



Seshadripuram Educational Trust
SESHADRIPURAM COLLEGE

27, Nagappa Street, Seshadripuram, Bengaluru - 560 020
Affiliated to Bangalore University | NAAC Accredited 'A' Grade
www.spmcollege.ac.in

Department of Physical Education and Sports



FITNESS

A way of life

Life is a game, be fit to win!



Lyceum
e-Sports Journal

August 2018

History



The Department of Physical Education was established in the year 1977. The department attempts to keep the spirit of sports alive in the students of our college. Through its programmes, it has consistently produced outstanding sportsmen and women at the university, state, national and international levels.

Vision



Fitness - a way of life

Mission



To nurture exceptional talent in sports, and promote interest in sports and physical fitness among staff and students





Seshadripuram Educational Trust

Bengaluru-560 020

MESSAGE

I am happy that the Department of Physical Education and Sports is bringing out the third issue of “Lyceum”. The Department has been achieving outstanding success in many disciplines and the sports e-journal is an apt record of its achievements. I am sure that under the dynamic leadership of the Director of Physical Education, Sri Karthik K.S., the Department will add many more laurels.

I congratulate the Director and his team of enthusiastic, talented and dedicated sports persons and wish them many more successes in the future.

Dr Wooday P. Krishna

Hon. General Secretary
Seshadripuram Educational Trust



Seshadripuram College

Bengaluru-560 020

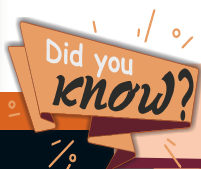
CHIEF EDITOR'S NOTE

The third issue of Lyceum, the e-sports journal brought out by the Department of Physical Education and Sports, is a noteworthy initiative of the department. It is not merely a document and a record but also a celebration of its many achievements. This year has seen outstanding achievements at the highest level by individual sports persons along with noteworthy team achievements. The fact that 33 students were recipients of SET Sports Scholarships for participation at national and international level competitions is a testimony to the success of our committed and talented sports persons. Another remarkable aspect is that the achievements span a wide range of sports - from taekwondo to athletics, from netball to rifle shooting, from weightlifting to yoga.

I congratulate the dynamic Physical Education Directors Sri Karthik K.S. and Ms. Pushpalatha L.K. and the Editorial Committee comprising faculty and student members for their efforts in continuing the initiative of bringing out an annual issue of “Lyceum”. The issue is a tribute to the hard work and dedication of the staff and students in attempting to live up to the challenge of competing at high levels.

Dr Anuradha Roy

Principal



1. Who is known as the 'Flying Sikh' of India?



Department of Physical Education and Sports



Sports Committee

Dr Anuradha Roy - Principal
 Dr Bhargavi V.R. - Director, P.G. Department
 Sri Karthik K.S. - Physical Education Director
 Ms. Pushpalatha L.K. - Physical Education Director
 Smt. Savitha Bai - Office Superintendent
 Smt. Sapna G.S. - Department of English
 Sri Allan Raj - Department of English
 Sri Lokesh Y.R. - Dept. of Commerce & Management
 Sri Varun G.S. - Dept. of Commerce & Management

Student Co-ordinators

Rakesh C. - Intramural Secretary, III B.Com.
 Varshitha C.V. - Intramural Secretary, III B.Com.

Editorial Committee

Dr Anuradha Roy - Principal
 Dr Bhargavi V.R. - Director, P.G. Department
 Sri Karthik K.S. - Physical Education Director
 Smt. Sapna G.S. - Department of English
 Sri Allan Raj - Department of English

Student Members

Santosh Kumar M., III B.Com.
 Mohan B.V., III B.Com.
 Dakshayini M., III B.C.A.
 Sahana J., III B.Com.

Did you
know?

2. Who was India's first football captain?

Schedule of Events



- College Team Selections for Girls and Boys.
- Formation of Sports Committee.
- College Teams Practice Sessions.
- Participating at University, State, National, International level and other competitions.
- Celebrating National Sports Day.
- Organizing inter collegiate tournaments.
- Inter-Class Tournaments and Annual Sports Day.
- Organizing Prize Distribution programme and other programmes.



Indoor Sports Facilities

- State-of-the-art 'fitness center' with sophisticated 'Multi Gym' facility for students and staff.
- Yoga center accommodating up to 50 members.
- Weightlifting, Powerlifting, Table Tennis, Chess and carrom.
- Professional trainer for students in Yoga center.

Support for Students

- Reduction in cut off marks for promising sports persons during admissions.
- Fees concession for sports persons requiring financial assistance.
- Coaching for Weightlifting, Powerlifting, Table Tennis.
- Practice sessions for selected games.
- Sports attire for sports students.
- TA & DA and competition entry fees for participation at competitions at all levels.
- Attendance concessions and internal assessment re-test for sports participants.
- Appreciation award of Rs. 5000/- each for Inter-University and National Level and Rs. 10000/- for International overseas participation.



Did you
know?

3. Which is the largest bone in the human body?

Department of Physical Education and Sports

Annual Sports Report 2017-18

2017-18 has been a year of remarkable achievements for the Department of Physical Education and Sports of the College.

The Sports Committee for the year was constituted under the Chairmanship of Principal Dr Anuradha Roy and comprised Karthik K.S., Physical Education Director; Pushpalatha L.K., Intramural Secretary; and faculty members Sapna G.S., Allan Raj, Lokesh Y.R. and Shailesh G. Shankar, The Student Sports Secretaries for the year were Rakesh C. and Varshitha C.V. of III B. Com 'H' section.

The Sports activities of the academic year began soon after the semester commenced in July with college team selections in **Athletics, Volleyball, Cricket, Badminton, Table-Tennis, Chess, Throwball, Weightlifting, Powerlifting, Yoga, Taekwondo, Football, Basketball, Shooting, Archery, etc.** being conducted.

The Department of Physical Education and Sports, celebrated the 3rd International Yoga Day on the 21st of June, 2017. The Chief Guest for the programme was Dr Y. Rudrappa, Founder, SDM Naturopathy. Dr Y. Rudrappa, spoke about yoga and uses of yoga in our daily lives. More than 100 students participated in this programme.

The Department organized the Bangalore University Inter-Collegiate Weightlifting (Men and Women) Competition 2017-18 on 6th and 7th of October 2017. The Chief Guests of the programme were Prof. C.M. Thyagaraja, Registrar, Bangalore Central University; and Prof. Lingaraju Gandhi, Registrar (Evaluation), Bangalore Central University.

The most awaited College Annual Athletic meet was conducted on 17th February 2018 at Central College Ground. The meet was a grand success with many events being conducted for students and staff members. Inter-Class Competitions were also conducted in various sports Cricket, Tennis, Football, Chess, Volleyball, Carom, Table-tennis, Badminton, Powerlifting and Throwball for Men and Women.

Most importantly, 2017-18 has seen many remarkable achievements in various sports. At the International level, 2 students participated and won 1 gold medal at the National level, 24 students participated and won 7 Gold Medals, 6 Silver Medals, & 4 Bronze Medals; at the All India Level and South Zone inter-university level, 16 students participated at the State level, 14 students participated and won 5 Gold Medals, 5 Silver Medals, & 5 Bronze Medals. Our students also won 59 medals at the Bangalore University Inter-collegiate competitions 2017-18.



Did you
know?

