

MES COLLEGE OF ARTS, COMMERCE & SCIENCE

Vidyasagara Prof. MPL Sastry Road, 15th Cross, Malleswaram, Bengaluru-560003



NAAC accredited with 'A' Grade

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

ANNUAL REPORT OF SPORTS ACTIVITIES 2022-23

"Champions aren't made in the gyms. Champions are made from something they have deep inside them — a desire, a dream, a vision".

Sports and games helps an individual to be physically strong, mentally and socially sound and spiritually balanced.

The activities of the Department of Physical Education for the year 2022-23.

- Like every year, this year elections were held for the posts of sports secretaries. The elected sports secretaries for the academic year 2022-23 are VINAY S of III B.Com and Gowthami K of B.A III year. The selection processes of various team events were held in order to enable the students to participate in the intercollegiate tournaments.
- Tournaments in various games and sports events were held right through the year like Chess, Throwball, Cricket, Athletics, Boxing, Basketball, Table Tennis, Badminton and Kabaddi etc.
- The department of Physical Education conducted selection trials as per Bengaluru City university calendar of events. The events were divided in odd and even semester. the selection trials began from 15/11/2022 to 25/11/2022. The selected events were Football, Hockey, Volleyball Throw Ball, Chess Kabaddi, Hand Ball, Netball. Also individual games like Cross country, Athletics, Swimming, Judo, Wrestling, Boxing, Taekwondo etc. Department of Physical Education conducts regular practice for the events in nearby grounds like Milk colony, 18th cross ground and Gundu Rao Stadium.

Annual Athletic Meet & Annual Inter Class Sports 2022-23

- Department of Physical Education conducted 63rd Annual Athletic Meet on 19th May 2023 at IISc, Gymkhana Ground, Yeshwanthpur, Bengaluru. Sri. Harshith S International Athlete and Alumnus of the MES College was the Chief Guest, and Dr. D. Usharani, Principal MES ACS, presided the event and Dr. K.B Lokeshwarappa, Associate Professor, Department of Kannada, Sri B V Vijay

former Physical Education Director of MES ACS & Sri Arun, Referee, Karnataka Olympic Association were present on this occasion. 453 students participated in the Annual Athletic meet. Around 11 events were organized for both men & women category separately. Also some events for Teaching and non-teaching faculty members were conducted.

- Many Other sports activities were conducted by the college with the active participation of the students. Interclass Chess, Carom, Table Tennis and Tug of war competition were conducted in the college premises,
- Many students represented our college in different Inter-Collegiate Competitions and brought laurels to our college in sports like Fencing, Cricket, and Table Tennis, Teakwondo, Kabaddi, Yoga and Athletics.

The Best Outgoing Sports persons for the year 2022-23

- Waseem Pasha III B.Sc.
- Gowthami K III B.A

Best Athletes 2022-23

- Harshith Kumar K I B.Sc.
- Harshini S I B.Com
- Shika R I B A

The following are organized by Bengaluru City University intercollegiate tournaments & other tournaments for the academic year 2022-23.

- The Department of Physical Education, MES College organized Bengaluru City University Table Tennis Selection Trails (Men & Women) for South Zone Interuniversity Tournament 2022-23 from 09th & 18th November 2022. **The Director of Physical Education, MES College Mr Raveendra Nalakar was one of the selection committee member of Bengaluru City University 'South Zone interuniversity' Table Tennis (Men & Women) tournament, for the academic year 2022-23.**
- The Department of Physical Education, MES College conducted Bengaluru City University Intercollegiate **Table Tennis Tournament (Men & Women)** held on 22nd July 2023 at MES College Malleswaram Bengaluru. **Dr.R.Srikanth**, Physical Education Director & Nodal Officer, Department of Collegiate Education, **Government of Karnataka, Sri Krishnaarjun C N International Level Coach & Alumnus of MES College & Sri Mohammed Sibgathulla, Coordinator, Bengaluru City University** were the chief guests & Special invitee on this occasion. The event was a great success. The winners of the tournament were St. Joseph College

of Commerce in both Men & Women category and Mount Carmel College were the Runner up in Women category and SRN Adarsha College were in the Runner up in men category. The valedictory of the tournament was graced by **Prof. K.M Raghavendran, Chief Executive, Mysore Education Society, Sri Krishnaarjun C N International Level Coach & Alumnus of MES College & Dr. D Ushrani, Principal MES ACS.**

