



# FITNESS

A way of life

**Lyceum**  
e-Sports Journal  
August 2019

Life is a game, be fit to win!

## Department of Physical Education and Sports



Seshadripuram Educational Trust  
**SESHADRIPURAM COLLEGE**

# 27, Nagappa Street, Seshadripuram, Bengaluru - 560 020

Affiliated to Bangalore University | NAAC Accredited 'A' Grade

[www.spmcollege.ac.in](http://www.spmcollege.ac.in)



Seshadripuram Educational Trust  
**SESHADRIPURAM COLLEGE**



**Department of Physical Education and Sports**

**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 sports person 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



**Dr Wooday P. Krishna**

Hon. General Secretary  
Seshadripuram Educational Trust



**Seshadripuram Educational Trust**

Bengaluru-20

*Message from the Hon. General Secretary*

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 Anuradha Roy**  
Principal  
Seshadripuram College

## 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 47 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 in different games.



## Department of Physical Education and Sports

### Sports Committee

<b>President</b>	<b>Dr Anuradha Roy</b> , Principal
<b>Vice President</b>	<b>Dr Bhargavi V.R.</b> , Director, P.G. Department
<b>H.O.D. Physical Education and Sports</b>	<b>Sri Karthik K.S.</b>
<b>Sports Secretary</b>	<b>Ms. Pushpalatha L.K.</b>
<b>Committee Members</b>	<b>Smt. Savitha Bai</b> , Office Superintendent <b>Dr Sapna G.S.</b> - Department of English <b>Smt. Divyashree</b> , Department of Commerce & Management <b>Sri Allan Raj</b> , Department of English <b>Sri. Varun G S</b> , Department of Commerce & Management <b>Sri. Shailesh G Shankar</b> , Dept. of Commerce & Management
<b>Students' Sports Secretary</b> <i>Boys Wing, Girls Wing</i>	<b>Santosh Kumar M.</b> , Intramural Secretary, III B.Com. <b>Harshitha S.</b> , Intramural Secretary, III B.C.A.
<b>Members</b> <i>College Team Captions</i>	<b>Shashank B K</b> , III B.Com. & <b>Krishna Sai</b> , III B.Com. <b>Kavya Krishna</b> , III B.Com. & <b>Shiva Kumar R</b> , III B.Com.

### Editorial Committee

**Dr Anuradha Roy** - Principal  
**Dr Bhargavi V.R.** - Director, P.G. Department  
**Sri Karthik K.S.** - Physical Education Director

**Dr Sapna G.S.** - Department of English  
**Sri Allan Raj** - Department of English



## 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. 5,000/- each for Inter-University and National Level and Rs. 10,000/- for International overseas participation.

Did you  
**know?**

1. When the Amateur Athletics Federation of India established?



## Department of Physical Education and Sports Annual Sports Report 2018-19

It has been a year of remarkable achievements for the Department of Physical Education and Sports and it is with great pride that I present a brief report of the activities and achievements of the Department for the year 2018-19.

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., Physical Education Director** and faculty members Dr. Sapna G.S., Smt Divyashree M, Sri Allan Raj, Sri Varun G S and Sri Shailesh G. Shankar. The Student Sports Secretaries for the year were Santosh Kumar M of 3<sup>rd</sup> B.Com 'E' and Harshitha S of 3<sup>rd</sup> BCA 'B'.

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, Throwball, Chess, Weightlifting, Powerlifting, Yoga, Taekwondo, Football, Basketball, Rifle Shooting, Archery, Softball, Baseball, Handball etc.** being conducted.

The Department of Physical Education and Sports in association with the NSS Unit of the college celebrated the 4<sup>th</sup> International Yoga Day on the 21<sup>st</sup> of June 2018. The Chief Guest for the programme was Dr Y. Rudrappa, Founder, SDM Naturopathy. More than 100 students participated in a yoga session of one hour.

The Department organized the Bangalore University Inter-Collegiate Weightlifting (Men and Women) Competition 2018-19 on 5<sup>th</sup> and 6<sup>th</sup> of October 2018. The Chief Guest of the programme Sri Anande Gowda H S, Joint Secretary, Karnataka

State Weightlifting Association spoke about the importance of sports and weightlifting and that it helps us to develop both mentally and physically. Sri WD Ashok, Trustee Seshadripuram Educational Trust presided over the inauguration.

The Department organized the Bangalore University Inter-Collegiate Powerlifting (Men and Women) Competition 2018-19 on 14<sup>th</sup> and 15<sup>th</sup> of February 2019. The Chief Guest of the programme was Sri Vishwanatha Bhaskar Ganiga, International Powerlifter; Guest of Honour was Dr. T. Lingaraju, Director, Dept of Physical Education and Sports, Bangalore University.

The most awaited College Annual Athletic meet was conducted on 9<sup>th</sup> 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, Football, Chess, Volleyball, Carom, Table-tennis, Badminton, Powerlifting and Throwball for Men and Women. Annual Athletic Meet for PG students was conducted on 23<sup>rd</sup> February saw enthusiastic participation from our M.Com students.



**Did you know?**

2. Which Hockey team won the Malaysia series?

Most importantly, 2018-19 has seen many remarkable achievements in various sports. At the International level, 1 student has participated in cricket at a tournament conducted. At the National level, 17 students participated and won 3 Gold Medals, 7 Silver Medals, & 2 Bronze Medals. At the South-Zone National-level 5 Students participated, and won 3 Gold Medals and 1 Silver Medal 1 Bronze Medal. At the All India Level and South Zone inter-university levels, 22 students participated. At the State level, 6 students participated and won 1 Gold Medal, won 1 Silver Medal & 2 Bronze Medals. Our students also won 40 medals at the Bangalore University Inter-collegiate and Bengaluru Central University competitions 2018-19. To sum up, a total of 45 students competed at the highest levels and won 60 medals in a wide range of sports - **CHESS, ATHLETICS, FLOORBALL, KARATE, TAEKWONDO, YOGA, BOXING, THROWBALL, AIR RIFLE SHOOTING, ARCHERY, BASEBALL AND NETBALL, POWER LIFTING, WEIGHT LIFTING AND SOFTBALL.** Equally noteworthy are the team achievements. The college is the Bangalore University Champion for Weightlifting (Men) and Runners up for Women, Bangalore University Champion in Powerlifting (both Men and Women), Runners up in Bangalore University Netball Championship (Men), Winners in Bengaluru Central University Chess Championship (Men), Runners up in Kabaddi in Bengaluru Central University championship (Men), and Runners up in Table Tennis (Women) championship. The college teams have also won the SET Powerlifting (Men and Women)



championship and Runners up in Table Tennis (Women) championship.

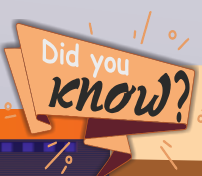
There are too many outstanding sportspersons to present in detail in this report, but we would like to highlight the most outstanding of these achievers who won medals at national level competitions in various games - Shashank B K won 2 gold medals, 2 silver medals and 1 bronze medal in Karate, Nikhil B R and Biju Mondal won 2 gold medals and 2 Silver medals in Floorball, Abhilash M R won 1 silver medal in Kabaddi. Kavyashree N won Bronze medal in Throwball. Srinivas S and Goutham M won 2 silver Medals in Throwball.

I am also proud to announce that a record breaking amount of Rs. 2,00,000/- (Two lakh only) will be distributed on this occasion to all the Sports Achievers 2018-19 from our esteemed management for participating at National level and International level sports competitions. The Sports committee and all students are truly grateful to our Management for their constant support and encouragement.

In conclusion, I take immense pleasure in congratulating & appreciating all the participants & winners. I thank our Management, Principal and Sports Committee for their guidance and support. My sincere thanks to all the teaching & non-teaching staff members for their support in conducting all the activities of the Sports Department. Everyone may not find their name in this report, but their effort & contribution is always remembered. I thank one and all.

