

Lyceum

e-Sports Journal

November - 2025



DEPARTMENT OF **PHYSICAL EDUCATION AND SPORTS**



Seshadripuram Educational Trust

SESHADRIPURAM COLLEGE

NAAC Accredited Grade A++

27, Nagappa Street, Seshadripuram, Bengaluru – 560 020

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*Life is a
Game
be fit to Win!*

HISTORY

The Department of Physical Education and Sports 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 persons 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 from Honorary General Secretary



Nadoja Dr. Wooday P. Krishna
Honorary General Secretary
Seshadripuram Educational Trust

It gives me immense pleasure to learn that the Department of Physical Education and Sports is releasing the Tenth edition of Lyceum. The Department's exemplary achievements across various sporting disciplines are truly commendable, and this e-journal stands as a proud record of its accomplishments. Under the inspiring leadership of Lt. Karthik K.S., Physical Education Director, the Department is certain to reach even greater heights. I extend my sincere congratulations to the Principal, the Physical Education Director, the staff, and the dedicated team of enthusiastic and talented sportspersons, and wish them continued success in all future endeavours.



Sri M. S. Nataraj
Chairman, Governing Council
Honorary Asst. Secretary, SET

Message from Governing Council Chairman

The publication of the sports newsletter Lyceum by the Department of Physical Education and Sports is a commendable initiative. The newsletter highlights the Department's activities during the academic year 2024–25 and reflects its outstanding achievements across various sports disciplines. I extend my congratulations to the Principal, Maj. Dr. Anandappa I, the Physical Education Director, Lt. Karthik K. S., and his committed team for their dedication, perseverance, and continued motivation.

Chief Editor's Note



Maj Dr. Anandappa. I

Principal
Seshadripuram College

It is with great pride and pleasure that I present the Tenth issue of the newsletter of our College Department of Physical Education and Sports. This publication stands as an evidence to our continued excellence in the field of sports. Throughout the year, the Department organized a wide range of activities, events, training sessions, competitions, and workshops for students, reflecting its strong commitment to physical education and highlighting remarkable achievements across various sporting disciplines. I take this opportunity to express my sincere appreciation to the Physical Education Director, Lt. Karthik K.S., and the Editorial Committee, comprising faculty members and student representatives, for their dedicated efforts in bringing out this annual issue of Lyceum. The newsletter is a true reflection of the diligence, perseverance, and collective commitment of the Department and students in meeting the challenges of an increasingly competitive sporting environment.



Department of Physical Education And Sports

Sports Committee

President	Maj Dr. Anandappa. I , Principal
Vice - President	Dr. Bhargavi V. R. , Director, M.Com. Programme Dr. Chitra Shashidhar , Director, MBA Programme Dr. Veena R. , Co-ordinator, MCA Programme
Secretary	Lt. Karthik K. S. , Physical Education Director
Staff Committee Members	Smt. Anusha H. R. , Department of Commerce Sri C J T Kumar , Department of English Sri Shivaswamy D. S. , Department of Computer Science
Students Sports Secretary <i>Boys Wing, Girls Wing</i>	Kushi N. E. , III BCA Priyanka B. , III B.Com. Anish Kumar Giri , III B.Com. Rochan Kumar S. S. , III B.Com.
Students Committee Members	All Team Captains

Editorial Committee

Smt. Anusha H. R., Department of Commerce
Sri C J T Kumar, Department of English

Lt. Karthik K. S., Physical Education Director
Sri Shivaswamy D. S., Department of Computer Science



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.
- Fee 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 participating in competitions at all levels.
- Attendance concessions, 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.

Departmental Programmes



EXTRAMURAL

(Boys & Girls)

American Football	Powerlifting
Athletics	Rugby
Badminton	Softball
Baseball	Swimming
Basketball	Table Tennis
Chess	Taekwondo
Cricket	Throwball
Fencing	Volleyball
Football	Weightlifting
Handball	Wrestling
Judo	Yoga
Kabaddi	Netball
Karate	Other games

INTRAMURAL

Boys

Athletics
Badminton
Carrom
Chess
Cricket
Football
Powerlifting
Kabaddi
Table Tennis
Volleyball
Throwball
Yoga

Girls

Athletics
Badminton
Carrom
Chess
Powerlifting
Kabaddi
Throwball
Table Tennis
Volleyball
Yoga

**ANNUAL SPORTS DAY
AND
NATIONAL SPORTS DAY**



Department of Physical Education and Sports

ANNUAL SPORTS REPORT 2024-25

It has been a year of remarkable achievements for the Department of Physical Education and Sports. It is with great pride that we present a brief report of the activities and achievements of the Department for the year 2024-25.

The Sports Committee for the year 2024 – 25 was constituted under the Chairmanship of Maj. Dr. Anandappa I – Principal, Seshadripuram College. The committee is comprised of Lt. Karthik K. S, Physical Education Director and faculty member's Sri. C J T R Kumar, Smt Anusha H. R. Sri. Shivaswamy D. S. The Student Sports coordinators are Kushi N E of 3rd BCA, Priyanka B of 3rd B.Com, Anish Kumar Giri of 3rd B.Com and Rochan Kumar S. 3rd B.Com.

The Sports activities of the academic year began soon after the commencement of the semester in September with regular practice.

EVENTS ORGANISED BY THE DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

➤ The Department of Physical Education and Sports conducted **COLLEGE MEN AND WOMEN SPORTS TEAM SELECTION TRIALS** for the academic year 2024 - 25 in the month of September 2024. Athletics, Volleyball, Cricket, Badminton, Table-Tennis, Throwball, Chess, Weightlifting, Powerlifting, Yoga, Karate, Judo, Kabaddi, Taekwondo, Football, Basketball, Rifle Shooting, Archery, Softball, Baseball, Handball etc. were conducted.

