



ST FRANCIS DE SALES COLLEGE

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Sports Activity/Report 2022-23





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1. Members of the Sports Committee.

No	Name of the member	Designation
1	Mr. Venkatramaiah D	Physical education director
2	Ms. Christina Mary	Asst. Physical education director
3	Mr. Anand N	Asst. Physical education director
4	Mr. Radhaswamy	Asst. Physical education director

2. List of events & number of student's participation in sports events organized by the institution/other institutions.

SN	Date of event/activity	Name of the event/activity	Total Number of Students Participated
1	19/11/2022	Inter collegiate Yoga Championship -2022-23	01
2	16/12/2022 to 18/12/2022	Bangalore University Athletics	
		100 mts	04
		200mts	04
		400 mts	04
		800 mts	02
		1500 mts	02
		5k	01
		10k	01
		Long jump	02
		High jump	02
		triple jump	02
		Discus throw	04
		Javelin throw	02
		Shot put	04
		4X100 Relay	08
		4X400 Relay	08
		Decathlon	02
3	19/12/ 2022 & 20/12/2022	University intercollegiate Baseball tournament (men)	20
4	19/12/2022 & 20/12/2022	University intercollegiate Baseball tournament (women)	20
5	27/1/2023	Bangalore University Softball Tournament (boys & girls)	35
6	4 th to 15/2/2023	Bangalore University Inter-Collegiate WUSHU Championship	01
7	14/2/ 2023	Inter collegiate BEST –PHYSIQUE Competition	04
8	25/3/2023 to 28/3/2023	St. Joseph's of Commerce SPIEL'23 Football Tournament	12
9	27/5/2023 and 28/5/2023	State Level Throw ball Tournament	09
10	30/5/2023 and 31/5/2023	Football Inter Collegiate Football Tournament South Zone	08
11	30/5/2023 and 31/5/2023	Inter-Collegiate Leather ball T-20 Cricket Tournament 2023	11
12	1 st 2 nd 3 rd 4 th and 5/6/2023	State Level Baseball Championship-2023	28
13	5/6/2023 to 7/6/2023	State Level FUTSAL Football Tournament 2023	08
14	14/7/2023	Inter-Collegiate Football Tournament 2023	12
15	14/7/2023 and 15/7/2023	St Jerome's cup Inter-Collegiate Throwball Tournament	11

3. List of Prizes Won at University/State/National Level Sports Events.

SN	Date	Name of the event	Position held	Team/Individual/ Category	University/State/ National	Venue
1	19 th November 2022	Inter collegiate Yoga Championship -2022-23	III place	Individual/women	Inter-Collegiate	GFGC Chanapatana
2	19 th and 20 th December 2022	Bangalore University Baseball Tournament	Runner-up	Team/Men	Inter-Collegiate	Bangalore university Jana Bharathi campus
3	19 th and 20 th December 2022	Bangalore University Baseball Tournament	Winners	Team/ women	Inter-Collegiate	Bangalore university Jana Bharathi campus
4	27 th January 2023	Bangalore University Softball Tournament	Runner-up	Team/ Men	Inter-Collegiate	Bangalore university Jana Bharathi campus
5	27 th January 2023	Bangalore University Softball Tournament	Winners	Team/women	Inter-Collegiate	Bangalore university Jana Bharathi campus
6	4 th to 15 th February 2023	Bangalore University Inter- Collegiate WUSHU Championship	Winner	Individual/men	Inter-Collegiate	Bangalore university Jana Bharathi campus
7	14 th February 2023	Inter collegiate BEST – PHYSIQUE Competition	First place	Individual/men	Inter-Collegiate	Bangalore university Jana Bharathi campus
8	1 st 2 nd 3 rd 4 th and 5 th June 2023	State Level Baseball Championship-2023	Runner up	Team/women	State Level	Mysore District Baseball Association Mysore
9	14 th and 15 th July 2023	St Jerome's cup Inter- Collegiate Throwball Tournament	Runner up	Team/Women	National level Fest	St Jerome's College oop to new Wipro,Ambedkar Nagar, Sarjapur Main road Mullur

INCENTIVES GIVEN TO STUDENTS PARTICIPATE IN VARIOUS SPORTS AND GAMES

- Cash prizes are given to outstanding sportspersons
- Uniforms/Colors are given to the students who represent the college team
- A Tracksuit is given to the students those who are represented University team
- Coaching camp is conducted for each game for 15 days
- Lunch is provided to all the participants during coaching camp
- Travelling and Daily allowance is provided to students who participate in university and inter collegiate sports competitions.

