



SESHADRIPURAM FIRST GRADE COLLEGE

BANGALORE- 560064

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

2019-20



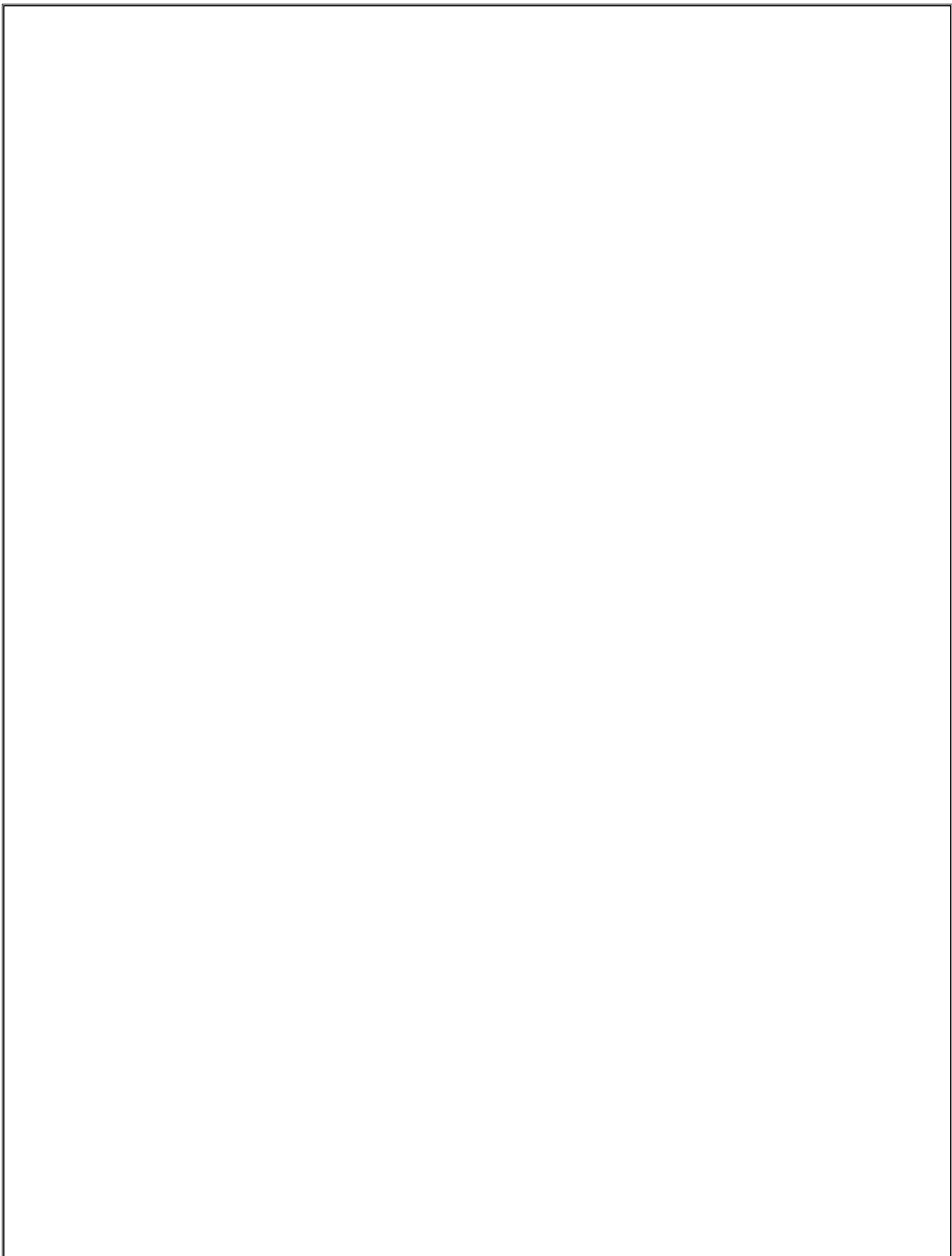
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

VISION

GROOM LOYAL CITIZENS WITH HEALTHY MINDS AND BODIES FOR THE SERVICE OF SOCIETY AND NATION

MISSION

DEVELOP THE DEPARTMENT AS SPORTS CENTRE.