➤ **National Sports Day 2024** - Sports play a vital role in our lives, offering both enjoyment and health benefits. To emphasize the importance of physical activities, National Sports Day is observed on August 29, marking the birth anniversary of hockey legend Major Dhyan Chand. In 2024, Seshadripuram College, along with Seshadripuram

Evening College and Seshadripuram Institute of Commerce and Management, organized activities including a poster competition on "Golden Moments: India's Medallists in Olympic History since 1896" and the Two-Hand Dips Challenge. The event, guided by Dr. B. G. Bhaskara, Principal, Seshadripuram College and Lt. Karthik K.S. Physical Education Director and Associate NCC Officer, aimed to educate students about Indian athlete's Olympic achievements and promote physical fitness. The grand success of the event celebrated Major Dhyan Chand's legacy and inspired students to embrace sports for a healthier lifestyle.



Bengaluru, Karnataka, India
27, Nagappa St., 4th Block, Kumbura Park West, Seshadripuram, Bengaluru, Karnataka
560020, India

➤ **INTER-CLASS COMPETITIONS** for the academic year 2024-25 was conducted from 24th February 2025 to 21st March 2025 at various venues as per the schedule. The Games / Events were **Chess** (23 students), **Table Tennis** (22 students), **Carrom** (152 students), **Dead-lift** (31 students), **Yoga** (13 students), **Throwball** (141 students), **Volleyball** (126 students), **Badminton** (75 students), **Football Men** (60 students), **Kabaddi** (120 students) and **Cricket Men** (473 students). A total of 1236 students from our college actively participated in the year 2024-25.



➤ The Department of Physical Education and Sports conducted **ANNUAL ATHLETIC MEET 2024-25** on 29th April 2025 at HMT Sports Club, HMT Main Road, Jalahalli for both UG and PG Students, Teaching and Non-Teaching staff. Maj. Dr. Anandappa I– Principal, Seshadripuram College and Dr. Bhargavi V R – Director of M. Com, Dr. Chithra Shashidar Director of MBA, Prof Veena R – Coordinator of MCA and Heads of Various Department inaugurated and declared the meet open. 528 students took part in the Athletic Events.



Department of Physical Education and Sports of Seshadripuram College organised **BENGALURU CITY UNIVERSITY INTER COLLEGIATE WEIGHTLIFTING MEN & WOMEN COMPETITION 2024-25** on 22nd May 2025 at Seshadripuram College campus. The event was inaugurated by Chief Guest Sri. Dr. K Shivashankar – In charge Director of Physical Education Bengaluru City University, Presided by Sri. M. S. Nataraj – Chairman, Governing Council of Seshadripuram Educational Trust,



Maj. Dr. Anandappa I – Principal, Seshadripuram College and **Lt. Karthik K.S.** – Physical Education Director, Seshadripuram College and Convener of the competition graced the inaugural program.

All the programmes were graced by eminent sports persons and distinguished guests of reputed sports associations and institutions.

Most importantly, 2024-25 has seen many remarkable achievements in various fields of sports by our talented students. Every year, we have students achieving distinction and winning medals at the International, National, State, All India Inter-University, South Zone Inter-University and University level. Our students have left their mark in sports ranging from Athletics to Weightlifting. Our students actively take part in sports activities conducted by various Associations, Federation, AIU Board, Private Institutions and Bengaluru City University Level Tournaments and Competitions.

Our 3 Students Harish Kumar M (III BBA), Dilip R. S (I B.Com), and Prabhas Reddy A. C. of (II B.Com) has participated in the **International Level Taekwondo Competitions**; securing **3 Gold medals**. 10 Students represented Karnataka State in **National Level Tournaments** and secured **5 Gold medals**. 46 Students participated in **All India and South Zone Inter-University Competitions**, Students participated in State level, Private and Bengaluru City University tournaments and secured **25 Gold, 16 Silver and 15 Bronze Medals**, a total of 56 medals has been secured.

TEAM ACHIEVEMENTS

There are many outstanding sports personalities to present in detail in this report, however we would like to highlight some of the most outstanding of these achievers who have won medals in Intercollegiate Tournaments across various games



Kabaddi Men's Team

1. **Winners** of the **Bengaluru City University Men's Kabaddi Championship 2024-25**, organized by Dr. NSAM First Grade College, Bengaluru.
2. **Winners** at the **INFINI National Sports Fest 2024-25**, organized by PES University, Bengaluru
3. **Winners** at the Alliance Alpha Kabaddi Tournament, organized by **Alliance University**, 2024-25.
4. **Winners** at **UMANG'24 Inter-Collegiate Sports Tournament** organized by the **International Institute of Information Technology, Bengaluru**.
5. **1st Runner-Up** at the Bulls College Showdown, organized by **Bengaluru Bulls**, held at Rajarajeshwari Medical College, Bengaluru.

Throwball Women's Team

1. **Winners** at the Game on 2024 Intercollegiate Tournament, organized by Transcend Group of Institutions, Bengaluru.
2. **Winners** of the Autumn Muse - Inter-Collegiate Tournament 2024-25, organized by St. John's Medical College, Bengaluru.



3. **Winners** at **UMANG'24 Inter-Collegiate Sports Tournament**, organized by the **International Institute of Information Technology, Bengaluru**.
4. **Winners** at **State Level Intercollege Sports fest - UDAAN 2025** organised by Presidency University, Bengaluru.
5. **Winners** at The Annual Intercollegiate Sports Fest - SPIEL 2025 organised by St. Joseph's College of Commerce, Bengaluru.
6. **Winners** at the Namma Sportika Inter-Collegiate Sports Meet, organized by **GITAM University, Bengaluru**.
7. **Winners** of the Visishta - Inter-Collegiate Cultural and Sports fest 2024-25, organized by Seshadripuram First Grade College, Bengaluru.
8. **Runners-up** in Women's Throwball at AAROH Inter-Collegiate Sports Meet, organized by RNS First Grade College, Bengaluru.
9. **Runners-up** in Women's Throwball at ZEAL Inter-Collegiate Sports Meet for Women, organized by B.M.S. College for Women, Bengaluru.