PLAN OF ACTION FOR THE NEXT 5 YEARS

During last five years the department has achieved 100% of its goal as per its Vision and Mission. The Department further extends its scope of serving students for building physically, mentally and socially fit youth to make them assets of the country

- To provide more and more opportunities to general students to take part in physical activities
- To Train the basic learners & to make them play at University & State level
- To modernize the gymnasium for better fitness of the students
- To conduct Yoga classes for students for make them physically & mentally strong
- To conduct self-defiance classes to equip them fitness and confidence
- To represent State, National & International levels
- To organize more numbers of intercollegiate tournaments in the college
- To build competency and skill among all the students in various sports and games

4.Sports Events Report to organize by the institution/other institutions.

1. PES National Sports Fest 2022

The Department of physical Education of St. France's De Sales College participated in the Throw Ball Tournament 2023 organized by PES College on! 19th to 21st October -2022

Under the guidance of Ms. Christina Mary Asst Physical Education directors. Total 11Students participated in this Tournament

Women throw ball tournament at PES National Sports Fest 2022 Heal on 19-10-2022 TO 21-10-2022. The list of player's participated list is given below table.

Date	Name of the event/activity	Name of the Student/player Participated
19-10-2022 to 21-10-2022	PES National Sports Fest 2022 Throw Ball Tournament.	Gayathri
		Monika
		Likhitha
		Shalini
		Jayashree
		Pooja
		Harini
		Sujatha
		Madhu
		Swetha
		Prajwalitha



2. College sports team selection - 7th to 10th November 2022

The Department of Physical Education of St. Francis de Sales College conducted College Sports Teams Selection for participating in the Intercollegiate Tournaments on 7th to 10th November 2022. Those students who were shortlisted for the various events were eligible to take part in the Bangalore University selections which will be held in the month of December 2022.

The entire selection process was organized under the guidance of Mr. Venkatramaiah D – the Physical Education Director with the assistance from the department members - Ms. Christina Mary – Asst. P E Director, Mr. Anand N- Asst. P E Professor and Mr. Radhaswamy- Asst. P E Professor.



3. Yoga Tournament in GFGC Chanapatna College on 19th November 2022

The Department of Physical Education of St. Francis de Sales College had participated in the YOGA Tournament which was organized by GFGC Chanapatna College, Bangalore and held on 19th November 2022.

Under the guidance of Mr. Venkatramaiah D– the Physical Education Director, Yoga University Selection and inter-collegiate Tournament. The Name-Prathiksha shin participated in yoga Tournament in GFGC College held on 19th November 2022. In this tournament we got 5st place. And she selected for Bangalore university team.

A lot of effort, hard work and dedication were put into the practice session by the student as well as the coaches and the end results are worth mentioning. The students along with Mr. Venkatramaiah D had left for GFGC College, and held on 19th November 2022.



4. Bangalore Medical College and Research Institute COBALT SKIES 22 Football Tournament

The Department of Physical Education of St. Francis de Sales College had participated in the Football Tournament which was organized Bangalore medical college and research institute, Bangalore and held on 24th November 2022

Under the guidance of the Mr. Venkatramaih Physical Education Director, **Football** Inter-collegiate Tournament.

A total of 08 students participated in the Football Tournament. which was organized by the Bangalore medical college and research institute us, Bangalore and held on 24th November 2022. In this tournament we got first place in Football tournament.

A lot of effort, hard work and dedication were put into the practice session by the student as well as the coaches and the end results are worth mentioning. The students along with Mr. Venkatramaih had left for medical college and research institute, Bangalore and held on 24th November 2022.

Date	Name of the event/activity	Name of the student/player got First Place
27-03-2023	St. Joseph's of Commerce SPIEL '23 Football Tournament	Akshay Kumar
		Manoj
		Dhayanand
		Vivek
		RoshanM
		Prabhu kumar
		Justin
		Wency A



5. Inter-Collegiate KARATE Championship on 7th December 2022

The Department of Physical Education of St. Francis de Sales College had participated in the **Inter-Collegiate KARATE Championship** which was organized Bangalore university Janabarathi campus, Bangalore and held on 7th December 2022.

Under the guidance of Ms. Christina Mary the ASST Physical Education Director, Bangalore university inter-collegiate KARATE Championship.