4. In Which country was Golf Invented?

To sum up, a total of 47 students competed at the highest levels and won 92 medals in variety of games including Chess, Athletics, Floorball, Karate, Taekwondo, Yoga, Boxing, Throwball, Air Rifle Shooting, Archery, Baseball and Netball, Powerlifting, Weightlifting and Softball. In another remarkable feat, the college Weightlifting, Powerlifting, Throwball, Netball, Softball and Chess teams have also won the prestigious Bangalore University, SET, and many more Private tournaments. And all this is in a college with very limited sports infrastructure due to constraints of space.

There are too many outstanding sports persons to present in detail in this report, but we would like to highlight the most outstanding of these achievers. Sujith C (2014-17 Batch) was given the best Sportsman of the year 2017 Award at the Bangalore University Annual Convocation. Sudarshan N won 1 Gold Medal at the International Level Yoga competition. At Throwball Competitions, Rakesh C won 1 Gold and 1 Bronze medal, Thanushree N and Harshitha S. won 1 gold and 1 silver Medal each. V.L. Harshitha and

Thanushree N won Silver medal in National Level Netball Competition Biju Modal and B.R. Nikkhil secured 1Gold, 1Silver Medal and 1 Bronze Medal each in National Level Floor Ball Competitions. Prateek Bharadwaj won 1 Silver Medal and Suhas S secured 1 Silver medal and 1 Bronze medal at National Level Baseball competitions. Shashank B.K. secured 1 Silver medal at the National Level Karate competition.

A record breaking amount of Rs.2,25,000/- (Two lakh twenty-five thousand only) has been distributed by our esteemed Management for participating at National and International level sports competitions. The Sports Committee and all students are truly grateful to our Management for their constant support and encouragement.

Karthik K.S.

Physical Education Director



Did you know?

5. What is the study of joints called?

Bangalore University Inter Collegiate Weightlifting (Men & Women) Competition 2017-18

Date: 6th and 7th October, 2017

Venue: Seshadripuram College

The programme began with an invocation by Ananya of I B.Com. Varshitha C.V. of III B.Com. welcomed the dignitaries. Later, the dignitaries were requested to light the lamp and inaugurated the programme.

The main attention of the programme was the release of E-sports journal "LYCEUM" for the Third time which details the sports activities so far and was released by the Dignitaries.

The Chief Guests of the programme were Prof. C.M. Thyagaraja, Registrar, Bangalore Central University. And Prof. Lingaraju Gandhi, Registrar (Evaluation), Bangalore Central University. It was presided by Dr Wooday P. Krishna, Hon. General Secretary, Seshadripuram Educational Trust. Sri. K Krishnaswamy, Trustee, Seshadripuram Educational Trust. Dr Anuradha Roy, Principal, Dr. Bhargavi V.R. Director of PG Department of Commerce and Management, and Mr. Karthik K.S. Physical Education

Director, Seshadripuram College were present.

Later Dr. Anuradha Roy addressed the gathering and gave valuable remarks about the importance of sportsmanship. Prof. C.M. Thyagaraja, in his speech congratulated our college and Sports Department. Prof. T. Lingaraju Gandhi shared the experience about Sports.

Dr. Wooday P. Krishna, in his presidential remarks spoke of the importance of the sports



Did you
know?

6. Who won the first Rajiv Gandhi Khel Ratna Award?



Release of Lyceum

and encourage the achievers to reach new heights.

The programme was concluded by the vote-of-thanks by Kum. Saraswathi, I M.Com, Seshadripuram College.

The competition was conducted after the inauguration. 20 teams in Men section and

17 teams in Women section participated. Overall Championship in the Men's section went to Seshadripuram Main College and Women's Section Championship went to two teams - GFGC Magadi and K.L.E College.



Address by Chief Guest



Address by President

Did you
know?

7. When was the Dronacharya Award started?



Departmental Programmes



Intramural

Boys

Athletics
Badminton
Carrom
Chess
Cricket
Football
Kabaddi
Table Tennis
Volley ball
Yoga

Girls

Athletics
Badminton
Carrom
Chess
Tennikoit
Table Tennis
Throwball
Volleyball
Yoga



Extramural

EVENTS / GAMES

Athletics (Boys & Girls)
Basketball (Boys)
Badminton (Boys & Girls)
Chess (Boys & Girls)
Cricket (Boys & Girls)
Football (Boys)
Kabaddi (Boys)
Swimming (Boys & Girls)
Table Tennis (Boys & Girls)
Throwball (Girls)
Tennikoit (Girls)
Volleyball (Boys & Girls)
Yoga (Boys & Girls)
Netball (Boys)
Handball (Boys)
Judo (Boys & Girls)
Taekwondo (Boys & Girls)
Weightlifting (Boys & Girls)
Best physique (Boys)
Fencing (Boys & Girls)

**Annual Sports Day
National Sports Day
Celebration**



3rd International Yoga Day Celebration

Date: 21st June, 2017

Venue: Quadrangle, Seshadripuram College.

Department of Physical Education and Sports, Seshadripuram College, celebrated the 3rd International Yoga Day on the 21st of June 2017. The Chief Guest for the programme was Dr Y. Rudrappa, Founder, SDM Naturopathy. Dr Anuradha Roy, Principal, Seshadripuram College, Prof. Anjanappa, Principal, Seshadripuram Institution of Commerce and Management, and Prof G.K Manjunath, Principal, Seshadripuram Composite PU

College were the dignitaries present to honour the occasion. Dr Anuradha Roy gave the welcome speech. Dr Y. Rudrappa, in his speech, spoke about yoga and uses of yoga in our daily lives. Yoga is the way to healthy living. It can develop physical and mental wellbeing. More than 100 students participated in a yoga session of one hour. Finally, Prof. Anjanappa gave the vote-of-thanks.



Did you
know?

8. Who won the women's singles French Open Tennis Tournament 2018?

Student Achievers



Rakesh C
III B.Com. 'H'

1. Secured Gold Medal in 13th South Zone National Throwball Championship for Men and Women.
2. Participated in All India Inter-University Netball Competition (National level).
3. Secured Bronze medal in 40th Senior National Throwball Championship for Men & Women 2017-18 held at Haryana.
4. Secured Gold medal in Dasara State-Level Throwball Competition 2017-18.
5. Secured Runners-up in Chri-Spo Christ University Throwball tournament held in year 2017-18.
6. Winners in the CARPE DIEM Trophy in Throwball Competition 2017-18.
7. Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.



Thanushree N
III B.Com. 'H'

1. Secured Gold Medal in 13th South Zone National Throwball Championship for Men and Women.
2. Secured Gold medal in 11th South Zone Senior Nationals Netball Championship for Men and Women.
3. Secured Silver medal in 40th Senior National Throwball Championship for Men & Women 2017-18 held at Haryana.
4. Participated in All India Inter-University Netball Competition (National level).
5. Secured Gold medal in Senior State League Throwball Championship-2017.
6. Secured Silver medal in Dasara State Level Netball Competition 2017-18.
7. Secured Bronze medal in Bangalore University Inter-Collegiate Athletics Competition 2017-18.
8. Winners in North Zone Bangalore University Inter-Collegiate Throwball Championship 2017-18. Runner up in Inter Zone Bangalore University Inter-Collegiate Throwball (Women) Championship 2017-18.
9. Runner up in Zeal Inter-Collegiate Netball (Women) Championship 2017-18.
10. Runner up in Zeal Inter-Collegiate Throwball (Women) Championship 2017-18.
11. Participated in 1st senior state league Netball (Men & Women) Championship 2017-18
12. Winners in REVA Inter-Collegiate Throwball (Women) Championship 2017-18.



