



N.K.T.National College of Education for Women

(Autonomous)

Report on Sports Events

2019-2020



Transforming Students to Global Educators


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Report on Sports Event

2018-2019

N.K.T.National College of Education for Women as in the previous years organized a number of intra mural games for the students. Holistic development of the individual is at the prime consideration of the College. To keep the students both mentally and physically fit sports is given importance during the regular curricular transaction days. Many intramural competitions were organized and the winners were honored on the Sports day.

Shot-put competition

The shot-put competition was held on 04.03.2020. There were 12 competitors who participated in the event. Shot putters use their strong quadriceps, hamstrings and gluteus Maximus muscles to push off from the back of the circle and generate the initial thrust necessary to get the heavy metal shot moving across the circle. Each athlete will have three attempts and their best performance will be recorded by the shot-put judge. Throwers must throw from within the throwing circle. No part of the thrower's body may touch the ground outside the circle during the throw. The shot must land within the throwing area.




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Long jump competition

The long jump competition was held on 4th March 2020. There were 6 competitors who participated in the event. Competitors sprint along a runway and jump as far as possible into a sandpit from a wooden take-off board. The distance travelled, from the edge of the board to the closest indentation in the sand to it, is then measured. It stimulates your metabolism, Increases oxygen capacity, Improves your sense of balance, Increases oxygen circulation to tissues, Improves the circulation of the lymph through the lymph glands, Strengthens the heart (Cardiovascular health), Increases energy and sense of vitality.




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Sprinting competition

The Sprinting competition was held on 02.03.2020. There were 14 competitors who participated in the event. A sprint is a short running race. In a track and field competition there are generally three different sprint distances 100m, 200m, and 400m. It is an excellent cardiovascular exercise, it increases your stamina, burn lot of calories in a short time and moreover, it gives a boost to your metabolism so even when your workout is over, it keeps on burning calories.




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Javelin Throw competition:

The Javelin throw competition was held on 03.03.2020. There were 12 competitors who participated in the event. The javelin throw is a track and field event where the javelin, a spear about 2.5 m in length, is thrown. The javelin thrower gains momentum by running within a predetermined area. Javelin throwing is an event of both the men's decathlon and the women's heptathlon. Unlike other throwing events, javelin allows the competitor to build speed over a considerable distance. In addition to the core and upper body strength necessary to deliver the implement, javelin throwers benefit from the agility and athleticism typically associated with running and jumping events.

Kho-Kho Competition:

The kho-kho competition was held on 5th March 2020. There were 24 competitors who participated in the event. Kho Kho is a popular tag team game invented in Maharashtra, India. It is played by two teams of 12 nominated players out of fifteen, of which nine enters the field who sit on their knees, and 3 extra who try to avoid being touched by members of the other opposing team. Kho-Kho helps to increase stamina, It helps in motor development, It helps in social and mental development of the child, Children become active, Playing Kho-Kho keeps children well, strong, motivated, enthusiastic and young. It helps in better coordination and flexibility.



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Throw ball Competition:

The throw ball competition was held on 03.03.2020. There were 36 competitors who participated in the event. Throw ball is a non-contact ball sport played across a net between two teams of nine players on a rectangular court. It is popular in Asia, especially on the Indian subcontinent, and was first played in India as a women's sport in Chennai during the 1940s.

Throwing, catching and kicking balls is good for muscle development, hand-eye coordination and fitness. It works arm and leg muscles, improves hand-eye coordination increases fitness.


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Carom competition

The carom competition was held on 05.03.2020. There were 14 competitors who participated in the event. The game of carom originated in India. Carom is played by four people just as often as by two. For the doubles game, partners sit opposite one another and turns proceed in a clockwise order. Helps to Improve Analytical Thinking, Better Focus, Sharpens the Mind, Better Predictions.

Chess competition

The chess competition was held on 05.03.2020. There were 9 competitors who participated in the event. Chess is a recreational and competitive board game played between two players. It develops perspective, Improves memory, Increases intelligence, Deepens focus. Elevates creativity, Boosts planning skills, Increases self-awareness, Protects against dementia.


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Minor Games

Overhead passing relay

The overhead passing relay was held on 04.03.2020. There were 40 competitors who participated in the event. The teams line up in single file and the game consists in a competition between them in passing a basketball backward overhead followed by a short run for each player in turn. The advantage of overhead passing is the ability to pass the ball quickly with a low trajectory. A pass off the forearms requires a trajectory arc that the overhead pass doesn't.

Under leg Passing Relay Competition

The under leg passing relay was held on 04.03.2020. There were 40 competitors who participated in the event. Players pass an object under their legs alternatively to reach the finish line. The main objective is to learn to work as a team, To learn to properly stretch prior to exercise.


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Sports Day

On 6th March 2020 Sports day was celebrated by the College inviting Mrs. V. Gowrilakshmi, Principal, Chinmaya Vidyalaya Higher Secondary School, Chennai as guest of honour. The College band welcomed the guest of honour and the Principal Dr.S.Chamundeswari to the arena. The Principal welcomed the gathering and introduced the chief guest of the day.


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Mrs. V. Gowrilakshmi declaring the sports meet open took the honour of salute of the college march-past. The sport torch indicating to spread the message of unity and spirit of sportsmanship was set and relay started. Following this cultural programmes and sports for the teaching and non-teaching staff members took place.

The most awaited moment prize distribution followed the address by the guest of honour. In her address she appreciated the efforts taken by the head of the College and the students in organising a grand event. The overall champion trophy was bagged by Blue house and the runner trophy was bagged by yellow house. The winners of all intramural games were honoured by the guest. The Report of the sport events conducted by the College was presented by Dr.D.T.Vedagnanam, Physical directress of the College. With a formal vote of thanks by the sports secretary and National Anthem the sports day for the year 2019-2020 was successfully completed.


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