

JAMIA HAMDARD
SPORTS WEEK 2026
ATHLETICS CLUB

(Under the Aegis of Dean Students' Welfare)

Date – 13th February, 2026

REPORT ON

SHOT PUT & DISCUS THROW (Boys)

Chief Patron – Janab Hammad Ahmed Sahab, Chancellor, Jamia Hamdard

Patron – Prof. M. Afshar Alam, Hon'ble VC, Jamia Hamdard

Colonel Tahir Mustafa – Registrar, Jamia Hamdard

Prof. Reshma Nasreen – Dean Students' Welfare, Jamia Hamdard

Prof. Sohrab A. Khan – Sports Secretary, Jamia Hamdard

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 9th 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 concluded on 15th February, 2026. Teachers, along with the students, participated in the various events of the sports day.

Throw Events.

Jamia Hamdard University's Sports Week 2026, held from February 9th -15th Feb, featured exciting boys' shot put and discus throw events at the athletics ground.

The **Shotput** and **DiscusThrow** for **Boys** was scheduled on 12th and 13th February respectively. These competitions received 180 registrations with young athletes, fostering skills in strength, technique, and precision under favourable Delhi weather. Participants showcased impressive throws, highlighting dedication and competitive spirit amid university cheers. Top performers earned medals, with distances reflecting rigorous training in sports science principles. The events promoted physical fitness, teamwork, and healthy rivalry, aligning with the institution's focus on student wellness and athletic development. Overall, they boosted campus sports culture vibrantly.

OBJECTIVES OF THE EVENT

- To provide an environment for physical development of the students.

- To provide opportunity to the student to showcase their talent in sports field
- To promote sportsmanship among students by organizing various sports activities like Shot Put, Discus Throw, etc

Registered Participants for Shot Put (Boys): 98

Winners List for Shot Put (Boys):

1. MOHD. IMRAN, HIMSR
2. ADNAN RAZA, SMBS
3. MOHD. YAHYA, HIMSR

Registered Participants for Discus Throw (Boys): 82

Winners List Discus Throw (Boys):

1. MD SHAMIM, SAHSR
2. ABDUL BASIT, SMBS
3. AAMIR KHAN, SAHSR

The position holders will be facilitated in the concluding ceremony.

Teacher Coordinators

1. Dr. Md. Tabrez Nafis (Co-convener)
2. Dr. Sakhi John
3. Dr. Mirza Sarwar Baig
4. Mr. Faraz
5. Dr. Sourabh Pandey
6. Dr. Md. Zishan
7. Dr. Abdul Nasir – Faculty co-coordinator from Athletics Club, Jamia Hamdard

The organisation of the Athletics events was facilitated by Mr. Mohd. Asif Khan, Astt. Director, Games and Sports, Jamia Hamdard

Student Coordinators

1. Aamir Khan
2. Md. Shamim
3. Dimple Mandal
4. Amir Azam
5. Gulfaraz
6. Md. Kaif
7. Lamia
8. Nabeel
9. Praveen
10. Ahmed Shah

Dr. Sherin Zafar
Vice President
Athletics Club

Dr. Deepak Malhotra (PT)
President
Athletics Club



JAMIA HAMDARD ATHLETICS CLUB

Athletics Club of Jamia Hamdard under the aegis of Dean Students' Welfare is organizing an Inter-School Athletics Meet on 12th & 13th February during the Sports Week of Jamia Hamdard.



1.	Track Events (Girls) (100m, 200m, 400m, 4x100 m relay) Faculty Co-Coordinator Athletics Club Ms. Nahid Zebi, SNER	12th February (9am - 12pm)
2.	Track Events (Boys) (100m, 200m, 400m, 4x100 m relay) Faculty Co-Coordinator Athletics Club Dr. Abdul Nasir, SUMER Dr. Shahzad Alam, SMBS	12th February (12pm - 3pm)
3.	Javelin Throw (Boys & Girls) Faculty Co-Coordinator Athletics Club Ms. Nida Iftekar, SEST Dr. Shoaib Ahmad, SUMER	12th February (2pm - 5pm)
4.	Shotput (Girls & Boys) Faculty Co-Coordinator Athletics Club Ms. Nida Iftekar, SEST Dr. Abdul Nasir, SUMER	12th February (2pm - 5pm)
5.	Long Jump & High Jump (Girls) Faculty Co-Coordinator Athletics Club Ms. Nahid Zebi, SNER	13th February (9am - 12pm)
6.	Long Jump & High Jump (Boys) Faculty Co-Coordinator Athletics Club Dr. Shoaib Ahmad, SUMER	13th February (9am - 12pm)
7.	Discus Throw (Girls & Boys) Faculty Co-Coordinator Athletics Club Ms. Nida Iftekar, SEST Dr. Abdul Nasir, SUMER	13th February (9am - 12pm)

- Entries for Relay Teams must be sent through respective Deans of the Schools and only 1 team per school is allowed.
- The timings for the events will be strictly followed and ID cards are mandatory.

**VENUE: SPORTS
COMPLEX,
JAMIA HAMDARD**

**Last Date of Registration:
11th February, 2026 (5pm)**

• No on spot registrations will be considered.

Scan here to register



For any queries, contact:
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**Faculty
Members
with the
winners of
Discus
Throw**



Participants of Discus Throw and Shotput