



DESHBANDHU COLLEGE



**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES
CELEBRATES**

"INTERNATIONAL WOMEN'S DAY 2019"

**BALANCE FOR BETTER
MARCH 7th 2019**



AISHWARYA BHATI
(ADVOCATE, SUPREME COURT)

PRAGYA GHILDIAL
(INTERNATIONAL PARA ATHLETE)

DR. SUNITA GODARA
(INTERNATIONAL MARATHON RUNNER)

DR. MEENAKSHI PAHUJA
(INTERNATIONAL SWIMMER)

DR. ANJUM PADYAL
(DEPARTMENT OF PHY EDUCATION
AND SPORT SCIENCES)

DR. RAJIV AGGARWAL
(PRINCIPAL, DESHBANDHU COLLEGE)

MS USHA ARORA
(COORDINATOR IQAC)

Members Sports Committee

DR. VIVEK SAXENA
DR. SHILPI BHATNAGAR

DR. NAMITA GANDHI
DR. SARVENDRA KUMAR

DR ANAND KUMAR
DR ISHWARDUTT VATS



THEY BELIEVED, THEY COULD, SO THEY DID



**(PANKHO SE NAHI HAUSLE SE UDAAN
HOTI HAI)**

DYNAMIC LADY LAWYER IN SUPREME COURT, WHO IS ALSO A GOOD LEADER AS WELL. AISHWARYA ORIGINALLY BELONGS TO RAJASTHAN. HER FATHER WAS AN OFFICER IN INDIAN AIR FORCE AND AFTER RETIREMENT HE ALSO CAME IN PRACTICE IN SUPREME COURT AND BECAME "AOR". AISHWARYA BHATI, DID HER SCHOOLING FROM RAJASTHAN AND COMPLETED HER LL.B. FROM JODHPUR UNIVERSITY.

SHE JOINED THE BAR LONG AGO AND WORKED VERY HARD IN HER INITIAL YEARS TO UNDERSTAND LAW. AFTER COMPLETING HER PRACTICE OF 5 YEARS IN SUPREME COURT SHE APPEARED IN ADVOCATE ON RECORD EXAMS AND QUALIFIED IT.

SHE HAS A GOOD PRACTICE IN SUPREME COURT, BOTH HER FATHER AND HERSELF ARE PANEL LAWYERS OF SO MANY DIFFERENT GOVERNMENT DEPARTMENTS.

SUPREME COURT BAR ASSOCIATION AND PARTICIPATED IN SO MANY FAREWELL CEREMONIES OF JUDGES. IN YEAR 2017 SHE WAS APPOINTED AS AAG OF UTTAR PRADESH IN SUPREME COURT.

HER ARGUMENTS IN THE COURT ROOM ARE EFFECTIVE. NOT ONLY IN SUPREME COURT, BUT SHE ALSO APPEARS BEFORE CAT (PB), AFT (PB), PATIALA HOUSE COURT AND HIGH COURT.

SEVERAL TIMES SHE CAME ON TELEVISION AS A YOUNG LAWYER, TO DEFEND GOVERNMENT IN ONE RANK ONE

**AISHWARYA BHATI
(ADVOCATE, SUPREME COURT)**



(WHEEL CHAIR TO WILL CHAIR)

THE WORLD FOR 27-YEAR-OLD PRAGYA GHILDIAL CAME CRASHING DOWN, AFTER A DISASTROUS ROAD ACCIDENT PARALYZED HER LOWER BODY AT JUST 22. TODAY, SHE IS AN ATHLETE, A YOGA INSTRUCTOR, A PATIENT EDUCATOR, SPEAKER, ACTIVIST, AND AN INFLUENCER. THE ACCIDENT ONLY STRENGTHENED HER BODY AND MIND. A YOGA INSTRUCTOR BEFORE THE ACCIDENT, SHE DIDN'T ALLOW THE WHEELCHAIR TO COME IN HER WAY, AND CONTINUED WITH THE PRACTICE.

TODAY, AS A PEER COUNSELOR AND YOGA THERAPIST AT INDIAN SPINAL INJURIES CENTRE, SHE HELPS PEOPLE SUFFERING WITH SIMILAR DISASTERS COME TO TERMS WITH THEIR NEW LIFE. AS A SPORTSPERSON, SHE HAS WON NUMEROUS MEDALS, BOTH AT THE NATIONAL AND INTERNATIONAL LEVELS, ALL WITHIN A SHORT SPAN OF 5 YEARS. SHE PLAYS TABLE TENNIS, AND PARTICIPATES IN TRACK AND FIELD EVENTS: SHORT-PUT, JAVELIN AND DISCUS THROW. SHE TRAINS DAILY FOR 3 HOURS, AND DRIVES HER OWN CAR. SHE HAS ALSO BEEN A PART OF THE ANNUAL LEADERSHIP PROGRAM, ORGANIZED BY UNESCO AND THE INSTITUTE OF COMPARATIVE HUMAN RIGHTS IN THE U.S. THE DELHI TRANSPORT CORPORATION AND DELHI METRO HAVE UTILIZED HER SERVICES TO AUDIT THE COMPANIES' PROVISIONS FOR THE DIFFERENTLY-ABLED.