Throwball Men's Team

1. **Winners** at the Namma Sportika Inter-Collegiate Sports Meet, organized by **GITAM University, Bengaluru**.
2. **Runners-Up** at the Dr. BNV Subramanya Memorial Sports Tournament, held at Jyothi Institute of Commerce and Management, Bengaluru.



3. **Runners-Up** at the Deplomat 2025, the National level inter collegiate fest. Held at De Paul College, Mysore.

Chess Women's Team

Winners at the **Bengaluru City University Championship**, held at MES College, Malleshwaram, Bengaluru.



Chess (Mixed Event)

Runners-Up at the Namma Sportika Inter-Collegiate Sports Meet, organized by **GITAM University**, Bengaluru.



Table Tennis Men's

1. **Runner-Up** in the **Bengaluru City University Championship**, organized by SRN Adarsh College, Chamrajpet, Bengaluru
2. **Winners** at Parva **12th State-Level Inter-Collegiate UG Fest**, held at Seshadripuram Academy of Business Studies, Kengeri, Bengaluru.



Our Management is generous in supporting and encouraging all kinds of achievements in students. Appreciation award of Rs.5000/- will be provided for South Zone Inter University/All India Inter University/National level participation and Rs. 10,000/- for International overseas participation. For the year 2024-25 Rs. 2, 80,000/- has been distributed for the sports achievers. The Sports committee and all our students of sports are truly grateful to our Management for their constant support and encouragement.

On behalf of the Department of Physical education and sports, we take immense pleasure in congratulating and appreciating all the participants and winners. We thank our Management, Principal and Sports Committee for their guidance and support. Our sincere thanks to all the teaching and 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 and contribution is always remembered. Thank you.

INTERNATIONAL DAY OF YOGA -2024

Ministry of Aayush Govt. of India, Seshadripuram Group of Institutions and Seshadripuram college in association with The Indus Entrepreneurs, Bengaluru organized **10th INTERNATIONAL DAY OF YOGA** on **22nd June 2024** at Seshadripuram Educational Trust Premises. The event was inaugurated by Nadoja Dr. Wooday P Krishna – Honorary General Secretary, Seshadripuram Educational Trust, Guest of Honour Sri. Srinivasalu – Commissioner, Aayush, Bengaluru, Yoga Guru Dr. K Raghavendra Pai – Secretary, Sri Vedavyasa Yoga Pratisthana, Mysore, Sri Madan Padki – President, Tie Bengaluru, Dr. B G Bhaskara – Principal, Seshadripuram College, Principals and Physical Education Directors of Seshadripuram Group of Institutions.



INAUGURATION OF PROGRAMME ON 22/06/2024

Yoga Guru Dr. K Raghavendra Pai – Secretary, Sri Vedavyasa Yoga Pratisthana, Mysore, demonstrated Antarprerana Yoga & briefly explained about Antarprerana yoga & it's

Importance and Presided over by Sri Madan Padki – President, Tie Bengaluru.

200 Students took part in this event. Yoga Guru Dr. K Raghavendra Pai sir demonstrated and made them to do some Antarprerana Yoga Asanas and briefly explained about Antarprerana yoga & it's Importance. 'Yoga for self and Society' (enhancing personal well-being and fostering a more positive and harmonious Society) - is the theme for the International Yoga Day 2024 (International Day of Yoga 2024 protocol was followed). Sri Madan Padki addressed the gathering and gave the precedential remarks about yoga. Shared the importance of yoga in our daily lives & motivated students to do yoga regularly.



STUDENTS ENGAGED IN ASANAS ON 22/06/2024



NATIONAL SPORTS DAY - 2024

Sports, play an integral role in our lives, offering not only enjoyment but also significant health and fitness benefits. Engaging in sports provides a complete workout for the body and mind, improving overall well-being. To emphasize the importance of sports and physical activities, National Sports Day is observed every year on **August 29**. This day marks the birth anniversary of hockey legend **Major Dhyan Chand**, whose contributions to Indian hockey are celebrated nationwide.

In 2024, Seshadripuram College, in association with Seshadripuram Evening College and Seshadripuram Institute of Commerce and Management, organized a series of activities to commemorate National Sports Day. The event featured a poster and collage-making competition and the Two Hand Dips Challenge, encouraging participation from students and NCC cadets.

The theme for the poster competition was "Golden Moments: India's Medalists in Olympic History since 1896", aimed at educating students about the significant achievements of Indian athletes in the Olympics. This theme highlighted the records set by Indian players, fostering a sense of pride and awareness among the students.

Under the guidance of Lt. Karthik K.S., Associate NCC Officer and Physical Education Director of Seshadripuram College, the event began at 9:30 AM. The chief guests, with their gracious presence, addressed the gathering, emphasizing the benefits of sports and the lasting legacy of Major Dhyan Chand in shaping Indian hockey.

The National Sports Day 2024 event was a grand success, celebrating the legacy of Major Dhyan Chand while promoting the importance of sports, fitness, and physical activity among students. It not only honored our Olympians but also inspired the next generation to engage in sports for a healthier, more active lifestyle.