HISTORY OF DEPARTMENT OF PHYSICAL EDUCATION

1. The department of physical education was established in the year 2001.
2. Mr.Rajanna.R who was the Physical education director, now the department is headed by Mr.Sudhir.V.Bhainaik who joined in the year 2013.
3. The department has been giving importance for both intramural and extramural activities. The department functions through a sports committee comprising the principal, Physical Education Directors and staff members, student secretaries for sports (Boys and Girls) and college team captains.
4. The department attempts to keep the spirit of sports alive in the students of the college.
5. It is proud that, through its programs, it has consistently produced outstanding sportsmen and women at the university, state, national and international levels.

Education Physical Director

SPORTS COMMITTEE

**President
Principal**

**Gen. Secretary for Sports
H.O.D. Physical Education and Sports**

Sports Secretary

**3 staff members
Boys wing**

**Students Sports Secretary
College Team Captains**

**Members
Girls Wing**

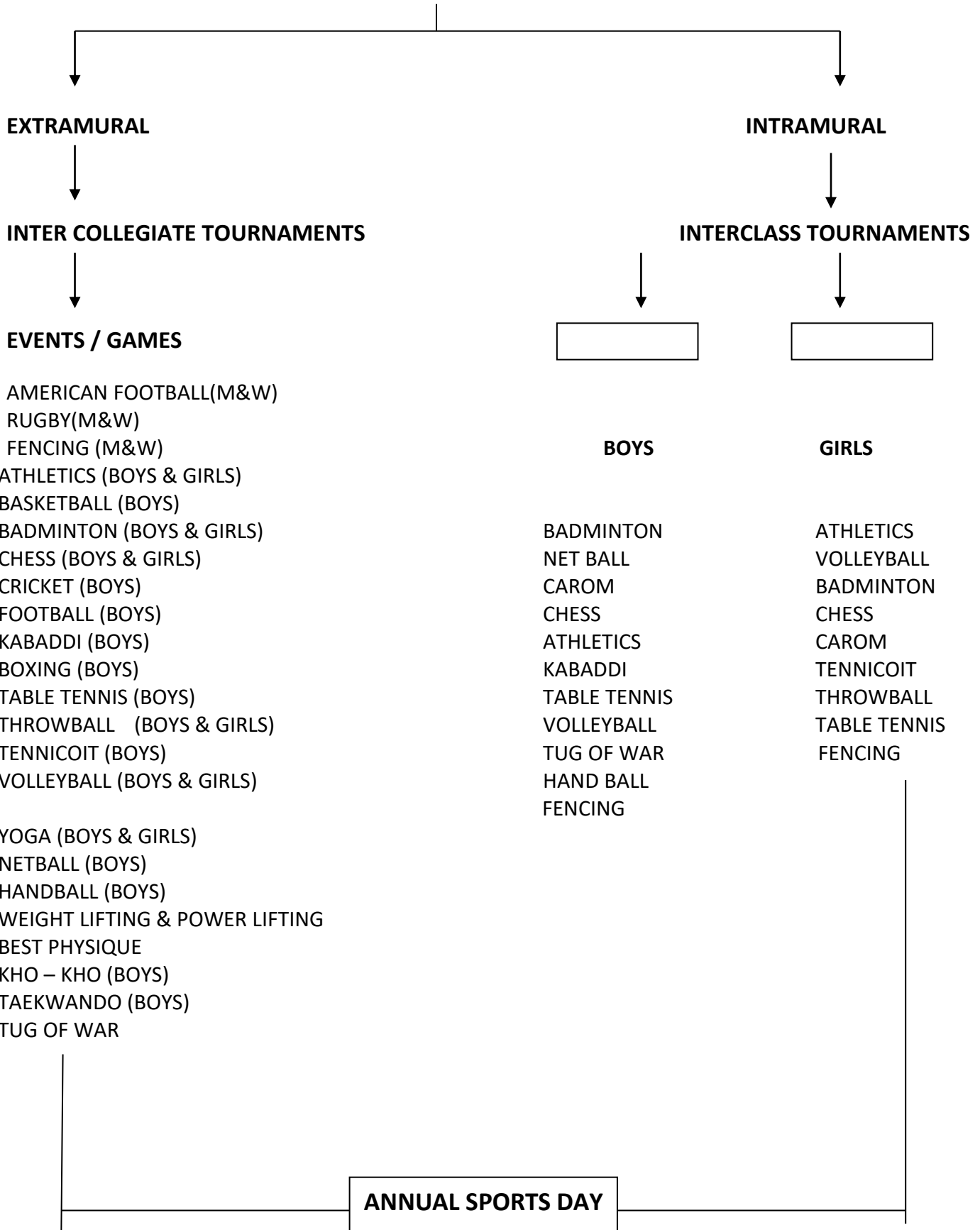
INDIVIDUAL FACULTY PROFILE

SL NO.	NAME AND DESIGNATION	QUALIFICATIONS SPECIALIZATION	TOTAL EXPERIENCE	ANY OTHER
1.	Sudhir.V.B	M.P.Ed, M.Phil	10 Years	
2.	Aparna v Bandekar	M.P.Ed,PGDYOGA	08 Years	

FACULTY DEVELOPMENT PROGRAM AND TEACHERS WHO HAVE BEEN BENEFITD DURING THE PAST THREE YEAR

Sl no.	Year	Programmers	Topic	Faculty Benefited