- **Department of Physical Education & MES Cricket Club** conducted **Vidyasagara Prof. MPL Sastry Memorial 2nd Inter College T-20 Cricket** tournament held from **12th to 14th July 2023** at **Golden Ray Cricket Arena & Invictus Sports Arena, Hesaragatta Main Road, Chikkabanavara Soladevanahalli Bengaluru.** **Prof.K.M Raghavendran, Chief Executive, Mysore Education Society, Malleswaram, Bengaluru** was the **Chief Guest** and **Prof. Sheela Menon, Director of Academics, Higher Education, Mysore Education Society, Malleswaram, Bengaluru** was the guest of Honor and **Dr D. Usharani, Principal MES ACS,** Presided on this occasion. **Total 10 teams** participated in the tournament.
- The prizes were distributed on 14th July 2023 after completing final match. St. Francis College Koramanagala won the winners trophy and Seshdripuram Main College got runners trophy. Also the best Batsmen trophy was given to Hemanth Raju MES Institute of Management Rajajinagar and best Bowler trophy to Vikas Rathod from Seshdripuram Main College.
- **Department of physical Education celebrated National Sports Day on 29/08/2022.**
- **Department of Physical Education, MES College organized International Yoga Day on 21st June 2023 at College conference hall.**
- **Following are the Achievements of our College teams in Bengaluru City University intercollegiate tournaments for the academic year 2022-23.**
- **Sahabaz Ahmed of I B A participated in the 4th Goa Youth International level kick boxing championship 2023 and got gold medal, organized by NYSEF held at Madgaon, Goa from 03rd to 05th February 2023.**
- **Sneha S Prathap of I B.Sc. participated in the Dasara State level Sports Meet and got 3rd place, organized by Youth Sports Affairs Karnataka held from 29/09/2022 to 02/10/2022.**
- **Sneha S Prathap of I B.Sc. participated in the Dasara Division Sports Meet and got 1st place, organized by Youth Sports Affairs Karnataka Bangalore held from 20/09/2022 to 21/09/2022.**

- **Nischitha T** of III B.A participated in the Bengaluru City University intercollegiate **Swimming** competition and got **3rd** place, organized by BEL First Grade College Bangalore, held on **29/11/2022**.
- **Dhanush L** of III B.Com participated in the Bengaluru City University intercollegiate **Chess** competition and got **2nd** place, organized by Nagarjuna Degree College Bangalore, held from **05 & 06 December 2022**.
- **Yeshwanth S** of III B.Com participated in the Bengaluru City University intercollegiate **Boxing** competition and got **1st** place, organized by Govt. Arts College Bangalore, held on **16/12/2022**.
- **Shika R** of III B.A participated in the Bengaluru City University intercollegiate **Boxing** competition and got **1st** place, organized by Govt. Arts College Bangalore held on 16/12/2022.
- **Waseem pasha** of III B.Sc. participated in the Bengaluru City University intercollegiate **Taekwondo** competition and got **1st** place, organized by SFGC Bangalore, held on 19/12/2022.
- **Aswathi Suresh** of III B.Sc. participated in the Bengaluru City University intercollegiate **Power Lifting** competition and got **1st** place, organized by St.Francis College Koramanagla, Bangalore, held on 08/06/2023.
- **Sneha M** of I B.A participated in the Bengaluru City University intercollegiate **Taekwondo** competition and got **1st** place, organized by SFGC Bangalore, held on 19/12/2022.
- **Vathsal K S** of II B. Com & **Shilpa R** II B. Com Participated in State level yoga Competition and both got A+ Grade, organized by Deergayu Institute of Yoga Bangalore held on 18th June 2023.
- Department of Physical Education conducted classes of Yoga and Sports, Health and wellness subjects, as per the NEP, under the skill Enhancement course.
- The following students were selected to participate in Nationals, All India Interuniversity and South Zone competitions for the academic year 2022-23.

SL. No	Name	Class	Event	Level	Remarks
1.	Sahabaz Ahmed	B.A I	Kick Boxing	International	Gold Medal
2.	Kavya D S	B.Sc. II	Netball	All India Interuniversity	3 rd Place
3.	Gowthami K	B.A II	Netball	All India Interuniversity	3 rd Place
4.	Dhanya Shetty U	B.Sc. II	Netball	All India Interuniversity	3 rd Place
5.	Sneha S Prathap	B.Sc. I	Kabaddi	South Zone	Participated
6.	Shika R	B A I	Boxing	All India Interuniversity	Participated
7.	Yeshwanth S	B.Com II	Boxing	All India Interuniversity	Participated
8.	Hemanth Kumar B	B.Sc. III	Boxing	All India Interuniversity	Participated
9.	Waseem Pasha	B.Sc. III	Taekwondo	All India Interuniversity	Participated
10.	Sneha M	B.A	Taekwondo	All India Interuniversity	Participated
11.	Sneha S	B.Sc. I	Kabaddi	State level Dasara Meet	Participated

12.	Sujith Kumar T	B.Sc. II	Ball Badminton	All India Interuniversity	Participated
13.	Prajwal Gowda L C	B.Com I	Ball Badminton	All India Interuniversity	Participated
14.	Raghavendera J Itagi	B.Com I	Netball	All India Interuniversity	Participated
15.	Nithyanandan Palani P	B.Com III	Netball	All India Interuniversity	Participated

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