BENGALURU CITY UNIVERSITY INTER COLLEGIATE WEIGHTLIFTING (MEN & WOMEN) COMPETITION 2024-25

The Department of Physical Education and Sports at Seshadripuram College organized the **BENGALURU CITY UNIVERSITY INTER-COLLEGIATE WEIGHTLIFTING MEN & WOMEN COMPETITION 2024-25** on May 22, 2025, at the Seshadripuram College campus. The event was inaugurated by the Chief Guest, Sri Dr. K. Shivashankar, In-Charge Director of Physical Education, Bengaluru City University, Bengaluru. The inauguration ceremony was presided over by Sri M. S. Nataraj, Chairman of the Governing Council of Seshadripuram Educational Trust; Maj. Dr. Anandappa I, Principal of Seshadripuram College; and Lt. Karthik K.S., Physical Education Director, Seshadripuram College, who also served as the Convener of the competition.

Invocation song was chanted by Anthardwani team followed by lighting of the lamp by the dignitaries

Sri Dr. K Shivashankar – Chief Guest inspired the participants by his motivational speech on Weightlifting shared his experience as the Chief guest was honoured by the dignitaries.

Sri. M. S. Nataraj – Chairman, Governing Council of Seshadripuram College delivered his presidential address. 39 Participants from 12 Colleges affiliated to Bengaluru City University took part in the competition. Officials from the Weightlifting Association were invited for judging.



SNAPSHOT OF COMPETITIONS HELD ON 22.05.2025



INAUGURATION & COMPETITION ON 22.05.2025.



MEDAL WINNERS OF THE COMPETITION HELD ON 22.05.2025

SPORTS ACHIEVERS

INDIVIDUAL ACHIEVEMENTS 2024-25



HARISH KUMAR M.

III BBA

Taekwondo

- Secured **Gold Medal** at **International Taekwondo Championship** held at Goa, India held on 28th & 29th September 2024.
- Secured **Silver Medal** in **Bengaluru City University Intercollegiate Taekwondo Championship 2024-25** held at SFGC Yelahanka on 22nd October 2024.



PRABHAS REDDY A.C

II B.Com.

Taekwondo & 4x100m Relay

- Secured **Gold Medal** in **4th National Level Taekwondo Championship** held at Chamarajpet, Bengaluru, Karnataka on 14th & 15th September 2024.
- Secured **Gold Medal** at **International Taekwondo Championship** held at Goa India on 28th & 29th September 2024.
- Secured **Gold Medal** in **Bengaluru City University Intercollegiate Taekwondo Championship 2024-25** held at SFGC Yelahanka on 22nd October 2024.
- Participated in **All India Inter University Taekwondo Championship** held at Guru Nanak Dev University Amritsar, Punjab held from 6th to 15th November 2024.
- Secured **Bronze Medal** (4x100 m relay) in **BCU 6th Annual Inter-Collegiate Athletic Meet 2024-25** held at Sri Kanteerava stadium, Bengaluru on 27 & 28 November 2024.



DILIP R. S.

I B.Com.

Taekwondo

- Secured **Gold Medal** in **4th National Level Taekwondo Championship** held at Chamarajpet, Bengaluru, Karnataka on 14th & 15th September 2024.
- Secured **Gold Medal** at **International Taekwondo Championship** held at Goa India on 28th & 29th September 2024.
- Secured **Gold Medal** in **Bengaluru City University Intercollegiate Taekwondo Championship 2024-25** held at SFGC Yelahanka on 22nd October 2024.
- Participated in **All India Inter University Taekwondo Championship** held at Guru Nanak Dev University Amritsar, Punjab held from 6th to 15th November 2024.



ROHITH R.

I B.Com.

Taekwondo

- Secured **Gold Medal** in Bengaluru City University Intercollegiate Taekwondo Championship 2024-25 held at SFGC Yelahanka on 22nd October 2024.
- Participated in **All India Inter University Taekwondo Championship** held at Guru Nanak Dev University Amritsar, Punjab held from 6th to 15th November 2024.



PRAKRUTHI M.

I B.Com.

Throwball & Volleyball

- Secured **Gold Medal** in **Dasara district level Throwball Competition** held at Kanteerava stadium Bengaluru on 24th & 25th October 2024.
- Represented Bengaluru City University and participated in **South Zone Inter University Volleyball (Women)** tournament 2024-25 held at Jeppiaar University Chennai, Tamilnadu from 7th to 11th of January 2025



ANUSHA M.

II B.Com.

Throwball

- Secured **Gold Medal** in **Dasara district level Throwball Competition** held at Kanteerava stadium Bengaluru on 24th & 25th October 2024.
- Secured **Silver Medal** in **Dasara division level Throwball Competition** held at Chitradurga on 30th September 2024.



PRIYANKA B.

III B.Com.

Judo & Weightlifting

- Secured **Bronze Medal** in **Bengaluru City University Intercollegiate JUDO Tournament** held on 8th November 2024.
- Secured **Bronze Medal** in Weightlifting in **Dasara division level competition** held at Sri Kanteerava Stadium Bengaluru on 24th & 25th October 2024.
- Secured **Silver Medal** (Below 64kg Body Weight Category) in **Bengaluru City University Weightlifting Competition** 2024-25 held at Seshadripuram College, Bengaluru on 22nd May 2025



RAGAVI

III B.Com.

Chess

- Represented Bengaluru City University and participated in **South Zone Inter University Chess (Women) Tournament 2024-25** held at GITAM (deemed to be university), Visakhapatnam, Andhra Pradesh from 6th to 8th December 2024



CHANDANA B.

II B.Com.

Chess

- Represented Bengaluru City University and participated in **South Zone Inter University Chess (Women) Tournament 2024-25** held at GITAM (deemed to be university), Visakhapatnam, Andhra Pradesh from 6th to 8th December 2024



JAYASURYA

II B.Com.

