

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

RAM LAL ANAND COLLEGE

ANNUAL SPORTS REPORT 2017-18

Physical Education is an integral part of the total education system. It helps in the attainment of the ultimate aim of education i.e. the achievement of holistic development. Games and Sports play a vital role in the student's life. A student should study hard to be successful in competitive examinations. But, he should also play games and sports to enjoy the health and vigour of life. Along with bookish learning, a student should spend his time on games and sports also.

Either study or work alone makes us exhaust. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Education without sports is incomplete. The Department of Physical Education and Sports marks itself as one amongst the most efficacious Department of Ram Lal Anand College. It strives to excel at all levels and bring laurels to the college. With the help of college faculty we are continuously improving in sports field.

Considering the concept of “**SPORTS FOR ALL**” throughout the entire session we organized Inter-department tournaments for students as well as some sports activities for staff (teaching and non-teaching). It is one of the largest co-curricular activity programs that offer an extensive opportunity to all the students and staff. This venture shall enable the students and staff to have fun, learn new sports, enhance social interaction and tests one's physical capability. These competition also offer a break from the daily routine tasks and recreate or re-energetic them.

The following events have been organized for the inter-class sports tournaments for students:

- CRICKET
- VOLLEYBALL
- TABLE TENNIS
- CHESS
- ATHLETICS
- TUG OF WAR

For Teaching and Non-teaching Staff

- TABLE TENNIS
- CARROM

From the beginning of session our college sports person of respective games (Football, Judo, Cricket, Volleyball (Men & Women), Chess (Men & Women), Table-tennis (Men & Women), Athletics (Men & Women), Ball-Badminton (Men & Women) Boxing (Men & Women) and Taekwondo) start their practice session and they work very hard for converting their sweat in

winning trophies for the fame of our college. Our college participated in the Inter-college championship 2017-18 in the above mentioned game.

ANNUAL SPORTS DAY 2017

STAFF ACTIVITY





INTER COLLEGE BALL BADMINTON TEAM



INTER COLLEGE BASKETBALL TEAM



INTER COLLEGE JUDO TEAM



INTER COLLEGE BASKETBALL TEAM



INTER COLLEGE CRICKET TEAM



INTER COLLEGE FOOTBALL TEAM



ARYABHATA COLLEGE CHESS TEAM



INTER COLLEGE TABLE TENNIS TEAM



INTER CLASS VOLLEY BALL TOURNAMENT



INTER CLASS CHESS TOURNAMENT



INTER CLASS BADMINTON TOURNAMENT

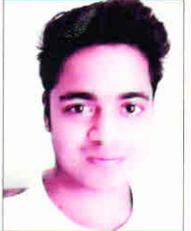


SPORTS STARS OF RLA

2017-18

 <p>HARSHIT SEHRAWAT B.A. (POL.SCI) IYR Participated in 63rd Junior National Ball Badminton Championship Bronze Medal in 3rd National Circle Fencing Tournament</p>	 <p>SHIVANG MISHRA B.SC. (GEOLOGY) IYR Participated in 63rd Junior National Ball Badminton Championship</p>
 <p>PRIYANKA RASTOGI B.A. (HINDI) IYR Participated in 63rd Junior National Ball Badminton Championship</p>	 <p>EKTA B.A. (HINDI) IYR Participated in 63rd Junior National Ball Badminton Championship</p>
 <p>TARUN KUMAR DAGAR B.COM. (P) IIIYR Participated in All India Inter University Volleyball Championship</p>	 <p>AMIT KUMAR B.A. (PROG.) IIIYR Silver Medal Judo Championship Bronze medal in Wrestling Championship</p>


Department of Physical Education

 <p>TANMAY B.A. (PROG.) IYR Participated in All India Inter University Judo Championship Gold Medal in Inter college Judo Championship Bronze in Inter College Wrestling Championship</p>	 <p>PARUL B.SC. (COMP. SCI.) Bronze Medal in Inter College Judo Championship</p>
 <p>SHUBHAM B.A. (ENGLISH) IYR Bronze Medal in Inter College Judo Championship</p>	 <p>MEGHA BISHT B.A. (PROG.) IYR Silver Medal in Inter College Boxing Championship</p>
 <p>SHUBHAM SINGH B.A. (HISTORY) IYR Silver Medal in Inter College Boxing Championship</p>	 <p>ANKIT MISHRA B.A. (POL.SCI.) IYR Participated in All India Cooch Behar Cricket Trophy</p>



Department of Physical Education