





CHRIST COLLEGE

OF SCIENCE AND MANAGEMENT

(Affiliated to Bengaluru North University, Recognized by Govt. of Karnataka)
Hosur-Malur Main Road, Alambady, Malur, Karnataka - 563160

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS PRESENTS ANNUAL SPORTS REPORT (2023-24)

REPORT

An essential component of the educational system is physical education. It aids in achieving comprehensive development, which is the ultimate goal of education. Students that participate in sports learn self-discipline, sportsmanship, teamwork, and leadership skills. Academic year 2023 - 24 was a remarkable year for Department of Sports and Games of Christ College of Science and Management, marked by exceptional performance on the field, significant community engagement, and strong growth.

The students of Christ College of Science and Management participated in several intercollegiate sports competitions and University trials. The college team were also able to bag a few wins as well.

Christ College of Science & Management, Malur held annual athletic meet **CHRISPO- 2K24** on 15th June 2024 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** consisting of 17 events for students from 20th December 2023 to 3rd June 2024.
- The annual sports meet of academic year 2023-24, **CHRISPO 2K24** was held on 15th June 2024, in which 31 events was conducted with 250 participants including teaching staff and non-teaching staff. Students were encouraged to participate in variety of field events and track events.
- Students participated in university selection trials of the following events:
 1. Kabaddi (Women) Selections Trails
 2. Athletics (M) – 4 X 100 m Relay Selection Trails
- The college basketball team participated in Inter- collegiate basketball championship for Men 2022- 23, conducted by Kristu Jayanthi College, Kothannur and was the runners up of the championship.
- The Sports and Games Department of Christ College also hosted an intercollegiate level Basketball Friendly Match against Carmelgiri College Team from Kerala.

Event details and Snapshots

1. Inter – departmental tournaments

Department of Physical Education and Sports in association with IQAC, Christ College of Science and Management conducted Inter - departmental sports and games competitions from December 2023 – June 2024. There was a total of 17 events conducted separately under men and women category. Students from all departments took part in all of the events with great zeal and enthusiasm.

S. NO	EVENTS/GAMES	DATE
1	HAND BALL MEN	20.12.2023
2	CRICKET	09.05.2024
3	FOOT BALL WOMEN	22.05.2024
4	FOOT BALL MEN	22.05.2024
5	BASKET BALL MEN	24.05.2024
6	THROW BALL WOMEN	24.05.2024
7	THROW BALL MEN	27.05.2024
8	BASKET BALL WOMEN	27.05.2024
9	HAND BALL WOMEN	28.05.2024
10	KHO KHO MEN	28.05.2024
11	KABADDI MEN	29.05.2024
12	KHO KHO WOMEN	29.05.2024
13	KABADDI WOMEN	30.05.2024
14	VOLLEY BALL MEN	30.05.2024
15	CHESS MEN	31.05.2024
16	CHESS WOMEN	31.05.2024
17	VOLLEY BALL WOMEN	03.06.2024








2. Annual Athletic Meet – CHRISPO 2024

Chrispo Athletic Meet was conducted on 15th June as a part of college level interdepartmental sports and games competition Chrispo 2024. The event consisted of 31 various athletic events and more than 250 participants including the staff members. The event marked the final day of Chrispo 2024, Sports and Games competitions for the academic year 2023-24 and the overall championship was won by Department of Commerce.