Panchamukhi D
III B.Com 'H'

1. Participated in All India Inter-University American Football Competition (National level).
2. Secured Gold medal in Dasara State Level Throwball Competition 2017-18.
3. Secured Runners-up in Chri-Spo Christ University Throwball tournament held in year 2017-18.
4. Winners in the CARPE DIEM Trophy in Throwball Competition 2017-18.
5. Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.

Did you
know?

9. Who was the first Indian medalist in the Olympics?



Harshitha V L
III BCA 'A'

1. Secured Gold medal in 11th South Zone Senior Nationals Netball Championship for Men & Women 2017 held at Mahbubnagar, Telangana.
2. Participated in All India Inter-University Netball Competition (National level) 2017-18.
3. Secured Silver medal in 35th Senior National Netball Championship for Men & Women 2017-18 held at Panipat, Haryana.
4. Secured Silver medal in 10th Netball federation cup for Men & Women 2017-18 held at Panjab University Chandigarh.
5. Secured Silver medal in Dasara State Level Netball Competition 2017-18.
6. Secured Gold medal in Bangalore University Inter-Collegiate Weightlifting Competition 2017-18.
7. Secured Silver medal in Bangalore University Inter-Collegiate Powerlifting Competition 2017-18.
8. Winners in North Zone Bangalore University Inter-Collegiate Throwball Championship 2017-18. Runner up in Inter Zone Bangalore University Inter-Collegiate Throwball (Women) Championship 2017-18.
9. Runner up in Zeal Inter-Collegiate Netball (Women) Championship 2017-18.
10. Runner up in Zeal Inter-Collegiate Throwball (Women) Championship 2017-18.
11. Winners in REVA Inter-Collegiate Throwball (Women) Championship 2017-18.



Deepak G A
II M.Com.

1. Participated in National Level Archery Championship - 2017.
2. Participated in All India Inter-University Archery Competition 2017-18.
3. Secured Gold medal in 30mtrs in Bangalore University Inter-Collegiate Archery Tournament for the year 2017-18.
4. Secured Bronze medal in 50mtrs in Bangalore University Inter-Collegiate Archery Tournament for the year 2017-18.



Suhas S
III BBA 'A'

1. Secured bronze medal in National Level Baseball Championship 2017 held in Nakondar, Punjab.
2. Secured silver medal in 11th Federation Cup National Baseball Championship 2018.
3. Participated in All India Inter University Baseball competition 2017-18
4. Participated in All India Inter University Softball competition 2017-18.
5. Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.

Did you
know?

10. Who is known as the Wall of the Indian cricket?



Harshitha S
II BCA 'B'

1. Secured Gold Medal in 13th South Zone National Throwball Championship for Men and Women.
2. Secured Silver medal in 40th Senior National Throwball Championship for Men & Women 2017-18 held at Haryana.
3. Secured Gold medal in Senior State League Throwball Championship-2017.
4. Secured Gold medal in Bangalore University Inter-Collegiate Athletics Competition - 2017.
5. Winners in North Zone Bangalore University Inter-Collegiate Throwball Championship 2017-18. Runner up in Inter Zone Bangalore University Inter-Collegiate Throwball (Women) Championship 2017-18
6. Runner up in Zeal Inter-Collegiate Netball (Women) Championship 2017-18.
7. Runner up in Zeal Inter-Collegiate Throwball (Women) Championship 2017-18.
8. Winners in REVA Inter-Collegiate Throwball (Women) Championship 2017-18.



Chaithra M
II BCA 'A'

1. Secured Gold medal in Senior State League Throwball Championship - 2017.
2. Secured Gold medal in Bangalore University Inter-Collegiate Powerlifting Competition 2017-18.
3. Winners in North Zone Bangalore University Inter-Collegiate Throwball Championship 2017-18. Runner up in Inter Zone Bangalore University Inter-Collegiate Throwball (Women) Championship 2017-18.
4. Runner up in Zeal Inter-Collegiate Netball (Women) Championship 2017-18.
5. Runner up in Zeal Inter Collegiate Throwball (Women) Championship 2017-18.
6. Winners in REVA Inter-Collegiate Throwball (Women) Championship 2017-18.



Shreyas B M
I B.Com

1. Awarded Best Bowler for Karnataka in under -19 Men's one-day Tournament for Vinoo Mankad Trophy 2017-18.
2. Represented Karnataka in Vinoo Mankad Trophy under-19 held during the year 2017-18. Highest Wicket Taker for Karnataka in Vinoo Mankad (South Zone) Trophy 2017-18.
3. Represented South Zone in Vinoo Mankad Trophy under-19 inter-Zonal one-day held during the year 2017-18.
4. Represented Karnataka in Cooch Behar Trophy under-19 held during the year 2017-18.
5. Represented Karnataka in 23rd one-day league held during the year 2017-18.
6. Represented India Blue in under-19 Challenger Series Trophy held during the year 2017-18.



Varthitha C.V.
III B.Com

1. Winners in North Zone Bangalore University Inter-Collegiate Throwball Championship 2017-18. Runner up in Inter Zone Bangalore University Inter-Collegiate Throwball (Women) Championship 2017-18
2. Runner up in Zeal Inter-Collegiate Netball (Women) Championship 2017-18.
3. Runner up in Zeal Inter-Collegiate Throwball (Women) Championship 2017-18.
4. Participated in 1st senior state league Netball (Men & Women) Championship 2017-18
5. Winners in REVA Inter-Collegiate Throwball (Women) Championship 2017-18.



Dakshayani M
III BCA

1. Winners in North Zone Bangalore University Inter-Collegiate Throwball Championship 2017-18. Runner up in Inter Zone Bangalore University Inter-Collegiate Throwball (Women) Championship 2017-18
2. Runner up in Zeal Inter-Collegiate Netball (Women) Championship 2017-18.
3. Runner up in Zeal Inter-Collegiate Throwball (Women) Championship 2017-18.
4. Participated in 1st senior state league Netball (Men & Women) Championship 2017-18
5. Winners in REVA Inter-Collegiate Throwball (Women) Championship 2017-18.



Ramya S
II BBA

1. Winners in North Zone Bangalore University Inter-Collegiate Throwball Championship 2017-18. Runner up in Inter Zone Bangalore University Inter-Collegiate Throwball (Women) Championship 2017-18.
2. Runner up in Zeal Inter-Collegiate Netball (Women) Championship 2017-18
3. Runner up in Zeal Inter-Collegiate Throwball (Women) Championship 2017.
4. Winners in REVA Inter-Collegiate Throwball (Women) Championship 2017.

Collegiate Throwball (Women) Championship 2017-18.

2. Runner up in Zeal Inter-Collegiate Netball (Women) Championship 2017-18
3. Runner up in Zeal Inter-Collegiate Throwball (Women) Championship 2017.
4. Winners in REVA Inter-Collegiate Throwball (Women) Championship 2017.



Sachin M
I M.Com.

1. Secured silver medal in Karnataka state Bench-press Powerlifting Championship 2017-18
2. Secured Silver medal in Bangalore University Inter-Collegiate Weightlifting Competition.

3. Secured gold medal in Bangalore University Inter-Collegiate Powerlifting Competition.
4. Secured gold medal in INTERACT Deadlift competition.

Did you
know?

12. When was the 1st Cricket World Cup held?



Sawroop G
III B.Com 'B'

1. Participated in All India Inter-University Taekwondo competition 2017-18.
2. Secured Gold medal in Bangalore University Inter-Collegiate Taekwondo Competition.



