

**JAMIA HAMDARD
SPORTS WEEK 2026
ATHLETICS CLUB**

Date – 13th February, 2026

**REPORT ON
LONG JUMP & HIGH JUMP (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

Jamia Hamdard University's Sports Week 2026, conducted from February 9-15, highlighted the boys' high jump and long jump events at the athletics ground. These competitions received 224 registrations with participants, emphasizing explosive power, technique, and agility in a supportive campus environment. Under clear Delhi skies, athletes demonstrated remarkable vertical leaps in high jump and horizontal distances in long jump, reflecting consistent training in biomechanics and sports science fundamentals.

The high jump saw competitors clearing impressive heights through refined methods, while long jumpers focused on sprint approach, take off, and landing precision. Events fostered intense yet fair rivalry, with cheers from peers amplifying motivation. Medals will be awarded to top achievers, celebrating personal bests and team camaraderie.

These activities advanced the university's commitment to student wellness, physical education, and holistic development. By promoting proprioceptive training and kinanthropometric principles, they enhanced athletic prowess and instilled lifelong fitness habits among participants, enriching the overall sports culture at Jamia Hamdard.

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 Long Jump, High Jump, etc

Registrations: 146

Winners List:

Long Jump (BOYS).

1. JAISH MALIK, SAHSR
2. ASAF KHAN, SMBS
3. MD. PARVEJ KHAN, SEST

Registrations: 78

Winners List:

High Jump (BOYS).

1. JAISH MALIK, SAHSR
2. MOHD KAIF, SMBS
3. MOHD. ABDULLAH SAIF, SAHSR

The position holders will be facilitated in the concluding ceremony.

Teacher Coordinators

1. Dr. Md. Akhtar (Co-convener)
2. Dr. Abdul Quadir Siddiqui
3. Dr. Md. Afroz Ahmad
4. Dr. Matloob Ullah Khan
5. Dr. Shoaib Ahmad – Faculty co-coordinator from Athletics Club, Jamia Hamdard

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

Student Coordinators

1. Jiya
2. Praveen
3. Dimple
4. Yash
5. Om
6. Ashrafful
7. Yahya
8. Awwab
9. Angel
10. Priyanshu
11. Areesha

Dr. Sherin Zafar
Vice President
Athletics Club

Dr. Deepak Malhotra (PT)
President
Athletics Club

Glimpse of The Event



Faculty with core team and winners of High Jump

