REPORT

SPORTS ATHLETICS CHAMPIONSHIPS

10th & 11th of February, 2017

By: Sports Committee
Session: - 2016-17

Vivek College, Bijnor
Notice

Date: -28/01/2017

A meeting regarding sports event is scheduled on 30\textsuperscript{th} January, 2017 at 01.30pm in the Administration block. All the Heads, faculty members and committee members are requested to attend the meeting.

Copy to:

- Hon'ble Chairman, for the kind information.
- Principal College of Education.
- Head of Departments.
- Coordinator IQAC.
- Office file.
MINUTES OF MEETING

The meeting of sports committee was held today i.e. 30th January 2017 at 1:30pm in Administration block.

PURPOSE- ORGANISING “SPORTS ATHLETICS CHAMPIONSHIP”

Agenda 1:- Granting of leave of absence:-

All the heads and members of sports committee were present in the meeting except Dr. RameezIqbal Khan and Mr. Anuj Sharma.

Agenda 2:- Confirmation of minutes of meeting and approval of action of report.

The previous meeting was regarding the “Annual Sports Meet”. It was also executed successfully.

Agenda 3:- The upcoming event “Sports Athletics Championship” was planned on 10th & 11th February 2017.

All the members were given vote of thanks by the sports co-ordinator.

Committee Members
NOTICE

Date: - 02/02/2017

Sports Committee of Vivek College is going to organise ‘SPORTS ATHLETICS CHAMPIONSHIP’ from 10\textsuperscript{th} to 11\textsuperscript{th} February 2017. All the respective departments are hereby informed to give the name of the participants for the following sports. Please do so by 7\textsuperscript{th} February 2017.

Name of Activities:

1. 100mt. Race
2. 200mt. Race
3. 800mt. Race
4. Javelin Throw
5. Long Jump
6. High Jump
7. Shot Put

Copy to:-

- Hon’ble Chairman, for the kind information.
- Principal of College.
- Head of Education Dept.
- Head of B.C.A Dept.
- Head of M.S.W.
- Head of B.Sc (Hons.)
- Head of B.Sc (H.S).
- Head of Commerce.
- Head of Bachelor of Business Studies.
- Coordinator IQAC.
- Office file.

(Sports Committee)
BENEFITS OF SPORTS OF ATHLETICS

Playing a sport requires a lot of time and energy. Some people may think this would distract student-athletes from schoolwork. However, the opposite is true. Sports require memorization, repetition and learning.

Watching your hard work pay off and achieving your goals develops self-confidence. Achieving a sport or fitness goal encourages you to achieve other goals you set. This is a rewarding and exciting learning process.

Some Health Benefits of Sports of Athletics:

- Time management skills
- Creativity in finding ways to improve
- Strong focus and concentration development
- Internal skills for handling pressure
- Learning when to take risks

These skills go far beyond the sports field. Student athletes reap the benefit of their training for the rest of their lives.
List of Events

- 100 meters
- 200 meters
- 800 meters
- Long jump
- High jump
- Shot put
- Javelin throw

Duration of Event

- Two days

The following departments participated in the championships.

1. B.Com (Hons.)
2. BBA
3. BCA
4. B.Sc (Hons.)
5. MSW
6. B.Sc (H.S)
The following departments participated in the championships.

1. B.Com (Hons.)
2. BBA
3. BCA
4. B.Sc (Hons.)
5. MSW
6. B.Sc (H.S)
## Athletics Events (Day - 1)

### 100 metres Race

<table>
<thead>
<tr>
<th>No. of Participants (Male)</th>
<th>No. of Participants (Female)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>11</td>
</tr>
</tbody>
</table>

### 200 metres Race

<table>
<thead>
<tr>
<th>No. of Participants (Male)</th>
<th>No. of Participants (Female)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>08</td>
</tr>
</tbody>
</table>

### 800 metres Race

<table>
<thead>
<tr>
<th>No. of Participants (Male)</th>
<th>No. of Participants (Female)</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>06</td>
</tr>
</tbody>
</table>

## DAY – 2

### Long Jump

<table>
<thead>
<tr>
<th>No. of Participants (Male)</th>
<th>No. of Participants (Female)</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>09</td>
</tr>
</tbody>
</table>

### High Jump

<table>
<thead>
<tr>
<th>No. of Participants (Male)</th>
<th>No. of Participants (Female)</th>
</tr>
</thead>
<tbody>
<tr>
<td>08</td>
<td>05</td>
</tr>
<tr>
<td>Event</td>
<td>No. of Participants (Male)</td>
</tr>
<tr>
<td>-------------</td>
<td>----------------------------</td>
</tr>
<tr>
<td>Shot put</td>
<td>11</td>
</tr>
<tr>
<td>Javelin throw</td>
<td>09</td>
</tr>
</tbody>
</table>
RESULTS

Winners of various events (Male category)

<table>
<thead>
<tr>
<th>Event</th>
<th>I Position</th>
<th>II Position</th>
<th>III Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 metres</td>
<td>Rajat Arora</td>
<td>Vishal Kumar</td>
<td>Suraj Singh</td>
</tr>
<tr>
<td>200 metres</td>
<td>Vishal Kumar</td>
<td>Suresh Saini</td>
<td>Amandeep</td>
</tr>
<tr>
<td>800 metres</td>
<td>Rajat Arora</td>
<td>Harsh Agarwal</td>
<td>Amandeep</td>
</tr>
<tr>
<td>Long jump</td>
<td>Sahil Madan</td>
<td>Shivam Rathi</td>
<td>Ankush Jain</td>
</tr>
<tr>
<td>High jump</td>
<td>Shivam Rathi</td>
<td>Rohit Chauhan</td>
<td>Farman Ali</td>
</tr>
<tr>
<td>Shot put</td>
<td>Mohd. Saim</td>
<td>Deepam Jain</td>
<td>Sandeep Kumar</td>
</tr>
<tr>
<td>Javelin throw</td>
<td>Pallav Kumar</td>
<td>Shahzeb Ahmed</td>
<td>Sanidya Tyagi</td>
</tr>
</tbody>
</table>

Winners of various events (Female category)

<table>
<thead>
<tr>
<th>Event</th>
<th>I Position</th>
<th>II Position</th>
<th>III Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 metres</td>
<td>Priyanka Sing</td>
<td>Abha Chaudhary</td>
<td>Simran Sharma</td>
</tr>
<tr>
<td>200 metres</td>
<td>Laxmi Pathak</td>
<td>Abha Chaudhary</td>
<td>Meenakshi</td>
</tr>
<tr>
<td>800 metres</td>
<td>Juhi Chaudhary</td>
<td>Anukampa Jain</td>
<td>Amreen Khan</td>
</tr>
<tr>
<td>Long jump</td>
<td>Jyoti Sharma</td>
<td>Ayesha Zulka</td>
<td>Dikshi Gehlot</td>
</tr>
<tr>
<td>High jump</td>
<td>Rinki Agarwal</td>
<td>Upasna Tyagi</td>
<td>Ujwala Pandey</td>
</tr>
<tr>
<td>Shot put</td>
<td>Laxmi Devi</td>
<td>Kumari Rani</td>
<td>Tanya Jain</td>
</tr>
<tr>
<td>Javelin throw</td>
<td>Akansha Gupta</td>
<td>Priyanka Chauhan</td>
<td>Mansi Singh</td>
</tr>
</tbody>
</table>

All the students were congratulated and awarded with medals and certificates.