Rahul D R
II M.Com.

1. Participated in All India Inter University Athletics Competition 2017-18.
2. Secured Silver medal (200mtr) in Bangalore University Inter-Collegiate

Athletics Competition.

3. Secured Bronze medal (400mtr) in Bangalore University Inter-Collegiate Athletics Competition 2017.



Nikkhil B R
I B.Com 'C'

1. Secured Third place in 4th Indian Floorball Federation Cup - 2017.
2. Secured Gold medal in 12th National Floorball Championship Under-19 (Boys and girls).

3. Secured Silver medal in 12th National Floorball Championship - 2017.



Nandan V G
II B.Com 'B'

1. Participated in All India Inter University at Air Rifle Shooting Competition 2017-18.
2. Secured Bronze medal in Bangalore University Inter-Collegiate Air Rifle Shooting Competition 2017-18.
3. Secured Gold medal in Founders Cup 7th Annual S.E.T Inter-Institutional Air Rifle Shooting Competition 2017-18.



Rakshajalihal
II B.Com

1. Winners in North Zone Bangalore University Inter-Collegiate Throwball Championship 2017-18. Runner up in Inter Zone Bangalore University Inter-Collegiate Throwball (Women) Championship 2017-18.
2. Runner up in Zeal Inter-Collegiate Throwball (Women) Championship.
3. Winners in REVA Inter-Collegiate Throwball(Women) Championship 2017



Shiva Kumar R
II B.Com 'H'

1. Secured Gold medal in Bangalore University Inter-Collegiate Weightlifting Competition.
2. Secured gold medal in INTERACT Deadlift competition.



Kavya L
II BBA

1. Winners in North Zone Bangalore University Inter-Collegiate Throwball Championship 2017-18. Runner up in Inter Zone Bangalore University Inter-Collegiate Throwball (Women) Championship 2017-18
2. Runner up in Zeal Inter-Collegiate Netball (Women) Championship 2017-18.
3. Runner up in Zeal Inter-Collegiate Throwball (Women) Championship 2017-18.
4. Winners in REVA Inter-Collegiate Throwball (Women) Championship 2017-18.



Nithyashree R
II B.Com

1. Winners in North Zone Bangalore University Inter-Collegiate Throwball Championship 2017-18. Runner up in Inter Zone Bangalore University Inter-Collegiate Throwball (Women) Championship 2017-18
2. Runner up in Zeal Inter-Collegiate Netball (Women) Championship 2017-18.
3. Runner up in Zeal Inter-Collegiate Throwball (Women) Championship 2017-18.
4. Winners in REVA Inter-Collegiate Throwball (Women) Championship 2017-18.



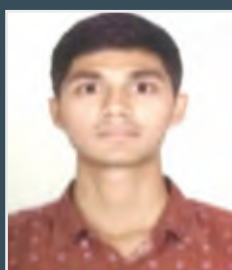
Madhu M N
III B.Com 'F'

1. Secured Bronze medal in Bangalore University Inter-Collegiate Weightlifting Competition.
2. Secured silver medal in Bangalore University Inter-Collegiate Power-lifting Competition



Prateek Bharadwaj
III B.Com 'D'

1. Secured silver medal in 11th Federation Cup National Baseball Championship 2018
2. Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.



Ravi Bharathi
II B.Com 'C'

1. Participated in Wako India National Kick-boxing Federation Cup 2017-18 held at New Delhi.
2. Secured Bronze medal in First Karnataka State sport MMA Championship.



Ranjith B.R.
I B.Com 'E'

1. Secured Runners - up in Chri-Spo Christ University Throwball tournament 2017-18
2. Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.



Biju Modal
I B.Com 'C'

1. Secured Third place in 4th Indian Floorball Federation Cup - 2017.
2. Secured Gold medal in 12th National Floorball Championship Under-19 (Boys and girls).
3. Secured Silver medal in 12th National Floorball Championship - 2017.



Sanjay K P
I B.Com 'F'

1. Secured Bronze medal in Senior State League Throwball Championship-2017.
2. Secured Runners-up in Chri-Spo Christ University Throwball tournament 2017-18.
3. Winners in the CARPE DIEM Trophy in Throwball competition 2017-18.



Bhavana B M
III BBA 'A'

1. Secured Silver medal in Bangalore University in Inter-Collegiate Taekwondo Competition.
2. Winners in North Zone Bangalore University Inter-Collegiate Throwball Championship 2017-18.
3. Runner up in Inter Zone Bangalore University Inter-Collegiate Throwball (Women) Championship 2017-18.
4. Winners in REVA Inter-Collegiate Throwball (Women) Championship 2017-18.



Manimala P
III B.Com 'A'

1. Secured Bronze medal in Bangalore University Inter-Collegiate Weight-lifting Competition.
2. Secured silver medal in Bangalore University Inter-Collegiate Power-lifting Competition.



Chaithrashree K N
III B.com 'F'

1. Secured Bronze medal in Bangalore University Inter-Collegiate Weight-lifting Competition.
2. Secured Bronze medal in Bangalore University Inter-Collegiate Power-lifting Competition.



Santhosh K. M.
II B.Com

1. Participated in South Zone Inter-University Handball Competition 2017-18.
2. Participated in 2nd Indian Tchoukball Premier league-2018



Sneha K
III B.Com 'B'

1. Secured Silver medal in Bangalore University Inter-Collegiate Weight-lifting Competition.
2. Secured gold medal in Bangalore University Inter-Collegiate Power-lifting Competition.

Did you
know?

15. Who is the host country of Asian Weightlifting Championship in 2019?



Prajwal U N
I B.Com 'A'

1. Secured Runners-up in Chri-Spo Christ University Throwball tournament held in year 2017-18.
2. Winners in the CARPE DIEM Trophy in Throwball Competition 2017-18.
3. Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.



Shashank B K
II B.Com 'F'

1. Secured Bronze and Silver medal in Dasara State Level Karate Competition 2017-18.
2. Secured Gold and silver medals in Bangalore Karate Competition 2017-18.
3. Secured silver medal in 3rd National open Karate Championship 2017-18.



Mahesh Kumar J
III B.Com 'H'

1. Secured silver medal in Karnataka state Bench-press Powerlifting Championship 2017-18
2. Secured Gold medal in Bangalore University Inter-Collegiate Weightlifting Competition.
3. Secured silver medal in INTERACT Deadlift competition.



Nikhil H D
I B.Com 'F'

1. Secured Bronze medal in Senior State League Throwball Championship-2017.
2. Secured Runners-up in Chri-Spo Christ University Throwball tournament held in year 2017-18.
3. Winners in the CARPE DIEM Trophy in Throwball competition 2017-18.



Dhanush K N
I B.Com 'F'

1. Secured Bronze medal in Senior State League Throwball Championship-2017.
2. Secured Runners-up in Chri-Spo Christ University Throwball tournament 2017-18.
3. Winners in the CARPE DIEM Trophy in Throwball competition 2017-18.



Adithya J. Jain
III B.Com

Participated in All India Inter-University Tennis Competition 2017-18.



Priyanka Bai B.
I B.Com

Participated in All India Inter-University Baseball Competition 2017-18.



Rakesh J
II M.Com

1. Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.
2. Secured silver medal in INTERACT Deadlift competition.



Dilip R.

1. Secured Runners-up in Chri-Spo Christ University Throwball tournament held in year 2017-18.
2. Winners in the CARPE DIEM Trophy in Throwball Competition 2017-18.



