Annual Report of Games department Session 2017-2018

Games & Sports Activities of our esteemed institution

The rationale underpinning games Opportunities is that players are provided with a schedule of age appropriate meaningful games – pre-planned and varied – which have regard for their developmental needs and differing levels of competitive ability as determined on the basis of maturational readiness. The games are complemented by a series of Skill Development initiatives, whereby players' needs are met, on an incremental basis, through a series of activities which are organized and promoted through colleges.

Since last five year the Games Department of Mahatma Gandhi BalikaVidhyalaya (P.G) college has been introducing new activities and games and sports like we have introduced Yoga Classes for spiritual moral intellectual and over all development, Taekwondo which strengthens our body and improves our health through physical exercise and a number of indoor and outdoor games.

Yoga:

An Endeavour to participate actively in the Yoga the students was educated on the importance of Yoga. They are explained that yoga helps in maintaining not only physical and mental health but also a healthy social life.

The students are taught various Asanas starting with warming up and stretching followed by the series of Padmasana, Paschimottasana, Halasana, Bhujangasana and ending with Shavasana.

After Asanas session students are also taught the Pranayama – For Longevity.

Chess:

Chess is a two-player strategy board game played on a chessboard, a checkered gameboard with 64 squares arranged in an 8×8 grid. The game is played by millions of people worldwide.

Sparks your creativity: Playing chess helps unleash your originality, since it activates the right side of the brain, the side responsible for creativity.

<u>Increases problem-solving skills</u>: A chess match requires fast thinking and problem-solving on the fly because your opponent is constantly changing the parameters

The Games department Mahatma Gandhi BalikaVidhyalaya (P.G) College started with few equipments and limited sports and games activities but now it has a fully well equipped Gym hall with latest Games and Gym equipments.

For physical fitness we have introduced latest gym Equipment like body vibrater, twister, upright bike and Aerobic stepper.

Apart from these we conduct annual Sport & Games meet to judge students progress; Students are motivated by principal & management by giving certificate and medals.

Outline of activities conducted in games department -

Indoor Games -

- 1. Badminton
- 2. Table Tennis
- 3. Chess
- 4. Carom board
- Yoga
- 6. Health and fitness class
- 7. Aerobic class

Outdoor Games -

- 1. Kho Kho
- Kabaddi
- 3. Tug of war
- 4. Volley ball
- 5. Athletics
- 6. Lemon & spoon race



Participation at Inter collegiate Chess tournament (Session 2017-2018) S.V. College Aligarh

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Participation at Inter collegiate TABLE-TENNIS tournament (Session 2017-2018) Maa Gayatri kanya college, Jalesar

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Participation at Inter collegiate BADMINTON tournament (Session 2017-2018) R.C.A. College, Mathura

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Participation at Annual game and sport meets CHESS TOURNAMENT (Session 2017-2018) M.G.B.V.(PG) College

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Participation at Annual game and sport meets CHESS TOURNAMENT (Session 2017-2018) M.G.B.V.(PG) College

Winner, Runner up and Participation CHESS TOURNAMENT (Session 2017-2018) M.G.B.V.(PG) College





Participation at Annual game and sport meets CARROM TOURNAMENT (Session 2017-2018) M.G.B.V.(PG) College

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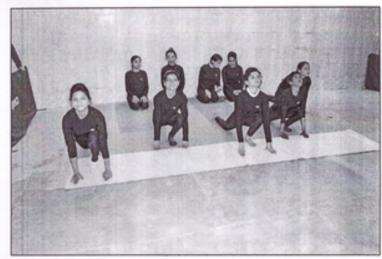
Winner, Runner up and Participation CARROM TOURNAMENT (Session 2017-2018) M.G.B.V.(PG) College

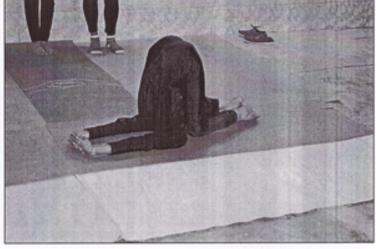




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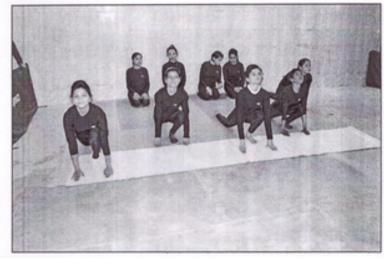
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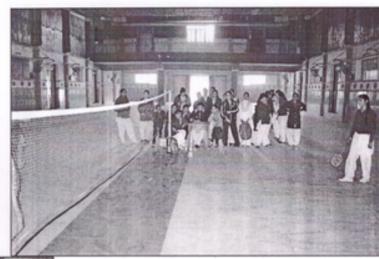
Winner Team TUG OF WAR TOURNAMENT (Session 2017-2018) M.G.B.V.(PG) College

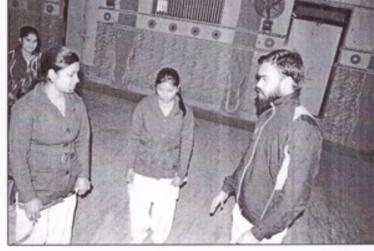




Participation at Annual game and sport meets BADMINTON TOURNAMENT (Session 2017-2018) M.G.B.V.(PG) College

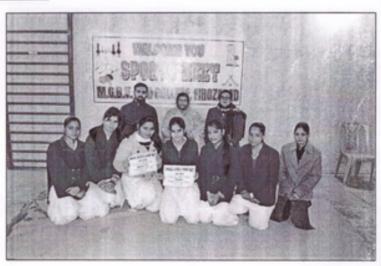
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Winner, Runner up and Participation BADMINTION TOURNAMENT (Session 2017-2018) M.G.B.V.(PG) College





Participation at Annual game and sport meets 100mt RUNNING TOURNAMENT (Session 2017-2018) M.G.B.V.(PG) College

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Winner, Runner up and Participation 100mt RUNNING TOURNAMENT (Session 2017-2018) M.G.B.V.(PG) College



