



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS PRESENTS ANNUAL SPORTS REPORT (2022-23)

REPORT

Physical Education is an integral part of the total education system. It helps in the attainment of the ultimate aim of education i.e., the achievement of holistic development. Sports play a vital role in the student's life. The sports develop discipline, the spirit of sportsmanship and inculcates the qualities of team spirit and leadership among the students. Christ College of Science & Management, Malur held annual athletic meet **CHRISPO- 2K23** on 05th August 2023 at College Ground. Considering the concept of "SPORTS FOR ALL" we organized Inter Departmental tournaments for students as well as some sports activities for staff (teaching and non-teaching). The sporting calendar this year is once again full with a wide range of sporting opportunities available to our students and staff.

It is one of the largest co-curricular activities that offer an extensive opportunity to all the students and staff of college. This venture shall enable the students and staff to have fun, learn new sports, enhance social interaction and tests one's physical capability. These competitions also offer a break from the daily routine tasks and recreate or re-energetic them.

HIGHLIGHTS OF THE YEAR

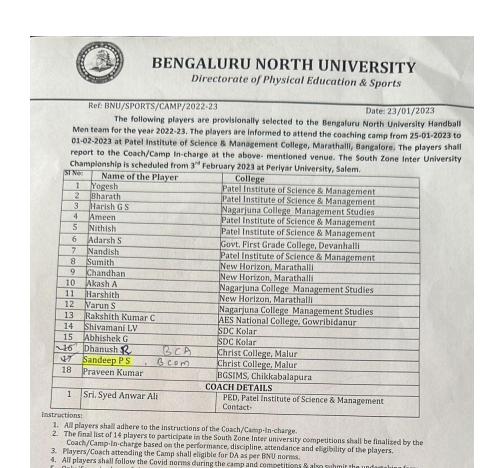
- Considering the concept of "SPORTS FOR ALL" we organized Inter
 Departmental tournaments for students as well as some sports activities
 for staff (teaching and non-teaching) from 24th July to 16th September 2023.
 13 events were conducted as follows:
 - KHO KHO (WOMEN)
 - KHO KHO (MEN)

- KABBADI (WOMEN)
- KABBADI (MEN)
- FOOTBALL (WOMEN)
- FOOTBALL (MEN)
- BASKETBALL (WOMEN)
- BASKETBALL (MEN)
- THROWBALL (WOMEN)
- THROWBALL (MEN)
- CRICKET (MEN)
- VOLLEYBALL (WOMEN)
- VOLLEYBALL (MEN)
- The annual sports meet of academic year 2022-23- **CHRISPO 2K23** was held on 05thAugust 2023, in which 14 events have been conducted with 168 participants including teaching staffs and non-teaching staffs. Students are encouraged to participate in variety of field events and track events.
- 02 students participated in **National Level** Athletics (M).
- There was more participation in **University Level** events such as:
 - Basketball (M/W)
 - Football (M)
 - Throwball (M/W)
 - Kho- Kho (M/W)
 - Kabbadi (M/W)
 - Badminton (M/W)
 - Volleyball (M)

- Cricket (M)
- Powerlifting (M)
- Handball (M)
- Athletics (M/W)

- 14 students participated in Inter University Level Handball (M) and Kabbadi (W)
- 3 students got selected to represent the Bengaluru North University for their consistent hard work and perseverance. One student represented for Kabaddi (W) and the other 2 represented for Handball (M).

Snapshots





BENGALURU NORTH UNIVERSITY Directorate of Physical Education & Sports

Date: 15-12-2022

The following players are provisionally selected to the Bengaluru North University Kabaddi Women team for the year 2022-23. The players are informed to attend the final selection on 17-12-2022 and followed by coaching camp from 17-12-2022 to 20-12-2022 at GFGC Doddabalapura. The players shall report to the Coach/Camp In-charge at the above- mentioned venue on 17-12-2021 at 10.00 AM. The South Zone Inter