Keerthik Rao D
I B.Com

1. Secured Runners-up in Chri-Spo Christ University Throwball Tournament held in year 2017-18.
2. Winners in the CARPE DIEM Trophy in Throwball Competition 2017-18



Ayush Sharma
III B.Com 'F'

Secured Bronze medal in Bangalore University Inter-Collegiate Boxing Competition.



Sudharshan N
III B.Com 'C'

Secured Silver medal in Bangalore University in Inter-Collegiate Taekwondo Competition.



Bhavya D.
II B.Com

Participated in 7th Hockey India Junior National Championship - 2017 held at Bhopal, Madhya Pradesh.



Manish Raj
I BBA 'A'

Secured 1st position in the Third International Yoga Championship 2017.



Mohan B V
II B.Com 'H'

Secured Silver medal in Bangalore University Inter-Collegiate Weight-lifting Competition.



Karthik K
I B.Com 'C'

Secured Bronze medal in Bangalore University Inter-Collegiate Boxing Competition.



Harish S
II BBA 'A'

Secured Bronze medal in Bangalore University Inter-Collegiate Weight lifting Competition.

Did you
know?

17. Who is the father of Volleyball?



Kumar A

III B.Com 'H'

Secured Gold medal in Bangalore University Inter-Collegiate Weight-lifting Competition.



Ranjeeth P

III BBA

Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.



Snehasree B S

I M.Com

Secured Bronze medal in Bangalore University Inter-Collegiate Power-lifting Competition.



Anirudh R

II B.Com

Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.



Ranjan Kumar R

I B.Com 'F'

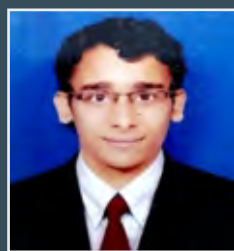
Secured Bronze medal in Bangalore University Inter-Collegiate Weight-lifting Competition.



Sanket V Mehta

I B.Com 'H'

Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.



Indra Kumar S

III B.Com

Secured 4th position in Third International Yoga Championship 2017.



Sandeep Sharma

I B.Com 'H'

Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.



Nandini N S

I BCA 'A'

Winners in North Zone Bangalore University Inter-Collegiate Throwball Championship 2017-18. Runner up in Inter Zone Bangalore

University Inter-Collegiate Throwball (Women) Championship 2017-18



Karthik Bhat A S

M.Com

Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.

Did you know?

18. Pele is related to which game?



Krishna Sai R

II B.Com

Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.



Deepak S.

III B.Com

Runner-Up in S.E.T. Inter-Institutional Chess Competition 2017-18.



Naveen V

III B.Com 'H'

Runners-up in Bangalore University Inter-Collegiate Softball Competition 2017-18.



Yuvaraj K.

III B.Com 'A'

Runner-Up in S.E.T. Inter-Institutional Chess Competition 2017-18.



Sushmitha P.

II B.Com

Participated in South Zone Inter-University Cricket Competition 2017-18.



Naveen N.

I B.Com 'E'

Runner-Up in S.E.T. Inter-Institutional Chess Competition 2017-18.



Mahesh Kumar

I M.Com

Runner-Up in S.E.T. Inter-Institutional Chess Competition 2017-18.



Preetham

II B.Com

Runner-Up in S.E.T. Inter-Institutional Chess Competition 2017-18.



Harshith C.

III B.Com

Secured Runners-up in Chri-Spo Christ University Throwball tournament held in year 2017-18.

Kishore S.

Secured Runners-up in Chri-Spo Christ University Throwball tournament held in year 2017-18.

Did you know?

19. Blood is purified in the human body by _____

College Teams



Cricket Men's Team



Volleyball Men's Team



Softball Men's Team



Chess Team



Weightlifting and Powerlifting Men's Team



Weightlifting and Powerlifting Women's Team



Throwball and Netball Women's Team



Throwball Men's Team

Did you
know?

20. Who became the youngest Indian to win a gold medal in the Commonwealth Games?



Tug of War Men's Team



Tug of War Women's Team



Table Tennis Team



Handball Men's Team



Taekwondo Team



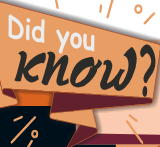
Netball Men's Team



Tennis Men's Team



Yoga Men's Team



21. Which team event was dominated by India in both men's and women's category?



Rifle Shooting and Archery Team



Badminton Men's Team



Boxing Men's Team



Tennicoit Women's Team



Football Men's Team



Athletic Team

Did you
know?

22. How many gold medals did India win at the Commonwealth Games 2018?



International, National and State Level Achievers



Overall Sports Team

Did you
know?

23. Which place did India hold at the 2018 Commonwealth Games ?

Team Achievements

Weightlifting Men's Team



Winners in
"Bangalore University
Inter-Collegiate Weightlifting
Championship 2017-18".

Winners in
"Bangalore University
Inter-Collegiate Powerlifting
Championship 2017-18"
held at G.F.G.C. K.R. Puram,
Bengaluru.

Powerlifting Women's Team



Throwball Men's team



Runners-Up in
"Chri-Spo Throwball
Championship 2017-18"
organised by Christ University

Runners-Up in
"Bangalore University
Inter-Collegiate Softball
Championship 2017-18"
organised by Acharya
Institute of Graduate
Studies, Soladevanahalli
Bengaluru.

Softball Men's Team



Did you
know?

24. What is the motto of the Gold Coast 2018?

Throwball Women's Team



- Runners-Up in "Zeal Inter Collegiate Throwball Championship 2017-18" organised by B.M.S. College, Basavanagudi, Bengaluru.
- Winners in "North Zone Bangalore University Throwball Championship 2017-18" Runners-Up in "Inter-Zone Bangalore University Throwball Championship 2017-18" organised by Sree Kongadiyappa College, Doddaballapur.

Winners in
"REVA University Throwball
Championship 2017-18"
organised by REVA University.



Netball Women's Team



Runners-Up in
"Zeal Inter-Collegiate Netball
Championship 2017-18"
organised by B.M.S. College,
Basavanagudi, Bengaluru.

2nd Runners-Up
in "Bangalore University
Netball Championship 2017-18"
organised by Triveni Institute of
Commerce and Management,
Bengaluru.



Did you
know?

25. How many Nations
participated in the 2018
Commonwealth Games?

Senior National Throwball Women Championship



Harshitha S. and Thanushree N. have secured Silver Medal in
“40th Senior National Throwball Women Championship 2017-18” held at Haryana.

Senior National Throwball Men Championship



Rakesh C have secured Silver Medal in
“40th Senior National Throwball Women Championship 2017-18” held at Haryana.

Chess Men's Team



Runners-Up in S.E.T. Inter-Institutional Chess (Men and Women)
Championship 2017-18.

Did you
know?

26. By which name is XXI
Commonwealth Games known?

History

The earliest known softball game was played in Chicago, Illinois on Thanksgiving Day, 1887. It took place at the Farragut Boat Club at a gathering to hear the outcome of the Yale University and Harvard University football game. When the score was announced and bets were settled, a Yale alumnus threw a boxing glove at a Harvard supporter. The Harvard fan grabbed a stick and swung at the rolled up glove. George Hancock a reporter there, called out "Play ball!" and the game began, with the boxing glove tightened into a ball, a broom handle serving as a bat. This first contest ended with a score of 41–40. The ball, being soft, was fielded barehanded.

