

Brief introduction of department:

Sports and games are helpful in physical, mental, social and emotional development. These in turn contribute to complete fitness. Our Sports department provides indoor and outdoor sports facilities with all needed infrastructure and equipment. Student of our college participate in district level, division level, state level, national level, All India Inter-University level and international level competitions.

Participation in games and sports is the best means to attain fitness ie. anatomical, physiological and psychological fitness. It implies that for proper growth and development of an individual, participation in games and sports is very essential.

Every year 15 -20 students participate in All India Inter-University level competitions in different games and sports organised by Barktullah university, Bhopal.

Different sports include swimming, cricket, table tennis, chess, athletics, kayaking and canoeing (Adventure sports), judo, yoga, gymnastics, volley ball, wrestling, ball badminton, kabaddi, kho-kho, boxing, taekwondo, basketball, etc.

Physical fitness of a person means the capacity to do the routine work without any fatigue or exertion. One develops stamina to be energetically involved in more activities. We have **16 station gym** and physical fitness strengthening apparatus like

-jogger

-cycling

-twisters

-stepper for knee strength

-chip up machine

-vibrator

-abdominal apparatus, etc.



The aim of physical education is to increase anatomical, physiological and psychological fitness. Physical fitness is very significant for leading a very happy and well balanced life. It also reduces the risk of heart and lung diseases.

We give incentives to the players like cash prizes, trophies, scholarships and marks weightage in the admissions.



It is important for the daily activities like walking, running, lifting and carrying. Physical fitness also improves personal posture and appearance. Sports signify not merely physical movement and gymnastics. It is something more. It is based on philosophy of real education and development of personality. Sports develop character and team spirit, involvement in sports render physically and mentally strong youth who prefer to score in the playground. It is strange that we have overlooked sports as an ideal medium for achieving harmony.

Therefore, it is very important to motivate the youth of colleges and universities to nurture the talents which are available at present.

Management of sports activity

Our college has a separate teaching unit for sports which is looked after a full time Sports Officer, **Dr.RashmiKelaHolani** (International Judge). For the proper running of this unit we have a Sports Committee headed by the principal of our college. The teachers of the committee are nominated by the principal on the basis of liking and proficiency of teachers in the particular games.

A meeting is held in the beginning of the academic section to plan the Sports Activities for the whole session. Sports activities are to be organised according to the university sports calendar and higher education sports calendar. Meetings are held regularly.











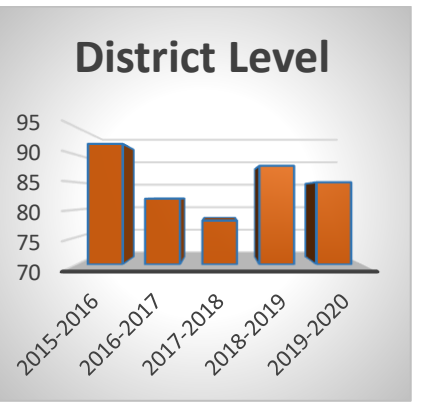
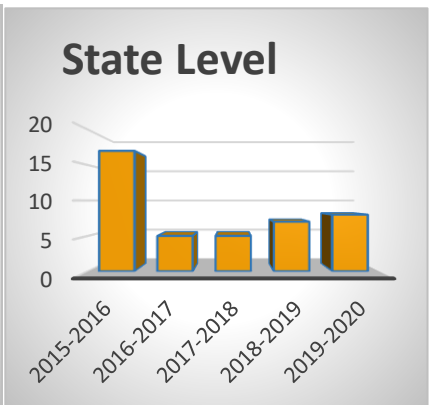
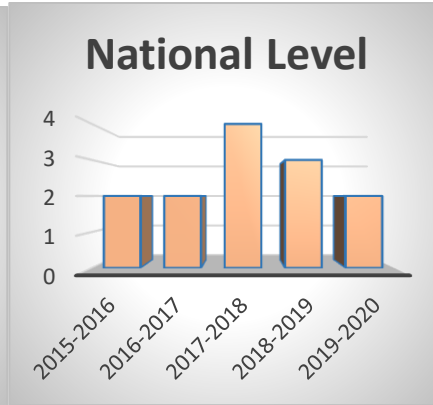
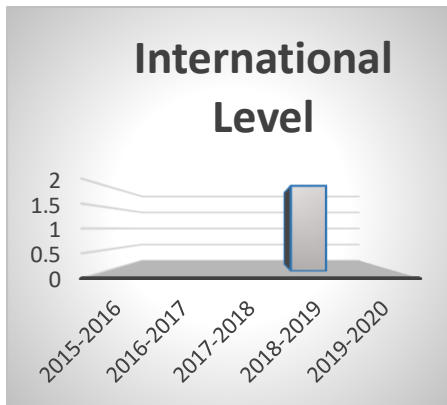






5yrs award and photos:

Year	International Level	National Level	All India Inter-University Level	State Level	Division Level	District Level
2015-2016		2	14	17	46	92
2016-2017		2	25	5	24	82
2017-2018		4	14	5	28	78
2018-2019	2	3	16	7	41	88
2019-2020		2	23	8	63	85



Brief introduction of participation team

Our player and college team participate in district level/ inter college competition every year and give their best performance to reach highest level. Our college receive awards for winners / runner ups and the players got selected for state and All India Inter University level competition.

We follow the calendar provided by the higher education and Barkatullah university in which every year college 15 to 18 teams participate and give their best performance as shown in the following table:

Name of games team	2019-20	2018-19	2017-18	2016-17	2015-16
Wrestling	×	✓	✓	✓	✓
Judo	×	×	✓	✓	✓
Cross-country	✓	✓	×	×	×
Table tennis (M)	×	✓	✓	✓	✓
Table tennis (W)	✓	✓	✓	✓	✓
Yoga (M)	✓	✓	✓	✓	✓
Yoga (W)	✓	×	✓	✓	✓
Badminton (M)	✓	×	×	✓	✓
Badminton (W)	×	×	×	×	✓
Kabaddi (M)	✓	✓	✓	×	✓
Kabaddi (W)	×	×	✓	×	×
Chess	✓	✓	✓	✓	✓
Cricket	✓	✓	✓	✓	✓
Volley ball	×	✓	×	✓	✓
Kayaking and Canoeing (water sports)	✓	×	✓	✓	✓
Swimming	✓	✓	✓	✓	✓
Basket ball	✓	✓	×	✓	✓
Ball badminton	✓	✓	✓	✓	✓
Football	×	✓	✓	✓	✓
Gymnastics	✓	✓	✓	✓	✓
Athletics	✓	✓	✓	✓	✓
Boxing	✓	✓	×	×	×
Weight lifting	×	×	✓	✓	✓

Positions in various Competitions.

2016 - College was the runner up in District level **Yogasana** (Men).

2018 - College was the runner up in **Table-Tennis** (Women) District level competition.

2019 - College was the runner up in District level **Yogasana** (Men).

2020 - College was the runner up in District level **Yogasana** (Men).

2020 - Winner team of divisional level **Yogasan** (Male), our four students participated.

2020 - Winner **Table Tennis** (Women) team at Divisional Level.

2020 – Winner dragon boat (Men) at Division level.