	Name of the Player	College			
Lakshi	mi AS, Pavithra M, Priyanka	GCW Kolar			
Akshit	ha, Pavithra K, Mala R, Preethi R,	GFGC Devanahalli			
Harshi	tha, Bindhu, Devi Bai, Pavithra. R.K,	GFGCW Doddabalapura			
Nisarga	a, 6 . R .	Christ College			
Shilpa,	Anitha D,	SKVCPE,			
	D, Shwetha S, Gayathri,	GFGC Bangarpete,			
	ya, Bandhavya	SDC Kolar			
Keerth	ana, Bhoomika, Harshitha,	GFGC Doddabalapura			
Jhansi,		Sri Sai College			
Deepik	a	GFGC Chikkabalapura			
Kavya I	IN	BVN College of Physical Education			
Monika	V	GFGC Varthur			
	COACH & Convene	r DETAILS			
1	Sri. Subramani	PED SDC Kolar			
2					

Instructions:

- All players shall adhere to the instructions of theCoach/Camp-In-charge.
 The final list of players to participate in the South Zone/All India Inter university competitions shall be finalized by the Coach/Camp-In-charge based on the performance, discipline, attendance and eligibility of the players.
 Players/Coach attending the Camp shall eligible for TA/DA as per BNU norms.
 All players shall follow the Covid norms during the camp and competitions & also submit the undertaking form.
 Only if required no: of players with good performance are present for the camp, the team shall be considered for Participation. Copy to:

 1. PS to Vice Chancellor, Bengaluru North University.

 1. PS to Registrar, Bengaluru North University.

 2. Finance Officer, Bengaluru North University.

 3. Principals and PEDs of respective colleges of the selected players, mentioned in the abovelist.

 4. Principal of the concerned college to relive the PED/Coach on OOD/Special CasualLeave.

 5. Principal & PED of the host College to make necessary arrangements for the Coaching Camp.

 Yours Faithfully considered for Participation.

Yours Faithfully

Director (I/c) & Sports Secretary Bengaluru North University

1. Inter Departmental Games

The college has conducted inter departmental sports events for the academic year 2022-23, from 02^{nd} July to 2^{nd} August 2023. More than 200 students have participated in 12 events. Playing sports teaches lessons of life, such as teamwork, self-confidence, responsibility, accountability and self-discipline.

Event List

SL NO	NAME OF THE EVENT	DATE	WINNERS	RUNNERS
1.	KHO KHO (WOMEN)	02-08-2023	BBA	BCA
2.	KHO KHO (MEN)	02-08-2023	ВСОМ	ВВА
3.	KABBADI (WOMEN)	02-08-2023	всом	ВСА
4.	KABBADI (MEN)	03-08-2023	всом	всом
5.	FOOTBALL (WOMEN)		-	-
6.	BASKETBALL (WOMEN)	02-08-2023	ВСОМ	BSC
7.	BASKETBALL (MEN)	02-08-2023	всом	BBA
8.	THROWBALL (WOMEN)	02-08-2023	BCA	всом
9.	THROWBALL (MEN)	02-08-2023	BCA	всом
10.	CRICKET (MEN)	02-08-2023	ВСОМ	ВВА
11.	VOLLEYBALL (WOMEN)	02-08-2023	BSC	всом
12.	VOLLEYBALL (MEN)	02-08-2023	всом	BCA

Snapshots







2. Chrispo 2K23 Athletic Meet

The annual sports meet of academic year 2022-23- CHRISPO 2K23 was held on 05th August 2023, in which 14 events have been conducted with 168 participants including teaching staffs and non-teaching staffs. Playing sports teaches lessons of life, such as teamwork, self-confidence, responsibility, accountability and self-discipline. Sports in college helps in preparing students to face the challenges of life. Students are encouraged to participate in various sports events conducted in our college.











I. INTERCOLLEGIATE LEVEL BADMINTON (M)

ABSTRACT:

Christ college of science and management has participated in selection at university level Badminton(men)- New Horizon College, Marathalli, Bangalore on 03rdJuly 2023.