George Hancock is credited as the game's inventor for his development of ball and an undersized bat in the next week. The Farragut Club soon set rules for the game, which spread quickly to outsiders. Envisioned as a way for baseball players to maintain their skills during the winter, the sport was called "Indoor Baseball". Under the name of "Indoor-Outdoor", the game moved outside in the next year, and the first rules were published in 1889.

In 1895 Lewis Rober, Sr. of Minneapolis organized outdoor games as exercise for firefighters; this game was known as kitten ball (after the first team to play it), lemon ball, or diamond ball. Rober's version of the game used a ball 12 inches (30 cm) in circumference,



rather than the 16-inch (41 cm) ball used by the Farragut club, and eventually the Minneapolis ball prevailed, although the dimensions of the Minneapolis diamond were passed over in favor of the dimensions of the Chicago one. Rober may not have been familiar with the Farragut Club rules. Fire Station No. 19 in Minneapolis, Rober's post from 1896 to 1906, was listed on the National Register of Historic Places in part for its association with the sport's development. The first softball league outside the United States was organized in Toronto in 1897.

The name "softball" dates back to 1926. The name was coined by Walter Hakanson of the YMCA at a meeting of the National Recreation Congress. In addition to "indoor baseball", "kitten ball", and "diamond ball", names for the game included "mush ball", and "pumpkin ball". The name softball had spread across the United States by 1930. By the 1930, similar sports with different rules and names were being played all over the United States and Canada. By 1936, the Joint Rules Committee



on Softball had standardized the rules and naming throughout the United States.

By the 1940, fast pitch began to dominate the game. Although slow pitch was present at the 1933 World's Fair, the main course of action taken was to lengthen the pitching distance. Slow pitch achieved formal recognition in 1953 when it was added to the program of the Amateur Softball Association, and within a decade had surpassed fast pitch in popularity.

The first British women's softball league was established in 1953.

In 1991, women's fast pitch softball was selected to debut at the Olympics. The 1996

Olympics also marked a key era in the introduction of technology in softball. The IOC funded a landmark biomechanical study on pitching during the games.

In 2002, sixteen-inch slow pitch was written out of the ISF official rules, although it is still played extensively in the United States under The Amateur Softball Association of America, or ASA rules.

The 117th meeting of the International Olympic Committee, held in Singapore in July 2005, voted to drop softball and baseball as Olympic sports for the 2012 Summer Olympic Games, but will be back in the 2020 Summer Olympics in Tokyo.



Equipment

Ball

The ball is most often covered in white or yellow leather in two pieces roughly the shape of a figure-8 and sewn together with red thread, although other coverings are permitted. The core of the ball may be made of long fiber kapok, or a mixture of cork and rubber, or a polyurethane mixture, or another approved material.

In 2004, high-visibility yellow "optic" covering, long-used for restricted flight balls in co-ed recreational leagues, became standard for competitive play. Yellow is the colour of official NCAA and NAIA softballs. Yellow softballs are fast becoming the standard for all levels of play for girls' and women's play in particular. White balls are also allowed, but very uncommon in slow pitch and fast pitch.



Bat

The bat used by the batter can be made of wood, aluminium, or composite materials such as carbon fiber. Sizes may vary but they may be no more than 34 inches (86 cm) long, 2.4 inches (6 cm) in diameter, or 38 ounces (1.1 kg) in mass. The standard bat barrel diameter for both slow-pitch and fast pitch softball is 2 1/4 inches. Many players prefer a smaller barrel, which reduces mass and allows higher swing speed.

Gloves

All defensive players wear fielding gloves, made of leather or similar material. Gloves have



Did you
know?

27. How many sport events are there in the 2018 Commonwealth Games?

webbing between the thumb and forefinger, known as the "pocket". The 1st baseman's glove also has extra padding, but with finger holes. An outfielder's glove is smaller than the catcher's, typically 13 inches to 14 inches, but large enough to give extra reach in catching a fly ball. An infielder's glove is the smallest, typically from 11 inches to 13 inches. Its small size allows faster removal of a caught ball in order to throw with the other hand. A pitcher's glove can be of any size, but should be large enough to cover the ball, so that the batter cannot see the pitcher's grip on the ball.

Helmet

A helmet must have two ear flaps, one on each side. Helmets and cages that are damaged or altered are forbidden. Helmets must be worn by batters and runners in fast pitch. Helmets are optional in slow-pitch. In NCAA fast pitch softball, you have the option to wear a helmet with or without a face mask. Most female travel ball teams for fast pitch softball require the batter to wear a helmet with a face mask. In male fast pitch masks are generally only used for medical reasons. In fast pitch, the catcher must wear a protective helmet with a face-mask and throat protector, shin guards and body protector. Shin guards also protect the kneecap.



Pitching

Play begins with the umpire saying "Play Ball". After the batter is ready and all fielders (except the catcher) are in fair territory, the pitcher stands at the pitching plate and attempts to throw the ball past the batter to



the catcher behind home plate. The throw, or pitch, must be made with an underarm motion: the ball must be released below the hip when the hand is no farther from the hip than the elbow to get it in the strike zone.

For fast pitch softball, the traditional pitching style is a "windmill" motion, extending the arm over the body and releasing the ball at about hip level at maximum speeds. Strength acquired in the underhand windmill motion is based from the open to close hip motion. Without correct form and hip movement, pitches can be inaccurate and can lose strength and speed.

Batters



The offensive team sends one "batter" at a time to home plate to use the bat to try to hit

Did you
know?

28. How many contestants represented India at the Commonwealth Games 2018?

the pitch forward into fair territory. The order the players bat in, known as the "batting order", must stay the same throughout the game. Substitutes and replacements must bat in the same position as the player they are replacing. In co-ed, male and female batters must alternate.

The batter stands facing the pitcher inside a "batter's box" (there is one on each side of the plate to compensate for either right or left handed batters). The bat is held with both hands, over the shoulder, and away from the pitcher (90-degree angle). The ball is usually hit with a full swinging motion in which the bat may move through more than 360 degrees. The batter usually steps forward with the front foot, the body weight shifts forward, as the batter simultaneously swings the bat.

Getting the batter out

The batter is out if: three strikes are called (a "strikeout"); a ball hit by the batter is caught



before touching the ground (a "fly out"); the batter goes to a base that is already tagged ("tagged" or "tag play"); a fielder holding the ball touches a base which is the only base towards which the batter may run before the batter arrives there (a "force out" or "force play"); or in certain special circumstances. There is also a not so common occurrence when the batter has 2 strikes and swings at strike three. If the catcher doesn't catch the ball, the batter has the chance to run to first base and the catcher can throw the batter out at first base.

Contributed by

Pushpalatha L.K.
Physical Education Director

Did you
know?

29. How many medals India did win at the 2018 Commonwealth Games?



Vikas Shive Gowda

Vikas Shive Gowda (born 5 July 1983) is an Indian discus thrower and Shot putter. Born in Mysore, he grew up in Frederick, Maryland in the United States. His father, Shive Gowda, coached the 1988 Indian Olympic track team. Vikas Gowda won the Padmashri Award in 2017.



He is an alumnus of the University of North Carolina at Chapel Hill and the 2006 US NCAA National Champion in discus.

His personal best throw is 66.28 meters which is also Indian national record in discus throw, achieved in 2012. He contested at the 2008 Beijing Olympics but failed to reach the finals after finishing 22nd in the qualifiers, with a throw of 60.69 m. In 2012 London Olympics, Vikas qualified for the finals, at the fifth place, with a throw of 65.20 m and finished 8th in the finals.

He won his first gold medal in Asian Championships in 2013 in Pune, with a throw of 64.90 meters. In shot put his personal record stands on 19.62 meters.

