

## **Sports 2021-22**

19<sup>th</sup> July 2021:- The students and staff were given a speech on “Tokyo Olympics and India’s Hope”.

20<sup>th</sup> July 2021: All the students of University practised in yoga at their home for a whole month.

10<sup>th</sup> July:- All the students a staff were made to do yoga Marticel Arts & Exercise regularly by the sports Teachers Mrs. Sarita Kushwaha ,mam.

At online webinar there were speech given by Mrs. Lt. Sarita Kushwaha ji on Tokyo Olympic & Hopes of India.

August 2021: All the students of university practised yoga all by their heart for a whole month.

13<sup>th</sup> August:- All the students & staff participated in fit India sports run 20 and more over 75 persons. Made aware the people by running 2 km of distance .

21 August :- All the students & staff participated in fit India sports Run 20 and more over 75 persons. Made aware the people by running 2 km of distance.

21<sup>st</sup> August :- All the students & staff participated in fit India sports.

25<sup>th</sup> August :- Students did running in the university and made people aware by doing exercise atleast half an hour regularly .

27<sup>th</sup> August cadets did martial arts and running in college.

29<sup>th</sup> August :- On the Occasion of “ sports Day 15 cadets were participated in various sports The cadets played running basketball and Kho Kho Game.

September 2021: Cadets whole heartedly participated yoga with their family member throughout the month.

1 September :- 2 Km running done by the 20 cadets and yoga was practiced.

2 September:- Basketball and kho-kho were played by 15 cadets.

6 September :- Exercise and Metrical arts were conducted in where 15 cadets were participated.

2 October:- 2 : Tanu Sharma and Nikita Kushwaha were participated in grandhi Jayanti. Program.

3 October :- Chitra Ganesh Participated in online quiz competition and won the prize.

4 October :- 9 Cadets were participated in the drill test in the unit.

4 October : cadets were participated in the program of traffic rules.

Chief Guest:- DSP Shri Sunil Tiwari

Special Guest :- Shri Veer Singh

Other Guest :- SI Shri Vivek Gour

6<sup>th</sup> October :- 9 cadets attended the R.D.C Written Examination group Discussion in the unit.

7<sup>th</sup> October :- 2<sup>nd</sup> and 3<sup>rd</sup> year students were participated in the drill test.

8<sup>th</sup> October :- 3 cadets were selected in Dajiling Trekking camp. And other cadets attended a program, organized by Indian Air Force.

12 October :- 2 Cadets were participated in the guard of honour to salute the Bhopal Group Commander Brigadier Sanjay Ghosh.

14<sup>th</sup> October :- 1<sup>st</sup> year cadets were enrolled, ANO. Lt. Sarita Kushwah, GCI Akansha and staff were also present.

26 October:- Today in our college there was a competition in which 21 NCC Cadets participated.

28 October :- Sports Day was celebrated in our college in which 32 of our cadets were participated. All activities were posted on social media.

31<sup>st</sup> October:- Poster and video are made by 17 cadets on the occasion of “National Unity Day” and Upload it in social media.

November :- Cadets were participated in yoga and kho –kho was played.

1<sup>st</sup>-3<sup>rd</sup> December 2021:- Cadets participated in the basketball match.

4<sup>th</sup> December 2021: 10 Cadets was participated in the basketball competition at BSSS College.

1. Cdt. Ojasvi Sharma
2. Cdt. Devyani Chohan
3. Cdt. Rani Kushwaha
4. Cdt. B. Khushboo
5. Cdt. Gurleen Kaur Sarohi
6. Cdt. Riddhi
7. Cdt. Firdous Rahman
8. Cdt. Viskha Yadav
9. Cdt. Madhu Parmar
10. Cdt. Nisha Lodhi

21<sup>st</sup> -22 December 2021: Girl students should their interest in various sports and got selected for inter-college competitions.

Annual sports was organized in the college on 30<sup>th</sup> December in which the girl students should their interest and contributed .” Every one gave a very good performance.

January 2022 :- Girl students practiced kho-kho volleyball in the college along with yoga and exercise were also done daily.

Surya Namaskar done on 12<sup>th</sup> January (group Surya Namaskar )

Trials of Baseball competition were organised by Barkatullah university on the date 3.1.22 in which cdt . Himashi Vishwakarma was selected at the university level.

On 4.1.22 cdt. Himanshi Vishwakarma B.Com, First year, participated in Baseball game at university level in Assam.

Inter Univiersity level participation

Sport- Baseball

Place- Assam ( Guhawati )

University – Royal Global University Assam 4.01.22 to 11.01.22

Name :- Himanshi Vishwakarma

Class :- B.Com Ist year

Sport Baseball

College:- Sri Sathya Sai College for women, Bhopal.

February 2022:- Yoga was practical daily by the cadets in the college.

March 2022:- The practice of various sports continued in the college the cadets should a lot of interest in games also.

Trial of soft ball competition organized by Barkatullah University on 25.02.22 done in which at least one get selected at University level.

On 9.3.22 Ldt. Shradhha Pathak go selected on Soft ball, Inter- University level competition at Deenbandhu Chhotu Ram Vishwavidhyalaya, Haryana.

Inter University level participated

Sport :- Softball

Place :- Haryana ( Sonlipat )

University of Sonlipat :- Deenbandhu Chhotu Ram Univesity

Of Science & Technology

Murthal (Soni pat )

9.3.22 to13.03.22

Name :- Shraddha Pathak

Class :- B.Com. Ist Year

College :- Sri Sathya Sai College of Women, Bhopal

April 2022:- Yoga practice was done regularly Ldt. Sati Saleja . M.A final Year , Political Science participated at the Inter- University Level

Inter University Level Participated

Game:- Power lifting

Location :- Udaipuri

University:- Janardan Rai Nagari Rajasthan Vidhyapeeth  
Deem University Udaipuri Rajasthan

Date :- 16.4.22 to 25.4.22