

JINDAL COLLEGE FOR WOMEN

(Managed by Pragun Jindal Philanthropic Organization)
JINDAL NAGAR, TUMKUR ROAD, BENGALURU-73
NAAC accredited by 'B' Grade



ANNUAL SPORTS MEET 2019-20



ANNUAL SPORTS MEET REPORT 2019-20

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

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, Chess, Kabaddi, Kho-Kho, Throw ball, Yoga and Tennikoit.

Introduction:

Athletics sports and games are a collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, throwing, catching, attacking, run and chasing and walking race.

The results of racing events are decided by finishing position (or time, where measured), while the jumps and throws are won by the athlete that achieves the highest or furthest measurement from a series of attempts. The simplicity of the competitions, and the lack of a need for expensive equipment, makes athletics one of the most commonly competed sports in the world. Athletics is mostly an individual sport, with the exception of relay races and competitions that combine athletes' performances for a team score, such as cross-country.

Report of the Event

Under the guidance of our Principal, committee members decided to conducted annual sports activates for UG and PG students.

- Inauguration:

Time: At 10.00 am, programme will start by below chief guests.

Chief Guests: Sri. Deeraj Sing Vice Precedent, JCW, Principal, Physical Education Director, Committee Members, Teaching Staffs and loveable students. By Lighting the lamp by chief guest the annual sports meet was started. After that, all the stream heads will take oath, after the taking of oath, gave interdiction and speech, closing the formal function.


• **Commencement of events:**

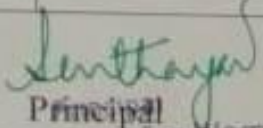
At 10.30am events started according to order of event scheduled. Students are take part in events according into scheduled.

Conclusion

Sports is a physical activity still enjoyed as a natural expression of athleticism and energy, in many different forms and setting. The importance of athletics to improve the important skill of pace, judgement, as well as experience the liberation of not having their runs dictated by their watch. The aim in each race is the competition against other runners, which hones competitive instincts transferable to all other running environments. This event is footstep to our students to achieve in higher stage; it was a very good experience. Students were very happy of that, they were thankful to the Principal, and management to give such kind of movement, students enjoyed with lot of health beneficial and experience.

INTER CLASS SPORTS ACTIVITES				
Sl No	Name of Event	Date	No of Students Participated	No of Winners
1	Chess	12/10/2019	25	3
2	Kabaddi	28/09/2019	84	24
3	Carrom	18/01/2020	75	4
4	Kho-Kho	16/01/2020	84	24
5	Throw Ball	16/01/2020	84	24
6	Tennikoit	18/01/2020	30	10
7	Yoga	16/01/2020	15	3
8	Tug Of War	18/01/2020	80	20
9	<p align="center"><u>Athletics</u></p> <p><u>Track Events:</u> 100mts, 200mts, 400mts, 800mts, 1500mts, 3000mts, 4x200 relay, WalkRace, Cross Country</p> <p><u>Field Events:</u> Shot Put, Discus Throw, Javelin Throw</p>	17/01/2020	360	52


PED
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