

Department of Sports and Physical Education

**ANNUAL REPORT-2018-19**

Sports play a vital role in the human life. Physical education is an important part of education system. Education without sports is incomplete. A student should study hard to be successful in competitive examinations. But, he should also play sports to enjoy the health life. Along with bookish learning, a student should spend his time on sports. Our college continuously tries to improve in sports facility in college. College organized Inter-college sports tournaments for students. It is important co-curricular activity that offers an extensive opportunity to all students to enhance the physical capability.

**CELEBRATION OF SPORTS DAY**

The following events have been organized for the inter-class sports tournaments for students: 1. Cricket 2. Chess 3. Athletics (Long Jump, 100 Mt. Run) 5. Carrom

**Cricket**

Cricket is a one of the favorite game in India. Cricket is a good sport for developing overall fitness, stamina and -eye coordination. This competition was organized on dated 23 January 2019. There are 6 cricket teams participated in this competition.

**Chess**

Playing the game of chess on a regular basis right from the childhood improves the learning, thinking, analytical power, and decision making ability of the child. This chess competition organized on dated 19 January 2019. There are 30 students were participated in this game.

**Carrom**

Carom is a board game played by 2 or 4 platers. Carom is the game of fingers that make you win or lose the game. This programme was organized on 21 January 2019 at 10:30 Am. Total 28 students were participated in this game.



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## Long Jump

The long jump is a track and field event in which athletes combine speed. The College organized long jump event on dated 18 January 2019 for girl and boys students. There are 44 students were participated in this event.

## 100 Mt. Run

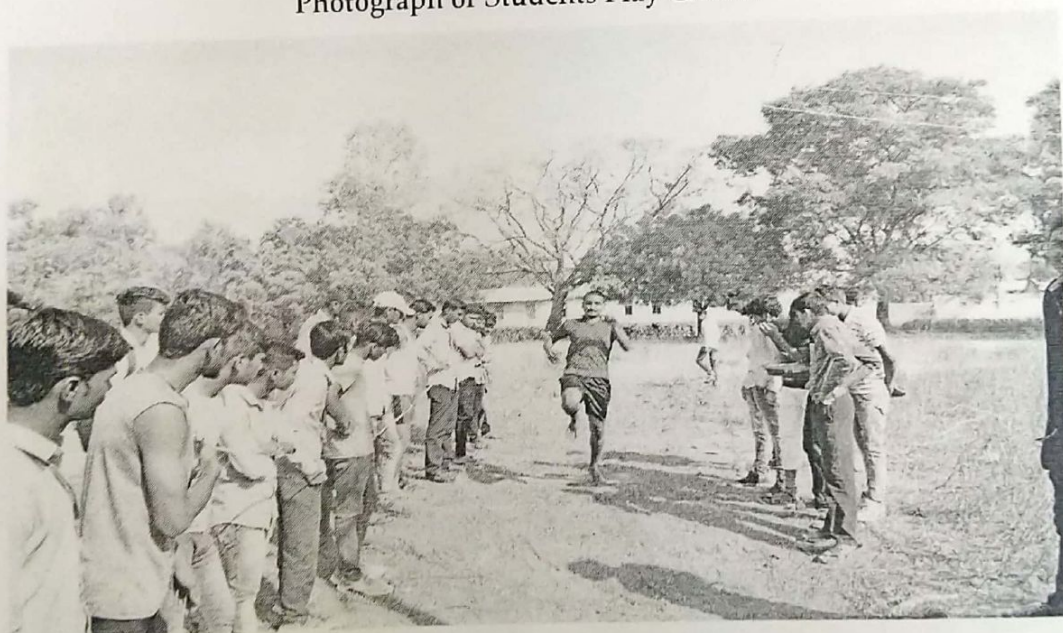
Athletics provides athletes with several benefits including the acquisition of valuable life skills that will benefit them throughout their life. Athletics play a key role in school or college. A magnificent sport was organized at our college, on dated, 20 January 2019. All the Students were participated with great fervor and manifested their athletic skills with an unimpeachable finesse. There are 35 students were participated in this game.



*[Signature]*  
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Photograph of Students Play Cricket



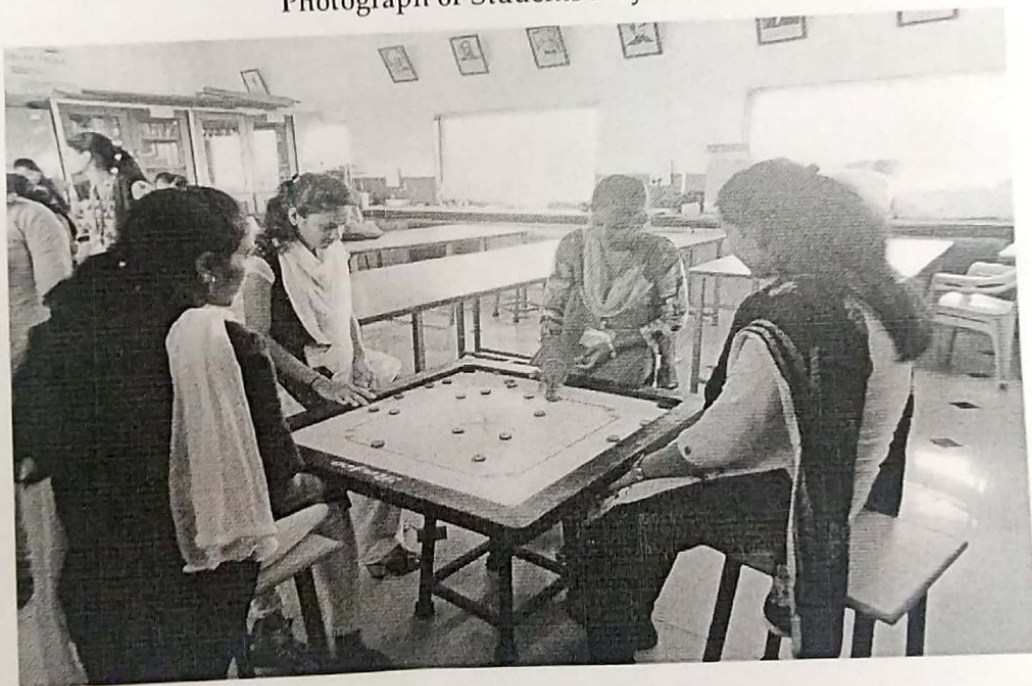
Photograph of Students Play Long Jump



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Photograph of Students Play Chess



Photograph of Students Play Carrom



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Photograph of Students participated in 100 Mt. Run

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