His best moment came when he clinched the Gold for India in the 2014 Commonwealth Games with a throw of 63.64m, which made him the second Indian man to win athletics gold, 56 years after Milkha Singh, won the men's 440 yards at the Cardiff 1958 Games.

After the qualification standard was lowered, he qualified for the 2016 Olympics in the discus, making this his 4th Olympic games.

Contributed by

Pushpalatha L.K.
Physical Education Director

Did you
know?

30. In which Olympics did women participate for the first time?



Floorball



It's a type of floor hockey with 5 players and a goalkeeper in each team. Men and women play indoors with 18-20m (59 – 66 ft.) wide to 36-40m (118-131 ft.) long which is surrounded by 50cm height enclosed boards and 96-115.5cm long (37.8-45.5 in) sticks and a 22-23cm circumference (8.7-9.1 in) plastic ball with holes. It's also called as indoor bandy, innebandy, Sala bandy and also unihockey. Matches are played in three quarters 20 minutes of period each. Floorball was included in the World Games for first time in 2017 in Wroclaw, Poland. Sweden were the 1st World Games goal medal winners. The basic rules

were established in 1979. There are also many competitions conducted from International Floorball Federation (IFF) namely Canada Cup, USA Cup, NAFC (North America Championship). Ozech Open, Champions Cup, Euro Floorball Cup, and Asia Pacific Floorball Championship. Asia Pacific Floorball Championship are played every single year in New Zealand, Australia, Singapore or Japan. The event was created by the Singapore Floorball Association together with cooperation of Asian Oceanic floorball conference. The sport is relatively new and therefore evolving.

Contributed by
Nikkil B R
II B.Com 'C'



Did you
know?

31. Which team won the 2018 Kabaddi Masters Dubai title?



ALUMNI SPEAK

Manimala P.

III B.Com 'A'

Sports plays a vital role in our daily life. It is also the better half of our academic studies, where it encourages us to be more active and participate in both physical and mental activities. This is why I found in myself a great interest in Weightlifting and Powerlifting during 2nd year of my studies, where apart from body strength and stamina, even a great level of self-confidence is required to showcase oneself, which was a new field of experience. Even though initially I felt that it wasn't my cup of tea, with constant practice and efforts I could win various competitions and events. This gave me self-motivation and kept me in track to achieve better results.

With the constant support of our Physical Education Director Mr. Karthik K.S., head of the sports department, I won gold in Deadlift event in 52 kg weight category by lifting 82 kgs for the first time which was organized by the Seshadripuram Evening Degree College, conducted for the Institutes of Seshadripuram Educational Trust. Along with this I secured silver medal in Air Rifle Shooting Competition-10 mtrs at Bangalore University Inter-Collegiate Competition. With this taste of fruitful success, it enabled me to move ahead and take part in further events in my final academic year.

We have a well-equipped gym in the college which benefited for our fitness. And along with this we also have Ms. Pushpalatha L.K., who with her constant support and motivation enabled me to secure third place in Weight lifting competition at Bangalore University Inter-Collegiate Competition organized in our college with the weight category of 52 kg by lifting 53 kgs of weights. And in the same year, I bagged second place in the Powerlifting competition at the Bangalore University Inter-Collegiate Competition held at Govt First Grade College, KR puram, with the weight category of 52 kg by lifting 162 kgs of weight and also won the overall Championship, by our college securing 2 Gold, 2 Silver and 2 Bronze.

Just like me, there are many students for whom our college, with its constant support, has been a backbone for achieving great success in the field of sports.

This was a small initiative which was taken by me in the field of sports, representing our college. In the same manner I wish one fine day I'll represent our nation, upholding the tricolour with pride and wish to achieve greater heights in sports.

Did you
know?

32. Which country's team has won the 2018 Men's Hockey Champions Trophy?



Suhas S.

III BBA 'A'

Experience at All India Inter-University and National Level Softball and Baseball Competition

In my three years in college, I have represented my college as well as Karnataka state team in the game of baseball. I have learned a great many things from participating in baseball tournaments. It has changed my entire outlook on and attitude toward life. Playing baseball has taught me what it takes to succeed. From months of tough practices, I have gained a hard work ethic. I did not always make mistakes. Sometimes I made great plays, for which I was congratulated by my respected coach and my seniors. I have also gained self-confidence. If I fail, I'll just try again and do it better.

With the constant support from my Physical Education Director Mr. Karthik K.S., head of Sports Department, I have represented Karnataka team and won Bronze in the 10th Baseball Federation Cup which was held in Nakodar, Punjab organised by Baseball Federation of India and I won silver in the 11th Baseball Federation Cup held in Chandigarh and was organised by Baseball Federation of India.



Varshitha C.V.

III B.Com 'H'

My Journey in Sports

Sports reinforces certain personal characteristics - things like respecting your opponent, responsibility and self-discipline. In our Sports Department we had each and every equipments of all games. Our Sports Department was always supportive and also encouraged us to participate in all levels like International, National, State, University level, inter-collegiate levels. Our girls Throwball team won silver medal at Bangalore University Inter-collegiate Throwball tournament. We also secured silver medal in Throwball and Netball ZEAL tournament which was held at BMS College. We also won gold medal in Throwball tournament held at REVA University. Our Sports Department also conducts many Inter-class competitions and also Annual Sports Meet. I believe that Sports always teaches us the way to handle our stress and pressure and also not to give up. I thank my Physical Education Director-Karthik K S and Pushpalatha L K for giving me immense support and encouragement. Sports does not build character. They reveal it.

**Did you
know?**

33. Who won the 2nd US open
Golf Title in 2018?



Sneha K.

III B.Com 'B'

My Sports days

My experience in sports has been vast. The last two years has helped me learn new sports. Each sport taught me something new - weightlifting and powerlifting taught me to win over my pains, table tennis taught me patience for success, baseball and Tennikoit taught me leadership quality. Sports has always played a major role in my life. Sports would not have been my dream if I didn't have my sports teachers. They have always been my back bone and strength in my sports journey. I am very thankful to my sports department for raising my levels in sports.

My experience in sports has helped me understand that young coaches should emphasize that sports is a place to have fun, learn good sportsmanship and give 100%. If success in youth sports can be defined more by passion and effort and sportsmanship than by travel, scoreboards, and trophies. All students can enjoy sports and competition regardless of their ability. In addition, encouraging multiple sports throughout student's life helps them to enjoy competition, be healthier mentally and physically and develop all-around athletic skills.

Sports activities made me learn how to tackle the difficult situations in life and keep body relaxed and mind free of tension. It made me develop the habit of working in a team by developing the sense of friendliness among team members. It makes me a person with mental and physical toughness by shaping the body and mind.



Chaithrashree K.N.

III B.Com

Weightlifting and Powerlifting

Sports means mental and physical growth. Sports keeps us healthy and fit. They offer us a change from the monotony of daily life. It is a useful means of entertainment and physical activity sports help in character building. This give us energy and strength. At beginning of my college I did not participate in any games, but when I was in my last year I joined Powerlifting and Weightlifting. Our Physical Education Teacher Pushpalatha gave us practice daily. I won Bronze Medal in inter-collegiate Bangalore University Weighthlifting Competition and also won Bronze Medal in inter-collegiate Bangalore University Powerlifting competition. Our girls Powerlifting team won over-all Championship in Bangalore University Powerlifting Competition. I thank our Principal - Dr Anuradha Roy, my Physical Education Director- Karthik K S, Pushpalatha L K for giving me support and encouragement.