A total of 02 students participated in the Bangalore university inter-collegiate KARATE Championship. Which was organized by Bangalore university Janabarathi campus, Bangalore and held on 7th December 2022

A lot of effort, hard work and dedication were put into the practice session by the student as well as the coaches and the end results are worth mentioning. The students along with Ms. Christina Mary had left for Bangalore university Janabarathi campus, Bangalore and held on 7th December 2022.



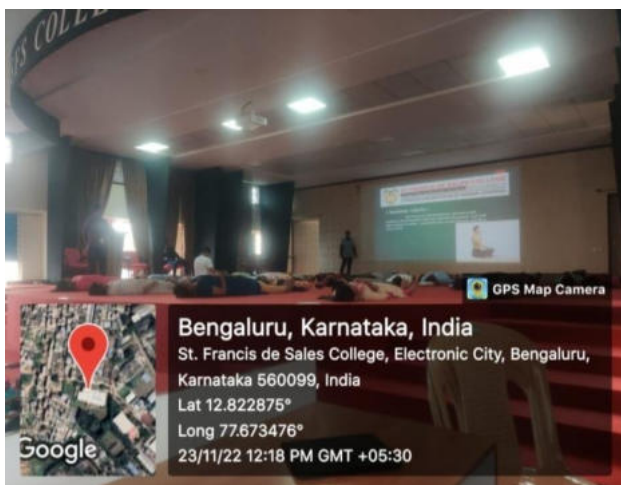
6. Health Management Session- I BBA A- Psychology of health & well-being

As a part of Experiential learning for I BBA A students, a one hour session on health management was conducted on 23/11/2022. The resource persons were Ms. Christeena Mary and Ms Pratiksha Saini. Students were taken to the auditorium in the 4th floor and were asked to settle as per the Yoga instructors.

During the session students were taught about the importance and significance of yoga in health management. Different types of Yoga Asanas were explained in detail with the benefits they carry. Each type of Asana was performed by the Resource persons and students did follow the same. This was a practical exposure that students had during the session. They were gaining knowledge about the Health Management techniques and also learnt the benefits of one such technique- Yoga and Meditation

This activity was conducted as a part of the Open Elective Subject that is offered by BSC Psychology Department to the BBA Department for the 1st sem students as per NEP syllabus. The subject is PSYCHOLOGY OF HEALTH AND WELL-BEING. This session helped the students understand the importance of Health Management as a whole.

A total of 57 students took part in this assignment actively showing much interest and actively involved themselves which in turn gave them the feel of relaxation.



7. Bangalore University Inter-collegiate Athletics Meet 16th to 18th of December 2022

The Department of Physical Education of St. Francis de Sales College had participated in the **Bangalore University Inter-collegiate Athletics Meet** which was organized Bangalore university Janabarathi campus, Bangalore and held on 16th 17th and 18th December 2022.

Under the guidance of Mr. Venkatramaiah D– the Physical Education Director and Ms. Christina Mary the ASST Physical Education Director, Bangalore university inter-collegiate athletics meet.

A total of 36 students participated in the Bangalore university inter-collegiate athletics meet. Which was organized by Bangalore university Janabarathi campus, Bangalore and held on 16th 17th and 18th December 2022.

A lot of effort, hard work and dedication were put into the practice session by the student as well as the coaches and the end results are worth mentioning. The students along with Mr. Venkatramaiah D– the Physical Education Director and Ms. Christina Mary had left for Bangalore university Janabarathi campus, Bangalore and held on 16th 17th and 18th December 2022.



8. Baseball Intercollegiate tournament on 19th of December 2022

The Department of physical Education of St. France's De Sales College participated in the intercollegiate tournament organized by Bangalore University on! 19th December 2022

Under the guidance of Mr.Venkatramaih and Mr.Radhaswamy Asst Physical directors. Two Teams Comprising of 32 members participated in that a lot of hard work and dedication was put in the practice by the students & physical trainers and the end results are worth mentioning as Women's Team was winners. And boy's team was Runners- up.

The students along with Mr. Venkatramaiah and Mr.Radhaswamy had left for Bangalore University, Mysore Road, Bangalore; and it was held on 19th of December 2022A total no of 32 students participated in one event in the intercollegiate tournament organized by Bangalore University"

The students actively participated in the event and were the first and second place. The pictures of the baseball event are given below.

