

## ANNUAL SPORTS REPORT FOR THE ACADEMIC YEAR 2015-2016

### 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.





## **INTERCOLLEGIATE CHESS TOURNAMENT**

VHD Home Science College Bangalore in association with Directorate of Physical education, Bangalore University. organized inter-collegiate Chess Competition which was Inaugurated by Dr.Munireddy Director, Directorate of physical education, Presided by Dr Nagaraj Principal VHD Home Science College Bangalore

<b>INTER COLLEGIATE CHESS TOURNAMENT</b>						
S.L No	Date	Event	Host College	Venue	Name of The Student	Prizes Won
1	2015-16	Chess	VHD Home science College, Bangalore		Chanran	



## INTER COLLEGIATE ATHLETIC MEET

Directorate of Physical Education, Bangalore University, Bangalore.  
Organized intercollegiate Athletics held at Kanteerava Stadium, Bangalore 2015-2016 Inaugurated Dr.Chandrashekar Vice-chancellor Bangalore University, Bangalore. Chief Guest Anju Boby George Bangalore. President of the Athletic Meet Dr. Sundar Raj Urs. Director, Directorate of Physical Education.

INTER COLLEGIATE ATHLETICS TOURNAMENT						
S.L. no	date	event	Host college	venue	Name of the student	Prizes won
1	2015-16	Inter collegiate Athletics	Bangalore University	Kantirava Stadium. Bangalore	Akshatah	3 <sup>rd</sup>
					Pavan	3 <sup>rd</sup>
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						3 <sup>rd</sup>
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## INTERCOLLEGIATE YOGA COMPETITION

Inter-Collegiate Yoga Competition was organised on the occasion of International day of yoga National College supported by Department of Physical Education, Bangalore University, Bangalore Inauguration by Dr.Niranjan Murthy he spoke about yoga and health presided by Dr.Sudarshan.

INTERCOLLEGIATE YOGA COMPETITION						
S.L. No	Date	Event	Host College	Venue	Name of The Student	Prizes Won
1	2015-16	Yoga	National College Bangalore	National College, Bangalore	Anupriya.A.G	3 <sup>rd</sup>

Inter-Collegiate Throw Ball Competition was organised on the occasion at P.E.S College Bangalore supported by Department of Physical Education, Bangalore University, Bangalore Inauguration by Dr.Satish he spoke about the relevance of Throw ball and the porgramme was presided by Dr.Shivu.

<b>INTERCOLLEGIATE THROW BALL COMPETITION</b>						
S.L No	Date	Event	Host College	Venue	Name of The Student	Prizes Won
1	2015-16	Throw Ball	P.E.S College, Bangalore			