SI.N o	Programme & venue	Intercollegiat e/ National/ University/ College level	Dat e	Name of the student	Sem & Class	Selected /Not Selected	Prize
1				ABHISHEK D	IIYr BCOM		
2	NEW HORIZON COLLEGE, MARATHAL	INTERCOLLE	03.0 7.20	S BADRINARAY ANAN	III Yr BCOM		
3	LI, BANGALOR	GIATE LEVEL	23	DEVARAJAN A	III Yr BCOM		
4	Е			SRINIVASAN D	II Yr BCOM		

5		CHARANCHAN DESH	I Yr BBA	
6				
7				







II. INTERCOLLEGIATE LEVEL BADMINTON (W)

ABSTRACT:

Christ college of science and management has participated in national level throwball match(women)- at Cambridge College, KR Puram on $04^{\rm th}$ July2023

SI.N	Programme	Intercollegiat	Dat	Name of the	Sem &	Selected	Prize
0	& venue	e/	e	student	Class	/Not	
		National/ University/ College level				Selected	
1	CAMBRIDGE COLLEGE,	INTERCOLLE	04.0 7.20	NITHYA G	III Yr BCOM		
2	KR PURAM	GIATE LEVEL	23	HV HARSHITHA	III Yr BCOM		





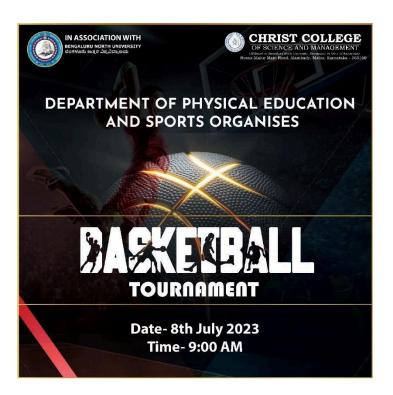


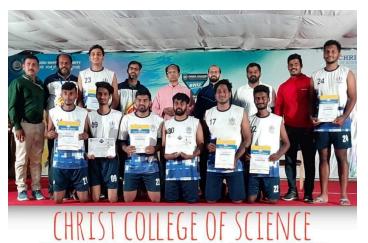
III. INTERCOLLEGIATE LEVEL BASKETBALL (M)

ABSTRACT:

Christ college of science and management has actively participated in the intercollegiate Basketball competition (M) was held at Christ College of Science and Management, Malur on 08^{th} July 2023.

SI.N o	Programme & venue	Intercollegiat e/ National/ University/ College level	Dat e	Name of the student	Sem & Class	Selected /Not Selected	Prize
1				ALBIN JOSHY	II BA		
2				ALAN BOBY	I BCA		
3	CHRIST			NITHIN S	II BCOM		
4	COLLEGE OF SCIENCE AND	INTERCOLLE GIATE LEVEL	08.0 7.20	ABIN J THOMAS	I BCOM		Nil
5	MANAGEME NT	uni 2 22 v 22	23	SANDEEP PS	II BCOM		INII
6				BADRI NARAYANAN	III BCOM		
7				LLOYD ANGELO JENKINS	I BCA		





AND MANAGEMENT, ORGANIZED BNU Inter-Collegiate, Basketball Men Championship-2022-23 Kristu Jayanti College, Bangalore.





DIRECTORATE OF PHYSICAL EDUCATION & SPORTS

ORGANISES

INTER-COLLEGIATE BASKETBALL MEN CHAMPIONSHIP 2022-23

GENERAL INSTRUCTIONS:

- 1. TEAM SHOULD BRING THE COLLEGE ID CARD, AADHAR CARD, BNU REGISTRATION NUMBER AND PLAYERS ELIGIBILITY LIST OF ALL THE PLAYERS DULY SIGNED BY THEIR RESPECTIVE PRINCIPAL.
- 2. TEAM SHOULD BE ACCOMPANIED BY A PHYSICAL EDUCATION DIRECTOR/ MANAGER/ COACH COMPULSORILY OR ELSE THE TEAM WILL NOT BE ALLOWED TO PARTICIPATE.
- 3. STUDENTS ADMITTED FOR THE ACADEMIC YEAR 2022-23
 ARE ONLY ELIGIBLE TO PARTICIPATE IN THE TOURNAMENT.
- 4. TEAM SHOULD CONSIST OF MINIMUM 5 PLAYERS AND MAXIMUM 12 PLAYERS.
- 5. TEAM SHOULD REPORT AT THE VENUE BEFORE 7:30 AM
- 6. TEAM SHOULD COME IN PROPER UNIFORM.
- 7. REFEREE'S DECISION WILL BE FINAL.

