

JAMIA HAMDARD
SPORTS WEEK 2026
ATHLETICS CLUB

Date – 13th February, 2026

REPORT ON
SHOTPUT-GIRLS

Sports is the way human beings test and surpass their limits of discipline, persistence, compassion and dedication. With the same principles, the Sports Week-2026 of Jamia Hamdard (Deemed to be University), New Delhi commenced on 12th February, 2026. The institute athletic stadium was replete with enthusiasm as the athletes gathered in large numbers. The students not only get a break from their academics but they also get to participate in various sports where they get to apply their knowledge into the sports field. The extravagant sports saga would continue for an entire week and would conclude on 13th February, 2024. Teachers, along with the students, participated in the various events of the sports day.

Shot Put- girls (12/02/2024; 2:00 PM)

The aim of Shot put is to throw the shot-put as far as possible through a pushing action. It requires immense muscular strength and a good balance upon your body.

The event started on high note as students had high spirits and shown lots of enthusiasm. There were 66 registration via google form (last date for which was 11/02/2026 till 5:00 PM). Also 2 registrations were done on the spot. All the rules were announced in the starting. First round was qualifying round where girls have to cross 4 metres mark. All girls qualified. Then came second round where each participant was given 3 chances to throw shot put and the best of the three was considered for each girl. Among them, 6 girls were shortlisted for final round. In final round, each girl was given only one chance to throw shot put and top 3 were chosen on the basis who had thrown the farthest. It was very fun filled event with first position bagged by Zainab sheikh, HILSR, followed by SAHSR and third by SIST.

Winners List:

1. Zainab sheikh, HILSR.
2. Amreen Ali, SAHSR
3. Izma saifi, SIST

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Co-cordinator

Glimpse of the Event



