

JINDAL FIRST GRADE COLLEGE FOR WOMEN

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



DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT

(2015-16)

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

Group Games:

- 1) Kho-Kho,
- 2) Kabaddi
- 3) Netball
- 4) Throw ball
- 5) Ball Badminton
- 6) Tennikoit

Indoor Activities:

Chess
Carrom
Yoga



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

International Yoga Day:

The first International Day of Yoga was observed around the world on 21 June 2015. The Ministry of AYUSH made the necessary arrangements in India. As a part physical education program our college celebrated Inter National Yoga Day on 21st June 2021. With the theme of the first edition of World Yoga Day was Harmony and Peace.

EXTRMURAL ACTIVITIES

Our degree college students participated in Bangalore University Inter Collegiate Cricket, kho- kho, kabaddi, football, soft ball, athletics, yoga and taekwondo competition and selection trails held at University Physical Education department ground, SFS College, kanteerava stadium, notional college, Acharya institution of graduate studies and SAI participated in the month of august to January.

- JFGCW student participated in Bangalore University Cricket selection trails organized by Bangalore University on 19/09/2015.
- JFGCW students participated in Bangalore University Inter collegiate Athletic Meet 2015-16 organized by Bangalore University at Sri Kanteerava Stadium on 21/09/2015 & 23/09/2015.
- JFGCW student participated in Bangalore University Football selection trails organized by Bangalore University at SFS College, Bangalore on 12/09/2015 to 14/09/2015.
- JFGCW student participated in Bangalore University Kabaddi selection trails organized by Bangalore University at Sports Pavilion on 19/08/2015 to 20/08/2015.
- JFGCW students participated in Bangalore University Inter collegiate Kho-Kho tournament organized by Maharani's Arts, Comm. & Mgmt. College on 28/12/2015 & 29/12/2015.
- JFGCW students participated in Bangalore University Inter collegiate Taekwondo Competition organized by Lal Bahadur Shastri G.F.G.College in SAI on 01/09/2015 & 02/09/2015.
- JFGCW students participated in Inter collegiate athletic meet organized by St. Claret Degree College our students won prizes in 100, Javelin Throw, 4*200 mts relay and won overall champions in athletic meet.

- Alay .P. II year B.Com student **won Silver medal** in Bangalore University Inter Collegiate Taekwondo championship organized by Lal Bahadur Shastri G.F.G.College in SAI.
- Anitha Kumari and Saritha Kumara III BCA student's **selected Bangalore University foot ball team participated in South Zone Inter University Tournament** at University of Madras, Chennai.

Photo Album



Intramural Competition



Represented in South Zone Inter University Tournament at University of Madras, Chennai in Foot Ball on 2015-16



Won Silver medal in Bangalore University Inter Collegiate Taekwondo championship organized by Lal Bahadur Shastri G.F.G. College in SAI.



Students Participated in Bangalore University Inter Collegiate Yoga championship organized by National Degree College.

