulous planning. The club honed my leadership, refined my communication, and instilled an enviable resilience. Beyond the adrenaline of the field lies a crucible of personal growth and camaraderie. It is not merely a club, but a catalyst — one I wholeheartedly recommend to anyone seeking both vigor and virtue in their college life.

Akshansh Verma
Organizing Committee

Being a part of Parakram: The Sports Society of Shaheed Bhagat Singh Evening College, has been a matter of great pride for me. The atmosphere here is always charged with energy and discipline, motivating every member to strive for excellence. Through this society, I have learned the true meaning of team spirit and leadership, extending far beyond the sports field.

Organizing various events and tournaments taught me how on-field hard work and off-field management go hand in hand. Beyond wins and losses, the bonds of friendship and the invaluable guidance from my seniors have been my greatest takeaways. Parakram has instilled a sense of resilience in me that prepares me for any challenge life might throw my way. This journey has given my college life a distinct purpose and identity. I am confident that our society will continue to bring laurels to the college in the years to come.

Utkarsh
IT Member

STUDENT'S CORNER EXPERIENCE AND REVIEW

Joining Parakram Society has been one of the most rewarding experiences for me. Being a part of such an energetic and inspiring sports society has helped me grow both personally and socially. I truly enjoy the spirit of teamwork, discipline, and unity that every event brings. Working with such dedicated members has taught me leadership, coordination, and confidence. The positive environment here motivates everyone to stay active and give their best. Parakram Society is not just about sports, but also about building friendships and unforgettable memories. It beautifully promotes fitness, passion, and the true essence of sportsmanship. I feel proud to be an organizing member of a society that encourages talent and strength in every individual.

Anshika Sharma
Organizing Committee

Spending one year in the sports society Parakram was a really good experience for me. During this time, I not only improved my fitness but also learned how to work in a team.

One of the best parts was that we got the opportunity to conduct sports events. From planning to execution, we managed everything together—like organizing matches, handling participants, and making sure events ran smoothly. It was challenging at times, but also very fun and rewarding.

Overall, this experience helped me build confidence, responsibility, and teamwork skills, and it is something I will always remember.

Vinjul
Organizing Committee







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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

SHAHEED BHAGAT SINGH (EVE) COLLEGE

(UNIVERSITY OF DELHI)

SHEIKH SARAI, PHASE-II, NEW DELHI-110017
PHONE: 011-26250306
TELE FAX: 011-29257472