1	2013-2014	UGC Sponsered two day National Confrence in Maharani Ladies' Association For Women	Lifestyle Management and Wellness	Aparna. V. B
2	2012-13	Tumkur University and S-Vyasa Yoga University	Yoga In Education	Sudhir. V. Bhainaik
3	2014-2015	UGC sponsored State level Symposium in Sri Jagadguru Renukachrya College	Lesson from the LONDON Olympics 2012	Sudhir. V. Bhainaik
4	2014-2015	IQAC cell and Department of PE in Soundarya Institute of Management and Science	National Conference on inter disciplinary approach in PE and sports	Sudhir. V. Bhainaik

DEPARTMENTAL PROGRAMS



**COLLEGE TEAM SELECTIONS FOR MEN AND WOMEN
(INDOOR & OUTDOOR) FOR THE YEAR 2019-20**

MEN

Sl no.	Selection Date	Events/Games	Time	Venue
1	01/08/2019	Fencing	2 p.m	College Ground
2	27/07/2019	Volley Ball	2 p.m	College Ground
3	26/07/2019	Net ball	2 p.m	College Ground
4	16/07/2018	Hand ball	2 p.m	College Ground
5	19/07/2019	Kabaddi	2 p.m	College Ground
6	02/08/2019	Taekwondo	2 p.m	College Ground
7	22/08/2019	Cricket	2 p.m	College Ground
8	03/08/2019	Basket ball	2 p.m	College Ground
9	26/07/2019	Shuttle Badminton	2 p.m	Golden Rockets club
10	17/07/2018	Foot ball	2 p.m	College Ground
11	24/07/2019 16/08/2019	Chess and TT	2 p.m	College Ground
12	05/08/2019	Tug Of War	2 p.m	College Ground
13	27/07/2019	Yoga	2 p.m	Sports room
14	23/07/2019	Soft ball	2 p.m	College Ground
15	01/08/2019	Archery	2 p.m	College Ground
16	31/07/2019	Weight & Power lifting	2 p.m	Gym
17	04/08/2019	Swimming and Diving	2 p.m	H M T Sports club
18	31/07/2018	American Football/Flag Football	2 p.m	College Ground

