



# Women's Sports Society

Leadership team committed to empowering female students through sport, fitness, and community.

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President

Roman Abbas (4th year MBBS)

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Senior VP

Haneen (3rd year MBBS)

3

Vice President

Eman Nadeem (final year MBBS)

4

General Secretary

Arsh-e-Bareen (2nd year MBBS)



# Why Sports Matter for Women



## Builds Confidence

Consistent play helps women trust their abilities and take on leadership roles.



## Teaches Sportsmanship

Respect, fair play, and teamwork translate into stronger campus communities.



## Boosts Physical Health

Regular activity improves stamina, mood, and long-term wellness.

# Confidence Through Sports

Sports create repeated, manageable challenges that build resilience. Each practice, match, and small victory strengthens self-belief and decision-making under pressure.

Leadership grows on the field — captains learn communication, strategy, and empathy that transfer to academics and life.

## Quote

“Practice creates confidence. Confidence empowers you.” — Simone Biles





# The Spirit of Sportsmanship

## Respect & Fair Play

Honoring opponents, officials, and teammates builds trust and integrity.

## Grace in Victory & Defeat

Learning to win humbly and lose gracefully strengthens character.

## Community Values

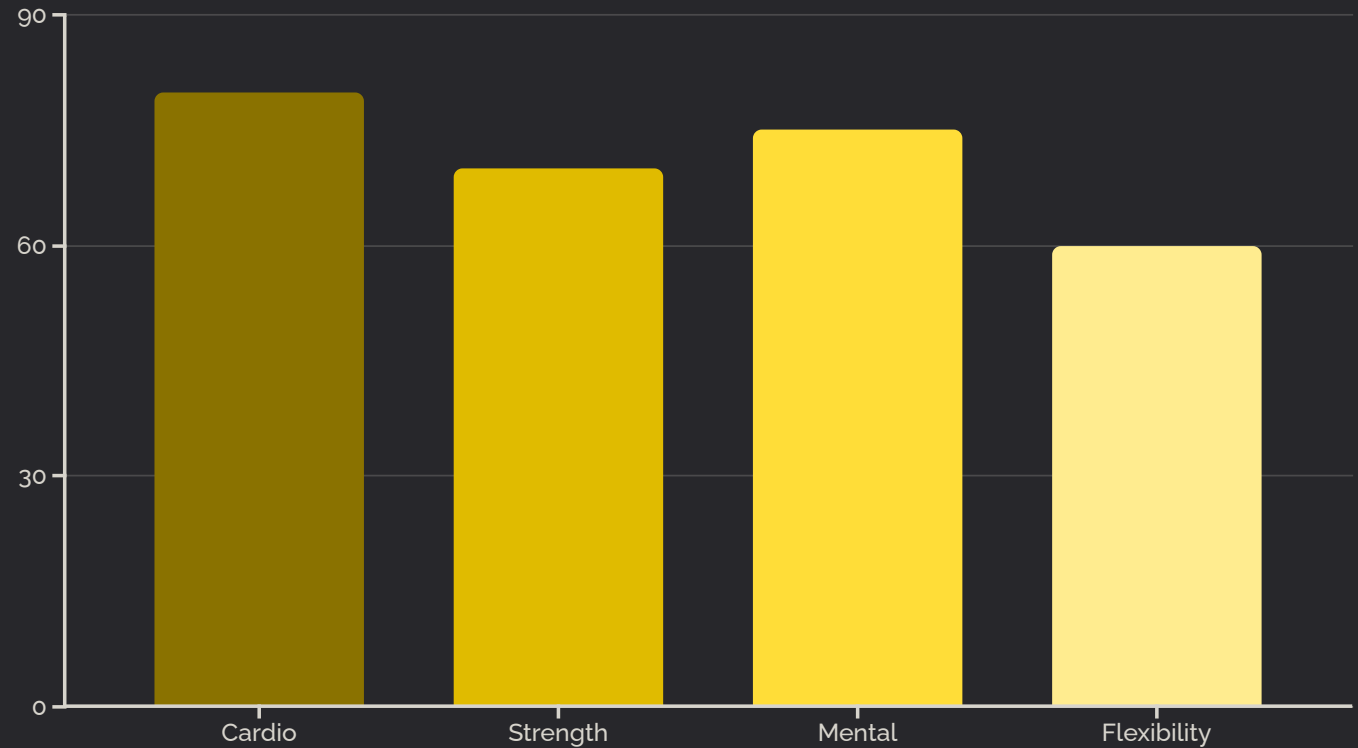
Sportsmanship fosters a culture of encouragement across college and hostel life.

Quote: "Champions keep playing until they get it right." — Billie Jean King

# Physical Fitness Benefits

## Key Health Gains

- Improved cardiovascular health and endurance
- Stronger muscles and bone density
- Better mental health: reduced stress, improved mood



These improvements support academic performance, confidence, and long-term wellbeing.

# Our Mission

Provide accessible sports opportunities by supplying quality equipment, organizing events, and building a supportive environment for women students in college and hostel residences.