**Karthik K.S.**

Physical Education Director



3. Which country tops in the latest FIFA world football rankings?



## Bangalore University Inter-Collegiate Weightlifting (Men & Women) Competition 2018-19

Date: 5<sup>th</sup> and 6<sup>th</sup> October, 2018

Venue: Seshadripuram College

The programme began with an invocation by Richa Hegde and Shradda of III B.Com. Anjali A. Bhargav of II B.Com welcomed the dignitaries.

The programme saw the release of the third edition of the e-Sports journal called **“LYCEUM”** which details the sports activities and achievements of the Department of Physical Education and Sports of the college.

The Chief Guest of the programme was Sri Anande Gowda S.H., Joint Secretary, Karnataka State Weightlifting Association and Sri W.D. Ashok, Trustee, Seshadripuram Educational Trust was the Guest of Honour. It was presided by Sri Henjarappa T.S., Vice-President, Seshadripuram Educational Trust. Dr. Anuradha Roy, Principal and Mr. Karthik K.S., Physical Education Director, Seshadripuram College were present on the dais. In his address, Sri Anande Gowda S.H. spoke about the importance of sports and weightlifting as a rural game and that it helps us to develop both mentally and physically. He also explained that students must give the same amount of importance to sports as they give to academics in college.



Lighting of Lamp

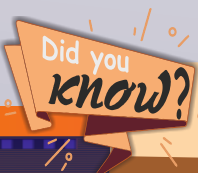


Inauguration by Dignitaries

Sri W.D. Ashok elucidated the need for sportsmanship spirit in everyone. He added that the traditional Indian foods like Ragi Mudde helps in the attainment of strength, a necessity for a sport like weightlifting.



Release of Lyceum



4. What is the official name of European T20 league?





Inauguration Function

The competition was conducted after the inauguration. 23 Teams in Men's & Women's sections were present from various colleges in Bangalore, resulting in over 90 students taking part. The Overall Championship in the Men's section was won by **Seshadripuram College**

(Main) and the runners-up was **Seshadripuram Institute of Commerce and Management**. In the Women's section, the Overall Championship was won by **Govt. First Grade College, Magadi** and the runners-up was **Seshadripuram College (Main)**.



Felicitation to Chief Guest



Address by Chief Guest



Address by Guest of Honour



Address by President

**Did you know?**

- What is the position of India in the Asian Youth Athletics Championships?



## Bangalore University – Inter-Collegiate Powerlifting (Men & Women) Competition 2018-19

Date: 14<sup>th</sup> and 15<sup>th</sup> Feb, 2019

Venue: Seshadripuram College

The programme began with an invocation by Richa Hegde and Shreya of III B.Com. Nikita Holla of I B. Com 'G' welcomed the dignitaries.

The Chief Guest of the programme was Sri Vishwanatha Bhaskar Ganiga International Powerlifter; Guest of Honour was Dr. T. Lingaraju, Director, Dept of Physical Education and Sports, Bangalore University; and the programme was Presided by W.D. Ashok, Trustee, Seshadripuram Educational Trust; M.S Nataraj Chairman, Governing Council; Dr. Anuradha Roy, Principal; and Mr. Karthik K.S., Physical Education Director, Seshadripuram College were present on the dais.

In his address, Sri Vishwanatha Bhaskar Ganiga spoke about the importance of sports and Physical Exercise and Dr.T. Lingaraju spoke about sports as a part of Education and its importance to maintain physical fitness. Sri W.D. Ashok elucidated the need for sportsmanship spirit in everyone.

The competition was conducted after the inauguration. Teams in Men's & Women's sections were present from various colleges in Bangalore, resulting in over 150 students taking part.



The Overall Championship in the Men's section was won by **Seshadripuram College (Main)** and the runners-up was **Seshadripuram Institute of Commerce and Management**. In the Women's section, the Overall Championship was won by **Seshadripuram College (Main)** and the runners-up was **Seshadripuram Academy of Business Studies Kengeri**.



Inauguration by Dignitaries

**Did you know?**

6. Which among the following has been reinstated to the Asian Games 2022 edition?



Felicitation to Chief Guest and Guest of Honour



Address by Chief Guest



Address by Guest of Honour



Address by President

Did you  
**know?**

7. Which Country will host the 2020 ICC Women's T20 World Cup?





## Departmental Programmes

### 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)

#### Celebrations

Annual Sports Day  
National Sports Day  
International Yoga Day

### 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





## 4<sup>th</sup> International Yoga Day Celebration

Date: 21st June, 2018

Venue: Quadrangle, Seshadripuram College

Department of Physical Education and Sports in association with NSS, Seshadripuram College, celebrated the 4<sup>th</sup> International Yoga Day on the 21<sup>st</sup> of June 2018. The Chief Guest for the programme was Dr Y. Rudrappa, Founder, SDM Naturopathy. Dr Anuradha Roy, Principal, Seshadripuram College, Prof. P. Narayanaswamy Principal, Seshadripuram PU College were the dignitaries present to honour the occasion. Smt. Nagasudha, Lecturer, Department of

Commerce of Management 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 health living. It can also develop physical and mental health of human body. More than 100 students participated in a yoga session of one hour. Dr. Anuradha Roy, Principal, delivered presidential remarks. Finally, Smt. Shruthi C, Lecturer, Department of Commerce and Management, gave the vote-of-thanks.



Did you  
**know?**

8. Which film won the Best Foreign Film at the Oscars 2019?



## College Sports Team 2018-19



Did you  
**know?**

9. Recently, Delhi Daredevils was renamed as .....?

## Sports Best Outgoing Students 2018-19

### **Shashank B K,** 3rd B.Com 'A'



1. Represented Karnataka and secured gold medal in the Open Karate Championship.
2. Represented Karnataka and secured silver medal in the Open Karate Championship.
3. Secured one gold medal and one bronze medal in 3rd National Level Open Karate Championship 2018.
4. Secured gold medal in state level Dasara Kumite Karate competition.
5. Secured silver medal in AKSKA 11th cadet, Junior & Under 21 years' State Karate championship.
6. Runner up in Bangalore University Inter-Collegiate Netball Competition.
7. Secured silver medal in S.E.T Inter Institutional Powerlifting Competition.
8. Secured silver medal in 4th National Open Karate Championship
9. Secured one gold medal and one Silver medal in 2nd National Open Karate Championship 2018.

### **Kavya Krishna,** 3rd B.Com 'A'

1. Participated in All India Inter University Archery Competition.
2. Secured silver medal in Karnataka State Rifle shooting Competition 2018.
3. Secured silver medal in Bangalore University Inter-Collegiate Rifle Shooting Open Sight Women Competition.
4. Secured bronze medal in Bangalore University Inter Collegiate Archery Competition.
5. Secured second place in Republic Day Cup South India Archery Competition-2019.



6. Secured bronze medal in Bangalore University Inter-Collegiate Powerlifting Competition.
7. Secured gold medal in S.E.T Inter Institutional Powerlifting Competition.

### **Sachin M.,** 2nd M.Com

1. Secured gold medal in Bangalore University Inter – Collegiate Weightlifting Competition.
2. Secured gold medal in Bangalore University Inter – Collegiate Powerlifting Competition.
3. Secured gold medal in SET Inter Institutional Powerlifting Competition.



**Did you know?**

10. The International Cricket Council has renamed ICC World T20 as .....



## Student Achievers

### INTERNATIONAL Achievement



#### Nikhil B R, 2nd B.Com 'C'

1. Winner in 1st South Zone Floorball Championship 2019 held at Dharmapuri, Tamilnadu and Secured Best Player of the Tournament.
2. Secured silver medal in 13th National Floorball (Under 19 boys & girls) Championship held at Haryana 2018.
3. Participated in 5th Floorball Federation Cup held at Gautam Budha University, Greater Noida, Uttar Pradesh.
4. Participated in International Floorball Federation's Floorball Development Programme Seminar in Delhi.
5. Participated in 8th National Floorball Development Seminar in Maharashtra.
6. Runner up of Bangalore University Inter-Collegiate Netball Competition.
7. Participated in 6th Floorball Federation Cup Men 2019.