Date	Name of the event/activity	Name of the student/player Runner-up
19-12-2022&20/12/2022	Bangalore University Baseball Tournament (Janna Bharathi Campus Bangalore)	SHALINI
		NEHA P
		SHRAVANI N
		MYTRI A
		AISWARYA N
		RIYA MATHE
		SNEHA V
		WEGOS DHAN
		POOJA KC
		SINCHANA V
		AKSA MOL MS
		HARSHITHA V
		KUSHI PM
		SUBHASHREE

Date	Name of the event/activity	Name of the student/player participated
19-12-2022&20/12/2022	Bangalore University Baseball Tournament (Janna Bharathi Campus Bangalore)	VICKY PRAKASH
		PREM KUMAR
		DHINESH
		LINGA RAJU
		TEJAS SM
		MITHUN ST
		DILIP. O
		VARUN
		OM PRAKAS
		BABU SAHEB
		SATHVEER
		SANTHOS
		SREEJITH
		RAHUL SINGH
		ASUTOSH KUMAR A
		MADHAN



9. 41st senior state Handball Championship for men and women 20th on 23rd to 25th December- 2022

The Department of Physical Education of St. Francis de Sales College had participated in the 41st senior state handball championship for men and women 2022, Bangalore and held on 23rd to 25th December-2022.

Under the guidance of Mr. Venkatramaiah D– the Physical Education Director, 41st senior state handball championship for men and women 2022, Bangalore and held on 23rd to 25th December-2022. Organized by Haveri District handball association at Haveri district stadium. Our students name Kushi thangamma P.M and Sneha V (women) & Benitto prakash and Shiva Kumar (men) participated in this tournament.

Date	Name of the event/activity	Name of the student/Player participated (men)	Name of the student/Player participated (women)
29-06-2022 to 30-06-2022	state handball championship	1.Benitto Prakash	1.Kushi Thangamma PM
		2.Shiva Kumar	2.Sheha V



10. Bangalore University WUSHU Computation.

The Department of Physical Education of St. Francis de Sales College had participated in the **WUSHU** Computation which was organized Bangalore university janabarathi campus, Bangalore and held on 11th February 2023

Under the guidance of the Mr. Venkatramaih Physical Education Director, **Wushu** Bangalore University Selection and Inter-collegiate Tournament.

A total of 01 students participated in the **Wushu** Computation. which was organized by Bangalore university Janabarathi campus, Bangalore and held on 11th February 2023. In this tournament we got first place. And he selected for All India Inter university **Wushu** computation.

A lot of effort, hard work and dedication were put into the practice session by the student as well as the coaches and the end results are worth mentioning. The students along with Mr. Venkatramaih had left for Bangalore university Janabarathi campus, Bangalore and held on 11th February 2023

Date	Name of the event/activity	Name of the student/player First place
11-02-2023	Bangalore University WUSHU Computation.	SWROOP N



11. Best Physique tournament in Bangalore university Janabarathi campus on 14th February 2023

The Department of Physical Education of St. Francis de Sales College had participated in the **BEST PHYSIQUE** Tournament which was organized Bangalore university Janabarathi campus, Bangalore and held on 14th February 2023

Under the guidance of Ms. Christina Mary the ASST Physical Education Director, Best Physique University Selection and Inter-collegiate Tournament.

A total of 04 students participated in the **BEST PHYSIQUE** Computation. Which was organized by Bangalore university Janabarathi campus, Bangalore and held on 14th February 2023. In this tournament we got 2 first place and 1 second place. And 2 students selected for All India Inter university Best Physique computation.

A lot of effort, hard work and dedication were put into the practice session by the student as well as the coaches and the end results are worth mentioning. The students along with Ms. Christina Mary had left for Bangalore university Janabarathi campus, Bangalore and held on 14th February 2023



Date	Name of the event/activity	Name of the student/Player first place (men)
14 /2/2023	BEST PHYSIQUE	1.Abhi Gowda S 2. Krishna 3. Charan s 4. Yogesh



12. St. Joseph's of Commerce SPIEL'23 Football Tournament

SFS Football (men) team comprise of 12 students/players has participated in the St. Joseph's of Commerce SPIEL'23 Football Tournament at St. Joseph's College Bangalore, Heal on 27-3-2023. The list of players participated