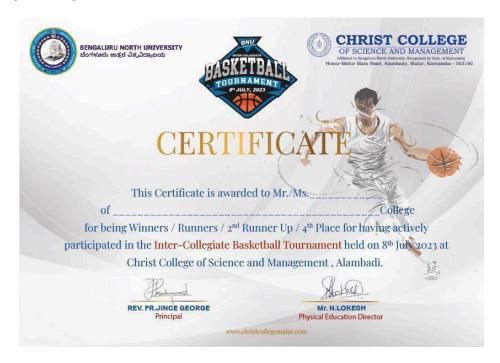


CHRIST COLLEGE OF SCIENCE AND
Management, Organized BNU
INTER-COLLEGIATE, BASKETBALL MEN
Championship-2022-23 Runner up, College, AES
National College, Gauribidnur..





CERTIFICATE



IV. INTERCOLLEGIATE LEVEL BASKETBALL (W)

ABSTRACT:

Christ college of science and management has actively participated in the intercollegiate Basketball competition (w) was held at Kristu Jayanthi College, K.R Puram on 11.07.2023

SI.N o	Programme & venue	Intercollegiat e/ National/ University/ College level	Dat e	Name of the student	Sem & Class	Selected /Not Selected	Prize
1	KRISTU JAYANTHI COLLEGE	INTERCOLLE GIATE LEVEL	11.0 7.20 23	FELCIA ANGEL J	III BCOM		nil

2		S BHUVANESH WARI	III BSC	
3		NIRANJANA DEVI N	III BSC	
4		KAVITHA S	II BCOM	
5		GOWTHAMI N	II BCOM	
6		SARUMATHI B	II BCOM	
7		NAGAVALLI K	II BCOM	
8		A SELVI PRIYA	III BCOM	
9		SHAFIYA KAUSAR	III BSC	
10		RAVEENA S	III BSC	



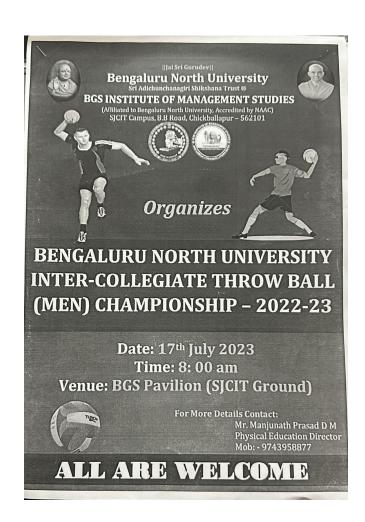
V. INTERCOLLEGIATE LEVEL THROWBALL (M)

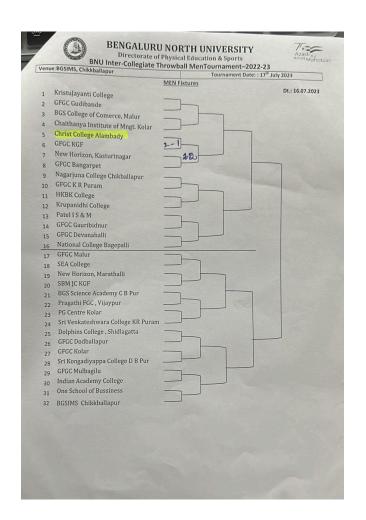
ABSTRACT:

Christ college of science and management has actively participated in the intercollegiate Throwball competition (M) was held at BGS IMS, Chikkaballapura on 17.07.2023.