#### Harshitha S, 3rd BCA 'B'

1. Secured silver medal in State level Dasara Netball Competition.
2. Secured gold medal in Bangalore University Inter – Collegiate Javelin Throw Competition.
3. Secured gold medal in Bangalore University Inter – Collegiate Powerlifting Competition.
4. Secured Gold medal in S.E.T Inter Institutional Powerlifting Competition.

#### Shreyas B M, 2nd B.Com 'G'

1. Represented KSCA Colts in the Dr. Capt. K Thimmappiah Memorial tournament conducted by KSCA.
2. Represented Karnataka in the Under 23 Col. CK Nayudu Trophy conducted by BCCI.
3. Represented Belagavi Panthers in the Karnataka Premier League by KSCA.
4. Participated in South Zone Inter University Cricket Competition.



#### Ritik Bharadwaj, 1st B.com 'H'

1. Secured Bronze medal in 10,000 race walk at 34th Karnataka State Junior and Senior athletic championship.
2. Secured Gold medal in Bengaluru Central University Inter-Collegiate Athletic (20km walk) Competition

Did you know?

11. In Which sport can you win the Davis Cup?



**Mohan B V**, 3rd B.Com 'H'

1. Secured silver medal in Bangalore University Inter – Collegiate Weightlifting Competition.
2. Secured Bronze medal in Bangalore University Inter – Collegiate Powerlifting Competition.
3. Secured Gold medal in S.E.T Inter Institutional Powerlifting Competition.

**Shiva Kumar R**, 3rd B.Com 'H'



1. Secured gold medal in Bangalore University Inter – Collegiate Weightlifting Competition.
2. Secured gold medal in Bangalore University Inter – Collegiate Powerlifting Competition.
3. Secured Gold medal in SET Inter Institutional Powerlifting Competition.



**Rakesh J**, 2nd M.Com

1. Secured silver medal in Bangalore University Inter – Collegiate Weightlifting Competition.
2. Secured silver medal in Bangalore University Inter – Collegiate Powerlifting Competition.
3. Secured Gold medal in SET Inter Institutional Powerlifting Competition.

**Meghana H S**, 2nd B.Com 'F'



1. Participated in All India Inter University Gymnastics Competition.
2. Secured four silver medal in Bangalore University Inter – Collegiate Gymnastics Competition.
3. Secured gold medal in Bangalore University Inter – Collegiate Weightlifting Competition.



**Kusuma S V**, 3rd BCA 'B'

1. Secured gold medal in Bangalore University Inter – Collegiate Weightlifting Competition.
2. Secured gold medal in Bangalore University Inter – Collegiate lifting Competition.
3. Secured Silver medal in S.E.T Inter Institutional Powerlifting Competition.

**Sowmya Aithal K**, 2nd B.Com 'F'



1. Secured Bronze medal in Bangalore University Inter – Collegiate Weightlifting Competition.
2. Secured Gold medal in Bangalore University Inter – Collegiate Powerlifting Competition.
3. Secured Gold medal in S.E.T Inter Institutional Powerlifting Competition.

**Did you know?**

12. Recently Which Indian batsman has become the fastest batsman in the world to score 1000 runs as captain in one-day internationals –





**Mudesirunnisa S. Qhadri**, 1st B.Com 'D'

1. Runners-up in Bengaluru Central University Inter – Collegiate Table Tennis Competition.
2. Runners-up in S.E.T. Inter-Collegiate Table Tennis Men & Women competition.
3. Secured Bronze medal in S.E.T Inter Institutional Powerlifting Competition.

**Bhavya D**, 3rd B.Com 'A'

1. Participated in 3rd ELITE Women National Boxing Championship 2018.
2. Participated in Dasara Tournament CM Cup Boxing competition.
3. Runners-up in S.E.T. Inter-Collegiate Table Tennis Men & Women competition.



**Balaji B S**, 1st M.Com

1. Participated in All India Inter University Cycling (Track) competition.
2. Secured Third place in Republic Day Cup South India Archery Competition 2019.
3. Secured First place in Republic Day Cup South India Archery Competition 2019.

**Prajwal D S**, 2nd B.Com 'D'

1. Participated in All India Inter University Rugby Competition.
2. Runner up of Bangalore University Inter-Collegiate Netball Competition.
3. Participated in All India Inter University American Football Competition.



**Abhilash M R**, 1st B.Com 'B'

1. Secured silver medal in 8th National Rural Kabaddi game 2018 held at Tamil Nadu.
2. Secured runners-up in Bengaluru Central University Inter – Collegiate Kabaddi Competition.

**Thanu K D**, 2nd B.Com 'B'

1. Secured bronze medal in Reliance Foundation College Athletics Competition.
2. Secured silver medal in Bangalore University Inter-Collegiate Discus Throw Competition



**Did you know?**

13. Hook pass terminology belongs to which sports?



## Suresh Kumar M

2nd BCA

1. Secured silver medal in Bangalore University Inter – Collegiate Weightlifting Competition.
2. Secured Gold medal in SET Inter Institutional Powerlifting Competition.



## Harshini N Raj

3rd B.Com 'A'

1. Participated in All India Inter University Basketball Competition
2. Secured silver medal in Bangalore University Inter – Collegiate Weightlifting Competition.

## Suhas Ram K R

1st B.Com 'H'

1. Secured second place in Bengaluru Central University Inter – Collegiate Chess Competition.
2. Runner up in Bengaluru Central University Inter – Collegiate Chess Competition.



## Parth D Shah

1st B.Com 'H'

1. Secured fifth place in Bengaluru Central University Inter – Collegiate Chess Competition.
2. Runner up in Bengaluru Central University Inter – Collegiate Chess Competition.



## Pawan M

1st B.Com 'F'

1. Participated in All India Inter University Kabaddi Competition.
2. Secured runners-up in Bengaluru Central University Inter – Collegiate Kabaddi Competition.



## Shree Vidya S

1st B.Com 'E'

1. Runners -up in Bengaluru Central University Inter – Collegiate Table Tennis Competition.
2. Runners-up in S.E.T. Inter-Collegiate Table Tennis Men & Women competition.

## Kavya L

3rd BBA 'A'

1. Participated in All India Inter University Netball Competition.
2. Secured Bronze medal in Bangalore University Inter – Collegiate Powerlifting Competition.
3. Secured Silver medal in S.E.T Inter Institutional Powerlifting Competition.



## Biju Mondal

2nd B.Com 'H'

1. Secured silver medal in 13th National Floorball (Under 19 boys & girls) Championship held at Haryana 2018.
2. Winner in 1st South Zone Floorball Championship 2019 held at Dharmapuri, Tamilnadu and secured Best Player of the Tournament.
3. Participated in 6th Floorball Federation Cup Men 2019.



Did you know?

14. The distance of a marathon run is –



## Santhosh Kumar M

3rd B.Com 'E'

1. Participated in All India Inter University Handball Competition.
2. Runner up of Bangalore University Inter-Collegiate Netball Competition.



## Sukesh A

2nd BCA 'B'

1. Participated in All India Inter University Rugby Competition.
2. Runner up of Bangalore University Inter-Collegiate Netball Competition.

## Sanket V Mehta

2nd B.Com 'E'

1. Selected to Represent Bangalore University in All India Inter University American Football competition.
2. Runner up of Bangalore University Inter-Collegiate Netball Competition.



## Priyanka Bai B

2nd B.Com 'E'

1. Participated in All India Inter University Softball Competition.
2. Participated in 33rd Senior National Championship held at Madhya Pradesh.



## Nidhi C N

1st B.Com 'E'

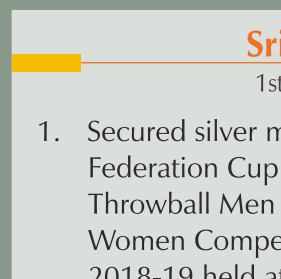
1. Runners-up in Bengaluru Central University Inter – Collegiate Table Tennis Competition.
2. Runners–up in S.E.T. Inter-Collegiate Table Tennis Men & Women competition.