WOMEN

Sl no.	Selection Date	Events/Games	Time	Venue
1	01/08/2019	Fencing	2 p.m	Sports room
2	25/07/2019	Volley ball	2 p.m	College Ground
3	26/07/2019	Net ball	2 p.m	College Ground
4	27/07/2019	Yoga	2 p.m	Sports room
5	13/07/2019	Throw ball	2 p.m	College Ground
6	24/07/2019	Tennicoit	2 p.m	College Ground
7	26/07/2019	Shuttle badminton	2 p.m	H M T ground
8	05/08/2019	Tug Of War	2 p.m	College Ground
9	29/07/2019 24/07/2019	Chess and TT	2 p.m	Sports room
10	01/08/2019	Archery	2 p.m	Sports room

SESHADRIPURAM FIRST GRADE COLLEGE

(Affiliated to Bangalore University)

Yelahanka, Bangalore-560064

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COLLEGE TEAM PRACTICE SESSIONS (BOYS) 2019-20

Sl no.	College team	Days	Time	Venue
1	Basket Ball Men	Tuesday Wednesday	2 p.m - 4.30 p.m	College Ground
2	Volley ball Men	Tuesday Wednesday Thursday	7 a.m -9 a.m	College Ground
3	Net Ball	Friday Saturday	2 p.m - 4.30 p.m	College Ground
4	Fencing	Tuesday Wednesday	2 p.m - 4.30 p.m	
5	Kabaddi	Friday Saturday	7.30 a.m –9 a.m	College Ground
6	Cricket	Monday Tuesday Friday	7.30 a.m – 9.30 a.m	College Ground
7	Table Tennis and Chess	Tuesday Wednesday	2 p.m - 4.30 p.m	Sports Room
8	Hand ball	Tuesday Wednesday	2 p.m - 4.30 p.m	College Ground
9		Monday		Railways

	Badminton	To Saturday	2 p.m - 4.30 p.m	Indoor Club
10	Tug Of War	Monday To Saturday	2 p.m - 5 p.m	College Ground
11	Swimming and Diving	3 days	2 p.m – 4.30 p.m	HMT sports club
12	Taekwondo	Monday Wednesday Friday	2 p.m - 4.30 p.m	College Ground
13	Football	Monday Tuesday Friday Saturday	2 p.m - 4.30 p.m	College ground
14	Soft Ball	Monday to Saturday	2 p.m - 4.30 p.m	College Ground
15	Weight and Power lifting	Monday and Saturday	2 p.m - 4.30 p.m	College gym

SESHADRIPURAM FIRST GRADE COLLEGE

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Department of Physical Education and Sports

College Team Practice Sessions (Girls) 2019-20

Sl no.	College team	Days	Time	Venue
1	Throw Ball	Monday To Saturday	7.30 a.m – 9 a.m	College Ground
2	Volley ball	Wednesday Thursday Friday	2.30 p.m - 4.30 p.m	College Ground
3	Tug Of War	Tuesday To Saturday	2.30 p.m –4 p.m	College Ground
4	Fencing	Thursday Wednesday	2 p.m - 4 p.m	
5	Shuttle Badminton	Monday To Saturday	2 p.m - 4.30 p.m	College Ground
6	Yoga	Monday Tuesday Wednesday	7.30 a.m – 9. a.m	College Ground
7	Net Ball	Monday Tuesday Thursday	2 p.m - 4.30 p.m	College Ground
8	Tennicoit	Thursday Friday	2 p.m - 4.p.m	College Ground
9	Table Tennis and Chess	Monday Saturday	2 p.m - 4. p.m	Sports Room

INTER-COLLEGIATE AND ANNUAL INTER CLASS TOURNAMENT 2019-20

Sl. No.	DATE	EVENT	VENUE
1	12-09-2019	Athletic Meet	HMT Ground
2	23-10-2019	BCU I/C FENCING Championship	SFGC Campus
3	06-9-2019	PU Volleyball Tournament	SFGC Campus

ANNUAL INTER- CLASS SPORTS & GAMES SCHEDULE FOR (M&W) 2019-20

BOYS (INDOOR AND OUTDOOR)

