

JINDAL FIRST GRADE COLLEGE FOR WOMEN

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



DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT

(2016-17)

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. Activities are

Athletics:

100 mts, 200 mts, 400 mts, 800 mts, 1500mts, 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	
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The annual sports day was conducted on the month of January at Jindal first grade college ground.

International Yoga Day:

The second International Day of Yoga was held around the theme, 'Connect with Youth' to engage and seek participation from the younger audience. As a part physical education program our college celebrated Inter National Yoga Day on 21st June 2016.

EXTRMURAL ACTIVITIES

Our degree college students participated in Bangalore University Inter Collegiate kho- kho, Badminton, Football, Athletics, Ball badminton, yoga, Throw Ball and Tennikoit competition held at RJS First Grade College, BGS Inst. Of Mgnt. & Science, SFS College, BMS College, University Physical Education department ground, Sree kanteerava stadium, MLA College and Maharani Science College participated in the month of august to March.

- JFGCW student participated in Bangalore University Inter Collegiate Kho-Kho tournament organized by RJS First Grade College on 19/08/2016 to 20/08/2016.
- JFGCW students participated in Bangalore University Inter collegiate Athletic Meet 2016-17 organized by Bangalore University at Sri Kanteerava Stadium on 27/09/2016 & 29/09/2016.
- JFGCW student participated in Bangalore University Inter collegiate Football tournament organized by SFS College, Bangalore on 15/09/2016.
- JFGCW students participated in Bangalore University Inter collegiate Badminton tournament organized by BGS Inst. Of Mngt. Science, Chillaballapura on 01/09/2016 & 02/09/2016.
- JFGCW students participated in Bangalore University Inter collegiate Ball Badminton Competition organized by BMSCW College, Basavanagudi on 05/01/2017 & 06/01/2017.
- JFGCW students participated in Bangalore University Inter collegiate Tennikoit tournament organized by MLA College, Malleswaram on 21/01/2017.
- JFGCW students participated in Bangalore University Inter collegiate Throw ball tournament organized by Maharani Science College, Bangalore on 30/01/2017 & 31/01/2017.

- Bhagyalakshmi .P. II year B.Com student **represented** in State level Yoga championship held at Gadaga District.
- JFGCW Organized Inter collegiate throw ball competition “GAMINESS 2K17 INTER COLLEGIATE FEST” at Jindal College Ground.

Photo Album





GAMINESS 2K17 INTER COLLEGIATE FEST



Represented Bangalore University Inter Collegiate Foot Ball Tournament on 2016-17