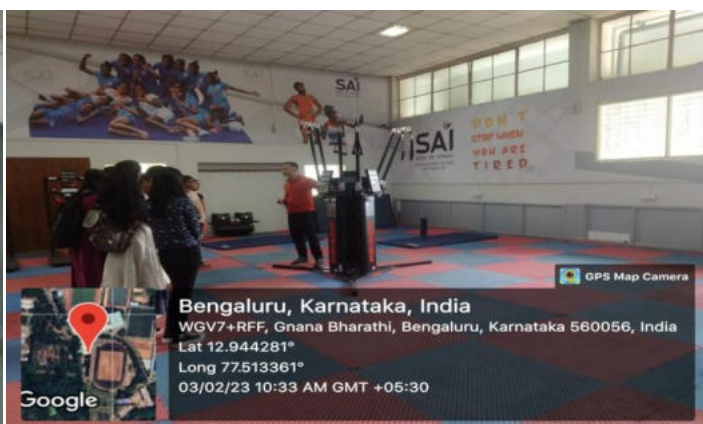
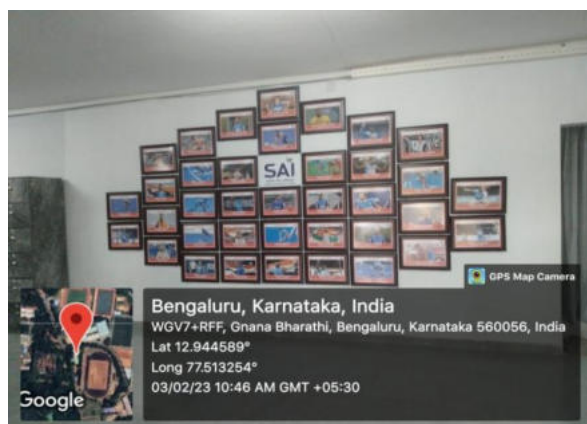
Date	Name of the event/activity	Name of the student/player participated
27-03-2023	St. Joseph's of Commerce SPIEL'23 Football Tournament	Anish
		Noel
		Tijo
		Wency
		Vivek
		Roshan
		Manoj
		Justin
		Dhayanand
		Nithin
		Akshay
		Vishnu

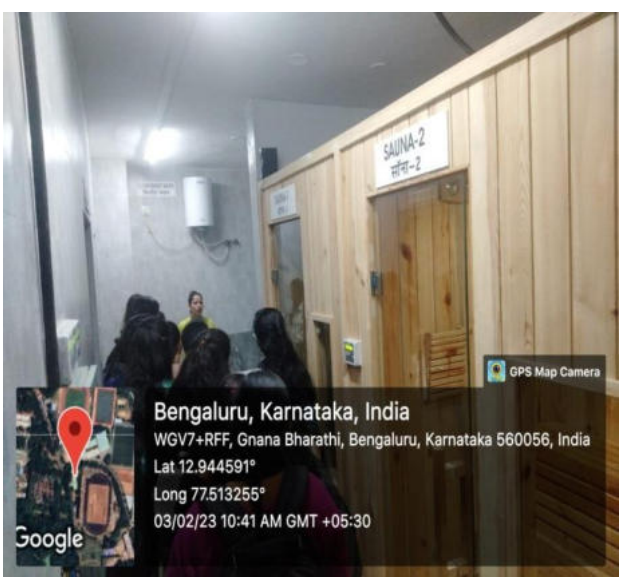


13. Visited Janna Bharathi Sports Stadium

On February 3, 2023 first semester D section students have taken to the Jnanbharthi Campus sports stadium along with Prof. Christina Physical education director, St.Francis de Sales College and Prof.Kumar Narayan, commerce department staff. Students and staff have visited Jnanabharathi a multi- purpose stadium with a 400m synthetic track, swimming pool, a sports complex equipped with an indoor stadium and fitness centre and dormitories rooms for sports person to attend coaching camps office space provided for Physical Education Director. Bangalore University facilitates tennis court, badminton and yoga stadiums.

Students got better experience after visiting the sports stadium. This filed visit helps to the students to realize the importance of sports. After this visit students are motivated to join sports events which are conducted in St.Francis de sales college.





14. CRUSADERS SOFTBALL LEAGUE-2023.

The Department of physical Education of St. France's De Sales College participated in the Softball State Level Inter Club Softball Tournament 2023 organized by YOUNG STALLIONS on! 18th April -2023 Under the guidance of Mr.Radhaswamy Asst Physical Education Professor. Total 32 Students (men and women) participated in the Softball State Level Inter Club Softball Tournament 2023. Head on 18-4-2023. The list of players participated



15. State Level Baseball Championship-2023.

The Department of physical Education of St. France's De Sales College participated in the State Level Championship-2023 organized by Mysore District Baseball Association Mysore on! 1st 2nd 3rd and 4th June-2023

Under the guidance of Mr. Venkatramaih Ms. Christina Mary Asst Physical Education directors. Two Teams Comprising of 32 members participated in that a lot of hard work and dedication was put in the practice by the students & physical trainers and the end results are worth mentioning as Women's Team was Runners.