## Manish Raj

2nd BBA 'A'

1. Participated in All India Inter University Taekwondo Competition.
2. Secured gold medal in Bangalore University Inter – Collegiate Taekwondo Competition.



## Srinivas S

1st B.Com 'B'

1. Secured silver medal in Federation Cup Throwball Men & Women Competition 2018-19 held at Jaipur.
2. 41th Sr. National Throwball Championship (Men & Women) held at Chandigarh.



## Ranjan Kumar R

2nd B.Com 'F'

1. Secured gold medal in Bangalore University Inter – Collegiate Weightlifting Competition.
2. Secured bronze medal in S.E.T Inter Institutional Powerlifting Competition.



Did you know?

15. The Asian Games were held in Delhi for the first time in





### **C.G Yogesh**

3rd B.Com 'H'

Participated in 2nd RCS MCA International T 20 youth Cricket tournament held at Malaysia.



### **Sonith Kotian**

1st B.Com 'H'

Participated in South Zone Cricket tournament 2018.

### **Manjunath L**

2nd M.Com

Secured gold medal in Bangalore University Inter – Collegiate Weightlifting Competition.



### **Shetty Abishek**

1st BBA 'B'

Participated in South Zone Cricket tournament 2018.



### **Shobha D**

3rd BCA 'B'

Secured bronze medal in Bangalore University Inter – Collegiate Weightlifting Competition.



### **Snehashree B S**

2nd M.Com

Secured gold medal in Bangalore University Inter – Collegiate Weightlifting Competition.



### **Girish V**

2nd B.Com 'C'

Secured bronze medal in Bangalore University Inter – Collegiate Boxing Competition.



### **Karthik K**

2nd B.Com 'C'

Secured bronze medal in Bangalore University Inter – Collegiate Boxing Competition.



### **Tirlochan T**

1st B.Com 'F'

Secured runners-up in Bengaluru Central University Inter – Collegiate Kabaddi Competition.



### **Adithya A**

1st B.Com 'B'

Secured runners-up in Bengaluru Central University Inter – Collegiate Kabaddi Competition.



### **Apekshith R**

1st B.Com 'C'

Secured runners-up in Bengaluru Central University Inter – Collegiate Kabaddi Competition.



### **Darshan Kumar M**

1st B.Com 'E'

Secured runners-up in Bengaluru Central University Inter – Collegiate Kabaddi Competition.



**Did you know?**

16. Boat race is a famous festival game of





## Barath S

1st B.Com 'F'

Secured runners-up in Bengaluru Central University Inter – Collegiate Kabaddi Competition.



## Darshan K

1st B.Com 'B'

Secured runners-up in Bengaluru Central University Inter – Collegiate Kabaddi Competition.

## Abdul Munaf R

1st B.Com 'B'

Secured gold medal in Bengaluru Central University Inter – Collegiate 400 mtr Athletic Competition.



## Vaishak Kumar S

1st B.Com 'B'

Secured runners-up in Bengaluru Central University Inter – Collegiate Kabaddi Competition.



## Karthik Yadav

1st B.Com 'D'

Secured gold medal in Bengaluru Central University Inter – Collegiate Hammer Throw Competition.



## Raksha J

3rd B.Com 'F'

Runners-up in S.E.T. Inter-Collegiate Table Tennis Men & Women competition.

## Mohammed Fazil

1st BBA 'B'

Participated in All India Inter University Wrestling competition.



## Prem T

1st M.Com

Participated in South Zone Inter University Badminton competition.



## Saketh S

1st B.Com 'D'

Participated in All India Inter University Swimming competition.



## Manoj R

2nd B.Com 'B'

Secured bronze medal in Bangalore University Inter – Collegiate Best Physique Competition.

## Goutham M

1st B.Com 'G'

Secured Silver medal in Federation cup Throwball Men & Women Competition 2018-19 held at Jaipur.



## Kavyashree N

1st B.Com 'B'

Secured Bronze medal in Federation cup Throwball Men & Women Competition 2018-19 held at Jaipur.



Did you know?

17. Which team won the 10th Indian Premier League trophy 2017?



### **Pradeep B R**

3rd BBA 'A'

Participated in All India Inter University Handball Competition.



### **Sandeep Sharma**

2nd B.Com 'E'

Participated in All India Inter University Softball Competition.

### **Guru Charan C**

3rd B.Com 'B'

Runner up of Bangalore University Inter-Collegiate Netball Competition.



### **Prakash M**

3rd B.Com

Runner up of Bangalore University Inter-Collegiate Netball Competition.



### **Nemichand G**

2nd BCA

Runner up of Bangalore University Inter-Collegiate Netball Competition.



### **Likith**

1st B.Com 'C'

Secured Gold medal in S.E.T Inter Institutional Powerlifting Competition.



### **Harshitha Srinivas**

1st BBA 'B'

Secured Silver medal in S.E.T Inter Institutional Powerlifting Competition.



### **Yogesh S**

1st B.Com 'C'

Secured Silver medal in S.E.T Inter Institutional Powerlifting Competition.



### **Swetha D R**

3rd B.Com 'C'

Secured Silver medal in S.E.T Inter Institutional Powerlifting Competition.



### **Priyadarshini K**

1st BBA 'A'

Secured Silver medal in S.E.T Inter Institutional Powerlifting Competition.



### **Dilip Singh M**

1st BCA 'B'

Runner up in Bengaluru Central University Inter – Collegiate Chess Competition.



### **Nitin Krishna B**

2nd BCA

Secured Bronze medal in S.E.T Inter Institutional Powerlifting Competition.



**Did you know?**

18. Who was the first Indian to qualify for Olympics?





## Suraj Kumar B

1st BCA

Runner up in Bengaluru Central University Inter – Collegiate Chess Competition.



## Kuldeep Sing

1st BBA

Runner up in Bengaluru Central University Inter – Collegiate Chess Competition.

## Nikhil H D

2nd B.Com 'F'

Secured Silver Medal in 41st Senior National Throwball Championship 2019 held at Geeta Engineering College Naultha, Panipat.



## Chitra A

1st B.Com 'G'

Participated in All India Inter University Rifle Shooting Competition.



## Nandan V G

3rd B.Com 'D'

Secured silver medal in Bangalore University Inter-Collegiate Rifle Shooting Open Sight Men Competition.



## Anirudh Kulkarni

1st B.Com 'G'

1. Participated in South Zone Inter University Cricket Competition.
2. Participated in South Zone Cricket tournament 2018.

## Harish S

3rd BBA 'A'

1. Secured silver medal in Bangalore University Inter – Collegiate Weightlifting Competition.
2. Secured Silver medal in S.E.T Inter Institutional Powerlifting Competition.



Did you know?

19. Who became the fastest bowler to get 250 wickets in test matches?

## College Teams



American Football and Rugby Men's Team



Archery Team



Athletic Team



Badminton Men's Team



Best Physique Men's Team



Boxing Team



Chess Team



Cricket Men's Team

Did you  
know?

20. Who is the first Indian woman, to win the silver medal in Rio Olympics 2016?





Floorball Men's Team



Football Team



Handball Men's Team



Kabaddi Men's Team



Karate Men's Team



Netball Men's Team



Rifle Shooting Team



Softball and Baseball Men's Team

**Did you know?**

21. How many grand slam tournaments are held in tennis each year?





Swimming Men's Team



Table Tennis Team



Taekwondo Team



Throwball Men's Team



Throwball Women's Team



Volleyball Men's Team



Weightlifting and Powerlifting Men's Team



Weightlifting and Powerlifting Women's Team

Did you  
**know?**

22. Sprain is an injury to...?



## Team Achievements



Winners in Bangalore University Inter-Collegiate Weightlifting Men Competition 2018-19.

Runners-Up in Bangalore University Inter-Collegiate Weightlifting Women Competition 2018-19.



Runners-Up in Bengaluru Central University Inter-Collegiate Kabaddi Men Competition 2018-19.



Winners in Bengaluru Central University Inter-Collegiate Chess Men Competition 2018-19.



Did you know?