SL.NO	TIME	EVENTS	CATEGORY	NO OF PARTICIPANTS	TYPE OF EVENT
1	09:45 AM	100 MTS HEATS	MEN	29	HEATS

2	10:00 AM	100 MTS HEATS	WOMEN	19	HEATS
3	10:05 AM	200 MTS HEATS	MEN	28	HEATS
4	10:10 AM	200 MTS HEATS	WOMEN	19	HEATS
5	10:12 AM	DISCUS THROW	WOMEN	21	T & F
6	10:14 AM	LONG JUMP	MEN	26	T & F
7	10:15 AM	400 MTS HEATS	MEN	17	HEATS
8	10:30 AM	SHOT PUT	MEN	55	T & F
9	10:35 AM	LONG JUMP	WOMEN	17	T & F
10	10:45 AM	1500 MTS	MEN	21	FINALS
11	10:55 AM	TRIPLE JUMP	WOMEN	02	T & F
12	11:05 AM	800 MTS RUNNING	MEN	15	FINALS
13	11:15 AM	TRIPLE JUMP	MEN	09	T & F
14	11:25 AM	200 MTS (Finals)	WOMEN	QUALIFIED	FINALS
15	11:35 AM	HIGH JUMP	WOMEN	03	T & F
16	11:40 AM	400 MTS HEATS	WOMEN	12	HEATS
17	11:45 AM	SHOT PUT-STAFF	M&W FACULTY	-	T & F
18	11:55 AM	100 MTS WALKING -STAFF	M&W FACULTY	-	T & F
19	11:55 AM	SHOT PUT	WOMEN	44	T & F
20	12:00 PM	400 MTS	MEN	QUALIFIED	FINALS
21	12:15 PM	HIGH JUMP	MEN	07	T & F
22	12:20 PM	JAVELIN THROW	WOMEN	26	T & F
23	12:25 PM	800 MTS	WOMEN	09	FINALS
24	12:45 PM	400 MTS	WOMEN	QUALIFIED	FINALS
25	12:50 PM	JAVELIN THROW	MEN	31	T & F
26	12:50 PM	200 MTS (Finals)	MEN	QUALIFIED	FINALS
LUNCH BREAK					
27	01:55 PM	100 MTS (Finals)	WOMEN	QUALIFIED	FINALS
28	02:10 PM	100 MTS (Finals)	MEN	QUALIFIED	FINALS
29	02:15 PM	4*400 MTS RELAY	MEN	05	FINALS
30	02:20 PM	4*400 MTS RELAY	WOMEN	05	FINALS
31	02:25 PM	DISCUS THROW	MEN	39	T & F
32	02:30 PM	100 MTS HURDLES	WOMEN	05	FINALS
33	02:35 PM	110 MTS HURDLES	MEN	08	FINALS
34	02:40 PM	4*100 MTS RELAY	MEN	05	FINALS
35	02:45 PM	4*100 MTS RELAY	WOMEN	05	FINALS




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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
IN ASSOCIATION WITH IQAC ORGANISING

CHRISPO 24

15TH JUNE 2024, 9:00AM
AT CHRIST COLLEGE GROUNDS




INTER DEPARTMENTAL
ATHLETIC MEET

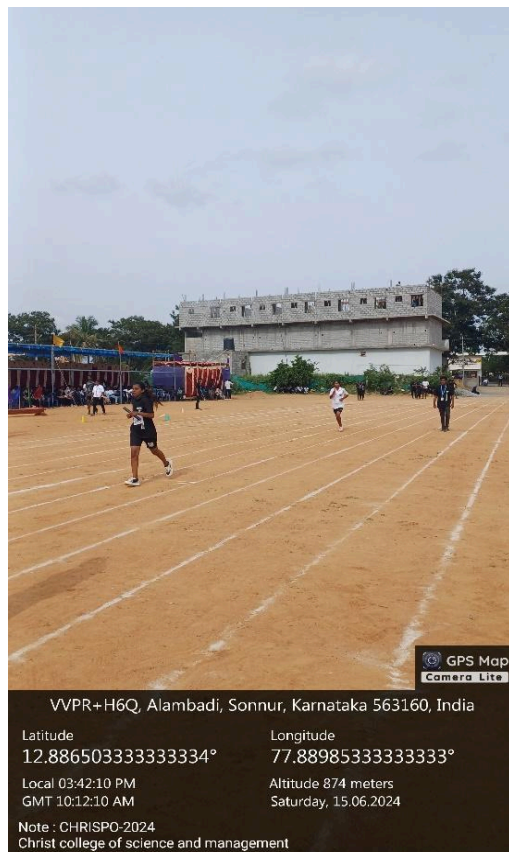
REGISTER NOW

CONTACT

PHYSICAL EDUCATION DIRECTOR - MR. N LOKESH (7708837378)
AND STUDENT SPORTS SECRETARY - MR. ADIL (7904960275)

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3. Kabaddi Women Selection Trails

Christ College of Science and Management actively participated in the University level Women's Kabaddi selection trails on January 21st 2024, held at SDC College in Kolar. The team showcased remarkable skill and teamwork, representing their institution with pride.