MEN

Sl.No	Events	Date	Time and venue
1	Chess	10-03-2020	Sports Room
2	Carom	11-03-2020 To 12-03-2020	Sports Room
3	Table Tennis	13-03-2020 To 14-03-2020	Sports Room

4	Shuttle Badminton	16-03-2020	Golden Racquets
5	Volley Ball	17-03-2020 To 18-03-2020	SFGC Campus
6	Net Ball	18-03-2020	SFGC Campus
7	Power Lifting	19-03-2020	SFGC Campus
8	Fencing	20-03-2020	SFGC Auditorium
9	Kabaddi	23-03-2020 To 24-03-2020	SFGC Campus

(GIRLS (INDOOR AND OUTDOOR))

Sl.No	Events	Date	Time and venue
1	Throw ball	10-03-2020	SFGC Campus

2	Carom	11-03-2020	Sports Room
3	Table Tennis	12-03-2020	Sports Room
4	Volley Ball	13-03-2020	Sports Room
5	Power Lifting	14-03-2020	SFGC Campus
6	Shuttle Badminton	16-03-2020	Golden Racquets
7	Chess	18-03-2020	Sports Room
8	Fencing	20-03-2020	SFGC Auditorium

STUDENT ACHIEVERS FOR THE YEAR 2019-20

ALL INDIA INTER UNIVERSITY PLAYERS 2019-20

Sl.No.	Name	CLASS	Game	Remarks
1	LOHITH.P	III BSC	FENCING	Participated
2	GIRISH B DHONI	III BSC	FENCING	Participated
3	MEGHA.R.	III B.com	FENCING	Participated
4	RANJITH.M.	III B.com	FENCING/RUGBY	Participated
5	ROHAN.R	I B.com	FENCING	Participated
6	NITHIN R	II B.com	FENCING	Participated
7	MANOJ KUMAR .S.S	II BCA	FENCING	Participated
8	SANJAY K.C	I BCA	FENCING	Participated
9	ABHISHEK.A	III B.com	FENCING	Participated
10	DHANUSH.K	I B.com	FENCING	Participated
11	HARISH.K	I BSC	FENCING	Participated
12	NATESH RAO.K	III B.com	FENCING	Participated

13	DIVYA.P	I B.com	FENCING	Participated
14	GURU SHREE M.KORE	III BSC	FENCING	Participated
15	SAHANA.P	I B.com	FENCING	Participated
16	SEVARTHI KUMARI.S	I B.com	FENCING	Participated
17	DIVYANJALI.V	I BSC	FENCING	Participated
18	SHRIRAKSHA. I.K	II BCA	FENCING	Participated
19	RAGHUNATH. P	I B.com	FENCING	Participated
20	SAHANA.K	I B.com	CROSS COUNTRY	Participated
21	RAKSHITHA.J	II B.com	KHO - KHO	Participated
22	MANOJ RAO.B.K	II BCA	KHO - KHO	Participated
23	KISHAN.H	III BCA	CHESS	Participated
24	RONIT KUMAR	II BBA	SOFT BALL	Participated
25	ADITI.M	II B.com	RUGBY	Participated
26	S.PRAJWAL RAO	II B.com	AMERICAN FOOTBALL	Participated
27	PRAVEEN.B.C	II B.com	AMERICAN FOOTBALL	Participated
28	SANJANA.K.N	IIBCA	AMERICAN FOOTBALL	Participated

CHRIST UNIVERSITY “ Chri-Spo fest”

I/C KHO-KHO Men Tournament

On 12/09/19 at Christ University Campus (Hosur) secured Runners-up

Sl.No.	Name	Class	Game	Remarks
1	Goutham Reddy .P.V	I B.com	KHO-KHO	
2	Hemanth.N.	II B.com	KHO-KHO	
3	Deepak	I B.com	KHO-KHO	
4	Jayanth.v	II Bca	KHO-KHO	
5	Prashanth	II B.com	KHO-KHO	

