

MAHARANI'S SCIENCE COLLEGE FOR WOMEN, MYSORE.

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

ANNUAL SPORTS REPORT 2019-20

Physical Education is an integral part of the total education system. It helps in the attainment of the ultimate aim of education i.e. the achievement of holistic development. Games and Sports play a vital role in the student's life. A student should study hard to be successful in competitive examinations. But he should also play games and sports to enjoy the health and vigor of life. Along with bookish learning, a student should spend his time on games and sports also. Either study or work alone makes us exhausted. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Education without sports is incomplete.

The Department of Physical Education and Sports marks itself as one amongst the most efficacious MAHARANI'S SCIENCE COLLEGE FOR WOMEN, MYSORE. It strives to excel at all levels and bring laurels to the college. With the help of college faculty, we are continuously improving in sports field. Considering the concept of "SPORTS FOR ALL" throughout the entire session we organized Inter-department tournaments for students as well as some sports activities for staff during Annual Athletic Meet (teaching and non-teaching). It is one of the largest co-curricular activity programs that offer an extensive opportunity to all the students and staff. This venture shall enable the students and staff to have fun, learn new sports, enhance social interaction and test one's physical capability. These competitions also offer a break from the daily routine tasks and recreate or re-energetic them.

The following events have been organized for the inter-class sports tournaments for

students: ● ANNUAL ATHLETIC MEET

- BALL BADMINTON
- CRICKET
- CAROM
- HANDBALL
- KHO-KHO
- SHUTTLE BADMINTON
- THROW BALL
- VOLLEYBALL
- TABLE TENNIS
- TUG OF WAR For Teaching and Non-teaching Staff

From the beginning of the session our college sports person of respective games start their practice session and they work very hard for converting their sweat into winning trophies for Maharani's Science College for Women, Mysore.

NATIONAL / STATE LEVEL PARTICIPATION

Sl.	Name of the event	Date and venue	Details of the event	Purpose of the event	No of the student participated	No of the faculty participated	Collaboration If any
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1	Shot put (Athletic)	23/8/19 - 26/ 8/19	Gold medal organized by Karnataka Athletic Association	-	01	-	-
2	Shot put	14/9/19 - 15/9/19	Gold medal Athletic federation of India	-	01	-	-
3	Shot put	24/9/19 - 26/9/19	Gold medal Organized by University of Mysore	-	01	-	-
4	Shot put	2/1/2020 - 6/1/2020	Silver medal Governme nt of India Khelo India Held at Guwahati	-	01	-	-

ORGANIZATION OF TOURNAMENTS IN INTER COLLEGIATE LEVEL FOR STUDENTS ON *NATIONAL SPORTS DAY*

Sl.	Name of the event	Date and venue	Details of the event	Purpose of the event	No of the student participated	No of the faculty participated	Collaboration If any
1	Volleyball	29/8/19 Maharani, Science college	3 rd place 8 colleges Participated Our college won	National sports day	180 students participated	-	-
2	Throw ball	29/8/19 Maharani, Science college	1 st place 30 colleges Participated Our college won	National sports day	30 students participated	-	-
3	Kabaddi	29/8/19 Maharani, Science college	Won 3 rd place 5 colleges participated	National sports day	60 students	-	-
4	Table Tennis	29/8/19 Maharani, Science college	Won 3 rd place 5 colleges participated	National sports day	25 students	-	-

5	Self Defense skill	09/01/2020 Maharani, Science college	Organized by Inner wheel club Central	For women's safety	500 students		
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PARTICIPATION IN INTER COLLEGIATE LEVEL BY STUDENTS

Sl.	Name of the event	Date and venue	Details of the event	Purpose of the event	No of the student participated	No of the faculty participated	Collaboration If any
1	Throw ball	4/9/19 Mysore university pavilion	Won 1 st place	Chamundizone Inter collegiate tournament	12	-	-
		4/2/20 to 6/2/20 Bharathi college Mallavalli, Mandya	Won 2 nd place	University inter collegiate tournament	12	-	-

INTER CLASS COMPETITION

Sl.	Name of the event	Date and venue	Details of the event	Purpose of the event	No of the student participated	No of the faculty participated	Collaboration If any
1	Annual sports day function	7/3/2020 College campus	To distribute the prizes for the students who won for the academic year 2019-20		700	50 As officials	-
2	Republic Day	26/1/2020 College campus	Republic Day	To celebrate Republic Day	1000	All faculty members	-
3	Cricket	18 - 20/1/2020 College campus	Inter-class competition	To encourage sports participation among Students to be fit physically,	300		
4	Price distribution	18/1/2020 College campus	For the winners of National sports day		30		
5	Table	10/1/2020	Inter-class		50		

	tennis	College campus	competition	physiological ly, mentally, and academically sound			
6	Shuttle badminton	8 & 9/1/2020 College campus	Inter-class competition		100		
7	Musical chair	7/1/2020			600		
8	Chess	6 /1/ 2020					
9	District level Shuttle Table tennis	6/1/2020	Organized by state youth center for government Employees sports	Every year the government organizes to encourage the sports and	-31	6	

	Ball badminton			fitness among them			
10	NSSactivity	31 st /12/19	Participation member	Toencourag e	2units	5members	

				the students			
11	Kho-kho	From July to Oct 2019	Inter-class competition	To encourage MASS sports participation among Students. Benefit physically, physiologically, psychologically, socially and academically sound	150 students	-	-
	Kabaddi				100 students	-	-
12	Throwball						
13	Volley ball						
	Lucky corner				600		
	Carrom						
	Tug-of war						
	Tennikoit						
	Ball badminton						
	Musical chair						
	Walking						

	race						
	Fitness and coaching	During inter collegiate competition	Intercollegiate tournament on various dates			-	-

Participation of the faculty in various activity

Sl.	Name of the event	Date and venue	Details of the event	Purpose of the event	No of participants	No of the faculty participated	Collaboration If any
1	FOOTBALL tournament	16-18 /11/2019	All India Inter Department Infosys men Football Tournament	As technical person	600 Employees from all over India		
	Fitness test DATA	6 th /12/2019	For RGUHS FOOTBALL TEAM	FOR RESEARCH WORK	50		

	Inter university football tournament	8-15 jan 2019 VIT, VELLORE	Accompanied as team Manager for university football team	SOUTH ZONE Participation Mysore University football team	18		
	National Association of Physical education Meeting	3/11/19 Hyderabad	EC meeting to discuss on conference /seminars/workshops at various level -also, to discuss	To improve the Physical Education at various level	8 members from all over India		

	Chief guest	Mysore	Rotary school, mysore	To motivate the students to participate in sports activities	500	30	-
	Chief guest	KSLU football tournament	SJCE campus Mysore	Inaugurate the tournament	800	5	

	SELECTER			TO SELECT THE KSLU football men team			
	Member BOA	BGS COLLEGE, BELLUR	Around 30 candidates applied for the post	TO SELECT THE CANDIDATE FOR PED post	Around 30 candidate	7 selection committee board members	