## Equip

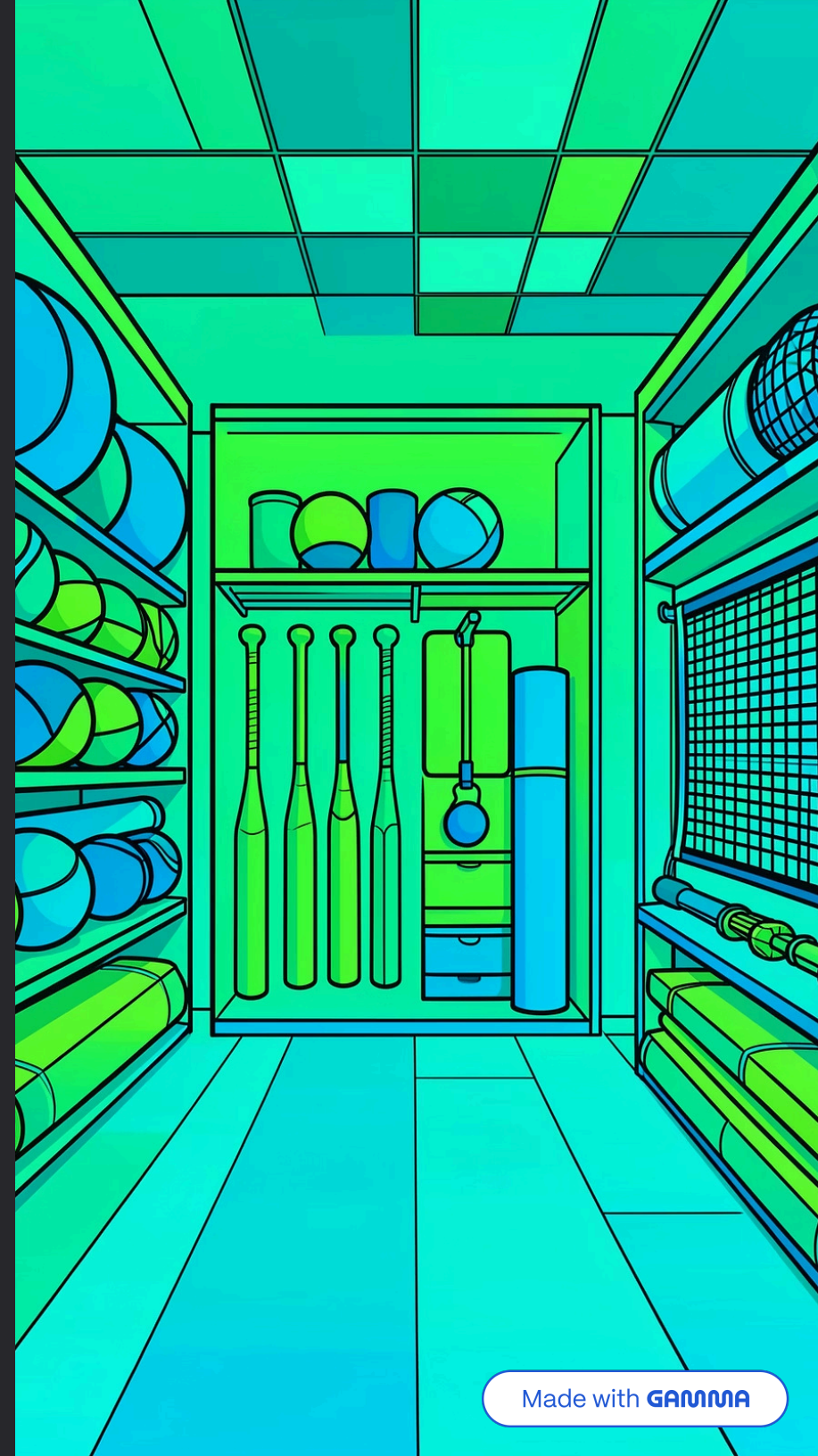
Maintain a reliable inventory of gear: balls, racquets, mats, nets, protective equipment.

## Organize

Run tournaments, weekly practice sessions, and fitness workshops across campus and hostels.

## Encourage

Promote inclusive participation, mentorship, and leadership development through sport.



# Recent Achievements



## Inter-Hostel Tournaments

Successfully hosted volleyball and badminton competitions that increased participation and campus energy.



## Weekly Training

Launched weekly fitness sessions to build skills, endurance, and team bonds.

# How You Can Get Involved



## Join

Become a member and participate regularly.

Ways to start: Sign up for tournaments, join a training group, or contact the leadership team to request equipment or event support.

You can directly contact the provost office too.

## Contact

**President:** Roman Abbas — reach out for leadership, events, and partnerships.



## Volunteer

Help run events, manage equipment, or coach peers.



## Advocate

Promote fitness and sportsmanship across college and hostels.





# Together We Rise

Our duty: arrange sports equipment and events for women students in college and hostels, foster confidence, and build lifelong skills through play.

## Commit

Organize inclusive programs and keep equipment accessible.

## Support

Encourage participation and mentorship across all skill levels.

## Inspire

Use sport to empower, educate, and uplift every woman on campus.

"Today, do what others won't so tomorrow you can accomplish what others can't."

Simone Biles