

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.

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 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
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 2017-2018)
S.V. College Aligarh

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



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Chess tournament
(Session 2017-2018)
S.V. College Aligarh





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

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

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





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

Participation at Annual
game and sport meets
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M.G.B.V.(PG) College



Participation at Annual
game and sport meets
CHESS TOURNAMENT
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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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Participation at Annual
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Winner, Runner up and
Participation
CARROM TOURNAMENT
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Participation at Annual games
and sport meets
YOGA TOURNAMENT
(Session 2017-2018)
M.G.B.V.(PG) College

Participation at Annual games
and sport meets
YOGA TOURNAMENT
(Session 2017-2018)
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Participation at Annual games and
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Participation at Annual
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TABLE TENNIS
TOURNAMENT
(Session 2017-2018)
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game and sport meets
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Participation at Annual
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Winner, Runner up
and Participation
TABLE TENNIS
TOURNAMENT
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Participation at Annual
game and sport meets
TUG OF WAR
TOURNAMENT
(Session 2017-2018)
M.G.B.V.(PG) College

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

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)
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Participation at Annual
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Winner, Runner up
and Participation
**BADMINTON
TOURNAMENT**
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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
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M.G.B.V.(PG) College



D.V.
25/3/2018

Verified
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