23. What is the duration of the Summer Olympic game?



Runners-Up in Bengaluru Central University Inter-Collegiate Table Tennis Women Competition 2018-19 and Runners-Up in S.E.T. Inter-Collegiate Table Tennis Women Competition 2018-19.

Runner-Up in Bangalore University Inter-Collegiate Netball Men Competition 2018-19.



Winners in Bangalore University Inter-Collegiate Powerlifting Men Competition 2018-19.

Winners in Bangalore University Inter-Collegiate Powerlifting Women Competition 2018-19.



**Did you know?**

24. Who won India's first medal in 20 years in a women's 100 event?





**Nikhil H D**  
has secured silver medal in  
41st Senior National  
Throwball Championship  
2019 held at Geeta  
Engineering College Naultha,  
Panipat.

**Goutham M  
and Srinivas S**  
have secured Silver medal in  
Federation Cup Throwball  
Men & Women Competition  
2018-19 held at Jaipur.



**Did you  
know?**

25. Who has become the first Indian  
javelin thrower to win an Asian  
gold?



**Kavyashree N**  
has secured Bronze medal in  
Federation Cup Throwball  
Men & Women Competition  
2018-19 held at Jaipur.

Winners in S.E.T.  
Inter-Institutional Powerlifting  
Competition Men 2018-19.



Winners in S.E.T.  
Inter-Institutional Powerlifting  
Women Competition  
2018-19.



**Did you  
know?**

26. Which nation will host the ICC  
World Cup 2023?



## History

The earliest known depiction of boxing comes from a Sumerian relief in Iraq from the 3rd millennium BC. Later depictions from the 2nd millennium BC are found in reliefs from the Mesopotamian nations of Assyria and Babylonia, and in Hittite art from Asia Minor. A relief sculpture from Egyptian Thebes shows both boxers and spectators. These early Middle-Eastern and Egyptian depictions showed contests where fighters were either bare-fisted or had a band supporting the wrist. The earliest evidence of fist fighting with the use of gloves can be found on Minoan Crete (c. 1500–1400 BC).

Various types of boxing existed in ancient India. The earliest references to musti-yuddha come from epics such as the Ramayana and Rig Veda. The Mahabharata describes two combatants boxing with clenched fists and fighting with kicks, finger strikes, knee strikes and head butts. Duels were often fought to the death. During the period of the Western Satraps, the ruler Rudradaman - in addition to being well-versed in "the great sciences" which included Indian classical music, Sanskrit grammar, and logic - was said to be an excellent horseman, charioteer, elephant rider,



swordsman and boxer. The Gurbilas Shemi, an 18th-century Sikh text, gives numerous references to musti-yuddha.

In Ancient Greece boxing was a well-developed sport and enjoyed consistent popularity. In Olympic terms, it was first introduced in the 23rd Olympiad, 688 BC. The boxers would wind

leather thongs around their hands in order to protect them. There were no rounds and boxers fought until one of them acknowledged defeat or could not continue. Weight categories were not used, which meant heavyweights had a tendency to dominate. The style of boxing practiced typically featured an advanced left leg stance, with the left arm semi-extended as a guard, in addition to being used for striking, and with the right arm drawn back ready to strike. It was the head of the opponent which was primarily targeted, and there is little evidence to suggest that targeting the body was common.

Boxing was a popular spectator sport in Ancient Rome. In order for the fighters to protect themselves against their opponents they wrapped leather thongs around their fists. Eventually harder leather was used and the thong soon became a weapon. The Romans even introduced metal studs to the thongs to make the cestus. Fighting events were held at Roman Amphitheatres. The Roman form of boxing was often a fight until death to please the spectators who gathered at such events. However, especially in later times, purchased slaves and trained combat performers were valuable commodities, and their lives were not given up without due consideration. Often slaves were used against one another in a circle marked on the floor. This is where the term ring came from. In AD 393, during the Roman gladiator



**Did you know?**

27. Which nation won the ICC World Cup 2019?





period, boxing was abolished due to excessive brutality. It was not until the late 16th century that boxing re-surfaced in London.

## Modern boxing

The sport rising from illegal venues and outlawed prize fighting has become one of the largest multibillion-dollar sports today. A majority of young talent still comes from poverty-stricken areas around the world. Places like Mexico, Africa, South America, and Eastern Europe prove to be filled with young aspiring athletes who wish to become the future of boxing. Even in the U.S., places like the inner cities of New York, and Chicago have given rise to promising young talent. According to Rubin, "boxing lost its appeal with the American middle class, and most of who boxes in modern America come from the streets and are street fighters".

## Boxing Style

### Definition of Style

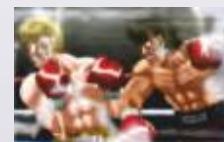
"Style" is often defined as the strategic approach a fighter takes during a bout. No two fighters' styles are alike, as each is determined by that individual's physical and mental attributes. Three main styles exist in boxing: outside fighter ("boxer"), brawler (or "slugger"), and Inside fighter ("swarmer"). These

styles may be divided into several special subgroups, such as counter puncher, etc. The main philosophy of the styles is, that each style has an advantage over one, but disadvantage over the other one. It follows the rock-paper-scissors scenario - boxer beats brawler, brawler beats swarmer, and swarmer beats boxer.



### Boxer/out-fighter

A classic "boxer" or stylist (also known as an "out-fighter") seeks to maintain distance between himself and his opponent, fighting with faster, longer range punches, most notably the jab, and gradually wearing his opponent down. Due to this reliance on weaker punches, out-fighters tend to win by point decisions rather than by knockout, though some out-fighters have notable knockout records. They are often regarded as the best boxing strategists due to their ability to control the pace of the fight and lead their opponent, methodically wearing him down and exhibiting more skill and finesse than a brawler. Out-fighters need reach, hand speed, reflexes, and footwork.



### Boxer-Puncher

A boxer-puncher is a well-rounded boxer who is able to fight at close range with a combination of technique and power, often with the ability to knock opponents out with a combination and in some instances a single shot. Their movement and tactics are similar to that of an out-fighter (although they are generally not as mobile as an out-fighter), but instead of winning by decision, they tend to wear their opponents down using combinations and then move in to score the knockout. A boxer must be well rounded to be effective using this style.

Did you  
**know?**

28. In which year Mission Olympics in Army programme was launched?



### Counter Puncher

Counter punchers are slippery, defensive style fighters who often rely on their opponent's mistakes in order to gain the advantage, whether it be on the score cards or more preferably a knockout. They use their well-rounded defense to avoid or block shots and then immediately catch the opponent off guard with a well-placed and timed punch. A fight with a skilled counter-puncher can turn into a war of attrition, where each shot landed is a battle in itself. Thus, fighting against counter punchers requires constant feinting and the ability to avoid telegraphing one's attacks. To be truly successful using this style they must have good reflexes, a high level of prediction and awareness, pinpoint accuracy and speed, both in striking and in footwork.



### Brawler/sluggish

A brawler is a fighter who generally lacks finesse and footwork in the ring, but makes up for it through sheer punching power. Many brawlers tend to lack mobility, preferring a less mobile, more stable platform and have difficulty pursuing fighters who are fast on their feet. They may also have a tendency to ignore combination punching in favor of continuous beat-downs with one hand and by throwing slower, more powerful single punches (such as hooks and uppercuts). Their slowness and predictable punching pattern (single punches with obvious leads) often leaves them open to counter punches, so successful brawlers must be able to absorb substantial amounts of punishment. However, not all brawler/sluggish fighters are not mobile; some can move around and switch styles if needed but still

have the brawler/sluggish style such as Wilfredo Gómez, Prince Naseem Hamed and Danny García.



### Swarmer/in-fighter

In-fighters / swarmers (sometimes called "pressure fighters") attempt to stay close to an opponent, throwing intense flurries and combinations of hooks and uppercuts. Mainly Mexican, Irish, Irish-American, Puerto Rican, and Mexican-American boxers popularized this style. A successful in-fighter often needs a good "chin" because swarming usually involves being hit with many jabs before they can maneuver inside where they are more effective. In-fighters operate best at close range because they are generally shorter and have less reach than their opponents and thus are more effective at a short distance where the longer arms of their opponents make punching awkward. However, several fighters tall for their division have been relatively adept at in-fighting as well as out-fighting.

