

Annual Report of Games department

Session 2019-2020

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.

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 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.

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 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 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

MAHATMA GANDHI BALIKA VIDHYALAY (P.G.) COLLEGE FIROZABAD
INTER UNIVERSITY & COLLEGIATE 2019-20

Participation in Inter University Tournament (Track Suit-1500; Cash-2000)

Sr. no.	Name	Father's name	Class	Game	Place
1	PREETI VERMA	MISHRI LAL	MA1	CHESS	Participation
2	DIPTI SHARMA	MAHENDRA PRAKASH	BA2	CHESS	Participation
3	KAJAL	SANJEEV KUMAR	BA2	YOGA	Participation
4	UMA GUPTA	ANIL KUMAR GUPTA	BA3	BADMINTON	Participation
5	SIDRA PARVEEN	SARFARAZ ALI	BA1	TABLE TENNIS	Participation

Winner in Inter Collegiate Yoga Tournament (Track Suit-800)

1	SHIVANI	VIJAY PRAKASH	BA1	YOGA	WINNER
2	NEEMA KUMARI	RAJENDRA	BA1	YOGA	WINNER
3	KAJAL	SANJEEV KUMAR	BA2	YOGA	WINNER
4	MANVI	RAMNATH SINGH	BA1	YOGA	WINNER
5	ANURADHA YADAV	RAJ BAHADUR	BA1	YOGA	WINNER
6	BAHARTI	RAVISH CHNDRA	BA3	YOGA	WINNER

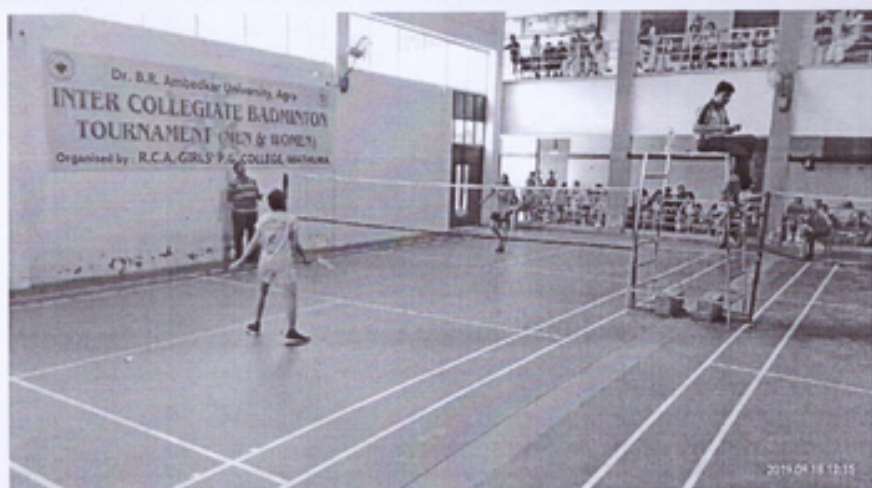
Winner in Inter Collegiate Chess Tournament (Track Suit-800)

1	MONIKA MALHOTRA	VINOD MALHOTRA	MA1	CHESS	WINNER
2	PREETI VERMA	MISHRI LAL	MA1	CHESS	WINNER
3	SHIVANI	OM PRAKASH	BA3	CHESS	WINNER
4	PRAGATI YADAV	RAJEEV KUMAR YADAV	BA3	CHESS	WINNER
5	DIPTI SHARMA	MAHENDRA PRAKASH	BA2	CHESS	WINNER
6	SHWETA YADAV	JITENDRA SINGH	BA1	CHESS	WINNER



Participation in INTER
 COLLEGIATE BADMINTION
 TOURNAMENT
 SESSION 2019-20
 R.C.A College, Mathura

Participation in INTER
COLLEGIATE BADMINTION
TOURNAMENT
SESSION 2019-20
R.C.A College, Mathura



Participation in INTER
COLLEGIATE BADMINTION
TOURNAMENT
SESSION 2019-20
R.C.A College, Mathura

Consolation IIIrd Prize in INTER
COLLEGIATE BADMINTION
TOURNAMENT
SESSION 2019-20
R.C.A College, Mathura



Participation in INTER COLLEGIATE
CHESS TOURNAMENT
SESSION 2019-20
S.V. College, Aligarh

Participation in INTER
COLLEGIATE CHESS
TOURNAMENT
SESSION 2019-20
R.C.A College, Mathura



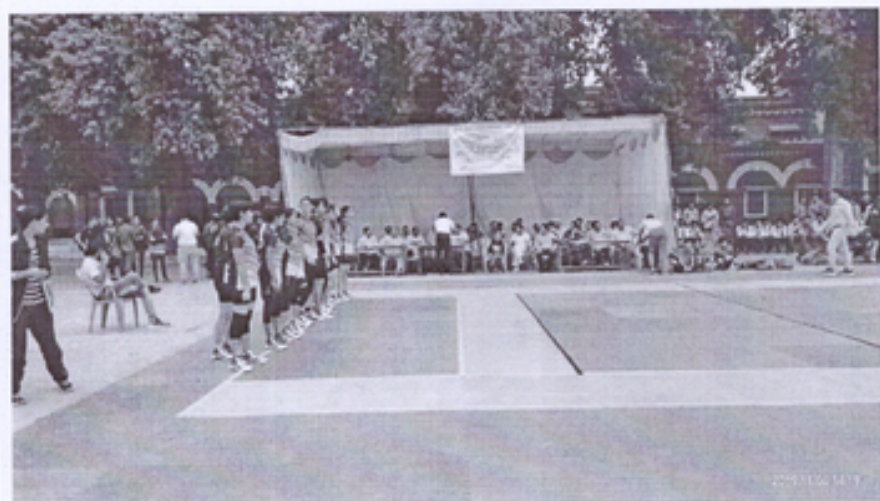
Winner (1st Place) in INTER
COLLEGIATE CHESS
TOURNAMENT
SESSION 2019-20
R.C.A College, Mathura

Winner (1st Place) in INTER
COLLEGIATE CHESS
TOURNAMENT
SESSION 2019-20
R.C.A College, Mathura



Participation in INTER
COLLEGIATE KABADDI
TOURNAMENT
SESSION 2019-20
A.K. College, Sikohabad

Participation in INTER
COLLEGIATE KABADDI
TOURNAMENT
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A.K. College , Sikohabad



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Participation in INTER
COLLEGIATE YOGA
TOURNAMENT
SESSION 2019-20
B.D.K. Mahvidyalaya , Agra

Winner (1st Place) in INTER
COLLEGIATE YOGA
TOURNAMENT
SESSION 2019-20
B.D.K. Mahvidyalaya , Agra



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Winner (1st Place) in
INTER COLLEGIATE YOGA
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B.D.K. Mahvidyalaya , Agra



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DR.NIRMLA YADAV
PRINCIPAL

[Signature]

DR.MEENA GUPTA
GAMES CO-ORDINATOR