The students along with Mr. Venkatramaiah and Ms. Christina Mary had left for Mysore, and it was held on 1st 2nd 3rd and 4th of June 2023 A total no of 32 students participated in one event in the State Level Championship-2023 organized by Mysore District Baseball Association Mysore.

The students actively participated in the event and got the second place. The pictures of the baseball and students list given below.

Date	Name of the event/activity	Name of the student/player Runner-up
1/6/2023 to 4/6/2023	State Level Baseball Championship-2023.	SHALINI
		NEHA P
		SHRAVANI N
		MYTRI A
		AISWARYA N
		RIYA MATHE
		SNEHA V
		WEGOS DHAN
		POOJA KC
		SINCHANA V
		AKSA MOL MS
		HARSHITHA V
		KUSHI PM
		SUBHASHREE

Date	Name of the event/activity	Name of the student/player participated
1/6/2023 to 4/6/2023	State Level Baseball Championship-2023.	VICKY PRAKASH
		PREM KUMAR
		DHINESH
		LINGA RAJU
		TEJAS SM
		MITHUN ST
		DILIP. O
		VARUN
		OM PRAKAS
		BABU SAHEB
		SATHVEER
		SANTHOS
		SREEJITH
		RAHUL SINGH
		ASUTOSH KUMAR A
		MADHAN



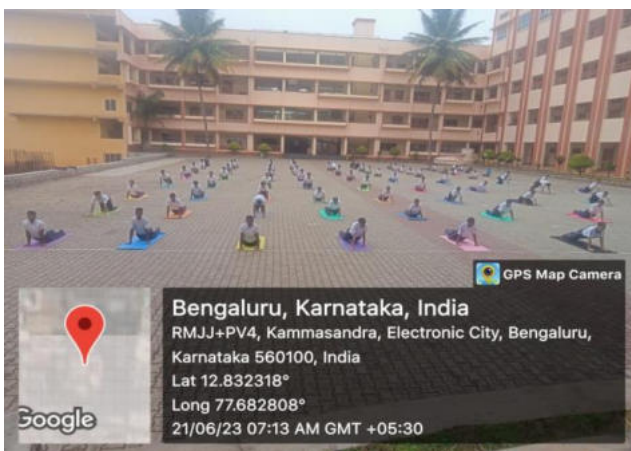
16. A REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

International Yoga Day is observed every year on 21st June in order to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system.

We at The SFS College – celebrated International Yoga Day on June 21st, 2023, with great enthusiasm. A special activity was conducted for the Students of NSS Students Physical Education Instructor, Mr.Venkatramaiah D – the Physical Education Director with the assistance from the department members -Mr.Anand N- Asst. P E Professor and Mr. Radhaswamy- Asst. P E Professor.

The students of NSS Students had their Yoga session for about 45 mints. Yoga student before the demonstration, prathiksha shine (Student of SFS College) explained the meaning of Yoga and Pranayama and elaborated on its importance and benefits. And demonstrated the various Asana and stressed on the need to be practiced every single day. He elaborated the point that regular yoga practice lead to the better mental, physical and intellectual health. It positively changes the lifestyle of the people and increase the level of well-being.

The celebration concluded with some breathing techniques and the students were encouraged to practice regular yoga to remain fit as they showcased a very energetic and spirited performance. Overall Yoga Day was celebrated with great enthusiasm.



17. FUTSAL 2023 Football Tournament.

The Department of physical Education of St. France's De Sales College participated in the Football Tournament 2023 organized by CRESTA on! 23rd and 24th June -2023

Under the guidance of Mr. Anand Asst Physical Education Professor. Total 12Students participated in the CRESTA Inter-Collegiate State Level Football Tournament. Head on 24-6-2023. The list of players participated

Date	Name of the event/activity	Name of the Student/player Participated
24-06-2023	FUTSAL 2023 Football Tournament at Mysore	Roshan
		Wency
		Vivek
		Nithin
		Akshay
		Dayanand
		Sarathy
		Vasanth



18. St Jerome's Inter college- 2023 Throw Ball Tournament.

The Department of physical Education of St. France's De Sales College participated in the Throw Ball Tournament 2023 organized by St. Jerome's College on! 14th July -2023

Under the guidance of Ms. Christina Mary Asst Physical Education directors. Total 11 Students participated in this Tournament a lot of hard work and dedication was put in the practice by the students & physical trainers and the end results are worth mentioning as Women's Team was Runners Up.

