

**JINDAL COLLEGE FOR WOMEN**

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



**DEPARTMENT OF PHYSICAL EDUCATION**

**ANNUAL REPORT**

**(2022-23)**

**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.

## **INTRAMURAL ACTIVITIES**

Physical exercises help us to keep ourselves fit. Sports and games develop sportive spirit and lay the foundation for the future.

Sports are a physical activity still enjoyed as a natural expression of athleticism and energy, in many different forms and settings.

It also helps us to be active both physically and mentally. Therefore our college curriculum gives distinct place to sports and games. We have many internationally familiar games like Athletics,

Carrom, Volley ball, Kho-Kho, Throw ball, Yoga and Tennikoit. The annual sports day was conducted on the month of May at Jindal college ground.

**Activities are:**

| INTER CLASS SPORTS ACTIVITIES |                                                                                                                                                                                                       |                                |                             |               |
|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-----------------------------|---------------|
| SL.NO                         | Name of Event                                                                                                                                                                                         | Date                           | No of Students Participated | No of Winners |
| 1                             | Throw ball                                                                                                                                                                                            | 08/05/2023                     | 156                         | 24            |
| 2                             | Volley ball                                                                                                                                                                                           | 09/05/2023                     | 156                         | 24            |
| 3                             | Chess                                                                                                                                                                                                 | 11/05/2023                     | 36                          | 03            |
| 4                             | Carrom                                                                                                                                                                                                | 11/05/2023                     | 210                         | 04            |
| 5                             | Tug of war                                                                                                                                                                                            | 12/05/2023                     | 130                         | 20            |
| 6                             | Ball badminton                                                                                                                                                                                        | 13/05/2023                     | 130                         | 20            |
| 7                             | Net ball                                                                                                                                                                                              | 13/05/2023                     | 72                          | 24            |
| 8                             | Tennikoit                                                                                                                                                                                             | 16/05/2023                     | 70                          | 10            |
| 9                             | Yoga                                                                                                                                                                                                  | 16/05/2023                     | 13                          | 03            |
| 10                            | Table Tennis                                                                                                                                                                                          | 16/05/2023                     | 25                          | 10            |
| 11                            | Kho-Kho                                                                                                                                                                                               | 17/05/2023                     | 72                          | 24            |
| 12                            | Cricket                                                                                                                                                                                               | 19/05/2023                     | 144                         | 24            |
| 12                            | <p style="text-align: center;"><b><u>Athletics:</u></b></p> <p><b><u>Track Events:</u></b> 4X100mtrs.</p> <p><b><u>Field Events:</u></b> Shot put, Discus Throw, Javelin throw &amp; Hammer Throw</p> | 18/05/2023<br>to<br>24/05/2023 | 176                         | 24            |

**International Yoga Day:**

The ninth 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 21<sup>st</sup> June 2023.

**Traditional Games Fest:**

Traditional games are the games and movements that are traditional to our cultures and societies. They are in every society and people used to play those games for many generations. Traditional games imbibed very important cultural meanings and significance within them in each society. Traditional games are not just sports. They were designed in such a way that one can develop many skills which are important to our everyday lives like logical thinking, building strategies, concentration, basic mathematics, aiming and lot more. They act as learning aids. They teach us many things like to develop sensory skills, count, add, improve hand eye coordination, physical as well as mental developments, to develop friendships and team spirit and finally to have fun, one play and watch game to have fun.

**Events list:**

| TRADITIONAL GAMES FEST |                         |            |                             |               |
|------------------------|-------------------------|------------|-----------------------------|---------------|
| SL.NO                  | Name of Event           | Date       | No of Students Participated | No of Winners |
| 1                      | Lagori                  | 11/01/2023 | 88                          | 16            |
| 2                      | Gilli dandu             |            | 56                          | 16            |
| 3                      | Tug of war              |            | 70                          | 14            |
| 4                      | Snake and ladder        |            | 50                          | 03            |
| 5                      | Sack race               |            | 51                          | 03            |
| 6                      | Musical chair for staff |            | 20                          | 03            |

**EXTRAMURAL ACTIVITIES**

Our UG students participated in Bangalore University Inter Collegiate Chess, Karate, Judo, athletics, Netball, Ball Badminton and Tug of war competition and selection trails held at Acharya College, DPE, Seshadripuram Colleges in Bengaluru, University Physical Education department ground and Sports Authority of India participated in the month of October to January.

