

JINDAL FIRST GRADE COLLEGE FOR WOMEN

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



DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT

(2018-19)

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 day was conducted on the month of January at Jindal first grade college ground and annual sports activities conducted in the month of February. 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	
Tug of War	

International Yoga Day:

The fourth International Day of Yoga was held around the theme of this year “Yoga For Peace” yoga is explored to serve as a connecting tool between countries and people of different horizons and it is a part of physical education program our college celebrated Inter National Yoga Day on 21st June 2018.

EXTRMURAL ACTIVITIES

Our degree college students participated in Bangalore University Inter Collegiate Cross Country, kho- kho, Chess, soft ball, athletics, yoga, Throw Ball, Tug of war, Base Ball and Tennicoit competition held GFGC, Kodigehalli, GFGC Thymagondalu, Soundarya Institute of Management Science, GFGC Kanakapura, Sree kanteerava stadium, SFS College, GFGC Ramanagar and University Physical Education department ground participated in the month of august to January.

- JFGCW student participated in Bangalore University Sot Ball selection trails organized by Bangalore University on 19/09/2018 to 21/09/2018.
- JFGCW students participated in 54th Bangalore University Inter collegiate Athletic Meet 2018-19 organized by Bangalore University at Sri Kanteerava Stadium on 25/10/2018 to 27/10/2018.
- JFGCW student participated in Bangalore University Inter Collegiate Chess tournament organized by Soundarya Institute of Management Studies, Bangalore on 27/09/2018 to 29/09/2018.
- JFGCW students participated in Bangalore University Inter collegiate Kho-Kho tournament organized by GFGC Thymagondulu on 17/09/2018.
- JFGCW students participated in Bangalore University Inter collegiate Ball Badminton Competition organized by GFGC kuduru on 29/10/2018
- JFGCW students participated in Bangalore University Inter collegiate Cross Country Competition organized by GFGC, Kodigehalli on 07/09/2018.

- JFGCW students participated in Bangalore University Inter collegiate Yoga Competition organized by GFGC kanakpura on 13/10/2018.
- JFGCW students participated in Bangalore University Inter collegiate Base Ball Tournament organized by AIGS Soladevanahalli on 26/02/2019.
- JFGCW students participated in Bangalore University Inter collegiate Tennikoit Competition organized by GFGC Ramanagara on 08/03/2019.
- JFGCW students participated in Bangalore University Inter collegiate Throw ball Competition organized by JFGCW Bangalore on 26/02/2019 to 27/03/2019.
- JFGCW students participated in Bangalore University Inter collegiate Tug of War Competition organized by SIMS College Sideddahalli on 13/04/2019.
- Our students participated in Bangalore University inter collegiate 54th athletic meet 2018-19, 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.
- **Nisarga R III BCA** student's **selected Bangalore University Soft ball team and she represented in All India Inter University Soft Ball Tournament** at Calicut University, Kerala on 27/02/2019 to 02/03/2019.
- JFGCW organized Bangalore University Inter collegiate North Zone and Inter Zone Throw Ball competition 2018-19 held on 26/02/2019 to 28/02/2019. On this vocation Sri. Shivanna B Syndicate member, Bangalore University, Dr. Sundar Raj Urs Professor Department of Physical Education, Bangalore University and vice-chancellor(Evaluation Section) Bangalore North University, Bengaluru, Karnataka, Dr.P C Krishnaswamy Professor, Dept. of Physical Education, Bangalore University and Dr. Lingaraju Directorate of Physical Education, Bangalore University, Bengaluru. Made the tournament grand full success.

Photo Album



Participated in Bangalore University Inter collegiate Cross Country Competition





**Represented Bangalore University Intercollegiate Kho-Kho Competition on
2018-19**



Represented Bangalore University Intercollegiate Chess Competition on 2018-19





Represented Bangalore University Inter collegiate Athletic Meet 2018-19 won silver medal in Heptathlon Event.



Represented Bangalore University Intercollegiate Yoga Competition on 2018-19