SI.N	Programme	Intercollegiat	Dat	Name of the	Sem &	Selected	Prize
О	& venue	e/	e	student	Class	/Not	
		National/ University/ College level				Selected	
1				VEDHAHARSH A B	III BBA		
2				NAVEEN GM	III BBA		
3	BGS IMS, CHIKKABAL	INTERCOLLE	17.0 7.20	MONISH	II BCA		nil
4	LAPURA	GIATE LEVEL	23	ABHINANDHA N T	II BCOM		
5				AKASAH E	II BCA		

6		GANESH R	II BCA	
7		RAGHU	II BCA	
8		VIVEK K V	II BCA	
9		P NITHISH SOYAL	I BCOM	
10		CHARAN MS	I BCOM	
11		YESHWANTH N	I BCOM	













VI. INTERCOLLEGIATE LEVEL VOLLEYBALL (M)

ABSTRACT:

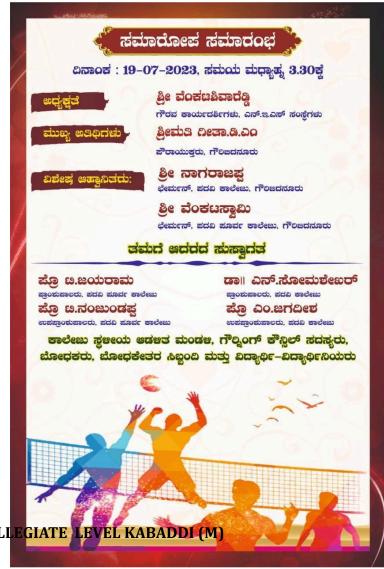
Christ college of science and management has actively participated in the intercollegiate Volleyball competition (M) was held at AES National College, Guaribidanur on 19.07.2023

SI.N	Programme	Intercollegiat	Dat	Name of the	Sem &	Selected	Prize
0	& venue	e/	e	student	Class	/Not	
		National/ University/ College level				Selected	
1				SANDEEP PS	II BCOM		
2	AES NATIONAL	INTERCOLLE	19.0	RAJESH PS	II BCOM		
3	COLLEGE, GAURIBIDA NUR	GIATE LEVEL	7.20	BHARATH SR	III BCOM		
4	NOR			RAJYESHWAR	III BCOM		

5		GANESH R	II BCA	
6		ABHILASH LS	III BBA	
7		DHARSHAN T	I BBA	
8		SHARATH M	I BSC	

		C and PUC ORIGINAL MARKS CA	RD ON	BENGALUR												
SL NO	NAME OF THE SPORTSPERSON	SCIENCE AND MANAGEMENT, M FATHER'S NAME	ALUR_ Name of the Tournamen MOTHER'S NAME	DATE OF BIRTH	YEAR OF QUALI EXAMIN	FYING	PRESENT CLASS	NAME OF THE PRESENT COURSE	DURATION OF COURSE	DATE & Y	EAR OF FIRST SSION TO	PARTICIPAT	F YEARS OF HOUS TION WHILE BUING	REMARK		
1	2				NAME OF EXAM	DATE & YEAR				UNIV	PRESENT COURSE	GRADUATE	P.G COURSE			
1	SANDEEP P S	SIVANNA	MADHUMATHI	10.09,2003	6	7	8	9	10	11	12	13	14	15		
2	RAJESH P S	SIVANNA	MADHUMATHI				2nd/II	B.COM	4 years	BNU	B.COM	UG				
3	BHARATH S R	RAJAPPA	BHARATHI	10.10.2001			2nd/II	B.COM	4 years	BNU	B.COM	UG				
4	RAJYESHWAR	JAYASHEELA	BHUVANESHWARI	10.01.2003			5th/V	B.COM	3 years	BNU	B.COM	UG				
5	GANESH R	RAJAPPA		23.05.2002			5th/V	B.COM	3 YEARS	BNU	B.COM	UG				
6	ABHILASH L S	SURESH REDDY	RENUKA	30.11.2003			3rd/III	BCA	4 YEARS	BNU	BCA	UG				
7	DHARSHAN T		SARASAMMA	22.01.2002			5th/V	BBA	3 years	BNU	BBA	UG				
		THIMMARAYAPPA	RADHIKA	26.02.2004			1st/I	BBA	4 years	BNU	BBA	UG				
8	SHARATH M	MADHAN	RADHA	10.05.2004			1st/I	BSc	3 years	BNU	BSc	UG				
9																
10												1				
	Certified that the abo Certified that the abo Christ Colle Hosur-Malu		Pal Shagement bady Post		College State	Seal	TO AKO	Signature o	of the Physica Idi Malt	A ducation ∴ of So ur Main Ri Ir, Karna	Director/Sec CATION D cience & Ma pad, Alami ataka - 56	ecretary for URE 1 anagents bady Po	or Sports			