- **Rajeswari N Hiremut of II BBA** participated in Bangalore University Inter Collegiate Chess Tournament held at Acharya College, Jalahalli, Bengaluru and **Bagged Gold Medal**.
- **Bindhushree T of II B.Com** participated in Bangalore University Inter Collegiate Judo Tournament held at Seshadhripuram College, kengeri, Bengaluru and **Bagged Gold Medal**.
- **Bindhushree T & Kavyashree T Topalkatti of II B.Com** participated in Bangalore University Inter Collegiate Karate (Group Katha) Tournament held at DPE, Bangalore University, Bengaluru and **Bagged Gold Medal**.
- **Bhavyashree G II yr BCA bagged Gold medal in 400mtrs, Silver medal in 4X400 relay, Bronze medal in 800 mtrs, Pallavi K N III Yr B.Sc bagged Gold medal in Javelin Throw, Varsha P Power, III Yr BCA bagged silver medal in Hammer Throw, Priya P III B.Sc Bagged silver medal in Heptathlon, Vidhya P, III BCA, Megha K, III BCA and Thanushree II Year B.Com Bagged Bronze medal in 4X400 mtrs events in 57<sup>th</sup> Bangalore University Inter Collegiate Athletic championship organized by Department of physical Education at SAI.**
- **Rajeshwari N Hiremath of IIyr BBA** represented in All India Inter University Chess tournament organized by Reva University, Bengaluru, Karnataka from 15/12/2022 to 17/12/2022.
- **Bhavyashree G of IIyr BCA** represented in South Zone Inter University Volley Ball tournament organized by kottayam University, kerala from 26/12/2022 to 31/12/2022.
- **Bindushree T of IIyr B.Com** represented in All India Inter Judo Championship 2022-23 held at Lovely Professional University, Jalandhar, Punjab from 04/01/2023 to 15/01/2023.
- **Anusha N and Likitha N of IIIyr B.Com & II B.Com** represented in All India Inter University Ball Badminton Tournament 2022-23 held at BS Abdur Rahman Crescent Institute of Science and Technology, Chennai, Tamilnadu, Reva University, Bengaluru, Karnataka, 26/01/2023 to 31/01/2023.

- Rakshitha of IIIyr BBA represented in All India Inter University Net ball tournament organized by Central University, Haryana, Haryana from 12/02/2023 to 19/02/2023.
- Shilpa of IIyr BCA represented in All India Inter University Tug of War tournament organized by AMET University, Chennai, Tamilnadu from 03/04/2023 to 05/04/2023.
- Megha K of IIyr BCA represented in South Zone Inter University Kho-Kho tournament organized by Bangalore North University.

**Physical Education Director**

**Principal**

**Photo Album**

**Bangalore University Chess Tournament**



**57th Bangalore University Inter Collegiate Athletic championship**







**Bangalore University Inter Collegiate Judo tournament**

**Intramural Competition & Annual Athletic Meet**





**Traditional Games Fest**

 PRAGUN JINDAL PHILANTHROPIC ORGANIZATION  
**JINDAL COLLEGE FOR WOMEN**  
(RECOGNISED BY GOVT. OF KARNATAKA)  
AFFILIATED TO BANGALORE UNIVERSITY & NAAC ACCREDITED  
JINDAL NAGAR, TUMKUR ROAD, BENGALURU-73

**DEPARTMENT OF PHYSICAL EDUCATION**  
In association with IQAC Cordially invites for

**TRADITIONAL GAMES FEST**  
**2022-23**

Date: 11/01/2023      Venue: College Ground      Time: 1.30pm

Convenor  
Mrs. Bhagyalakshmi N  
Department of Physical Education

Organizer  
Sports Event management BBA Team

Prof. Veena T  
Principal  
JCW



