

Pragun Jindal Philanthropic Organization

JINDAL COLLEGE FOR WOMEN

Jindal Nagar, Tumkur Road, Bengaluru – 560073



DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL REPORT

2021-22

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 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

Intramurals are fun, recreational, social and competitive on-campus sports activities. The term Intramural is derived from the Latin word intra Muros which means within walls. The teams compete within walls of the institution, e.g., inter-class tournament within the college or institution.

- To provide opportunities to the students at the institution to develop and display their skills in various physical education activities.
- To provide opportunities to the students for fun, enjoyment and to develop fellowship participation in sports competitions.
- To provide opportunities to develop leadership and followership qualities.
- To provide opportunity to students to release tension, depression and aggression.
- To provide a feeling of achievement through sports participation this leads to mental and emotional health.
- To provide students ample opportunities to develop their physical, mental, emotional and social health through participation in activities.

- Players are benefitted by getting organizing and administrative experience of conducting intramural and extramural competitions.
- To provide opportunities to the players of various teams to have exposure to the competition.
- To provide opportunities to all the students of the same institution or other institutions to join a common platform and socialize.
- It teaches the participants to respect the game, officials, opponents, spectators and accept victory or defeat with grace.

The annual sports activities conducted one week in the month of June that is 22/06/2022 to 29/06/2022. Activities are

Athletics:

100 mts, 200 mts, 400 mts, 800 mts, 1500 mts, 3000 mts, 4*100 mtrs, Shot put, Discus throw, Javelin throw, Hammer Throw.

Group Games	Indoor Activities
Kho-Kho	Chess
kabaddi	Carom
Throw ball	Yoga
Tennikoit	
Tug of War	

The annual sports day was conducted on 30th June 2022 at Jindal College Ground.

International Yoga Day:

The eight International Day of Yoga was held around the theme of Yoga Day is 'Yoga for Humanity' across the world with great enthusiasm. 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 21st June 2022 at Jindal college ground.

Columbus Staff Sports meet:

Columbus Staff sports meet was held on 02/09/2022 and 03/09/2022 an account of Teachers day celebration. All the staff involved actively.

Activities conducted were:

Shot put, Discus Throw, Filling the water, Three Leg Race, Ball and Net, Hitting the Ball, and Throw Ball.

Alumni Sports meet:

Alumni sports meet was held on 25/06/2022. All the alumni's was involved with great enthusiasm and participated in Tug of War sports event.

Self Defence one week training program for UG and PG students:

Self defence one week training program was conducted for UG and PG students. 850 students involved in this program and made it a grand success.

Organized Trekking and Educational Visit for Open Elective (Sports and Recreation):

Trekking is a most important part of sports and recreation and its helps to build stronger, healthier, happier, and safer communities. As a part of Open elective subject of sports and recreation physical education department organized trekking for students on 09/09/2022 at Chitradurga fort. Total 132 students take part in this event.

EXTRAMURAL ACTIVITIES AND ACHIVEMENTS

Our degree college students participated in Bangalore University Inter Collegiate Base ball, Athletics, Karate, Kho-Kho, Net ball and Kabaddi competition and selection trails held at University Physical Education department ground and Sports Authority of India participated in the month of November to March.

- JCW student participated in Bangalore University Inter Collegiate Base Ball tournament organized by Bangalore University at UCPE Stadium on 21/02/2022 to 22/02/2022 and the team was bagged the Runner Up Position (Silver Medal).
- JCW student participated in Bangalore University Kabaddi, Kho-Kho, Net ball and Ball Badminton selection trails organized by Bangalore University on 13/12/2021 to 14/12/2021, 02/03/2022 to 04/03/2022, 25/02/2022 and 14/02/2022.
- JCW students participated in 56th Bangalore University Inter collegiate Athletic Meet 2021-22 organized by Bangalore University at SAI Stadium on 16/12/2021 & 18/12/2021.
- **Kum. Keerthana H , III Year BCA student and Kum. Gouthami V III Year B.Com Won Gold, two Bronze medals in 55th Bangalore University Inter Collegiate Athletic championship.** Department of Physical Education in association with Bangalore University Honored with pure Gold and Bronze Medal in the Cash Award and Felicitation function on

11th November 2021 at H.N Auditorium, Jnana Bharathi Campus, Bangalore University, Bengaluru.