INTERCOLLEGIATE LEVEL KABADDI (M) VII.

ABSTRACT:

christ college of science and management has actively participated in the intercollegiate Kabaddi competition (M) was held at Govt First Grade College on 21.07.2023

SI.N o	Programme & venue	Intercollegiat e/ National/ University/ College level	Dat e	Name of the student	Sem & Class	Selected /Not Selected	Prize
1				S VISWAS	I BCOM		
2	GOVT FIRST GRADE COLLEGE, KR PURAM		21.0 7.20 23	V MADHAN	I BSC		
3		INTERCOLLE GIATE LEVEL		B JAGADISH	I BCOM		Nil
4				PS SANDEEP	II BCOM		
5				DHANUSH N	II BBA		

SL	NO NAME OF SPORTSPERSON	FATHER'S NAME	MOTHER'S NAME	DATE OF BIRTH	YEAR OF QUALI EXAMIN	PASSING FYING	PRESENT	NAME OF THE	BADDI	DATE 8	DATE & YEAR OF NUMBER OF YEARS OF PREVIOUS		PARTICIPATION WHILE	
1	,				NAME OF EXAM	DATE & YEAR	CLASS	COURSE	OF COURSE	UNIV	PRESENT	GRADUATE	P.G. COURSE	1
1	5.VISVAS	SURESH-N	GEETHA	12-04-2005		10411	B·GM	B. COM	FOUR	п	u u	13		
2	V- MADHAN	L- VENKATESH PEDDY	S. SIVARANJANI				Bsc	BSC	TOUR	0073	980			
3	B. JAGHADISH	B-BASAVARAT				Para	B. COM	B.COM	YEARS FOUR	1				
4	P.S. SANDEEP	SHIVANNA · p·V	МАОНИМАТНІ	10-9-2003			B. COM	B. COM	YEARS FOUR	12 MAR				
5		NARAYANASMA		13-12-200	190000		BBA (SEA)		POUR.	06			1	
6					To the second		SM YY	bi ENPRA	YEARS	00				
7														
8												18.5		ı
9														H
10											-			+
1.	Ilv Employed/Partly employed Stu Certified that the above particular Certified that the above players ar Studied that the above players ar Sig	s are true as per record			College Sea					Signa	ature of the	Physical Educ	cation Directors	tor/







VIII. INTERCOLLEGIATE LEVEL THROWBALL (W)

ABSTRACT:

Christ college of science and management has actively participated in the intercollegiate Throwball competition (w) was held at Govt First Grade College, Bangarpet on 31.07.2023.