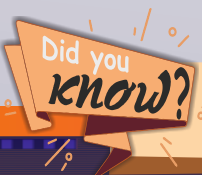
### Combinations of styles

All fighters have primary skills with which they feel most comfortable, but truly elite fighters are often able to incorporate auxiliary styles when presented with a particular challenge. For example, an out-fighter will sometimes plant his feet and counter punch, or a slugger may have the stamina to pressure fight with his power punches. Old history of the development of boxing and its prevalence contribute to fusion of various types of martial arts and the emergence of new ones that are based on them. For example, a combination of boxing and sportive sambo techniques gave rise to a combat sambo.

Contributed by

**Pushpalatha L.K.**

Physical Education Director



29. Which of the following games were previously called British Empire Games?



## International Sports Achievement



# Chungneijang Mary Kom Hmangte

Indian Olympic boxer

**Chungneijang Mary Kom Hmangte** (born 1 March 1983) is an **Indian Olympic boxer from Manipur**. She is the only woman to become World Amateur Boxing champion for a record six times, and the only woman boxer to have won a medal in each one of the seven world championships. Nicknamed Magnificent Mary, she is the only Indian woman boxer to have qualified for the 2012 Summer Olympics, competing in the flyweight (51 kg) category and winning the bronze medal. She had also been ranked as No. 1 AIBA World Women's Ranking Light Flyweight category. She became the first Indian woman boxer to get a Gold Medal in the Asian Games in 2014 at Incheon, South Korea and is the first Indian woman boxer to win gold at the 2018 Commonwealth Games.

On 26 April 2016, Kom was nominated by the President of India as a member of the Rajya Sabha, the upper house of the Indian Parliament. In March 2017, the Ministry of Youth Affairs and Sports, Government of India, appointed Mary Kom along with Akhil Kumar as national observers for boxing. Mary Kom won the Gold Medal in Asian Boxing Championship. She defeated

Kim hyang Mi (North Korean boxer) of North Korea in the title match.

After her sixth world title, the Government of Manipur has conferred on her the title "Meethoi Leima" (loosely translated as great or exceptional lady) in a felicitation ceremony held at Khuman Lampak Sports Complex in Imphal on 11th December, 2018. At the function, CM N. Biren Singh also declared that the stretch of road leading to the Games Village in Imphal West district, where Kom currently resides, would be named as 'MC Mary Kom Road'.

### Sports Career

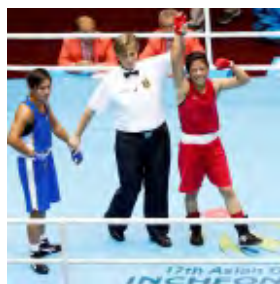
After her marriage, Mary Kom took a short hiatus from boxing. After she and Ongler had their first two children, Kom again started training. She won a silver medal at the 2008 Asian Women's Boxing Championship in India and a fourth successive gold medal at the AIBA Women's World Boxing Championship in China, followed by a gold medal at the 2009 Asian Indoor Games in Vietnam.

In 2010, Kom won the gold medal at the Asian Women's Boxing Championship in Kazakhstan, and at the AIBA Women's World Boxing Championship in Barbados, her fifth consecutive gold at the championship. She competed in Barbados in the 48 kg weight category, after AIBA had stopped using the 46 kg class. In the 2010 Asian Games, she competed in the 51 kg class and won a bronze medal. In 2011, she won gold in the 48 kg class at the Asian Women's Cup in China. On 3 October 2010, she, along with Sanjay and Harshit Jain, had the honour of bearing the Queen's Baton in its opening ceremony run in the

Did you  
**know?**

30. Pen Holder grip is used in which of the following sports?





stadium for the 2010 Commonwealth Games of Delhi. She did not compete, however, as women's boxing was not included in the Commonwealth Games. On 1 October 2014, she won her first Gold Medal at the Asian Games held at Incheon, South Korea by beating Kazakhstan's Zhaina Shekerbekova in the flyweight (51 kg) summit clash. On 8 November 2017, she clinched an unprecedented fifth gold medal (48 kg) at the ASBC Asian Confederation

### Awards and Recognitions

Mary Kom set a new standard in amateur boxing without ever competing in professional boxing. In 2015, Kom became the first amateur to surpass several professional athletes in India in earnings, endorsements and awards. She is the first amateur athlete to win the Padma Bhushan.

- The International Boxing Association (AIBA) awarded Mary Kom with the first AIBA Legends awards for "promising boxing career"
- The International Boxing Association (AIBA) announced Mary Kom as the brand ambassador for 2016 AIBA Women's World Boxing Championships
- Padma Bhushan (Sports), 2013
- Arjuna Award (Boxing), 2003
- Padma Shri (Sports), 2006
- People of the Year- Limca Book of Records, 2007
- CNN-IBN & Reliance Industries' Real Heroes Award 14.4. 2008 Mon
- Pepsi MTV Youth Icon 2008
- 'Magnificent Mary', AIBA 2008
- Rajiv Gandhi Khel Ratna award, 2009
- International Boxing Association's Ambassador for Women's Boxing 2009 (TSE 30 July 2009 Thur)
- Sportswoman of the year 2010, Sahara Sports Award
- Olympians for Life by WOA.
- Honorary Doctorate degree (D.Litt) from North-Eastern Hill University on 29 March 2016 and (DPhil) from Kaziranga University on 14 January 2019.

women's boxing championships held at Ho Chi Minh in Vietnam. The only major international event, that she had not seen a medal before was in Commonwealth Games, as her category Light flyweight was never included in the games till 2018 Commonwealth Games where as expected she earned the gold medal gracefully in the Women's light flyweight 48 kg on 14 April 2018. On 24 November 2018, she created history by becoming the first woman to win 6 World Championships, achieving this feat at the 10th AIBA Women's World Boxing Championships held in New Delhi, India.

### Sports Achievements



Mary Kom during an interaction with the Prime Minister of India

Year	Place	Weight	Competition
2001	2	48	AIBA Women's World Championships
2002	1	45	AIBA Women's World Championships
2002	1	45	Witch Cup
2003	1	46	Asian Women's Championships
2004	1	41	Women's World Cup
2005	1	46	Asian Women's Championships
2005	1	46	AIBA Women's World Championships
2006	1	46	AIBA Women's World Championships
2006	1	46	Venus Women's Box Cup
2008	1	46	AIBA Women's World Championships
2008	2	46	Asian Women's Championships
2009	1	46	Asian Indoor Games
2010	1	48	AIBA Women's World Championships
2010	1	46	Asian Women's Championships
2010	3	51	Asian Games
2011	1	48	Asian Women's Cup
2012	1	41	Asian Women's Championships
2012	3	51	Summer Olympics
2014	1	51	Asian Games
2017	1	48	Asian Women's Championships
2018	1	45-48	Commonwealth Games
2018	1	45-48	AIBA Women's World Championships

Contributed by **Pushpalatha L.K.**  
Physical Education Director

Did you know?

31. The headquarters of International Olympic Committee is at?

## ALUMNI SPEAK

### Bhavya D

III B.Com

### My Achievements in Sports



I am Bhavya D of Final year B.Com. In my life sports has played a major part, I started playing hockey when I was in 6th std that way I started to build my love for the game and I continued to play. When I was in 10th, my coach made me captain of my team and we represented our team in state level competition after 25 years in our school. After that I gave 2 years of gap and then again I started to play hockey, in 1st year degree I appeared for selections for nationals for the first time I got selected and represented Karnataka at national level in 2017-18. I realized that I can't build my career in hockey so I joined boxing After joining I worked very hard and I lost 17 kgs for boxing, My weight category is light weight 60 kgs. My first state level competition I played in Mysore that is CM Cup I won bronze medal, I then participated in women's elite national boxing championship, there I lost in quarters finals. That loss made me practice even harder so that next time I'll win gold medal in nationals. My ultimate goal in my life is to represent India in international level and this continues. I'll practice hard to achieve my goal. I have received very good support from my college sports department I am very lucky to have such teachers to guide me and support me. Thank you one and all for supporting me.