- **Kum. Aishwarya A III year B.Com student won Silver medal in Hammer Throw and Kum. Pallavi K N II Year B.Sc Won Bronze medal in Javelin Throw event** in 56th Bangalore University Inter Collegiate Athletic championship organized by Department of physical Education at SAI.
- **In Bangalore University Inter Collegiate Base ball Tournament Our College 15 Students Won Silver Medal (Runners).**
- **Kum. Nirmala H III yr B.Com and Kum. Kavya S Shri Topalkatti I yr B.Com** from UG stream participated in Bangalore University Inter Collegiate Karate championship 2021-22 and they have won the Two Gold medal in kumite and katha one bronze medal in kumite held at Govt. First Grade College Peenya on 18/02/2022.
- **Kum. Harshitha G N III year B.Sc and Kum. Anusha M B II yr B.Com** from UG stream represented in All India Inter University Ball Badminton Competition 2021-22 held at SRM University, Chennai on 18/02/2022 to 21/02/2022.
- **Kum. Nirmala H III yr B.Com and Kum. Kavya S Shri Topalkatti I yr B.Com** from UG stream participated in All India Inter University Karate championship 2021-22 held at Kurukshethra University, Kurukshethra, Haryana on 10/03/2022 to 20/03/2022.
- **Kum. Sindhu H R II yr BBA, Kum. Lakshmi Priya II yr BBA and Kum. Vinutha B R II yr BBA** from UG stream participated in All India Inter University Net ball Tournament 2021-22 held at Central University, Darmasala, Himachala Pradesh on 16/03/2022 to 26/03/2022.
- Our degree college students participated in Open State Kabaddi Tournament held at Govt. First grade college, Vijayanagara on 26/08/2022
- Kum. Bhavyashree G, I BAC participated in **Bangalore Division level Yuva Dassara Sports 2022 won Silver medal in 400mts race on 27/09/2022 at Sri Kanteerava Stadium and she selected for Mysore Dassara Sports.**
- Mrs. Bhagyalakshmi N, Physical education Director, attended One Day Workshop on “NEP 2020 and Pedagogical Transformation” conducted at by Surana College in association with University College of Physical Education, Bangalore University held on March 02, 2022.

- Mrs. Bhagyalakshmi N, Physical education Director, had been appointed as a member of University Kabaddi and Kho-Kho (M&W) team selection committee member held at UCPE Stadium, JB campus, Bangalore University, Bengaluru.
- Mrs. Bhagyalakshmi N, Physical Education Director, had been allocated as Coach cum Manager for Bangalore University Swimming team in the event All India Inter University Swimming Championship from 20th to 28th December 2021 held at Kalinga University(KISS), Bhubaneswar, Oddisa.
- Mrs. Bhagyalakshmi N, Physical Education Director, had been allocated as Manager for Bangalore University Net ball team in the event All India Inter University Net ball Tournament from 16th to 27th March 2022 held at Central University, Dharamsala, Himachal Pradesh.
- Mrs. Bhagyalakshmi N, Physical Education Director, had been allocated as Coach cum Manager for Bangalore University Swimming team in the event Khelo India University Games from 23rd to 29th April 2022 held at Jain University, Bengaluru.

