

**SHANTHI ARTS, SCIENCE AND COMMERCE COLLEGE,
MALAVALLI.**

DEPARTMENT OF PHYSICAL EDUCATION

SPORTS ACTIVITIES AND ACHIEVEMENTS DURING THE YEAR 2018-19

1. Conducted free yoga coaching camp at our college from 28th May 2018 to 20th June 2018, on the occasion of international day of yoga-2018. Sponsored by central council for research in yoga and Naturopathy (ministry of AYUSH, Govt. of India)
 - 1) Chaithra B Kumar 2) Deekshagowda U. 3) Ashwin Praveen Jain. These three Alva's College Naturopathy and yogic Science college students given free yoga asana's coaching for our college students and publics.

2. We are successfully conducted **International day of yoga celebration at our college ground on 21st June 2018.** This yoga day celebration more than 500 college students were participated and exhibited yogasanas with the direction of yoga & naturopathy students. In this program Shanthi Education Society secretary Mr. M.H. Kempaiah, Degree College Principal Dr. C. Nagaraju, Pu College Principal Mr. M.C. Shivappa, Teachers and students witnessed the program.

3. Conducted one day orientation program (induction and welcome) to I year degree students on 30.06.2018 in the year 2019-20. In this program I am given detailed information about sports during the UG level. Importance of sports, Benefits, discipline, Health maintenance, Training, Practices University Selection, competition, outstanding sports persons achievements facilities, regards from the college, college annual sports competition, annual sports day and other information given to all I year degree students through this program.

4. Men and Women Badminton Shuttle team players of our college participated Mysore University Intercollegiate Mandavya Zone competition held at PET Indoorhall Mandya on 02.08.2018.
5. Chess and Tabletennis men team players of our college participated Mysore University intercollegiate mandavya zone competition held at Govt. First Grade College, K.R.Pete. Both the team players played very well. And finally **chess team got runners up in this competition** and this team will eligible to participating University inter zonal tournament in the month of Feb-2019
6. I am **Organized Mysore University Intercollegiate Mandavya Zone Throw ball competition for men at our college ground on 18.08.2018.** There are 11 teams were participated from different degree colleges of Mandya District including host team. Finally PES College, Mandya got winner up position and Govt. (Autonomous) college, Mandya, got runners up position.
7. Ball badminton men team participated Mysore University intercollegiate Mandavya zone competition held at govt. first grade college, Koppa on 21.08.2018.
8. Men section cross country runners (3) participated Mysore University intercollegiate cross country running competition, held at govt. first grade college, T.Narasipura on 02.09.2018.
9. 15 student sports persons (13Men& 2 Women) of our college participated Mysore University intercollegiate weight lifting Best physique (Men) swimming wrestling (M&W) competition held at Department of physical Education Sports pavilion, Mysore from 15th to 7th September 2018. Sports persons of our college performed verywel and bagged **4 medal** and other positions **(Gold-1, Silver-2 and Bronze-1) in weight lifting and wrestling competition.**

Details of medal winners

1. Shashankgowda M.	II M.Com	- 77 Kg weight category	Gold Medal
		Weight lifting	
2. Sunilkumar A.P.	III B.Com	- 56 Kg weight category	Silver Medal
		Weight lifting	
3. Harsitha C.N.	I B.Com	- 59 Kg Weight category	Silver Medal
		free style wrestling	
4. Punithkumar M.N.	III BA	- 77 Kg weight category	Bronze Medal
		Weight lifting	
5. Kannikaparmeswari H.L.	I B.Com	- Wrestling Competition	4 th Place
6. Sanjaykumar S.	II BA	- Wrestling Competition	4 th Place
7. Chandashekar N.	I B.Com	- Wrestling Competition	4 th Place

Finally weight lifters of our college got overall **Runners up team championship in Mysore University intercollegiate weight lifting compaction 2018-19 and secured 9 points.**

10. Handball men team participated Mysore University intercollegiate competition held at Shankaregowda B.Ed College, Mandya on 11.09.2018. team players performed very well and **got runners up (II place) in this competition** and eligible to participate University intercollegiate men competition will be held in the month of Feb-2019.