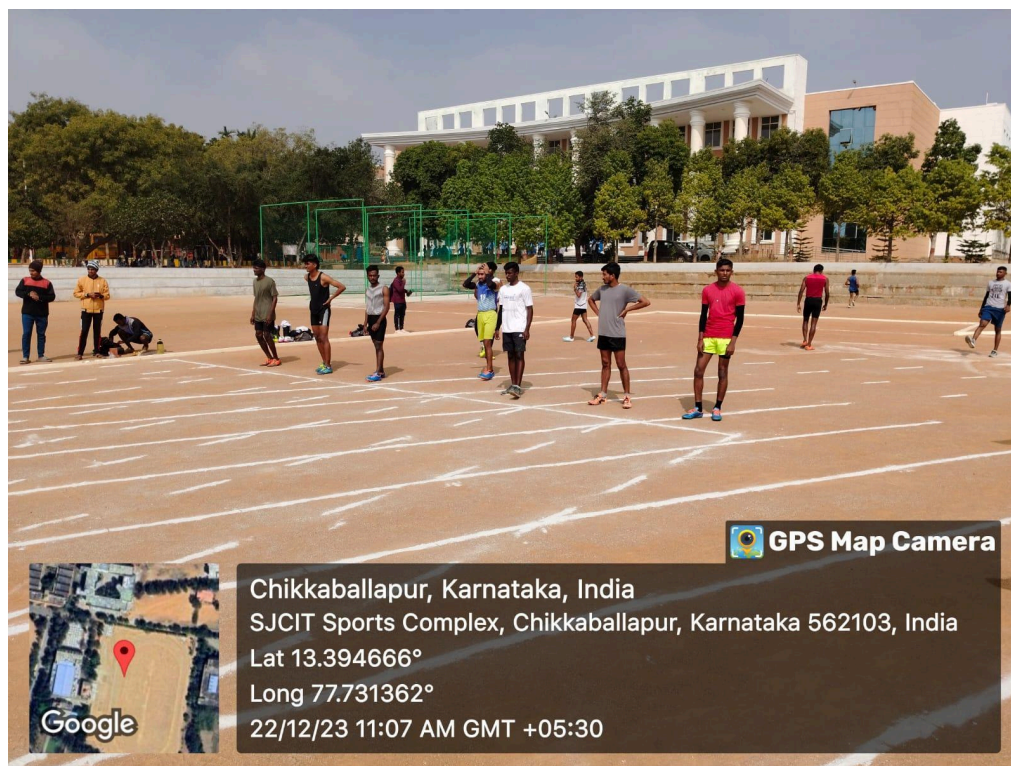
Sl No	Venue	Intercollegiate /National/University/College level	Date	Name of the Student	Sem &Classes	Selected/Not Selected
1.	SDC college, Kolar	University	27/01/2024	Gayana Shree T R	III BCA	Not Selected
0				Roja S	III BCA	Not Selected
0				Chaithra M	III BCA	Not Selected
0				Sahana S M	III BCOM	Not Selected
0				Chaithra S	II BCOM	Not Selected
0				Manisha Dhal	I BCOM	Not Selected
0				Supriya S	I BCOM	Not Selected
0				Chithreswari N	I BCOM	Not Selected
0				Smitha M	I BCOM	Not Selected
0				Kumari N R	I BCOM	Not Selected
0				A M Varshini	I BBA	Not Selected
0				Sindhusree D N	I BSC	Not Selected
0						



4. UNIVERSITY LEVEL SELECTION TRIALS ATHLETICS (4 X 100 (M)

Christ College of Science and Management actively participated in the University level 4 x 100m Relay on December 22, 2023, held at GFGC College, Chikkaballapur. The relay team demonstrated excellent coordination and athleticism, representing their college with distinction. This participation reflects the college's dedication to fostering sports and encouraging students to excel in both academics and athletics.

Sl No	Venue	Intercollegiate/National/University/College level	Date	Name of student	Sem & Class	Selected/Not Selected
1	GFGC College, Chikkaballapur	University Level	22.12.2023	Sudeep M	III Sem BCA	Not Selected
2				Lloyd Angelo Jenkins	III Sem BCA	Not Selected
3				Yuvraj R S	III Sem BCA	Not Selected
4				Dharani Krishna	III Sem BCA	Not Selected



5. Basketball Championship

The Inter- collegiate basketball championship for Men 2022 - 23 games have started at 8:00 Am. After the 2 games, Inaugural session of the tournament started at 11:00 Am presided by Rev. Fr. Jose Thottathil, Manager, Christ Group of Institutions. Chief Guest of the day, Mr. Srikanth R, Director I/C, DPE, BNU gave the inaugural address. Dignitaries inaugurated the function officially by shooting the ball followed by Teams March Off.

Championship was won by Kristu Jayanti College. 1st Runner up of the tournament was Christ College of Science and Management. II & III runner up of the tournament was St Aloysius College and AES Gouribidanur. The event end with a valedictory ceremony by distributing prizes to the winners.

Venue	Intercollegiate/National/University/College level	Date	Name of the Student	Class	Prize
KristuJayanti College, Kothanur.	Intercollegiate	12.01.2024	Abin Abraham Mathew	I BCOM	Second Prize
			Albin Joshy	II BA	
			Nithin	II BCOM	
			Sandeep N S	II B COM	

			Abin Jose Thomas	II B COM	
			Alan Boby	II BCA	
			Jason Paul	I BCA	
			Nithin S	III BCOM	
			Adil M	II BCOM	





6. Basketball Friendly Match

An Intercollegiate Basketball Friendly match was conducted at Christ College Ground on 25th April 2024. The match was between Carmelagiri College, Kerala and Christ College of Science and Management, Alambady, in which the home team, that is Christ college team won the match.



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