Judo

- Secured **Gold Medal** in **Judo Intercollegiate Tournament 2024-25** organised by GFGC Malleshwaram on 08th of November 2024
- Represented Bengaluru City University and Participated in **South West Zone Inter University Judo Tournament 2024-25** held at LNCT University, Bhopal, Madhya Pradesh from 27th to 30th November 2024.



SAKETH SHARMA

II M.Com.

Chess

- Secured **Silver Medal** in **Bengaluru City University Chess Championship 2024-25** held at MES college, Malleshwaram, Bengaluru 6th and 7th of November 2024.
- Represented Bengaluru City University and participate in **South Zone Inter University Chess (Men) Tournament 2024-25** held at Vel Tech Institute, Chennai, Visakhapatnam, Tamilnadu from 8th to 11th January 2025.



MOHAMMAD RIHAN

I B.Com.

Karate

- Secured **Gold Medal** in **Bengaluru City University Karate Championship 2024-25** held at Govt. Arts college, Bengaluru on 5th of November 2024.
- Represented Bengaluru City University and Participated in **South West Zone Inter University Karate Tournament 2024-25** held at LNCT University, Bhopal, Madhya Pradesh.



CHANDANA R.

III B.Com.

Handball

- Secured **Silver Medal** in **Dasara division level handball competition 2024** held at Sri. Kanteerava Stadium Bengaluru on 24th & 25th September 2024.
- Represented Bengaluru City University and participated in **South Zone Handball Men & Women Tournament 2025** organised by Periyar University, Salem Tamil Nadu. From 28th February to 7th March 2025
- Represented Karnataka and participated in **53rd Senior National Handball Women Championship 2025** organised by Handball Association of India, Hathras, Uttar Pradesh from 1st April to 5th April.



MUMTAZ ARFA

III BBA

Handball

- Secured **Silver Medal** in **Dasara division level Handball Competition 2024** held at Sri Kanteerava Stadium Bengaluru on 24th & 25th September 2024.
- Represented Bengaluru City University and Participated in **South Zone Handball Men & Women Tournament 2025** organised by Periyar University, Salem Tamil Nadu from 28th February to 7th March 2025.
- Represented Karnataka and participated in **53rd Senior National Handball Women Championship 2025** organised by Handball Association of India, Hathras, Uttar Pradesh. From 1st April to 5th April 2025.



VISHAL KUMAR N.

II B.Com.

Wrestling, Powerlifting & Judo

- Secured **Gold Medal** in **Dasara district level Wrestling Competition 2024** held at Sri Kanteerava Stadium Bengaluru held on 24th & 25th September 2024.
- Secured **Bronze Medal** in **Dasara State Level Wrestling Competition 2024** held at Mysuru on 24th & 25th September 2024.

- Secured **Silver Medal** in **Bengaluru City University Wrestling Championship 2024-25** on 15th & 16th November 2024.
- Secured **Silver Medal** in **SET Founders Cup Powerlifting Competition 2024** at Seshadripuram institute of commerce and management, Bengaluru on 19th November 2024.
- Participated in **South West Zone Inter University Judo Tournament 2024-25** held at LNCT University, Bhopal, Madhya Pradesh held from 27th to 30th November 2024.
- Secured **Gold Medal** (Below 93kg Body Weight Category) in **Bengaluru City University Weightlifting Competition 2024-25** held at Seshadripuram College, Bengaluru on 22nd May 2025.



VIKAS D.

III B.Com.

Kabaddi

- Participated in South Zone Inter University Kabaddi Men Tournament 2024-25 held at SRM University Chennai, Tamilnadu from 30th October to 2nd November 2024.



LAKSHITH G.

III BBA

Kabaddi

- Participated in South Zone Inter University Kabaddi Men Tournament 2024-25 held at SRM University Chennai, Tamilnadu from 30th October to 2nd November 2024.



ROHITH K. N.

III B.Com.

Boxing & Judo

- Secured **Bronze Medal** in **Dasara district level Boxing Competition 2024** held at Sri. Kanteerava Stadium, Bengaluru held on 26th September 2024.
- Secured **Silver Medal** in **Bengaluru City University Judo Competition 2024** at Wilson Garden, Bengaluru held on 28th October 2024.
- Secured **Gold Medal** in **Bengaluru City University Boxing Competition 2024** held at GFGC Yelahanka, Bengaluru on 29th November 2024.
- Represented Bengaluru City University and Participated in **All India Inter University Boxing Men & Women Championship 2024-25** held at Guru Kashi University, Bathinda, Punjab from 26th December 2024 to 2nd January 2025.



KESHAV SHARMA

III BBA

Boxing

- Secured **Silver Medal** in **Dasara district level Boxing Competition 2024** held at Sri Kanteerava Stadium, Bengaluru on 26th September 2024.
- Secured **Gold Medal** in **State Level Kick Boxing Competition 2024** held at Mysuru on 11th August 2024.
- Secured **Bronze Medal** in **Bengaluru City University Boxing Competition 2024-25** held at GFGC Yelahanka, Bengaluru on 29th November 2024.



KEERTHIKA KASI

II B.Com.

Weightlifting & Powerlifting

- Secured **Silver Medal** in **Dasara Division Level Weightlifting Competition** (below 45kg body weight category) 2024 held at Sri Kanteerava Stadium, Bengaluru on 24th and 25th September 2024
- Participated in **Dasara State Level Weightlifting Competition 2024** (below 45kg body weight category) held at Mysuru from 4th to 6th October 2024.
- Secured **Gold Medal** in **SET Founders Cup Powerlifting Competition 2024** held at Seshadripuram Institute of Commerce and Management, Bengaluru on 19th November 2024
- Participated in **All India Inter University South-West Zone Weightlifting Championship 2024-25** (below 45kg body weight category) held at Acharya Nagarjuna University Guntur from 25th to 28th of November 2024
- Secured **Bronze Medal** (Below 53kg Body Weight Category) in **Bengaluru City University Weightlifting Competition 2024-25** held at Seshadripuram College, Bengaluru on 22nd May 2025.