11.10 Athletes of our college (6 Men & 4 Women) participated Mysore University intercollegiate 90th athletics meet held at Sri Audichunchanagiri Kshetra, organized by Audichunchanagiri First grade college Nagamangala from 17th to 20th Sept-2018. In this athletics competition our athletes bagged **one gold medal and secured other positions in various events.**

1. Shashankgowda M.	II M.Com	- Pole-vault Competition	Gold Medal
2. Shashankgowda M.	II M.Com	- Hammer throw	4 th Place
3. Siddesh	III BA	- 20KM Walk	4 th Place
4. Sunilkumar A.P.	III B.Com	- Pole-vault	4 th Place
5. Neelambika Y.C.	I M.Com	- Hammer throw	4 th Place
6. Divyashree K.H.	I BA	- 110mt Hurdles	5 th Place
7. Divyashree K.H.	I BA	- Triple Jump	5 th Place

12. Throwball women team participated Mysore University intercollegiate mandavya zone competition held at Govt. First Grade College for Women, K.R. Pate on 25.09.2018.
13. Volley ball men team participated Mysore University intercollegiate Mandavya zone competition held at PES College sports complex Mandya on 27.09.2018.
14. Tennikoit women team participated Mysore University intercollegiate Mandavya zone competition held at Govt. First grade college Bharathinagara on 28.09.2018.
15. Kabaddi men team of our college participated Mysore University intercollegiate Mandavya zone competition held at Govt. First grade college S.R.Patna on 04-10-2018.
16. **Harshitha C.N. I B.Com** of our college student selected Mysore University women wrestling team 2018-19, represented Mysore University and participated **All India Inter University wrestling competition for women held at Dr. Babasaheb Ambedkar Maratavada University, Aurangabad (Maharashtra)** from 3rd to 5th November 2018.
17. Suhailpasha -III B.Com student of our college selected to University hand ball team, and represent the University of Mysore during the year 2018-19, and participated South zone interuniversity handball competition for men held at Rayalseema University, Kurnool(AP) from 22-12-2018 to 26-12-2018.
18. Softball men team of our college, participated Mysore University intercollegiate Mandavya zone competition held at Bharthi College, Bharthinagara. On 14-01-2019. In this competition our team players played very well and **finally got Runners up position** and this team eligible to participate University inter zonal competition.

19. Cricket team players participated Mysore University intercollegiate Mandavya zone competition held at PET Cricket stadium, Mandya on 14.01.2009 and we lost the match in semifinal against PES College, Mandya.

20. Table tennis women team participated Mysore University intercollegiate Interzonal women tournament held at SBRR Mahajana First Grade College, Mysore.

21. Mandavya zone runners Chess, Hanball & Softball men teams of our College, Mysore University intercollegiate Interzonal Men tournament held at Shankaregowda B.Ed., College, Mandya. In this competition Chess and softball players got 4th position.

The end of 2018-2019 academic year we are conducted college annual sports and prize distribution function held at our college Shanthi Bhavan on 28.03.2019. We invited four special guest from outside and gave special lecturer and distribution prizes to outstanding Sports persons and college Annual sports winners.

1. Valedictory speech by – **Dr. Shelvapillai Ayyangar**, Associate Professor

Ancient History, KSOU, Mysore.

2. College Annual Magazine Released By - **Prof. Sri Harsha**, Assistant professor, MIT Engineering College, Mysore. And T.V Program sarigamapa Singer.

3. Chief guest - **Kumari niveditha gowda**, colours kannada T. V Channel

Session – 5 Bigg Boss participant.

4. Prizes, certificates and Awards Distributed By - **Sri Rakesh**, All india inter university wrestling Medallist, Mysore.

5. Program presided by – **Sri M.H Kempaiah**, Secretary, Shanthi Education

Society (R), Malavalli.