### Kavya Krishna

III B.Com

### My Achievements

I have made various achievements in sports in the fields such as Rifle shooting, Archery and Power lifting. I have secured 1 Gold medal, 4 Silver medals, and 2 Bronze medals at State level, South zone Republic Day Cup, University level and Inter- class competitions. I have also participated in All India Inter University Archery competition held at Bhubaneswar Orissa. This was my best experience, where I met many students who are striving hard to reach their goals in various sports activities. The above achievements which I have made today is not just through my efforts alone. It is all because of our physical Education Director Karthik K S Sir and Pushpalatha L K Ma'am. They used to give guidance in such a way which took me in right path today. They are the ones who recognized my talent and encouraged to achieve the best. Last but never the least my beloved Principal and constant support made me as a Best Outgoing Sports Women. Also our management motivates each and every student by providing sufficient equipment, proper infrastructure, as well as cash prizes to all the achievers.

Did you know?

32. First Indian Woman to win women's Tennis Association singles title is...?





## Rudresh K

III B.Com

### An Opportunity

Success is where preparation and opportunity meet. If you are very dedicated to your work and passionate about it the world will help you to raise.

My journey started with the sports department in my second year of B. Com course where I was very much interested to play cricket for the college team. With an intention to play cricket for college team, I approached Karthik K S Sir and rendered by request as I was unable to be present on the selection day. Then Sir asked the college team captain to see my skills whether I am capable or not.

After my selection trials, I was selected to the college cricket team and I was very happy for that. College cricket team gave me so many memories that will be remembered till the end of my life. It gave me beautiful moments, learning experience, great joy, friends and many more.

We played plenty of matches and when we lost, Karthik Sir motivated us too play positively and was with the team as always. Karthik Sir, Director of Department of Physical Education is a friendly person who supports each student's sports and Physical education. Not only cricket, I and my friends enjoyed valuable time with sports department and we are always treated well, provided with various

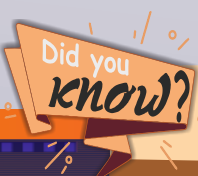
facilities like gym, fitness powerlifting, table tennis, chess, carom and other indoor and outdoor games.

College Sports department conducts so many inter-collegiate and inter-class games which provide us a memorable moment like annual athletic meet, cricket, powerlifting competition and various games. The department involves students to look after various games this will improve our leadership and communication skills. For me inter-class cricket competition was a joyful moment which gave me so many happy moments with my cricket team mates.

Finally, I thank Karthik Sir and all sports department staff for being with us every time when we are in need and supported us to do great ventures. I am very much Happy to be part of this wonderful department and thank for giving me this opportunity to share my experience with fellow mates.

Lastly, the Sports Department of Seshadripuram College has been doing the best possible work to succeed in its mission ie.

“to nurture exceptional talent in sports and promote interest in sports and physical fitness among staff and students and its vision to make and “Fitness - A way of life”.



33. World's most ancient game is?

## Krishna Sai

III B.Com



### My Personal Journey

My journey with the Sports Department at Seshadripuram College started with my enthusiasm for cricket. I had decided to join this particular college for an amazing support that the college management provides for sports. Once I got selected into the cricket team, I became acquainted with an amazing bunch of guys. They welcomed me warmly and helped me grow as a cricketer. Over the next few months I began to understand the responsibility that a member of the Seshadripuram Cricket Team must have. I began to take my game more seriously and improved at it. But when I was finally given an opportunity to play for the team, I didn't perform well. But that made me realise that, there is a high standard that this team has set and in order to reach that standard, I will have to work even harder. And over the next few months I improved my game further and then in the final year of my college, I was given an opportunity to lead the team. It was a big job and I was not sure if I had what it took to be a captain of a team. But my Physical Education Director, Mr. Karthik supported me all the way through and gave me confidence not only to excel as a player but also to become a better leader. As I am passing out of this college, I feel proud and honored to have been a part of the Seshadripuram Cricket Team and feel sad to leave my association from the wonderful sports department this college has. And I wish all the future cricketers of this college all the very best in their endeavor's. You should feel lucky to represent this wonderful Sports Department.

### World Records

Events	Name of the Athlete	Performance	Country
100mtrs Men	Usain Bolt	9.58 Sec	JAM
100mtrs Women	Florence Griffith Joyner	10.49 Sec	USA
200mtrs Men	Usain Bolt	19.19 Sec	JAM
200mtrs Women	Florence Griffith Joyner	21.34Sec	USA
400mtrs Men	Wayde Van Niekerk	43.03 Sec	RSA
400mtrs Women	Marita Koch	47.60 Sec	GDR
800mtrs Men	David Rudisha	1mn 40.91sec	KEN
800mtrs Women	Jarmila Kratochvilova	1mn 53.28sec	TCH
1500mtrs Men	Hicham EL Guerrouj	3mn 26.00 sec	MAR
1500mtrs Women	Genzebe Dibaba	3mn 50.07sec	ETH
10,000mtrs Men	Kenenisa Bekele	26 hr 17mn .53sc	ETH
10,000mtrs Women	Almaz Ayana	29hr 17mn .45sc	ETH
Half Marathon Men	Abraham Kiptum	58mn.18sc	KEN
Half Marathon Women	Joyciline Jepkosgei	1hr. 04mn .51sec	KEN
Marathon Men	Eliud Kipchoge	2.hr 01.39	KEN
Marathon Women	Paula Radcliffc	2.hr15.25	GBR
110Mtrs Hurdles Men	Aries Merritt	12.80 sec	USA
100Mtrs Hurdles Women	Kendra Harrison	12.20 sec	USA
400Mtrs Hurdles Men	Kevin Young	46.78 sec	USA
400Mtrs Hurdles Women	Dalilah Muhammd	52.20 sec	USA
High Jump Men	Javier Sotomayor	2.45 Mtrs	CUB
High Jump Women	Stefka Kostadinova	2.09 Mtrs	BUL
Pole Vault Men	Sergey Bubka	6.14 Mtrs	UKR
Pole Vault Women	Yelena Isinbayena	5.06 Mtrs	RUS
Long Jump Men	Mike Powell	8.95 Mtrs	USA
Long Jump Women	Galina Chistyakova	7.52 Mtrs	URS
Triple Jump Men	Jonatham Edwards	18.29 Mtrs	GBR
Triple Jump Women	Inessa Karvets	15.50 Mtrs	UKR
Shot Put Men	Randy Barnes	23.12 Mtrs	USA
Shot Put Women	Natalia Lisovskaya	22.63 Mtrs	URS
Discus Throw Men	Jurgen Schult	74.08 Mtrs	GDR
Discus Throw Women	Gabriele reinsch	76.80 Mtrs	GDR
Hammer Throw Men	Yuriy sedykh	86.74 Mtrs	URS
Hammer Throw Women	Anita Wlodarczyk	82.98 Mtrs	POL
Javelin Throw Men	Jan Zelezyn	98.48 Mtrs	CZE
Javelin Throw Women	Barbora Spotakova	72.28 Mtrs	CZE

#### Answers for 'Did You Know?'

1) 1946, 2) India, 3) Belgium, 4) Euro T20 Slam, 5) 2nd, 6) Chess, 7) Australia, 8) Roma, 9) Delhi Capitals, 10) ICC T20 World Cup, 11) Tennis, 12) Virat Kohli, 13) Basketball, 14) 42.195 km / 26 miles 385 yards, 15) 1951, 16) Kerala, 17) Mumbai Indians, 18) P T Usha, 19) R Ashwin, 20) P V Sindhu, 21) 4, 22) Bone, 23) 19 days, 24) Dutee Chand, 25) Neeraj Chopra, 26) India, 27) England, 28) 2001, 29) Commonwealth Games, 30) Table Tennis, 31) Lausanne (Switzerland), 32) Saniya Mirza, 33) Wrestling, 34) France

Did you know?

