

JINDAL COLLEGE FOR WOMEN

(Managed by Pragun Jindal Philanthropic Organization)
Jindal Nagar, Tumkur Road, Bengaluru – 560073



DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL 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 vigour of life. Along with bookish learning, a student should spend his time on games and sports also. Either study or work alone makes us exhaust. 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 Department of Jindal First Grade College for Women. It strives to excel at all levels and bring laurels to the college. With the help of Management, Principal, Sports Committee and faculties 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 (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 tests one's physical capability. These competition also offer a break from the daily routine tasks and recreate or re-energetic them.

INTRMURAL ACTIVITIES

The annual sports activities conducted in the month of August and September. Activities are

Athletics:

100 mts, 200 mts, 400 mts, 800 mts, 1500 mts, 3000 mts, 4*100 mtrs, 4*200 mts relay, shot put, discus throw, javelin throw, Walk Race and Cross Country.

Group Games	Indoor Activities
Kho-Kho	Chess
kabaddi	Carom
Throw ball	Yoga

Ball Badminton	
Tennikoit	
Tug of War	

The annual sports day was conducted on the month of January at Jindal first grade college ground.

International Yoga Day:

The fifth International Day of Yoga was held around the theme of Yoga Day is 'Yoga For Heart' or Climate Action. The highlight of word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of a person's body and consciousness and it is a part of physical education program our college celebrated Inter National Yoga Day on 21st June 2019.

EXTRMURAL ACTIVITIES

Our degree college students participated in Bangalore University Inter Collegiate Soft ball, athletics, and Kabaddi competition and selection trails held at SFS College Electronic city, University Physical Education department ground and Sports Authority of India participated in the month of august to January.

- JFGCW student participated in Bangalore University Soft Ball selection trails organized by Bangalore University at SFS College on 21/09/2019.
- JFGCW student participated in Bangalore University Kabaddi selection trails organized by Bangalore University on 21/09/2019 to 23/09/2019.
- JFGCW students participated in 55th Bangalore University Inter collegiate Athletic Meet 2015-16 organized by Bangalore University at SAI on 07/11/2019 & 13/11/2019.
- JFGCW students participated in Bangalore University Inter collegiate Soft Ball tournament organized by SFS College on 20/09/2019.
- **Keerthana H III year BCA student won Gold medal in Heptathlon Bronze in 100 mts Hurdles and Gouthami V I Year B.Com Won Bronze medal in 3000 mts steeple chase event** in 55th Bangalore University Inter Collegiate Athletic championship organized by Department of physical Education at SAI.
- **In Bangalore University Inter Collegiate Soft ball Tournament Our College Won Gold Medal (Winners).**

Photo Album



55th Bangalore University Inter Collegiate Athletic championship



Bangalore University Inter Collegiate Soft Ball Winners



Represented Bangalore University Inter Collegiate Base ball tournament





Intramural Competition & Annual Athletic Meet