

## **Physical Activities**

Physical health is equally important as mental health is and therefore the aim of an educational institute is justified only if it nurtures both. Sports play a significant role in the life of a person. It inculcates the spirit of sportsmanship, teaches goal setting and planning, develops the concept of winning and sharpens competitive edge. A sport not only elevates physical ability but also provide mental agility. A set of rules are always laid down for playing any sport or game and this helps inculcating a sense of discipline within an individual. Winning or losing also gives strength to fight for success.

The College provides facilities for indoor as well as outdoor games. Various sports played by the students of the College include Volley ball, Kho-Kho, Kabbadi, Athletics, Table tennis, Chess and, Carom . the facility of a few although being not available in the College premises are played elsewhere for which a prior official arrangements are made by the Institute. Most of the students of this College although are from rural background but as do well in their academics they perform well in sports too can be confirmed by the medals won by them in different events. The students participate at different levels beginning from inter-class followed by inter-college, state level, inter- university and reach up to national level. The college has earned proud recognition in the following sporting events .



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