Women Throw ball tournament at St Jerome's Inter College Heal on 14-7-2023. The list of players participated the throw ball Tournament players got second place in this tournament list is given below table.

Date	Name of the event/activity	Name of the Student/player Runner-up
14-07-2023	St Jerome's Inter college 2023 Throw Ball Tournament.	Gayathri
		Monika
		Likhitha
		Shalini
		Jayashree
		Pooja
		Harini
		Sujatha
		Madhu
		Swetha
		Prajwalitha





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Bangalore University Selected Students 2022-23

SLNO	NAME	EVENT
01	JUSTIN RAJ	FOOTBALL
02	WENCY A	FOOTBALL
03	VIVEK C S	FOOTBALL
04	ROSHAN ANTHONY	FOOTBALL
05	NOEL S	FOOTBALL
06	LIKHITHA V	FOOTBALL
07	PRATIKSHA SAINI	YOGA
08	VICKY PRAKASH RAJ	TUG-OF-WAR
09	PREM KUMAR S	BASEBALL
10	VICK PRAKASH RAJ J	BASEBALL
11	BABU SAHEB KUMAR	BASEBALL
12	ASUTOSH KUMAR A	BASEBALL
13	BENITTO PRAKASH A	HANDBALL
14	KRISHNA	BODY BULDING
15	ABHI GOWDA S	BODY BULDING
16	SURAJ CHIKAREDDY	AMERICAN FOOTBALL
17	BABU SAHEB	SOFTBALL
18	PRASANNA Y	SOFTBALL
19	PREM KUMAR	SOFTBALL
20	MITHUN S T	SOFTBALL
21	OM PRAKASH	SOFTBALL
22	SANTHOSH NAYAK K	SOFTBALL
23	SWROOP N	WUSHU
24		

St Francis de Sales college Annual Sports day 2022-2023

ATHENIA 2022-23

28th and 29th April 2023

1. SFS Annual Sports Meet.

The Department of Physical Education of St. Francis de Sales College Conducted Athenia the inter-collegiate sports fest 2023, held on 28th and 29th April 2022-2023.

Under the guidance of Mr. Venkatramaiah D– the Physical Education Director, Athenia the inter-collegiate Sports fest held on 28th and 29th April 2022-2023. Organized by Department of physical Education. Our students participated in this tournament.

Sports Day is an event that's organized by any institution where the people of the institution or other institutions participate in various athletic events and compete against each other.

The day was filled with a lot of excitement, along with thrills, spirit, and cheers. All the students were very excited about the day, and the activities that were going to be carried out throughout the day. For Athenia UG Intra Collegiate Sports Chief Guest Dr.HD Krishnappa, PhD Chief Coach Volleyball Sports Authority of India Retired former Indian Coach

- I believe that everyone present here is doing well and are super excited about today's Sports day. For good physical fitness and strength, sport is an integral part of life.
- There are multiple benefits that a human receives from taking part in sports. Engaging in sports and other physical activities improves an individual's focus, discipline, concentration, social participation, and sportsmanship
- People participate in competitive sporting activities, often with the aim of winning trophies or prizes.

The day started off with the Inauguration of Athenia flame, lighting ceremony, Chief Guest opened Athenia 2022-2023, after that Athenia Oath taking the Leaders along with their team will raise the right hand for the oath, Introduction of the chief guest, Sports Day is a very exciting and happy day. Though the sports day in school, college or university is not the competition itself, but it surely teaches students some important life lessons such as team spirit, working hard towards a common goal and so on. It also inculcates healthy habits like exercising regularly and eating healthy food. Overall, sports day is an event which must be celebrated by every educational institution to instill these values in their students. Every student can participate in different types of sporting events.

