

JAMIA HAMDARD
SPORTS WEEK 2026
ATHLETICS CLUB
(Under the Aegis of Dean Students' Welfare)

Date – 13th February, 2026

REPORT ON
LONG JUMP & HIGH JUMP

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, spanning February 9-15, spotlighted the girls' high jump and long jump events at the athletics ground. The long jump and high jump were organised on 13th February 2026. These competitions received 85 registrations with participants showcasing explosive strength, technical finesse, and agility in an encouraging campus atmosphere. Clear Delhi weather enhanced performances, as athletes executed dynamic vertical clearances in high jump and expansive horizontal jumps, embodying disciplined training in biomechanics and sports science.

High jumpers employed graceful techniques to surpass heights, while long jumpers mastered sprint approaches, precise take offs, and stable landings. The competitions ignited spirited yet sportsmanlike rivalry, with fellow students' applause fuelling determination. Top performers will receive medals, honouring personal milestones and collective unity.

These events reinforced the university's dedication to female student wellness, physical literacy, and comprehensive growth. Integrating proprioceptive drills and kinanthropometric insights, they elevated athletic capabilities and cultivated enduring fitness values, significantly enriching Jamia Hamdard's vibrant sports heritage.

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: 56

Winners List:

Long Jump (Girls).

1. AZARA KHAN, HILSR
2. KIRTI SAHSR
3. MARIA ANJUM, SMBS

Registrations: 29

Winners List:

High Jump (Girls).

1. FATIMA RISHA, SAHSR
2. RISHA FATIMA, SAHSR
3. SNEHA, SAHSR

The winners will be felicitated in the concluding ceremony.

Teacher Coordinators

1. Dr. Nazia Ali (Co-convener)
2. Dr. Saba Aziz
3. Ms. Deepali Indora
4. Ms. Neha John
5. Ms. Nida Iftekhhar (For Ms. Nahid Zebi) – 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. Pravin
3. Dimple
4. Yash
5. Om
6. Ashraful
7. Yahya
8. Awwab
9. Angel
10. Priyanshu
11. Areesha

Dr. Sherin Zafar
Vice President
Athletics Club

Dr. Deepak Malhotra (PT)
President
Athletics Club

Glimpses of The Event



Faculty with the winner of High Jump

Volunteers in High Jump and Long Jump