**PRAGYA GHILDIAL
(INTERNATIONAL PARA ATHLETE)**

(BORN TO RUN)

SUNITA GODARA IS A FORMER INDIAN MARATHON RUNNER. SHE BECAME THE NATIONAL MARATHON CHAMPION FIRST TIME IN 1984 BY WINNING DELHI MARATHON SHE WON MEDALS IN THE PENANG AND KEDAH MARATHONS. SHE WON GOLD AT THE 1992 ASIAN MARATHON CHAMPIONSHIP HELD AT BANDUNG. SHE FINISHED HER SCHOOLING FROM BANASTHALI VIDYAPITH.

SUNITA GODARA HOLDS THE RECORD OF RUNNING THE MAXIMUM MARATHONS RUN BY AN INDIAN. SHE HAS RUN IN 71 FULL MARATHONS, STARTING WITH THE RATH MARATHON IN 1984. SHE FINISHED FIRST 25 TIMES, SECOND 12 TIMES AND THIRD 14 TIMES. IN ADDITION TO THAT, SHE WON 23 HALF MARATHONS AND HAS RUN IN 200 INTERNATIONAL RACES IN ALL CONTINENTS. IN 1990 SHE CLOCKED 2 HOURS 49.21 MINUTES TO BECOME THE FIRST INDIAN TO WIN A WORLD CLASS RACE. SHE WON MEDALS IN THE PENANG AND KEDAH MARATHONS. SHE ALSO CARRIED THE OLYMPIC FLAME AT THE 1996 OLYMPICS AT ATLANTA. SHE HAS AGREED TO BE A MENTOR OF COLLEGIATE SPORTS PROGRAM INDIAN COLLEGIATE ATHLETIC PROGRAM (ICAP)



**DR. SUNITA GODARA
(INTERNATIONAL MARATHON RUNNER)**

(BHARATIYA JAL PARI)

MEENAKSHI PAHUJA, IS AN INTERNATIONAL SWIMMER & CURRENTLY SWIMMING OPEN WATERS WORLD OVER. SHE HAS BEEN A NATIONAL MEDALLIST FOR ELEVEN (11) LONG YEARS AND HAS WON A BRONZE MEDAL FOR INDIA AT 10TH ASIA PACIFIC AGE GROUP AQUATIC MEET HELD AT PUSAN, SOUTH KOREA, 1996.

IN 2002, SHE JOINED LADY SHRI RAM COLLEGE FOR WOMEN, DELHI UNIVERSITY AS AN ASSISTANT PROFESSOR IN THE DEPARTMENT OF PHYSICAL EDUCATION. IT HAS BEEN 16 YEARS OF WORKING FOR THE PROMOTION OF SPORTS AND CONTRIBUTING TO THE FIELD OF PHYSICAL EDUCATION IN LADY SHRI RAM COLLEGE.

AS A CHILD, SHE ALWAYS WANTED TO EXPLORE OPEN WATERS ALL AROUND THE WORLD AND MAKE HER COUNTRY PROUD IN THE FIELD OF OPEN WATERS.

HOWEVER, ONCE SHE HAD A RESPONSIBLE JOB, IT SEEMED VERY DIFFICULT TO MAKE A COMEBACK AND SWIM AS A PLAYER. BUT THE DESIRE TO FULFIL HER CHILDHOOD DREAM MOTIVATED HER AND SHE MADE HERSELF COMEBACK TO THE WORLD OF OPEN WATERS IN THE YEAR 2006

ALONGSIDE OF HER SWIMMING CAREER, WORKING AT LADY SHRI RAM COLLEGE, SHE IS TRYING TO PROMOTE AND HELP STUDENTS AND SPORTS PERSONS TO BUILD CAREER FOR THEMSELVES. SHE INTRODUCED SPORTS FOR DIFFERENT ABILITIES IN THE COLLEGE AND AS A TEACHER IT GIVES HER



**DR. MEENAKSHI PAHUJA
(INTERNATIONAL SWIMMER)**

VENUE: VIVEKANANDA HALL

**INTERNATIONAL WOMEN'S DAY
7TH MARCH 2019, 10AM TO 11:30AM**

All are cordially invited to acknowledge the achievements of our proud speakers who all have brought laurels to the country.