

SRI SATHYA SAI COLLEGE FOR WOMEN, BHOPAL

Sport Report 2022-23

After the prayer everyday yoga classes were organized by sports officer Dr. Sarita Kushwaha for faculties and students to improve concentration and focus. The combination of physical posture, control breathing and mindfulness techniques helps students and faculty to develop better attention, spans, leading to improved academic performance and productivity.

In the month of October selection of students for different sports like Kabaddi, Volleyball, Kho-Kho, football, Basketball, Taekwondo practice were taken place. On 17/10/22 Aditi Mishra was participated in Inter College Taekwondo tournament and won the Bronze Medal.

In the month of November selection of students were taken place for Badminton, Kho-Kho, Basketball, football. Softball, baseball, Race etc.

Aashi Shrivastava B.Ed. 1st Sem has been selected and scored 604.8 at 485 position in 10m Rifle women (ISSF) National championship and 298 position in 10 m Rifle women (ISSF) Civilian championship in 65th National shooting championship competition held at thiruvananthapuram Kerala from 20th November to 9th December 2022.

Two students Himanshi Vishwakarma and Shraddha Pathak were selected for Baseball Tournament which was held at 30.11.22 on division level.

In the month of December final sports selection and practice for the football, Basketball, Badminton, Kho-Kho and different sports race, carom, chess was organized.

Isha Mishra was selected for Inter college cricket Tournament at division level.

On 5th and 6th January 2023 college organised Annual sports day with a large participation of students. Different outdoor Sports events like kho-kho, kabbadi, cycle race, lemon race, 3- legged race, Throw ball, 100 mt race, spoon race, ,Volley ball, Basketball ,seg race, Tug- off war and indoor games like Table Tennis, carrom, Chess etc. were organised and prizes were given to the winner students.

Ms. Himanshi Vishwakarma B.Com. II Year represent herself (OPEN) Senior state level softball which was held at the Raipur on the 17 January and won the Gold Medal.

Ms. Himanshi Vishwakarma of class B.Com II Year attended softball All India university games tournament from 17 March to 22 March 2023 held at Punjab University Chandigarh. Best sports award has been given to her for the year 2022-23