

ANNUAL SPORTS REPORT 2021-22

It is indeed a moment of pride to present a brief report of the initiatives and performance of the Department of Physical Education and Sports for the year 2021-2022. The Department of Sports has decided to promote competitive sports and games in Lal Bahadur Shastri College by organizing state and national level sports events, sports activities and developing sports infrastructure in the college. In order to raise the standards of performance of the Lal Bahadur Shastri College sports at the university level competitions, the process of result oriented planning and nurturing of the talent on scientific principles of modern training methodology, this department will choose the best number of players among students of various courses on the basis of their performance in the different activities (games and sports). The selection will be made by giving chance to students of the Lal Bahadur Shastri College to prove their worth in the various sports activities.

The Lal Bahadur Shastri College promotes student participation in various outdoor and indoor games. Students are encouraged to participate in games and sports activities, which include cricket, football, table tennis, lawn tennis, volleyball, badminton, weightlifting, multi-gym, basketball. There are plans to expand the number of games and activities to include, hockey, swimming and athletics (men and women).

Beginning of sports activities:

The sports activities of the Academic year began soon after the semester commenced in June with college team selections in Athletics, Yoga Volley Ball, Cricket, Badminton, , Table Tennis, , Chess, Football, , Kabbadi, Kho-Kho, Archery, Swimming, Weightlifting, being conducted

International Yoga Day

The Sports Department kick started its activities for the academic year with World Yoga Day on June 21st, 2020.

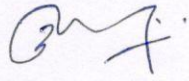
The Stay – Fit Program

The program was the first initiatives of the sports department for the academic year. The program was to give students an opportunity to keep themselves fit. The sessions take place three times a week (Monday, Wednesday and Friday) from 4:10 to 5:00PM on MS Teams.

INTERCOLLEGIATE COMPETITIONS

College has participated in the 10 events. Our students participated in, Athletics, Volley Ball, Cricket, Badminton, , TableTennis, , Chess, Football, , Kabbadi, Kho-Kho, Archery, Swimming, Weightlifting.

The Inter College Tournaments have been organized within the Lal Bahadur Shashtri College that has not only created the interest among the students but also prepared them for the competitions at the different levels. The high level enthusiasm has been observed among the students of the university especially in those who have potential for state and national level competitions. The best teams have been sorted out for various games, sports and athletic events.



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