

## Games and Sports

Games and sports are essential to develop the students physically as well as mentally. It helps them for their student's holistic development.

Games and Sports are said to boost alertness, discipline, team spirit, mental ability, confidence and concentration of a student. It does not matter what kind of sports the students are playing and whether they are winning or not. Every sport will always inculcate some amazing traits in them.

Besides it yields-i) to boost in stamina, team spirit self-esteem and attitude and also leadership

In college, sports play a key role in moulding the students. We have various types of indoor and outdoor sports for the students that are organized from November to February. Outdoor activities include a) Run (100mt, 200 mt, 400mt, 800 mt, 1500 mt) b) Throw (Shotput, Discus, Javelin) c) Jump (High, Long) **for both boys and girls**. Indoor activities include volley ball, badminton, slow cycle, go as you like, pot breaking etc. Students as well as college staff participate in indoor games and make the event great success.

We have also gymnasium in our college equipped with different gymnastic apparatus such as treadmill, cycling, weight lifting etc.

### Pictures of outdoor activities



Picture of outdoor event – 100 meter Run



**Picture of outdoor event - Long jump**



**Picture of outdoor event - high jump**



Picture of indoor event – musical chair



Picture of indoor event – Go as you like

**Achievements of students**



Winners of 100 meter run



**Secured 1<sup>st</sup> position in 100 mt Run and 200 mt Run in College Annual Sports**



**Secured 1<sup>st</sup> position in Discus Throw in College Annual Sports**