

Key Indicator - 7.3 Institutional Distinctiveness (20)

Metric No.		Weightage
7.3.1 Q1M	<i>Portray the performance of the Institution in one area distinctive to its priority and thrust within 1000 words</i>	20

The mission of M.M.H. College is to enhance access and inclusivity in quality education. The college is committed for uplifting the deprived sections of the society by empowering them to assume leadership. Besides the enriching co-curricular activities that are planned to inculcate a sense of ethics, human values, social responsibility and commitment to society, the college is also committed to encourage sports and develop team spirit to highest integrity and produce National and International sports person. There are many Institutional Distinctiveness for which the college is known but sports activities need a special mention.

Sports activities are given equal importance as studies because sports not only keep the students fit, but also improves their personality. Sport can teach values such as **fairness, teambuilding, equality, discipline, inclusion, perseverance, leadership, decision making and respect**. Sport has the power to provide a universal framework for learning values, thus contributing to the development of soft skills needed for responsible citizenship. If students could get more facilities and guidance, they will participate yet in more number.

M.M.H. College is a class I city of Uttar Pradesh near Delhi, which is surrounded by a number of villages. The students especially from the rural areas carry all calibers and talents within but they are unaware about the technical issues and need proper training. The college provides them proper guidance, physical facilities, equipment and training. As a result, they achieve success in all type tournaments in games and sports at the university and national level.

At the time of admissions, students with special interest in games and sports are identified. According to their choice they are made aware of the facilities available in the college. Gymnasium, grand playground, facilities for indoor and outdoor games and encouragement also inculcate interest in students. Taking into consideration the academic calendar of university and the sports events all over country, special training camps are organized. Special coaching is offered and regular exercises are practiced. All player students are provided with nutrient diet and kits while deserving students are provided with track suits by the institute. Students are motivated to participate in all sports events. Students who win the prizes and trophies are felicitated, which encourages more students.

The physical education department of the college was started in 1989 and has been running Under Graduate course in Physical Education since then. Both girls and boys are talented and are given equal chances of admission. A total of 30 games which includes individual and team games are played as per academic calendar of the university. The students are trained properly as per requirement and encouraged to participate in the intercollege competitions organized by the university. The students also participate in the games organised at national and international level as an individual and as a team.

Some of the important individual games practiced in the institution are chess, judo, weight/power lifting, wrestling, boxing, badminton, table tennis, shooting, shot put, pole vault, high / triple jump, taewando, body building, wushu and athletics. Some of the important team

games where the students of our college have been exceling are cricket, basketball, volleyball, hand ball, soft ball, baseball, staple chase kabbadi, kho-kho. We have both men and women teams for basketball, volleyball, hand ball, kho-kho.

International Players from M.M.H. College

Some of the Players of International importance are

1. **Harsh Yadav – Asian Winter games gold medalist** in Drop Roball, in the match against Sri Lanka Champion championship 2017.
2. **Harbans Lal Suri – Indian long distance runner.** He Competed in the marathon at the **1964 Summer Olympics.**
3. **Ranvir Singh – Winner of Arjuna Award 1975.** He was the captain of the UP volley ball which won the National Championship for the first time at 23rd National of 1974-75 held at Pala in Kerala. He represented India in the 1974 Tehran Asian Games and 1978 Bangkok Asian Games. Captained India in the Asian Championship held at Bahrain in 1979. Also was a member of the Indian team which won bronze in the Commonwealth Championship in 1981.
4. **Kaluram Patil – Awarded with Laxman trophy.** He is a renowned **Kabbadi** player and is the team member of Puneri Paltan.
5. **Sunita Rani-** Recipient **Padamshree** and **Arjun award.** Sunita Rani is an athlete and is the winner of **Asian games 2022 gold medal** in athletics. **National record holder** in 1500m race.
6. **Satpal Singh-** Recipient of **Dronacharya Award** for Athletics in (1500metre-5000metre). He is the youngest to receive this prestigious award.
7. **Eight students** of the college played for **VIJAY HAZARE Trophy.**
Dushyant Sethi,
Amit Anand,
Anjeet Lohia,
Gaurav Tyagi,
Sanjeev Tomar,
Sudhir sharma,
Kamal Nigam

Important achievements in the past five years (2017-2022)

Vice Chancellor TROPHY (VC Trophy)

The Vice Chancellor Trophy was instituted in the year 2018. It was decided to confer the trophy to the best college of the University, along with a prize money of Rs. 1,00,000/-. Intercollege tournaments are conducted by Chaudhary Charan Singh University, Meerut, every year as per academic calendar of the university. The college with maximum number of trophies and medal is adjudged as the best college of the university. The students of M.M.H. College under the tutelage of sports Department have been participating with great zeal, fervor and enthusiasm year after year.

It is a matter of great pride and honour for the unique achievement that MMH College have been lifting the trophy since its inception in 2018.

Medals received in the past five years

The institution boasts of receiving highest number of medals in various sports events conducted as per university sports curriculum. The College has won a total of 276 medals in the past five years. Though no tournaments were held for the two years due to covid 19 pandemic. So, practically college has won 276 medals which include 145 Gold, 78 Silver and 53 Bronze medals. This has been the result of persistent efforts, continuous training, advance planning, diligence and perseverance on part of students and their mentors. The complete list with the details about medals, game, tournament and name of the student and photographs is attached.