Answers for 'Did You Know?'

- 1) Milkha Singh, 2) Talimeren Ao, 3) Femur, 4) Scotland,
- 5) 13, 6) Viswanathan Anand, 7) 1985, 8) Simona Halep,
- 9) Khashaba Dadasaheb Jhadav, 10) Rahul Dravid, 11) 13mtrs
- Length, 10mtrs width, 12) 1975, 13) On 21 June, 14) Germany,
- 15) India, 16) Qatar, 17) William G. Morgan, 18) Football,
- 19) Oxygen, 20) Anish Bhanwala, 21) Table Tennis, 22) 26
- Medals, 23) Third, 24) Share the dream, 25) 71,
- 26) Goldcoast 2018, 27) 275, 28) 218, 29) 66, 30) 1900, Paris,
- 31) India, 32) Australia, 33) Brooks Koepka, 34) Tiger Woods.

Did you know?

34. Who was the youngest golfer ever to win the U.S Junior Amateur title?

In the Media



BENGALURU ROUND-UP 18/5/18

Karnataka wins silver
Karnataka settled for silver after losing to Punjab 3-5 in the Federation Cup baseball tournament held at the Punjab University in Chandigarh recently.

Anirudh nets brace
Anirudh scored two goals as Rebels FC blanked Indira Nagar 4-0 in a Group A match of the BDFA C-division football league.

The results: Group A:
Gowtham FC 4 (Lokesh 15, 22, Vinayesh Babu 21, Vinod Kumar 47) bt Modern Boys FC 2 (Ajay-og, Manish 44); Rebels FC 4 (Anirudh 26, 51, Savin Padchenchy 31, Jeev Tamang 44) bt Indira Nagar FC; Young Blues FC 0 drew with Indian Knights FC; Group B: ISC FC 1 (Tushar 5) bt Blore Boys FC 0.

On the podium: Karnataka finished behind Punjab in the Federation Cup baseball tournament in Chandigarh recently. *SPECIAL ARRANGEMENT

17/5/18

ಕರ್ನಾಟಕ ಪುರುಷರ ತಂಡಕ್ಕೆ ಬೆಳ್ಳಿ

ಬೆಂಗಳೂರು: ಕರ್ನಾಟಕ ಪುರುಷರ ತಂಡವು ಚಂಡೀಗಢದಲ್ಲಿ ನಡೆದ 11ನೇ ಫೆಡರೇಷನ್ ಕಪ್ ಕ್ರಿಕೆಟ್ ಪಂದ್ಯಾವಳಿಯಲ್ಲಿ ಬೆಳ್ಳಿ ಪದಕವನ್ನು ಗೆದ್ದಿದೆ.

ಕರ್ನಾಟಕ ತಂಡವು ಫೈನಲ್ ಪಂದ್ಯದಲ್ಲಿ ಪಂಜಾಬ್ ತಂಡವನ್ನು 5-3 ರಿಂದ ಸೋಲಿಸಿ ಬೆಳ್ಳಿ ಪದಕವನ್ನು ಗೆದ್ದಿದೆ.

ಕರ್ನಾಟಕ ತಂಡದ ಕ್ರಿಕೆಟ್ ತಂಡವು 10-20ರಲ್ಲಿ ಪಂಜಾಬ್ ತಂಡವನ್ನು 5-3 ರಿಂದ ಸೋಲಿಸಿ ಬೆಳ್ಳಿ ಪದಕವನ್ನು ಗೆದ್ದಿದೆ.

ಕರ್ನಾಟಕ ತಂಡದ ಕ್ರಿಕೆಟ್ ತಂಡವು 10-20ರಲ್ಲಿ ಪಂಜಾಬ್ ತಂಡವನ್ನು 5-3 ರಿಂದ ಸೋಲಿಸಿ ಬೆಳ್ಳಿ ಪದಕವನ್ನು ಗೆದ್ದಿದೆ.

ಬೆಳಗಾವಿ

ಫೂಲ್ 'ಎ' ಆಟಗಾರರು:
ಸ್ವಾಲ್ಪಿನ್ ಹೂವರ್ (ಆಲ್ ರೌಂಡರ್, ₹4.50 ಲಕ್ಷ), ಮನೀಶ್ ಪಾಂಡೆ (ಬ್ಯಾಟ್ಸ್‌ಮನ್, ₹1.20 ಲಕ್ಷ), ಸುಪ್ರದೀಪ್ ಬಿನ್ನಿ (ಆಲ್ ರೌಂಡರ್ ₹1.10 ಲಕ್ಷ), ಎಸ್.ಎಸ್. ಶರತ್ (ಬೌಲರ್, ₹4.30 ಲಕ್ಷ), ದಿಕ್ಸು ಲೇಗಿ (₹4.10 ಲಕ್ಷ).

ಫೂಲ್ 'ಬಿ' ಆಟಗಾರರು: ಅವಿನಾಶ್ ಡಿ. (ಬ್ಯಾಟ್ಸ್‌ಮನ್, ₹20 ಸಾವಿರ), ಸೌರಭ್ ಯಾದವ್ (ಬೌಲರ್, ₹50 ಸಾವಿರ), ದರ್ಶನ್ ಮಾಚಯ್ಯ (ಆಲ್ ರೌಂಡರ್, ₹20 ಸಾವಿರ), ಶುಭಾಂಗ್ ಹೆಗ್ಡೆ (ಆಲ್ ರೌಂಡರ್, ₹3.05 ಲಕ್ಷ), ಶ್ರೇಯಸ್ ಬಿ.ಎಂ (ಆಲ್ ರೌಂಡರ್, ₹20 ಸಾವಿರ), ಪ್ರಕಾಂತ್ ಎಸ್. (ಆಲ್ ರೌಂಡರ್, ₹30 ಸಾವಿರ), ಅಕ್ಷಯ್ ಬಲ್ವಾನ್ (ಬ್ಯಾಟ್ಸ್‌ಮನ್, ₹25 ಸಾವಿರ), ನಿಹನ್ ಜೋರ್ (ಆಲ್ ರೌಂಡರ್, ₹65 ಸಾವಿರ), ನಿರೋಷ್ ಎಂ. (ಬ್ಯಾಟ್ಸ್‌ಮನ್, ₹5.85 ಲಕ್ಷ), ರಕ್ತಾ ಎಸ್. (ವಿಕೆಟ್‌ಕೀಪರ್, ₹1.80 ಲಕ್ಷ), ಅಮನ್ ಪಾನ್ (ಆಲ್ ರೌಂಡರ್, ₹20 ಸಾವಿರ), ಸಾದಿಕ್ ಕರ್ಮಾನಿ (ವಿಕೆಟ್‌ಕೀಪರ್, ₹20 ಸಾವಿರ), ವಿಷ್ಣು ಪ್ರಿಯಂ (ಬ್ಯಾಟ್ಸ್‌ಮನ್, ₹20 ಸಾವಿರ).

Congratulations to Shreyas B.M. of II B.Com 'G'.
He has been selected to play for Belagavi Panthers in KPL Tournament 2018-19.

HISTORICAL GOLD

1st INDIAN ATHLETE to Win a
GOLD MEDAL
in Track event at IAAF Worlds
(400m in 51.46 s)



HIMA DAS is an Indian sprinter. She comes from the state of Assam, which is in the North-East region of India. She became the first Indian to win a Gold medal in a track event at the World Junior Athletics Championships in 2018.



Seshadripuram Educational Trust

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