34. The game of hockey originated in?



# IN THE MEDIA



Pinki Jangra, right, in action against Pratibha on Wednesday. \*SPECIAL ARRANGEMENT

PRESS TRUST OF INDIA  
BALLARI

World Championships medalists Sonia Lather and Simranjit Kaur beat Saloni Singh and Sandhya with consummate ease to storm into their weight category quarterfinals of the third women's National boxing championships here on Wednesday.

Both of them posted identical 5-0 verdicts in the 57kg and 64kg respectively.

It also turned out to be a fruitful day in office for Commonwealth Games bronze medal winners Pinki Jangra and Manisha Moun.

Pinki defeated Pratibha in the 51kg class when the referee

stopped the contest in the third round, while Nikhat Zareen showed some excellent mix of defensive and attacking prowess against Likhitha Battini to win 5-0.

Manisha accounted for Riya Tokas in the 64kg category.

The results (pre-quarterfinals):

48kg: K. Bina Devi bt Khushboo Tokas 5-0.

Anchu Sabu w/o Ravina, Sanju bt Tanushree Bengele 5-0.

51kg: Pinki Jangra bt Pratibha (RSC, 3rd round).

Nikhat Zareen bt Likhitha Battini 5-0.

54kg: Manisha Moun bt Riya Tokas 5-0.

57kg: Sonia Lather bt Saloni Singh 5-0.

60kg: D. Bhavya bt A. Prasanna Laxmi 4-1.

64kg: Simranjit Kaur bt Sandhya 5-0.

## ಬೆಂಗಳೂರು

ಅಂತರ್‌ಜಾಲೀಕರಣ ಪರವರ್ತನಾ ಸ್ಪರ್ಧೆಗೆ ಕ್ರೀಡೆ ಸಹಕಾರಿ  
ದೈಹಿಕ, ಮಾನಸಿಕ ಸದೃಢತೆಗೆ ಕ್ರೀಡೆ ಸಹಕಾರಿ

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

• ಬಿ.ಎಂ.ಎ.ಎ.ಎ.ಎ.

## 'ಕ್ರೀಡೆಯಿಂದ ಮಾನಸಿಕ, ದೈಹಿಕ ಆರೋಗ್ಯ ಕಾಪಾಡಿಕೊಳ್ಳಬಹುದು'

ಬೆಂಗಳೂರು: ಕ್ರೀಡೆಯಿಂದ ಮಾನಸಿಕ ಮತ್ತು ದೈಹಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಲು ಸಾಧ್ಯ ಎಂದು ಕರ್ನಾಟಕ ವೇಟ್‌ಲಿಫ್ಟಿಂಗ್ ಅಸೋಸಿಯೇಷನ್ ನ ಬಂಜೆ ಕಾರ್ಯದರ್ಶಿ ಆನಂದೇಗೌಡ ತಿಳಿಸಿದರು.

ನಗರದ ಶೇಷಾದ್ರಿಪುರಂ ಕಾಲೇಜಿನಲ್ಲಿ ಶನಿವಾರ ಹಮ್ಮಿಕೊಂಡಿದ್ದ ಬೆಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ಅಂತರ ಕಾಲೇಜು ಮಟ್ಟದ ತೂಕ ಎತ್ತುವ ಪುರುಷ ಮತ್ತು ಮಹಿಳೆಯರ ಸ್ಪರ್ಧೆಗೆ ಚಾಲನೆ ನೀಡಿ ಮಾತನಾಡಿ ಅವರು "ವಿದ್ಯಾರ್ಥಿಗಳು ಓದಿನ ಜೊತೆ ಕ್ರೀಡೆಗಳಲ್ಲೂ ಸಾಧನೆ ಮಾಡಬೇಕು. ಗ್ರಾಮೀಣ ಪ್ರದೇಶಗಳಲ್ಲಿ ತೂಕ ಎತ್ತುವ ಸ್ಪರ್ಧೆಗಳು ನಡೆಯುತ್ತವೆ. ಹೀಗಾಗಿ, ಅಲ್ಲಿ ಹೆಚ್ಚಿನ ಕ್ರೀಡಾಪಟುಗಳು ದೊರಕುತ್ತಾರೆ," ಎಂದು ಹೇಳಿದರು.

ಶೇಷಾದ್ರಿಪುರಂ ಶಿಕ್ಷಣ ದತ್ತಿ ಧರ್ಮದರ್ಶಿ ಡಬ್ಲ್ಯೂ.ಡಿ.ಆಶೋಕ್ ಮಾತನಾಡಿದರು.

23 ಕಾಲೇಜುಗಳ 90ಕ್ಕೂ ಅಧಿಕ ವಿದ್ಯಾರ್ಥಿಗಳು ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದರು. ಶೇಷಾದ್ರಿಪುರಂ ಶಿಕ್ಷಣ ದತ್ತಿಯ ಉಪಾಧ್ಯಕ್ಷ ಟಿ.ಎಸ್.ಹೆಂಟೇರಪ್ಪ, ಪ್ರಾಂಶುಪಾಲರಾದ ಡಾ. ಅನುರಾಧ ರಾಯ್, ಮುಖ್ಯಸ್ಥ ಎಂ.ಎಸ್.ನಟರಾಜ್, ದೈಹಿಕ ಶಿಕ್ಷಣ ನಿರ್ದೇಶಕ ಕೆ.ಎಸ್. ಕಾರ್ತಿಕ್ ಮತ್ತಿತರರು ಉಪಸ್ಥಿತರಿದ್ದರು.



ನಗರದ ಶೇಷಾದ್ರಿಪುರಂ ಕಾಲೇಜಿನಲ್ಲಿ ಶನಿವಾರ ತೂಕ ಎತ್ತುವ ಸರ್ವೆ ನಡೆಯಿತು.

Home / ಬೆಂಗಳೂರು /  
ಬಾಹ್ಯಾಕಾಶ ಸಂಸ್ಥೆ ದಾರ್ ತಂಡದಲ್ಲಿ ಕನ್ನಡಿಗರ  
ಕ್ರೀಡಾಂಶ



ಭಾರತೀಯ ಪೂರ್ವ ಬಾಲ್ಯ  
ತಂಡದಲ್ಲಿ ಕನ್ನಡಿಗರ  
ಕ್ರೀಡಾಂಶ

## ೧೨ ಹೊಸದಿಗಂತ

ಗುರುವಾರ 18 ಅಕ್ಟೋಬರ್ 2018, ಬೆಂಗಳೂರು

## ವೇಟ್‌ಲಿಫ್ಟಿಂಗ್: ಶೇಷಾದ್ರಿಪುರಂ ಕಾಲೇಜು ತಂಡದ ಸಾಧನೆ

ಬೆಂಗಳೂರು: ಬಾಹ್ಯಾಕಾಶ ಸಂಸ್ಥೆ ದಾರ್ ತಂಡದಲ್ಲಿ ಕನ್ನಡಿಗರ ಕ್ರೀಡಾಂಶ



2018-19ನೇ ಸಾಲಿನ ವೇಟ್‌ಲಿಫ್ಟಿಂಗ್ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಪುರುಷರ ವಿಭಾಗದಲ್ಲಿ 4 ಚಿನ್ನ ಪದಕಗಳನ್ನು ಪಡೆದರು.



ಅದೇ ರೀತಿ ಮಹಿಳೆಯರ ವಿಭಾಗದಲ್ಲಿ 3 ಚಿನ್ನ ಪದಕಗಳನ್ನು ಪಡೆದರು.

ಇವುಗಳ ಜೊತೆಗೆ ಸರಿಯಾದ ಪ್ರದರ್ಶನಕ್ಕಾಗಿ ಪ್ರಶಸ್ತಿ ಪಡೆದರು.





**Seshadripuram Educational Trust**  
**SESHADRIPURAM COLLEGE**

# 27, Nagappa Street, Seshadripuram, Bengaluru - 560 020  
Affiliated to Bangalore University | NAAC Accredited 'A' Grade  
[www.spmcollege.ac.in](http://www.spmcollege.ac.in)