SI.N o	Programme & venue	Intercollegiat e/ National/ University/ College level	Dat e	Name of the student	Sem & Class	Selected /Not Selected	Prize
1	GOVT FIRST			KUSHMI KS	II BBA		
2			24.0	USHA B	I BBA		
3				HARSHITHA HV	III BCOM		
4	GRADE COLLEGE,	INTERCOLLE GIATE LEVEL	31.0 7.20	VARSHA N	I BBA		nil
5	BANGARPE T	GIAIE LEVEL	23	NANDHU SHREE	III BCA		
6				CHAITHRA S	I BCOM		

7		NITHYA V	I BCOM	
8		JEEVITHA AM	I BCOM	
9		VANITHA R	III BCOM	
10		SAHANA SM	II BCOM	







IX. INTERCOLLEGIATE LEVEL HANDBALL (M)

ABSTRACT:

Christ college of science and management has actively participated in the intercollegiate Handball competition (M)

SI.N o	Programme & venue	Intercollegiat e/ National/ University/ College level	Dat e	Name of the student	Sem & Class	Selected /Not Selected	Prize
1		INTERCOLLE GIATE LEVEL		NITHIN S	II BCOM		
2				DHANUSH S	II BCOM		
3				SANDEEP PS	II BCOM	SANDEE P PS	nil
4				VILAS M	II BCOM		
5				ABHINANDAN T	II BCOM		

6		RAJESH PS	II BCOM		
7		CHANDAN N	II BCOM		
8		GANESH R	II BCA		
9		VIKAS S	II BCA		
10		DHANUSH R	II BCA	SELECT ED	
11		RAGHU S	II BCA		
12		ASWAS PS	II BA		
13		ARUN SAMUEL	III BCOM		
14		VIVEK KV	II BCA		







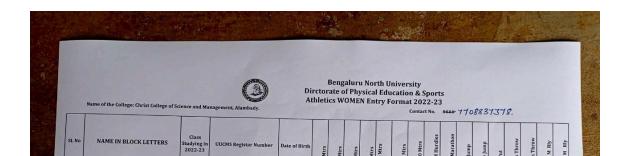
X. INTERCOLLEGIATE ATHLETICS (M/W)

ABSTRACT:

Christ college of science and management has actively participated in the inter-university Athletics competition (M/W) at Jhansi Rani Lakshmi Bai Stadium, Chintamani on 08.08.2023

SI.N o	Programme & venue	Intercollegiat e/ National/ University/ College level	Dat e	Name of the student	Sem & Class	Selected /Not Selected	Prize	
1	JHANSI RANI LAKSHMI BAI			SARATH K	I BCOM		nil	
2				NITESH SOYAN	I BCOM			
3			08.0	PAUL ROSARIO A	I BBA			
4				DHARANI KRISHNA	I BCA			
5		INTERCOLLE GIATE LEVEL	8.20	SUDEEP M	I BCA			
6		GIRTE ELVEL	23	LLOYD ANGELO	I BCA			
7					YUVARAJ RS	I BCA		•
8				VISVAS S	I BCOM			
9				MADHAN V	I BSC			
10				NANDHITHA SM	III BCA			
11				NANDHU SHREE	III BCA			
12				CHAITHRA S	I BCOM			
13				JEEVITHA AM	I BCOM			
14				KUSHMI KS	II BBA			
15				SARUMATHI B	I BCOM			
16				HEMALATHA S	II BBA			













XI. UNIVERSITY SELECTION TRIALS

SI.N o	Programme & venue	Intercollegiat e/ National/ University/ College level	Dat e	Name of the student	Sem & Class	Event	Pri ze
1	Inter-unive rsity kabbadi	Inter-univer sity	19- 12- 202 3	Nisarga	2 nd bcom	Kabbadi	
2	Inter university volleyball	Inter-univer sity	23- 01- 202 3	Sandeep PS	2 nd bcom	Handbal l	
3	Inter university volleyball	Inter-univer sity	23- 01- 202 3	Dhanush R	1st BCA	Handbal l	

OUTCOME:

- Physical and mental wellbeing evidence bases of students are well-established.
- Individual development evidence base is fairly well-explored.
- sports participation promotes health and wellbeing, builds confidence, and can help maintain mental health.
- Sports can assist an individual beyond physical elements concerning building character, teaches leadership skills, analytical skills, risk-taking and goal setting among other positive outcomes. Participating in sports can also lead to five components of fitness, which include skill, strength, stamina, flexibility, and speed.

PHYSICAL EDUCATION DIRECTOR

SPORTS COORIDINATOR

PRINCIPAL