SHAMVEL T.

II B.Com.

Weightlifting & Powerlifting

- Participated in **Dasara Division Level Weightlifting Competition** (below 73kg body weight category) 2024 held at Sri Kanteerava Stadium Bengaluru on 24th and 25th September 2024
- Participated in **Dasara State Level Weightlifting Competition** (below 67kg body weight category) 2024 held at Mysuru from 4th to 6th October 2024
- Secured **Gold Medal** in **SET Founders Cup Powerlifting Competition** held at Seshadripuram institute of commerce and management, Bengaluru on 19th November 2024
- Participated in **South- West Zone Inter University Weightlifting Championship 2024-25** (below 73kg body weight category) held at Acharya Nagarjuna University Guntur from 25th to 28th of November 2024
- Secured **Silver Medal** (Below 67kg Body Weight Category) in **Bengaluru City University Weightlifting Competition 2024-25** held at Seshadripuram College, Bengaluru on 22nd May 2025.



RAKSHITH D.

II BBA

Weightlifting

- Secured **Silver Medal** in **Dasara Division Level Weightlifting Competition** (below 81kg body weight category) 2024 held at Sri Kanteerava Stadium Bengaluru on 24th and 25th September 2024
- Participated in **Dasara State Level Weightlifting Competition** (below 81kg body weight category) 2024 held at Mysuru from 4th to 6th October 2024
- Participated in **South-West Zone Inter University Weightlifting Championship** 2024-2025 (below 81kg body weight category) held at Acharya Nagarjuna University Guntur from 25th to 28th of November 2024
- Secured **Silver Medal** (Below 81kg Body Weight Category) in **Bengaluru City University Weightlifting Competition** 2024-25 held at Seshadripuram College, Bengaluru on 22nd May 2025.



POOJASHREE U.

III B.Com.

Powerlifting & Softball

- Secured **Gold Medal** in **SET Founders Cup Powerlifting Competition** 2024 held at Seshadripuram institute of commerce and management Bengaluru on 19th November 2024
- Represented Karnataka State and participated in **21st Senior South Zone Softball Women Championship** 2024-25, organised by Pondicherry amateur Softball Association, Pondicherry held from 11th to 13th of January 2025
- Represented Bengaluru City University and Participated in **All India Inter-University Softball Women Tournament** 2024-25, held at Vikrama Simhapuri University, Nellore, Andhra Pradesh from 28th to 30th May 2025.



SANTAN KUMAR K.

III BCA

Weightlifting & Powerlifting

- Secured **Bronze Medal** in **Dasara Division Level Weightlifting Competition** (below 96kg body weight category) 2024 held at Sri Kanteerava Stadium, Bengaluru on 24th and 25th September 2024.
- Secured **Silver Medal** in **SET Founders Cup Powerlifting Competition** 2024 held at Seshadripuram Institute of Commerce and Management, Bengaluru on 19th November 2024.
- Secured **Silver Medal** (Below 102kg Body Weight Category) in **Bengaluru City University Weightlifting Competition** 2024-25 held at Seshadripuram College, Bengaluru on 22nd May 2025.



MADHUSHREE H.

I B.Com.

Powerlifting

- Secured **Bronze Medal** in **SET founders Cup Powerlifting Competition 2024** held at Seshadripuram Institute of Commerce and Management, Bengaluru on 19th November 2024



ROSHANI THAPA

III B.Com.

Powerlifting & Football

- Secured **Silver Medal** in **SET Founders Cup Powerlifting Competition 2024** held at Seshadripuram Institute of Commerce and Management, Bengaluru on 19th November 2024.
- Represented Bengaluru City University and Participated in **South Zone Inter-University Football Women Tournament 2024-25**, held at Alagappa University, Karaikudi, Tamilnadu from 25th to 28th of December 2025.
- Represented Bengaluru City University and participated in **All India Inter-University Softball Women Tournament 2024-25**, held at Vikrama Simhapuri University, Nellore, Andhra Pradesh from 28th to 30th May 2025.



SHAVANA FATHIMA

I B.Com.

Powerlifting, Weightlifting & Rugby

- Secured **Bronze Medal** in **SET Founders Cup Powerlifting Competition 2024** held at Seshadripuram Institute of Commerce and Management on 19th November 2024
- Represented Bengaluru City University and participated in **All India Inter-University Rugby Women Championship 2024-25** organised by KIIT University Bhubaneswar, Odisha held from 19th to 22nd January 2025
- Secured **Bronze Medal** (Below 59kg Body Weight Category) in **Bengaluru City University Weightlifting Competition 2024-25** held at Seshadripuram College, Bengaluru on 22nd May 2025



HEMANTH GOWDA

II B.Com.

Powerlifting & Weightlifting

- Secured **Bronze Medal** in **SET Founders Cup Powerlifting Competition 2024** held at Seshadripuram Institute of Commerce and Management, Bengaluru on 19th November 2024
- Secured **Bronze Medal** (Below 61kg Body Weight Category) in **Bengaluru City University Weightlifting Competition 2024-25** held at Seshadripuram College, Bengaluru on 22nd May 2025.



CHANDAN CHAVAN V.

I B.Com.

Powerlifting

- Secured **Gold Medal** in **SET founders Cup Powerlifting Competition 2024** held at Seshadripuram Institute of Commerce and Management, Bengaluru on 19th November 2024



HEMANTH A.

I MCA

Powerlifting

- Secured **Bronze Medal** in **SET founders Cup Powerlifting Competition 2024** held at Seshadripuram Institute of Commerce and Management, Bengaluru on 19th November 2024



SARVESH MURTHY S.