6	Praveen		KHO-KHO	
7	Banu Prakash.B	II B.com	KHO-KHO	
8	Rohit Kumar.S.	II B.com	KHO-KHO	
9	B.S. Sharath Kumar		KHO-KHO	
10	Ali Harmain	II Bca	KHO-KHO	
11	Manoj Rao.B.K	II Bca	KHO-KHO	
12	Vishwanath Gowda .N.	I B.com	KHO-KHO	

BANGALORE MEDICAL COLLEGE & RESEARCH INSTITUTE
COBALT SKIES - 19 THROWBALL (WOMENS) TOURNAMENT
held on 11th to 18th October 2019 and Secured Runners-up

Our College Women Throwball Team Came as Runners of the Tournament.

Sl.No.	Name	Class	Game	Remarks
1	NAYANA.K	I year B.com	THROW BALL	RUNNERS
2	ASHIKA ROJA .A	III year B.com	THROW BALL	RUNNERS
3	RAJESHWARI.G	II year BCA	THROW BALL	RUNNERS
4	NETRAVATHY.K.C	II year B.com	THROW BALL	RUNNERS
5	SANJANA.K.N	III year B.com	THROW BALL	RUNNERS
6	BHOOMIKA	II year B.com	THROW BALL	RUNNERS
7	NITHYASHREE.H.R	II year B.com	THROW BALL	RUNNERS
8	JAYASHREE.K	II year B.com	THROW BALL	RUNNERS
9	RAKSHITHA.G	III year B.com	THROW BALL	RUNNERS
10	ADITI.M	II year B.com	THROW BALL	RUNNERS

**BANGLORE UNIVERSITY INTER-COLLEGIATE
Fencing competition (men & women) 2019-20**

**HELD ON 04/11/2019 AT KANTEERAVA STADIUM
ORGANIZED BY GOVERNMENT FIRST GRADE COLLEGE
,PEENYA**

Sl.No.	Name	Class	Game	Remarks
1	LOHITH.P	III BSC	FENCING	1 silver
2	GIRISH B DHONI	III BSC	FENCING	2 bronze
3	MEGHA.R.	III B.com	FENCING	2 gold
4	RANJITH.M.	III B.com	FENCING	1 gold 1silver
5	ABHISHEK.A	III B.com	FENCING	1 bronze
6	NATESH RAO.K	III B.com	FENCING	1 silver

7	GURU SHREE M.KORE	III BSC	FENCING	2 bronze
8	BINDU	III B.com	FENCING	2 bronze

**BANGLORE CENTRAL UNIVERSITY INTER-COLLEGIATE Fencing
competition (men & women) 2019-20**

**Held on 23/10/2019 at SFGC , Yelahanka organized by
Seshadripuram First Grade College , Yelahanka**

Sl.No.	Name	Class	Game	Remarks
1	MANOJ KUMAR .S.S	II BCA	FENCING	2 silver
2	ROHAN.R	I B.com	FENCING	2 bronze
3	NITHIN R	II B.com	FENCING	2 bronze
4	SANJAY K.C	I BCA	FENCING	1 bronze
5	ADITI.M	II B.com	FENCING	1 bronze
6	DIVYA.P	I B.com	FENCING	1 bronze
7	SHRIRAKSHA. I.K	II BCA	FENCING	1 silver

STATE LEVEL DASARA C.M CUP 2019

Held on 1/10/2019-4/10/2019 in Mysore

Sl.No.	Name	Class	Game	Remarks
1	MEGHA.R.	III B.com	FENCING	1gold 1silver 1bronze
2	RANJITH.M.	III B.com	FENCING	2 bronze

NATIONAL LEVEL PARTICIPATIONS

Sl.No.	Name	Class	Game	Remarks
1	ADITHI.M	II B.com	7 th Senior National American Football Championship-2019	Runners Up
2	RANJITH.M.	III B.com	<ul style="list-style-type: none">6th Student Olympic National Games 2019-20Open National DRAUGHT -64 Championship 20191st Throwball National Championship -2019-20	<ul style="list-style-type: none">Winners UpWinners UpWinners Up

