

ANNUAL SPORTS REPORT 2016-17

Always aiming at excellence, department of physical education has succeeded in garnering quite some medals and accolades to the college year 2016-2017

Objectives:

Department of physical education is very well aware of the importance of sports and its enormous benefits to the students. Only curriculum without sports and physical activities would definitely make the students dull. Thus our department constantly strives to encourage students to actively participate in sports of their liking. Sports promote all-round development of a student- sports reduce anxiety level and combats depression. Students faring well in sports very often also fare well in studies too as they are able to focus on their studies. Their concentration improves by leaps and bounds. Sweating it out in the field on a daily basis enables students address persistent mood swings which is common in the adolescent age. Sports also enhance self-esteem and confidence. It creates a niche for the student. With one's identity firmly established students can easily socialize and respect others. It surely makes the students to understand the importance of team work and working in unison. Sports also has tremendous health benefits has it facilitates good sleep and fitness. Completely cognizant of the above mentioned facts Department of physical education was established in the year 1984. It has the below mentioned vision and mission.

Vision:

- To train and motivate students to have a sound body and mind.
- To locate exceptional sporting talents and encourage them.
- To promote sporting culture by providing opportunities and necessary infrastructure.
- To instil confidence in the students through sports
- To make students favourably disposed for constructive purpose.
- To ensure holistic development of the students.
- To inculcate life skills so as to mould healthy personality of the students.
- To inform students about career opportunities in sports.

Mission:

- To nurture exceptional talent in sports and promote sports and physical fitness amongst teaching staff and students.

To realize the visions, a sports committee was constituted under the chairmanship of Principal, Prof. K M Mayege Gowda. The committee consists of Jagadeshiah I C, Physical Education Director and teaching faculty members J Nagaraju, Srikanth R, Annaiah T B, Mahesh R and the Students Sports Secretaries Pramod. III B.A, Surendra III.B.Sc, Ravi II M.A, Nayana III B.A, Chetan R III B.Com. The Sports activities of the academic year began soon after the semester commencement in July 2016-2017 with college team selections in Athletics, Volley Ball, Cricket, Chess, Weightlifting & Power Lifting, Yoga, Table Tennis , Foot Ball , Kabbadi ,Shuttle Badminton , Ball Badminton Etc., The following sporting events were organized for the Academic year 2016-2017.

INTER COLLEGIATE CROSS COUNTRY RACE Date: 08.09.2017

Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass sometimes the runners. Healed at Rural College Kanakapura, Inaugurated by Sri D K Shivakumar MLA, Kanakapura and he spoke about Health

INTER COLLEGIATE CROSS COUNTRY RACE						
S.L No	Date	Event	Host College	Venue	Name Of The Student	Prizes Won
1	24.08.2016	Inter Collegiate Cross country race	Rural College Kanakapura	Rural College Kanakapura	Akshatha	5 th
					Sowdarya	11 th
					Divya Shree	12 th
					Harshitha	NC
					Chithra	NC
					Pavan	8 th
					Nagendra	15 th



INTER COLLEGIATE SHUTTLE BADMINTON TOURNAMENT

BGS Institute Of Management & Science Chikkaballapura in association with Directorate of Physical Education, Bangalore University organized Inter-collegiate Shuttle badminton Competition inaugurated by Dr.Nagaraj, Manager Global Sports Academe . He spoke about fitness Presided by Sri. Shanmugasundaram Chairperson of Sindhi Group of Education

INTER COLLEGIATE SHUTTLE BADMINTON TOURNAMENT						
S.L No	Date	Event	Host College	Venue	Name Of The Student	Prizes Won
1	2016-2017	Intercollegiate shuttle badminton tournament	BGS Institute Of Management Science .Chikkaballapura		Sandsh Nataraja Raju M C Mohan Krishna	



INTERCOLLEGIATE ATHLETIC MEET

Directorate of Physical Education. Bangalore University, Bangalore. Organized intercollegiate Athletics held at Kantireeava Stadium, Bangalore. Inaugurated Dr.Thimappa, Vice-chancellor Bangalore University, Bangalore. Chief Guest Dr. Ravi. Evaluation Register, Bangalore University, Bangalore. President of the Athletic Meet Dr. Munireddy Director, Directorate of Physical Education

INTER COLLEGIATE ATHLETICS COMPETITION						
S.L No	Date	Event	Host College	Venue	Name Of The Student	Prizes Won
1	27.09.16 To 29/09/16	Inter collegiate Athletics	Bangalore University	Kantireeava Stadium. Bangalore	Akshatah	3 rd
					Pavan	3 rd
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						--
						3 rd
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INTERCOLLEGIATE WEIGHTLIFTING

Government First Grade College K.R. Puram in association with Department of Physical Education, Bangalore University, Bangalore organized intercollegiate Weight-Lifting Competition on inaugurated by Srikanth Weightlifter addressed the gathering about the relevance Physical Fitness and later the programme was Presided by Principal of the College.

INTERCOLLEGIATE WEIGHTLIFTING						
S.L No	Date	Event	Host College	Venue	Name Of The Student	Prizes Won
1	2016-17	Intercollegiate Weightlifting	GFGC K R Puram	GFGC K R Puram	Sowdarya	--
					DivyaShree	--
					Lakshmi	--
					Kowshalya	3 rd

INTERCOLLEGIATE YOGA TOURNAMENT

Government First Grade College, Doddaballapura in association with Directorate of Physical education, Bangalore University Bangalore organized intercollegiate Yoga Competition. Inaugurated by Dr.Nijaguna, International Yoga Champion. He spoke about Importance of yoga and sports Presided by Dr.Ramachandra. Principal, Government First Grade College, Doddaballapura and Lakshmi got 3rd Prize, Anupriya won 5th Prize

INTERCOLLEGIATE YOGA COMPETITION						
S.L No	Date	Event	Host College	Venue	Name Of The Student	Prizes Won
1	30.02.16	Intercollegiate Yoga Competition	GFGC Doddaballapura		Lakshmi	3 rd
					Anupriya	5 th



INTERCOLLEGIATE BALL BADMINTON COMPETITION

University College of Physical Education Bangalore University, Bangalore in association with Directorate of Physical education, Bangalore University Bangalore organized intercollegiate Ball Badminton Competition. Inaugurated by Dr.Munireddy Director of Physical Education He spoke about Importance of Sports Presided by Dr.P.C. Krishna Swamy Chairman UCPE Bangalore University.

INTERCOLLEGIATE BALL BADMINTON COMPETITION						
S.L. No	Date	Event	Host College	Venue	Name Of The Student	Prizes Won
1	2016-17	Intercollegiate Ball Badminton, Competition	Bangalore University ,	UCPE Ground Jnanabharathi Bangalore	Jeevitha	
					Bhavya	
					Lakshmi	
					Lavanya Geetha	