I MCA

Powerlifting

- Secured **Gold Medal** in **SET founders Cup Powerlifting Competition 2024** held at Seshadripuram Institute of Commerce and Management, Bengaluru on 19th November 2024



BHARATH R.

I M.Com

Wrestling Freestyle

- Secured **Gold Medal** in Bengaluru City University **Wrestling Freestyle 65kgs Championship 2024-25** held at St. Francis College, Bengaluru on 15th & 16th November 2024
- Represented Bengaluru City University and participated in **All India Inter University Wrestling Men & Women Championship 2024-25** Held at Guru Kashi University, Bathinda, Punjab from 5th to 8th January 2025.



DEEPAK S.

III BBA

Long Jump & 4x100m Relay

- Secured **Bronze Medal** (long jump) in Bengaluru City University **6th Annual Inter-Collegiate Athletic Meet 2024-25** held at Sri Kanteerava Stadium, Bengaluru on 27 & 28 November 2024
- Secured **Bronze Medal** (4x100 m relay) in Bengaluru City University **6th Annual Inter-Collegiate Athletic Meet 2024-25** held at Sri Kanteerava Stadium, Bengaluru. on 27 & 28 November 2024.



VISHAK S.

III BCA

4x100m Relay

- Secured **Bronze Medal** (4x100 m relay) in Bengaluru City University **6th Annual Inter-Collegiate Athletic Meet** 2024-25 held at Sri Kanteerava Stadium, Bengaluru on 27 & 28 November 2024



MONISH R.

III B.Com.

4x100m Relay

- Secured **Bronze Medal** (4x100 m relay) in Bengaluru City University **6th Annual Inter-Collegiate Athletic Meet** 2024-25 held at Sri Kanteerava Stadium, Bengaluru on 27 & 28 November 2024



GANESH K. S.

III B.Com.

Rugby

- Represented Bengaluru City University and Participated in **All India Inter-University Rugby Men Championship** 2024-25 organised by Chandigarh University, Chandigarh, Punjab from 16th to 20th December 2024



MOHANTHESH D. K.

II B.Com.

Volleyball

- Represented Bengaluru City University and Participated in **South Zone Inter University Volleyball (Men) Tournament** 2024-25 held at University of Kerala, Thiruvananthapuram, Kerala from 18th to 22th of December 2024



CHARAN KUMAR G.

II B.Com.

Volleyball

- Represented Bengaluru City University and Participated in **South Zone Inter University Volleyball (Men) Tournament** 2024-25 held at University of Kerala, Thiruvananthapuram, Kerala from 18th to 22th of December 2024



SUHAS V.

II B.Com.

Volleyball

- Represented Bengaluru City University and Participated in **South Zone Inter University Volleyball (Men) Tournament 2024-25** held at University of Kerala, Thiruvananthapuram, Kerala from 18th to 22th of December 2024



CHANDAN B.

II B.Com.

Volleyball

- Represented Bengaluru City University and Participated in **South Zone Inter University Volleyball (Men) Tournament 2024-25** held at University of Kerala, Thiruvananthapuram, Kerala from 18th to 22th of December 2024



SRIPRIYA R.

III B.Com.

Yoga

- Represented Bengaluru City University and Participated in **All India Inter-University Yoga Women Tournament 2024-25**, organised by Kalinga institute of industrial technology, Bhubaneswar, Odisha from 24 to 27th December 2024



ANISH KUMAR GIRI

III B.Com.

Netball

- Represented Bengaluru City University and Participated in **All India Inter-University Netball Tournament 2024-25**, held at Suresh Gyan Vihar University, Jaipur from 3rd to 9th January 2025.



PRAJWAL P.

II MBA

Cricket

- Represented Bengaluru City University and Participated in **The South Zone Inter University Cricket Tournament for Men 2024-25**, organised by University of Madras, DB Jain College, Chennai-97 from 16th to 21st January 2025



SHIVAM R.

III BBA

Cricket

- Represented Bengaluru City University and Participated in **The South Zone Inter University Cricket Tournament for Men 2024-25**, organised by University of Madras, DB Jain College, Chennai-97 from 16th to 21st January 2025



RISHIKESH S.

II BCA

Softball

- Represented Karnataka State and participated in **Senior National Softball Championship 2025**, held at Amaravati, Maharashtra, from 22nd to 26th February 2025.
- Represented Bengaluru City University and participated in **All India Inter University Softball Men & Women Tournament 2024-25** Held at Vikrama Simhapuri University, Nellore, Andra Pradesh from 3rd to 8th May 2025.



PREETHAM GOWDA P.

III BCA

Table Tennis

- **Runner up in Bengaluru City University Intercollegiate Table Tennis** organised by SRN Adarsha College, Bengaluru. held on 8th & 9th November 2024.
- Represented Bengaluru City University and Participated in **South Zone Table Tennis Men Tournament 2024-25** organised by Vellore institute of technology, Vellore campus, Katpadi, Tamil Nadu from 10th to 14th December 2024.



KUSHI N. E.

III BCA

Archery & Shooting

- Represented **12th Karnataka State Sport Shooting Competition Championship -2024** held at SAI Bengaluru 12th to 23rd July 2024 .
- Represented **0832 India Open Nationals Air Competition** held at Goa from 18th to 28th August 2024.
- Represented **XV South Zone Shooting Championship** in Rifle/Pistol (NR) held at Chennai from 13th to 20th October 2024.
- Represented **All India Archery Championship Men and Women** held at KIIT (Kalinga Institute of Industrial Technology), on Bhubaneswar



VEERAMANI KANDAN

II BCA

Softball

- Represented Karnataka State and participated in the **Senior National Softball Championship 2025**, held at Amaravati, Maharashtra, from 22nd to 26th February 2025.
- Represented Bengaluru City University and participated in **All India Inter University Softball Men & Women Tournament 2024-25** Held at Vikrama Simhapuri University, Nellore, Andhra Pradesh from 3rd to 8th May 2025



CHETHAN KUMAR K.

