

Annual Report of Games Department Session 2016-17

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.

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.

Taekwondo:

Taekwondo strengthens our body and improves our health through physical exercise and conditioning. Isometric and dynamic tension exercises allow students to gain better muscle tone and more strength. A gradual building process of safe and easy stretching techniques will enhance flexibility, while breathing and concentration exercise lead to sharper reflexes and senses.

The discipline of Taekwondo leads to increase energy, better health and fitness, greater coordination, and higher self – esteem. These qualities are vital to a happier and longer life.

Martial Arts (Taekwondo) adult programs help to develop and maintain a sound body and mind, and increase our abilities at self – defense.

The Games department Mahatma Gandhi Balika Vidhyalaya (P.G) College started with few types of equipment 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 gives as cash prize & Track suits.

Outline of activities conducted in games department –

Indoor Games –

1. Badminton
2. Table – Tennis
3. Chess
4. Carom board
5. Yoga
6. Taekwondo
7. Health and fitness class
8. Aerobic class

Outdoor Games –

1. Kho – Kho
2. Kabaddi
3. Tug of war
4. Volley ball
5. Athletics



Participation of college students at Intercollegiate level in 800 mt. running (Athletic 2016 - 2017)

Inauguration Vidhayak at A.K. College
Shikohabad
(Athletic meet 2016 - 2017)



Participation at Intercollegiate level in 100 mt. running (Athletic 2016 - 2017)

VISIT TO MEDICAL CELL
NAAC PEER TEAM
DATE - 28.11.2016
MEMBER : PROF JANAK DULARI AHI
MEMBER CO-ORDINATOR: SUMAT P
AGARWAL



CHECKING DOCUMENTS MEDICAL CELL

WELCOME TO THE NAAC PEER TEAM
BY THE GAMES DEPARTMENTS



VISIT TO GAMES DEPARTMENT
INTERACTION WITH GAMES COACH /
TRAINER
DATE : 28.11.2016
MEMBER : PROF JANAK DULARI AHI
MEMBER CO-ORDINATOR: SUMAT P
AGARWAL

INTERACTION WITH GAMES
STUDENTS



Yoga Class given by yogvidhya pith patanjali
yog parchark Seem ji (session 2016-17)

Yoga Class given by yogvidhya pith
patanjali yog parchark Seem ji (session
2016-17)



Yoga Class given by yogvidhya pith patanjali
yog parchark Seem ji (session 2016-17)



Practices of tug of war at college ground
(session 2016-2017)

Practices of tug of war at college
ground (session 2016-2017)



Practicing of kabaddi at college ground
(session 2016-2017)

Practicing of kabaddi at college
ground (session 2016-2017)





Participation at Intercollegiate level in
TUG OF WAR (Session 2016 - 2017)
C.L. Jain college Firozbad

WINNER in TUG OF WAR at Inter
collegiate level (Session 2016 - 2017)
C.L. Jain college Firozbad



Participation at Intercollegiate level in
TAEKWONDO
(Session 2016 - 2017)

Participation at Intercollegiate level in
TAEKWONDO
(Session 2016 - 2017)





Participation at Intercollegiate level in
YOGA
(Session 2016 - 2017)

Participation at Intercollegiate level in
YOGA
(Session 2016 - 2017)



Participation at Intercollegiate level in
KABADDI
(Session 2016 - 2017)

Participation at Intercollegiate level in
KABADDI
(Session 2016 - 2017)



Prof
20/3/2017

Verified
Stone