

Annual Report of Games department

Session 2018-2019

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 Balika Vidhyalaya (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.

Badminton:

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side).

To win in badminton, players need to employ a wide variety of strokes in the right situations. These range from powerful jumping smashes to delicate tumbling net returns. Often rallies finish with a smash, but setting up the smash requires subtler strokes.

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 8x8 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.

Increases problem-solving skills: 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 Balika Vidhyalaya (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 student's 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
5. Yoga
6. Health and fitness class
7. Aerobic class

Outdoor Games –

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



Participation at Inter collegiate
Chess tournament
(Session 2018-2019)
S.V. College Aligarh

Participation at Inter
collegiate
Chess tournament
(Session 2018-2019)
S.V. College Aligarh



Participation at Inter collegiate
Chess tournament
(Session 2018-2019)
S.V. College Aligarh

Got 3rd place in Inter
collegiate
Chess tournament
(Session 2018-2019)
S.V. College Aligarh





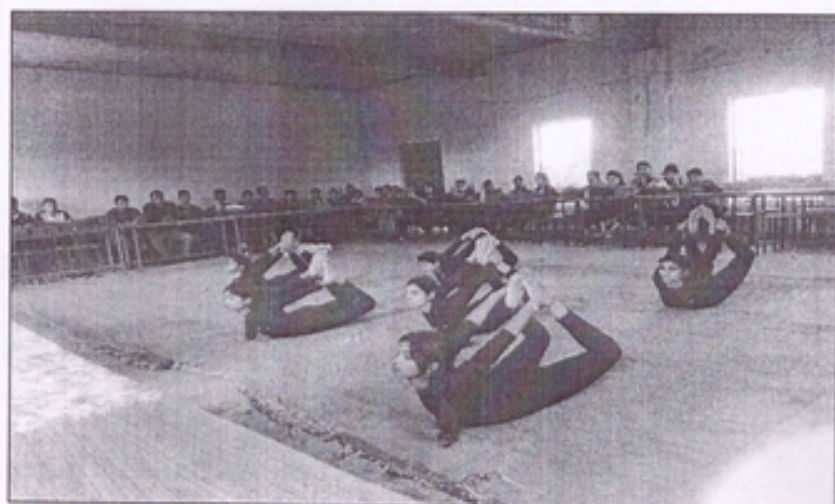
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Participation at Inter collegiate
Yoga tournament
(Session 2018-2019)
K.R.T.T. College Mathura

Participation at Inter
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Yoga tournament
(Session 2018-2019)
K.R.T.T. College Mathura





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Yoga tournament
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Participation at Inter collegiate
Badminton tournament
(Session 2018-2019)
Chitrgupt (PG) College
Mainpuri

Participation at Inter
collegiate
Badminton tournament
(Session 2018-2019)
Chitrgupt (PG) College
Mainpuri



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Badminton tournament
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Chitrgupt (PG) College
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Participation at Inter
collegiate
Badminton tournament
(Session 2018-2019)
Chitrgupt (PG) College
Mainpuri





Annual Sports meet
(Session 2018-2019)
M.G.B.V. PG College
Firozabad

Annual Sports meet
Chess Competition
(Session 2018-2019)
M.G.B.V. PG College
Firozabad



Annual Sports meet
Chess Competition
(Session 2018-2019)
M.G.B.V. PG College
Firozabad

Annual Sports meet
100 mt Shuttle Running
(Session 2018-2019)
M.G.B.V. PG College
Firozabad





Annual Sports meet
100 mt Shuttle Running
(Session 2018-2019)
M.G.B.V. PG College
Firozabad

Annual Sports meet
Kabbadi Competition
(Session 2018-2019)
M.G.B.V. PG College
Firozabad



Annual Sports meet
Kabbadi Competition
(Session 2018-2019)
M.G.B.V. PG College
Firozabad

Annual Sports meet
Kabbadi Competition
(Session 2018-2019)
M.G.B.V. PG College
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Annual Sports meet
Kabbadi Competition
(Session 2018-2019)
M.G.B.V. PG College
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Annual Sports meet
Kabbadi Competition
(Session 2018-2019)
M.G.B.V. PG College
Firozabad



Annual Sports meet
Tug of war Competition
(Session 2018-2019)
M.G.B.V. PG College
Firozabad

Annual Sports meet
Tug of war Competition
(Session 2018-2019)
M.G.B.V. PG College
Firozabad





Annual Sports meet
Tug of war Competition
(Session 2018-2019)
M.G.B.V. PG College
Firozabad

Annual Sports meet
Lemon Spoon Competition
(Session 2018-2019)
M.G.B.V. PG College
Firozabad



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Lemon Spoon Competition
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Lemon Spoon Competition
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Annual Sports meet
Kho -kho Competition
(Session 2018-2019)
M.G.B.V. PG College
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Kho -kho Competition
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Kho -kho Competition
(Session 2018-2019)
M.G.B.V. PG College
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Verified
Date 01/4/2019
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