

Annual Report of Games department

Session 2020-2021

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 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 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

Annual Sports meet
(Session 2020-2021)
M.G.B.V. PG College
Firozabad



Annual
Sports meet
Lemmon spoon
Competition
(Session 2020-2021)
M.G.B.V. PG College
Firozabad

Annual Sports meet
Sack race Competition
(Session 2020-2021)
M.G.B.V. PG College
Firozabad



Annual Sports meet



Balancing balloon
Competition
(Session 2020-2021)
M.G.B.V. PG College
Firozabad

Annual Sports meet
Change the cone direction
Competition
(Session 2020-2021)
M.G.B.V. PG College
FIROZABAD





Annual Sports meet
Yoga Competition
(Session 2020-2021)
M.G.B.V. PG College
Firozabad

Result of the meet are follows:

Events Name- Sack Race

No.of participants- 30

Date -03.02.2021

S No	Participant (In Capital Letter)	Class	Position
1.	DIPTI SHARMA	B.A III	<u>I</u>
2.	CHARU KATARA	B.SC III	<u>II</u>
3.	SEJAL GAUTAM	B.A II	<u>III</u>

Events Name- Lemon & Spoon race

No.of participants-25

Date-03.02.2021

S No	Participant (In Capital Letter)	Class	Position
1.	VERSHA GOSWAMI	M.A FINAL	<u>I</u>

Events Name- Balancing balloon Race

No.of participants-30

Date-03.02.2021

S No	PARTICIPANT	CLASS	POSITION
1.	NEEMA KUMARI	B.A III	<u>I</u>
2.	SHIVANI YADAV	B.A III	<u>II</u>
3.	MONIKA KUMARI	B.A III	<u>III</u>

Events Name- Change the cone Direction Race

No.of participants-25

Date-03.02.2021

S No	PARTICIPANT	CLASS	POSITION
1.	SHAKSHI KUMARI	B.A I	I st
2.	SHALU	B.A II	
3.	CHARU KATARA	B.SC III	
4.	PREETI UPADHAYA	B.SC III	
5.	ANJALI	B.SC III	

S No	Participant (In Capital Letter)	Class	Position
1.	SUMAN BAGHEL	B.A III	II nd
2.	ELASHA YADAV	B.A III	
3.	SABIYA	B.A I	
4.	SHIVANGI KUMARI	B.A III	
5.	SEJAL GAUTAM	B.A III	

S No	Participant (In Capital Letter)	Class	Position
1.	ANUJA DIWAKAR	M.A FINAL	III rd
2.	ANJANA	B.A III	
3.	DEEKSHA	M.A FINAL	
4.	VARSHA	M.A FINAL	
5.	PREETI	B.A III	

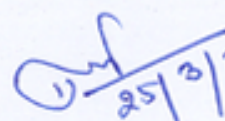
Event Name- YOGA:

No.of participants-10

Date- 04.02.2021

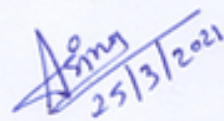
S No	Participant (In Capital Letter)	Class	Position
1.	Shivani Yadav	B.A.II	I st
2.	Anuradha Yadav	B.A.II	
3.	Manvi Yadav	B.A.II	
4.	Neema Kumari	B.A.III	
5.	Kajal	B.A.III	

S No	Participant (In Capital Letter)	Class	Position
1.	Monika Kumari	B.A.III	II st
2.	Sonam Yadav	B.A.III	
3.	Reena Rathore	B.A.III	
4.	Sonam Sharma	B.A.III	
5.	Charu katara	B.SC.III	


25/3/2021

DR.NIRMLA YADAV

(PRINCIPAL)


25/3/2021

DR.AMRITA SINGH

(HEAD OF DEPARTMENT)
PHYSICAL EDUCATION