

KITTEL ARTS COLLEGE, DHARWAD.

Department of Physical Education

Annual Reports 2019-20

Sports Society conducted number of sports activities during the year 2019-2020. List of the activities are furnished below

1. International Yoga Day

Department of Physical Education along with 3/24 NCC unit organised International Yoga Day on 21st June 2019, more than 250 students were took part in the programme and special lecture was given on that day regarding History benefits of yoga. After special lecture asanas like suriyanamaskar, salabasana, dhanurasana, halasanna were practiced.



2. Health Awareness and Health Check up

A Special Health Awareness and Health Checkup Programme were conducted in Room No 4. Dr Umesh Hallikeri Doctor, Dharwad Diagnosed the Students health and gave suitable Suggestions and Treatment. All the Students of our college are benefitted by the programme



3. Volleyball and Cricket Matches

Department of physical education and sports of our college organised Inter-class Volleyball matches on 24-08-2019. From each semester two teams participated and second semester students won the match and sixth semester students got runner up. On 8th February to 12th February 2020 inter-class cricket matches were conducted and winner team played match with staff team.



4. Walk for good health and kite festival

Department of physical education and sports organised walk for good health programme and Kite Festival on 27-01-2018 at

Someshwara Lake site and more students covered 6 to 8 Kilometres Hiking in the valley place of someshwara lake site and after that students enjoyed in kite festival



5. Karnatak University Single Zone Ball Badminton Tournament and Karnatak University Blue Selection

Department of physical education and sports of our college organised Karnatak University Single Zone Ball Badminton

Tournament for men and Blue selection on 03rd and 04th October 2019.



6. National Sports Day.

Department of physical education and sports of our college organised National Sports Day on 20th February 2020. Chief Guest of the Shri. S. S. Sinde (Rtd Sports Officer) explained about Major Dhyan Chand's achievement. The National Sports Day in India is celebrated on

29 August each year. This day marks the birthday of Dhyan Chand, the hockey player who won gold medals in Olympics for India in the years 1928, 1934 and 1936. He scored over 400 goals in his career, from 1926 to 1948. Major Dhyan Chand Award, the highest award for lifetime achievement in sports and games in India, and the National Sports Day celebrations on his birthday.



7. Annual Sports Meet 2019-2020

Annual Sports meet was conducted on 20th February 2020 at R N Shetty District Stadium Dharwad. Dr. B. M. Patil Director Department of Physical Education and Sports Karnatak University Dharwad inaugurated the Sports meet. All the faculties and Students were present in this occasion.



- 1) Appointed as selection committee member to constitute Karnatak University Basketball Men and Women team for the 2019-20
- 2) Sports Article published

Sl No	Publication	ISBN/ISSN Number	Article Name
01	Vishwabharati	ISBN : 978-93-89264-35-7	Kabaddi : A New Trend of

	Research Centre		Indian Sports
02	Vishwabharati Research Centre	ISSN 2395-3748	Benefits of Yoga for Mental and Physical Health