INDO- THAILAND ACADEMY (INDIA) HAS SECURED WINNERS IN INDO-THAILAND THROWBALL CLUB CHAMPIONSHIP 2019 ORGANISED BY SINGSAMUST SCHOOL (THAILAND) ON 26 SEPTEMBER 2019

Sl. No.	Name	Class	Game	Remarks
1	RANJITH.M	III B.com	THROWBALL	Runners Up

STUDENTS ALL GAMES ACTIVITIES DEVELOPMENT FOUNDATION
National Games 11/01/2020-12/01/2020 Mysore Karnataka

Sl.No.	Name	Class	Game	Remarks
1	NAYANA.K	I year B.com	THROW BALL	RUNNERS
2	ASHIKA ROJA .A	III year B.com	THROW BALL	RUNNERS
3	RAJESHWARI.G	II year BCA	THROW BALL	RUNNERS
4	NETRAVATHY.K.C	II year B.com	THROW BALL	RUNNERS
5	SANJANA.K.N	III year B.com	THROW BALL	RUNNERS
6	BHOOMIKA	II year B.com	THROW BALL	RUNNERS
7	NITHYASHREE.H.R	II year B.com	THROW BALL	RUNNERS
8	JAYASHREE.K	II year B.com	THROW BALL	RUNNERS
9	RAKSHITHA.G	III year B.com	THROW BALL	RUNNERS
10	ADITI.M	II year B.com	THROW BALL	RUNNERS

HKBK DEGREE COLLEGE
STATE LEVEL I/C THROWBALL(WOMENS) Tournament
Held on 8th and 9th November 2019 at HKBK degree college
Bengaluru. Secured winner's-up

Our College Women Throwball Team Came as Winners of the Tournment .

Sl.No.	Name	Class	Game	Remarks
1	CHANDANA.S.K	I year BBA	THROW BALL	WINNERS
2	NAYANA.K	I year B.com	THROW BALL	WINNERS
3	ASHIKA ROJA .A	III year B.com	THROW BALL	WINNERS
4	RAJESHWARI.G	II year BCA	THROW BALL	WINNERS
5	NETRAVATHY.K.C	II year B.com	THROW BALL	WINNERS
6	SANJANA.K.N	III year B.com	THROW BALL	WINNERS
7	BHOOMIKA	II year B.com	THROW BALL	WINNERS
8	NITHYASHREE.H.R	II year B.com	THROW BALL	WINNERS
9	JOSHNA	II year B.com	THROW BALL	WINNERS
10	JAYASHREE.K	II year B.com	THROW BALL	WINNERS

11	RAKSHITHA.G	III year B.com	THROW BALL	WINNERS
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**DISTRICT RURAL BANGALORE PANCHAYAT YOUTH
EMPOWERMENT AND SPORTS DEPARTMENT**

BANGALORE RURAL DASARA SPORTS – 2019-20

**TALUK LEVEL THROWBALL COMPETITION WINNERS AT
DODDABALLAPURA**

Sl.No.	Name	Class	Game	Remarks
1	CHANDANA.S.K	I year BBA	THROWBALL	WINNERS
2	NAYANA.K	I year B.com	THROWBALL	WINNERS
3	ASHIKA ROJA .A	III year B.com	THROWBALL	WINNERS
4	RAJESHWARI.G	II year BCA	THROWBALL	WINNERS
5	NETRAVATHY.K.C	II year B.com	THROWBALL	WINNERS
6	SANJANA.K.N	II year B.com	THROWBALL	WINNERS
7	BHOOMIKA	II year B.com	THROWBALL	WINNERS

8	NITHYASHREE.H.R	II year B.com	THROWBALL	WINNERS
9	JOSHNA	II year B.com	THROWBALL	WINNERS
10	JAYASHREE.K	II year B.com	THROWBALL	WINNERS
11	G.RAKSHITHA	III year B.com	THROWBALL	WINNERS