The list of games is:

Athletics:

- 100 mtrs (MEN AND WOMEN)
- 200 mtrs (MEN AND WOMEN)
- 400 mtrs (MEN AND WOMEN)
- 800 mtrs (MEN AND WOMEN)
- Discuss Throw (MEN AND WOMEN)
- Shot put (MEN AND WOMEN)
- 4*100 relay(MEN AND WOMEN)
- 4*400 relay (MEN AND WOMEN)

Group games:

- Cricket (MEN)
- Volleyball (MEN)
- Football (MEN)
- Throw Ball (WOMEN)
- Kabbadi (MEN AND WOMEN)
- Kho Kho (MEN AND WOMEN)
- Tug of War (MEN AND WOMEN)

All the Students were awarded points on the basis of their performance and some other parameters. In the end, All were happy at the end of the event, and all the efforts of the students paid off. In the prize distribution ceremony, all the winning students and teams were awarded medals and certificates, and the winning house was awarded the Trophy. And overall individual champions are: **Ashwin, Chandana and Mahalakshmi R**

In the end, the Principal of the College addressed all the students and their parents, congratulating all the winning students, and appreciating the efforts taken by each student on the day.

ATHLETICS:

There are so many students who participated in athletics event and won the medals.

The winners are:

100 MTRS RUNNING RACE (MEN):

Gold medal: Ulaganathan
Silver medal: Mohmmmed Rasim
Bronze medal: Thowseef

100 MTRS RUNNING RACE (WOMEN):

Gold medal: Anagha
Silver medal: Chandana S
Bronze medal: Nithya H S

200 MTRS RUNNING RACE (MEN):

Gold medal: Ashwin
Silver medal: Tarun. D
Bronze medal: Preetham.

200 MTRS RUNNING RACE (WOMEN):

Gold medal: Mahalakshmi R
Silver medal: Anagha M
Bronze medal: Aditi Tiwari

400 MTRS RUNNING RACE (MEN):

Gold medal: Suraj Chikka Reddy
Silver medal: Om Prakash
Bronze medal: Pavan Kumar M

400 MTRS RUNNING RACE (WOMEN):

Gold medal: Supriya
Silver medal: Mahalakshmi R
Bronze medal: Kavana A

800 MTRS RUNNING RACE (MEN):

Gold Medal: Ashwin
Silver Medal: Prasanna Y
Bronze Medal: Om Prakash

800 MTRS RUNNING RACE (WOMEN):

Gold medal: Mahalakshmi R
Silver medal: Mahalakshmi B
Bronze medal: Madhu Latha

DISCUSS THROW (MEN):

Gold medal: Rakshit
Silver medal: Johnson Leo
Bronze medal: Suraj Chikka Reddy

DISCUSS THROW (WOMEN):

Gold medal: Likhitha V
Silver medal: Madhu D
Bronze medal: Hamsa Lekha S P

SHOT PUT (MEN):

Gold medal: Johnson Leo
Silver medal: Ulaganathan P
Bronze medal: Sri Hari

SHOT PUT (WOMEN):

Gold medal: Akshaya M R
Silver medal: Wegos Dhana Angel
Bronze medal: Harika M

4*100 MTRS RELAY(MEN):

Gold medal: Stephen Cyril and team
Silver medal: Thowseef and team
Bronze medal: Pretham and team

4*100 MTRS RELAY (WOMEN):

Gold medal: Madhulatha and team
Silver medal: Nithya and team
Bronze medal: Kavana and team

4*400 MTRS RELAY (MEN):

Gold medal: Ashwin and team.
Silver medal: Sathveer and team.
Bronze medal: Abraham and team

4*400 MTRS RELAY (WOMEN):

Gold medal: Mahalakshmi and team.
Silver medal: Wegos abd team

GROUP GAMES:**Cricket (MEN)**

Winners: B Vikas and team
Runners: Alex and team

Volleyball (MEN)

Winners: Sathveer and team
Runners: Prasanna and team

Football (MEN)

Winners: Nitin G K and team
Runners: Manoj GK and teamm

Throw Ball (WOMEN)

Winners: Likhitha and team

Runners Monika and team

Kabbadi (MEN)

Winners: Vadanth and team

Runners: Inderjeeth singh and team

Kabbadi (WOMEN)

Winners: Hamsa and team

Runners: Sinchana and team

Kho Kho (MEN)

Winners: Shashikanth and team

Runners: Roshan Kumar and team

Kho Kho (WOMEN)

Winners: wegos and team

Runners: Madhulatha and team

Tug of War (MEN)

Winners: Vicky Prakash Raj and team

Runners: Aadvik and team

Tug of War (WOMEN)

Winners: Likhitha and team

Runners: Prathiksha and team

THE OVERALL INDIVIDUAL CHAMPIONS ARE:

1. Ashwin
2. Chandana
3. Mahalakshmi R







ST FRANCIS DE SALES COLLEGE

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Budget & Expenditure

Year	Budget	Expenditure
2022-2023	-----	-----