



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

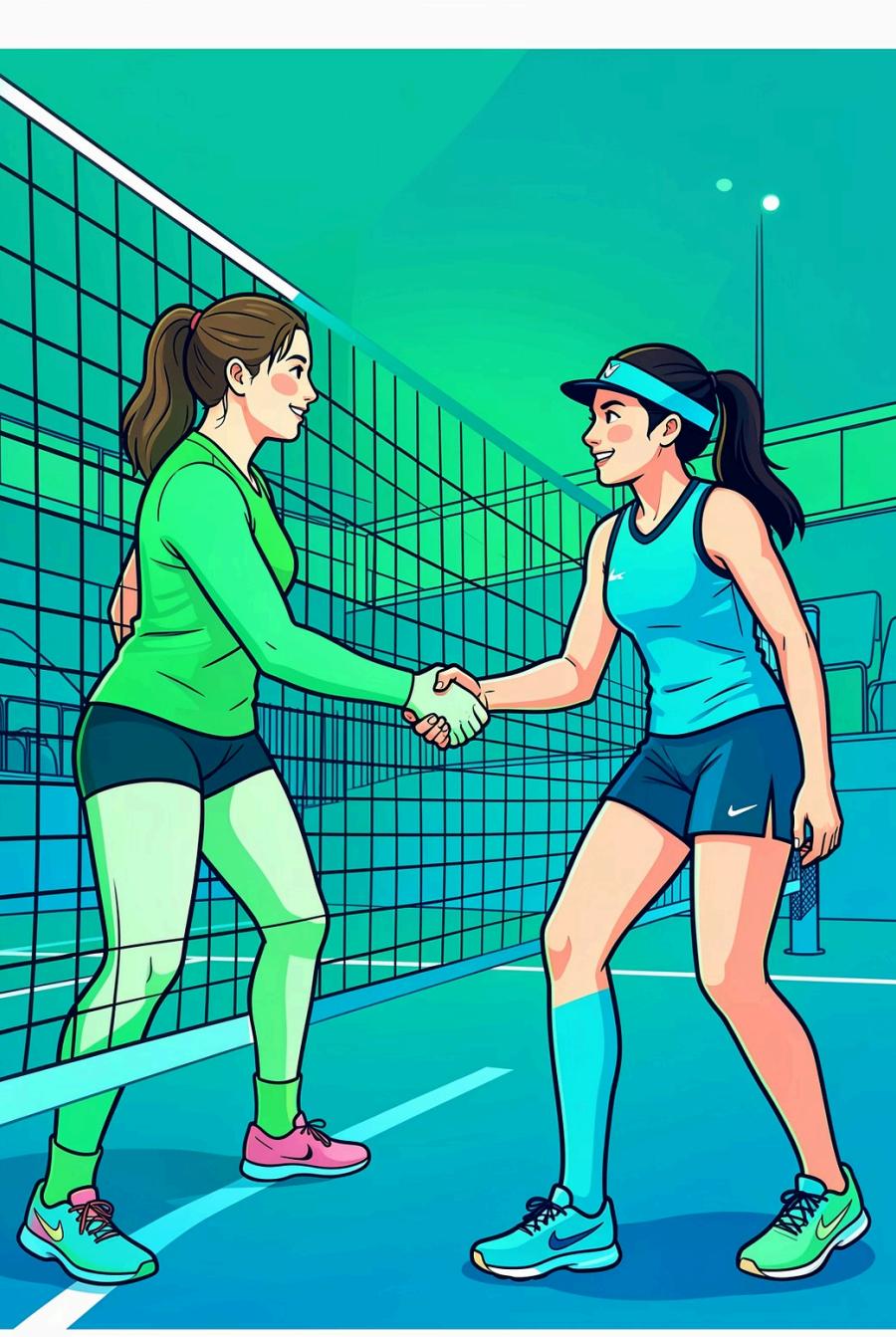
Sports create repeated, manageable challenges that build resilience. Each practice, match, and small victory strengthens self-belief and decision-making under pressure.

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

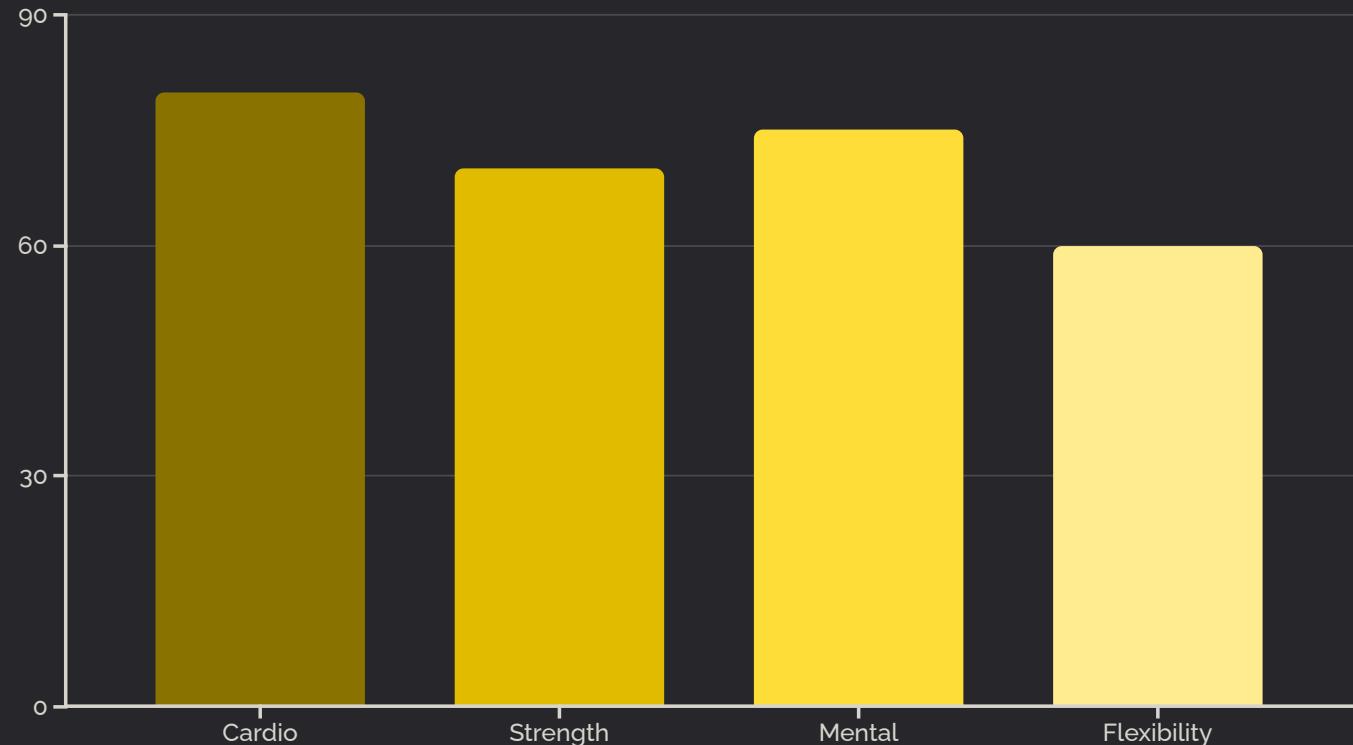
Sportsmanship fosters a culture of encouragement across college and hostel life.