Physical Education Director

Principal

Photo Album





Honored with pure Gold and Bronze Medal



56th Bangalore University Inter Collegiate Athletic championship
2021-22



Bangalore University Inter Collegiate Base Ball Runners



Represented All India Inter University Ball Badminton Tournament



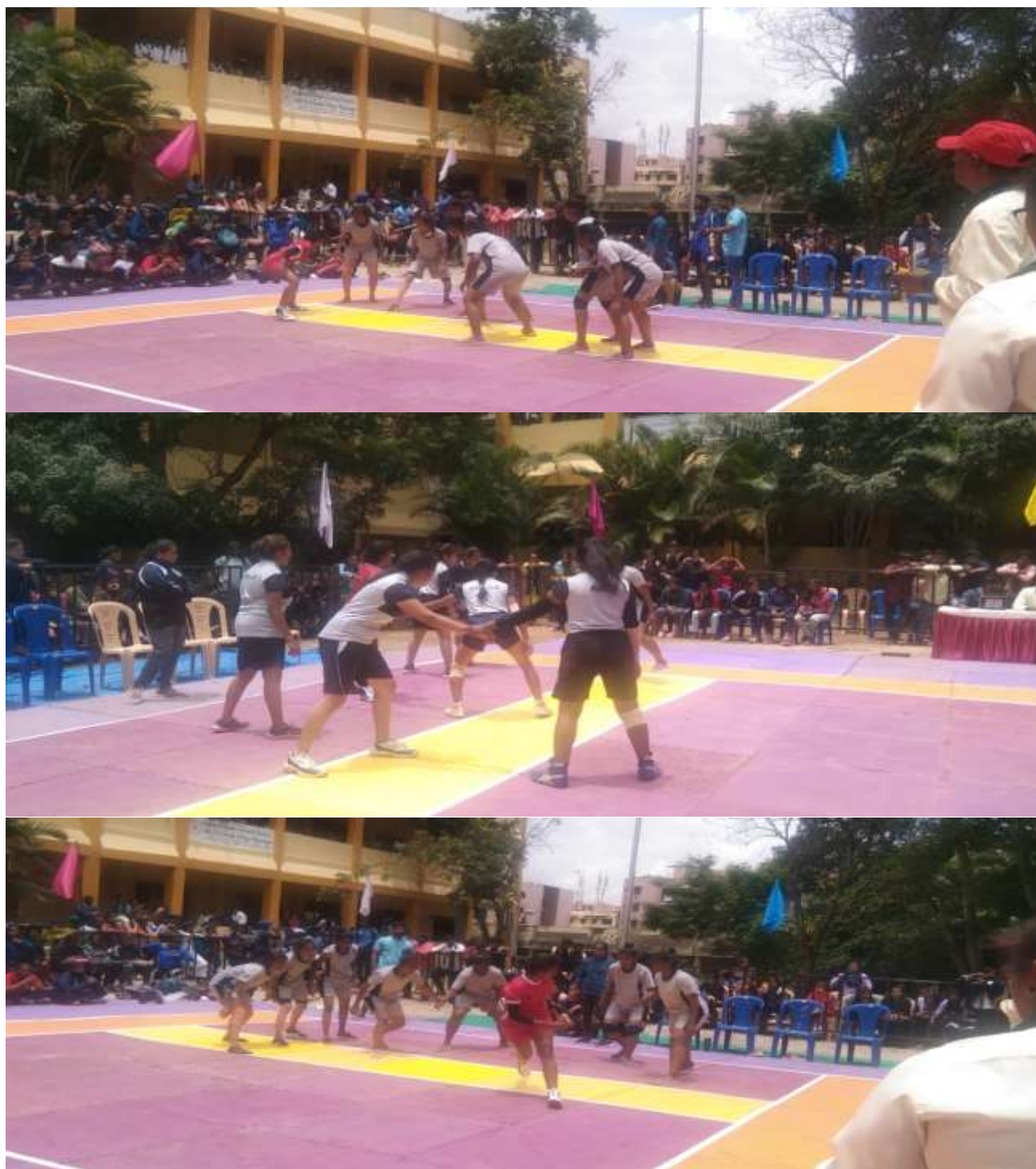
Bangalore University Inter Collegiate Karate Championship



Represented All India Inter University Karate Championship



Represented All India Inter University Net ball Tournament



Represented Open State kabaddi Tournament
Columbus Staff Sports Meet





Trekking to Chitradurga fort







Annual Sports Day Celebration



Yoga Day Celebration



Self Defence Training



Alumni Sports Meet