DISTRICT RURAL BANGALORE PANCHAYAT YOUTH EMPOWERMENT AND SPORTS DEPARTMENT

BANGALORE RURAL DASARA SPORTS – 2019-20

THROWBALL COMPETITION RUNNERS

Sl.No.	Name	Class	Game	Remarks
1	JAYASHREE.K	II year B.com	THROWBALL	RUNNERS
2	G.RAKSHITHA	III year B.com	THROWBALL	RUNNERS
3	ASHIKA ROJA .A	III year B.com	THROWBALL	RUNNERS
4	RAJESHWARI.G	II year BCA	THROWBALL	RUNNERS
5	ADITI.M	II B.com	THROWBALL	RUNNERS

BANGLORE UNIVERSITY INTER-COLLEGIATE SPORTS COMPETITION

Sl.No.	Name	Class	Game	Remarks
1	KISHAN.H	3 rd BCA	chess	Sixth place
2	SAHANA.K	1 st B.Com	Cross-country	Sixth place

BANGLORE UNIVERSITY INTER-COLLEGIATE ATHLETIC COMPETATION

Sl.No.	Name	Class	Game	Remarks
1	SHRI RAKSHA.I.K	2 nd BCA	Athletic	1 Bronze

2	SAHANA.K.	1 st B.com	Athletic	1 Gold
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INCENTIVES AND AWARDS GIVEN TO BEST PERFORMERS FROM THE DEPT OF PHYSICAL EDUCATION AND SPORTS 2019-2020.

Sl. No.	Name	Class	Cash award	Appreciation Award	Best Outgoing Sportsperson
1	LOHITH.P	III BSC	Rs 5000	✓	
2	GIRISH B DHONI	III BSC	Rs 5000	✓	
3	MEGHA.R	III B.com	Rs 5000	✓	
4	RANJITH.M	III B.com	Rs 5000	✓	
5	ROHAN.R	I B.com	Rs 5000	✓	
6	NITHIN.R	II B.com	Rs 5000	✓	
7	MANOJ KUMAR.S.S	II BCA	Rs 5000	✓	
8	SANJAY.K.C	I BCA	Rs 5000	✓	
9	ABHISHEK.A	III B.com	Rs 5000	✓	
10	DHANUSH.K	I B.com	Rs 5000	✓	
11	HARISH.K	I BSC	Rs 5000	✓	
12	NATESH RAO.K	III B.com	RS 5000	✓	
13	DIVYA.P	I B.com	RS 5000	✓	
14	GURU SHREE M.KORE	III BSC	RS 5000	✓	
15	SAHANA.P	I B.com	RS 5000	✓	
16	SEVARTHI KUMARRI.S	I B.com	RS 5000	✓	
17	DIVYANJALI.V	I BSC	RS 5000	✓	
18	SHRIRAKSHA.I.K	II BCA	Rs 5000	✓	
19	RAGHUNATH.P	I B.com	Rs 5000	✓	
20	SAHANA.K	I B.com	Rs 5000	✓	
21	RAKSHITHA.J	II B.com	Rs 5000	✓	
22	MANOJ RAO.B.K	II BCA	Rs 5000	✓	
23	KISHAN.H	III BCA	Rs 5000	✓	

24	RONIT KUMAR	II BBA	Rs 5000	✓
25	ADITI.M	II B.com	Rs 5000	✓
26	S.PRAJWAL RAO	II B.com	Rs 5000	✓
27	PRAVEEN.B.C	II B.com	Rs 5000	✓
28	SANJANA.K.N	II BCA	Rs 5000	✓

LEARNING RESOURCES OF THE DEPARTMENT

No of books in the library belonging to the Department

Journals and magazines

Computer - 01

Printer -01

Internet facility -Yes

Participation of teachers in academic and personal counseling of students

Personal Counseling:

The faculty maintains a close relationship with students involved in sports activities. They are active in counseling not only students but also parents who're concerned about their wards' academic performance. The faculty guides students in balancing their academic and sports activities they take special interests in improving sports performance, through interaction with sports professional from organization like state associations, sports authority of India and university coaches.