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

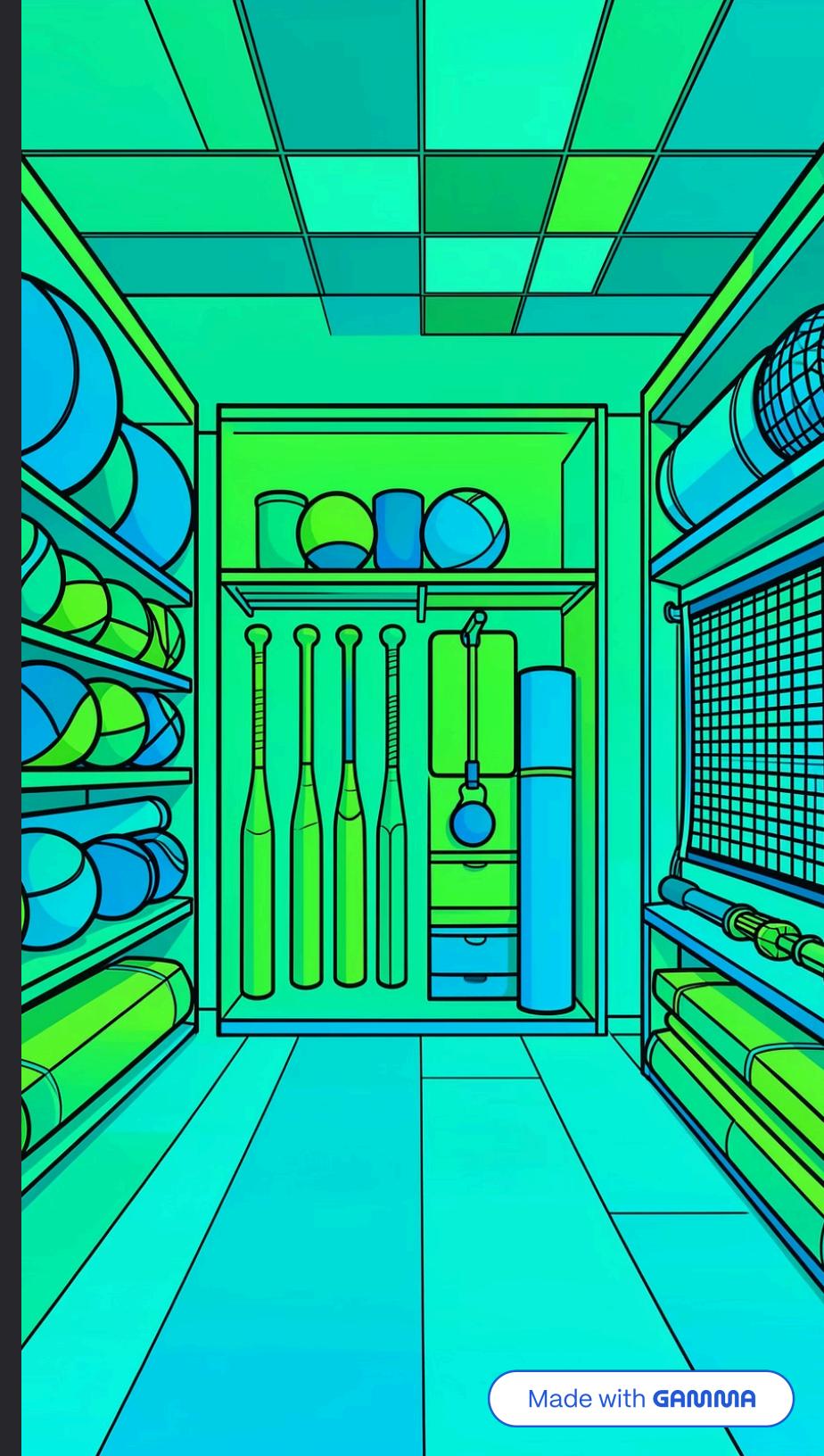
Maintain a reliable inventory of gear: balls, racquets, mats, nets, protective equipment.

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