

JINDAL FIRST GRADE COLLEGE FOR WOMEN

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



DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT

(2017-18)

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, 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 third International Day of Yoga was held around the theme of Yoga Day is 'Yoga For Health'. The aim is to highlight a holistic approach to yoga, which focuses on both physical and mental well being and it is a part of physical education program our college celebrated Inter National Yoga Day on 21st June 2017.

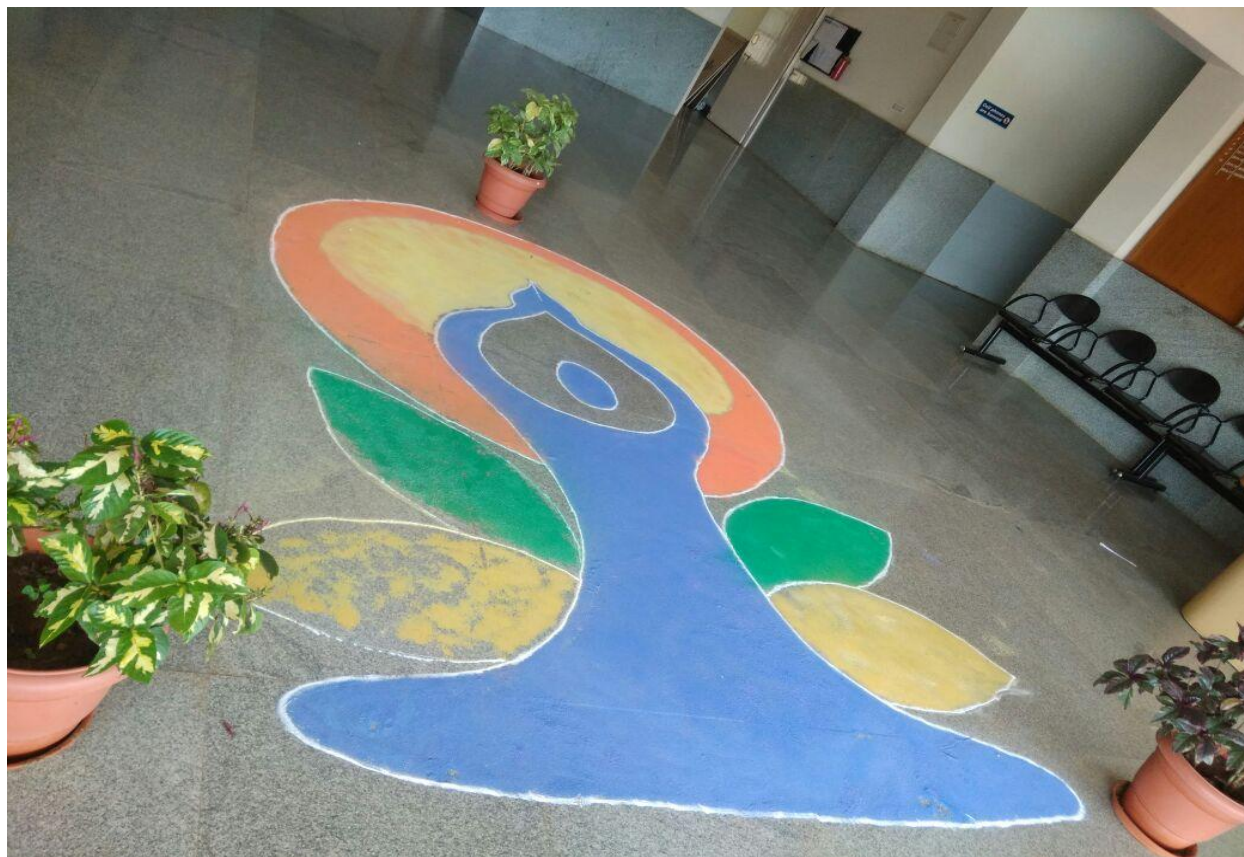
EXTRMURAL ACTIVITIES

Our degree college students participated in Bangalore University Inter Collegiate Chess, Ball badminton, kho-Kho, Cross Country, Athletics, Kabaddi, Ball Badinton, tennikoit and Soft Ball competition held at HKES College, Sri. Devaraj Urs Institute of Management, GFGC College, Kodigehalli, RJSFGC College, Sree kanteerava stadium and University Physical Education department ground participated in the month of august to January.

- JFGCW student participated in Bangalore University Kabaddi and Sot Ball selection trails organized by Bangalore University on 04/09/2017 to 05/09/2017 and 03/10/2017.
- JFGCW students participated in Bangalore University Inter collegiate Athletic Meet 2017-18 organized by Bangalore University at Sri Kanteerava Stadium.
- JFGCW student participated in Bangalore University Inter Collegiate Chess tournament organized by HKES College, Bangalore on 28/08/2017 to 30/08/2017.
- JFGCW students participated in Bangalore University Inter collegiate Kho-Kho tournament organized by RJSFGC College on 14/09/2017 & 15/09/2017.
- JFGCW students participated in Bangalore University Inter collegiate Ball Badminton Competition organized by Sri Devaraju Ars Institute of Management, Doddaballapura on 06/09/2017.
- JFGCW students participated in Bangalore University Inter collegiate Cross Country Competition organized by GFGC, KGF on 08/09/2017.

- JFGCW students participated in Bangalore University Inter collegiate Hand ball Competition organized by DPE on 09/02/2018.
- JFGCW students participated in Bangalore University Inter collegiate tennikoit Competition organized by Maharani Arts and Commerce College on 15/03/2018.
- JFGCW students participated in Bangalore University Inter collegiate Soft Ball Competition organized by Archarya Institute of Management Studies on 10/04/2018 to 11/04/2018.
- JFGCW students participated in Inter collegiate Ball Badminton and Hand Ball Competition organized by NMKRV College and **got 3rd Place in Ball Badminton** on 05/03/2018 to 06/03/2018.
- JFGCW students participated in Inter collegiate Throw Ball Competition organized by VVN Degree College on 16/03/2018.
- Our students participated in Bangalore University inter collegiate 53rd athletic meet 2017-18, conducted by Bangalore University, **Keerthana H of II BCA won silver medal and Nisarga R of III BCA got 5th Place in Heptathlon** at Sri Kanteerava Stadium, Bengaluru.
- Our students participated in Bangalore University Organized Yuva Saptaha Program on the Birth anniversary of Swami Vivekananda at Palace ground, Bangalore on 12/01/2018.

Photo Album





Inter National Yoga Day in Our College on 2017-18



Represented Bangalore University Intercollegiate Ball Badminton Competition 2017-18



Represented Bangalore University Intercollegiate Kho-Kho Competition 2017-18



Represented Bangalore University Intercollegiate Cross Country Competition on 2017-18



Represented Bangalore University Inter collegiate Athletic Meet 2017-18 won silver medal in Heptathlon Event.



Student Participated in Bangalore University organized Yuva Saptaha an account of Youth Day at Palace ground, Bangalore.