III B.Com.

Handball

- Represented Bengaluru City University and Participated in **South Zone Handball Men & Women Tournament 2025** organised by Periyar University, Salem Tamilnadu. from 28th February to 7th March 2025



MANOJ M.

II BBA

Handball

- Represented Bengaluru City University and Participated in **South Zone Handball Men & Women Tournament 2025** organised by Periyar University, Salem Tamilnadu. from 28th February to 7th March 2025



BHOOMIKA H.

II BBA

Netball

- Represented Karnataka in **38th National Games 2025** in Netball held at Uttarakhand from 28th January to 14th February 2025



NARASIMHA V. A.

II BBA

Weightlifting

- Secured **Bronze Medal** (Below 74kg Body Weight Category) in **Bengaluru City University Weightlifting Competition 2024-25** Held at Seshadripuram College, Bengaluru held on 22nd May 2025



RAKSHITH R. P.

II B.Com.

Badminton

- Represented Bengaluru City University and Participated in **South Zone Inter University Badminton Championship 2024-25** Held at SRM University, Chennai, Tamil Nadu from 26th to 29th October 2024



ROCHAN KUMAR

III B.Com.

Softball

- Represented Bengaluru City University and participated in **All India Inter University Softball Men & Women Tournament 2024-25** held at Vikrama Simhapuri University, Nellore, Andhra Pradesh from 3rd to 8th May 2025



PRIYAM TIWARI

II B.Com.

Softball

- Represented Bengaluru City University and participated in **All India Inter University Softball Men & Women Tournament 2024-25** held at Vikrama Simhapuri University, Nellore, Andhra Pradesh from 3rd to 8th May 2025



MASTER CHETHAN SHINDES

I MCA

Pencak Silat

- Represented Bengaluru City University and participated in **All India Inter University Pencak Silat Men & Women Tournament 2024-25** held at Bengaluru North University, Bengaluru, Karnataka from 14th to 16th April 2025

TEAM ACHIEVEMENTS 2024-25



Kabaddi Men's Team

1. **Winners of the Bengaluru City University Men's Kabaddi Championship 2024–25**, Organized by Dr. NSAM First Grade College, Bengaluru. 2nd & 3rd May 2025.
2. **Winners at the INFINI National Sports Fest 2024-25**, Organized by PES University, Bengaluru. held on 17-10-2024 to 20-10-2024.
3. **Winners at the Alliance Alpha Kabaddi Tournament**, organized by **Alliance University**, 2024-25, Held on 16th and 17th of November 2024.
4. **Winners at UMANG'24 Inter-Collegiate Sports Tournament** organized by the International Institute of Information Technology, Bengaluru. held on 22nd to 24th November 2024.
5. **1st Runner-Up at the Bulls College Showdown**, organized by **Bengaluru Bulls**, held at Rajarajeshwari Medical College, Bengaluru. Held on 26th September 2024 to 1st October 2024.



Anish Kumar Giri
III B.Com.



Sumith C
I B.Com.



Lakshith G.
III BBA



Mahesh S.
II B.Com.



Manjunath C.H.
II B.Com.



Priyam Tiwari
II B.Com.



Rama Chandra Joshi
III B.Com.



Rochan Kumar S.S.
III B.Com.



Sankalp H.
III BCA



Srikanta
II B.Com.



Vikas D.
III B.Com.



Vishak S.
III BCA

1. **Winners at the Game on 2024 Intercollegiate Tournament**, organized by Transcend Group of Institutions, Bengaluru. held on 08th & 09th of November 2024.
2. **Winners of the Autumn Muse - Inter-Collegiate Tournament 2024-25**, organized by St. John's Medical College, Bengaluru. held on 28th & 29th September 2024
3. **Winners at UMANG'24 Inter-Collegiate Sports Tournament**, organized by the International Institute of Information Technology, Bengaluru. held on 22nd to 24th November 2024.
4. **Winners at State Level Inter-Collegiate Sports fest - UDAAN 2025** organised by Presidency University, Bengaluru. held on 19th & 20th of February 2025.
5. **Winners at The Annual Intercollegiate Sports Fest - SPIEL 2025** organised by St. Joseph's College of Commerce, Bengaluru, held on 25th February 2025.
6. **Winners at the Namma Sportika Inter-Collegiate Sports Meet**, organized by GITAM University, Bengaluru, held on 29th March 2025.
7. **Runners-up in Women's Throwball at AAROHI Inter-Collegiate Sports Meet**, organized by RNS First Grade College, Bengaluru, held on 24th & 25th April 2025.
8. **Runners-up in Women's Throwball at ZEAL Inter-Collegiate Sports Meet for Women**, organized by B.M.S. College for Women, Bengaluru, held on 2nd to 5th May 2025.
9. **Winners of the Visishta - Inter-Collegiate Cultural and Sports fest 2024-25**, organized by Seshadripuram First Grade College, Bengaluru, held on 21st & 22nd May 2025.

Throwball Women's Team



Anusha M.
II B.Com.



Bhoomika R.
III B.Com.



Deeksha M.
I B.Com.



Keerthana U.
I B.Com.



Meghana K.
I B.Com.



Poojashree U.
III B.Com.



Prakruthi M.
I B.Com.



Pushpalatha R.
I B.Com.

1. **Runners-Up** at the **Dr. BNV Subramanya Memorial Sports Tournament**, held at Jyothi Institute of Commerce and Management, Bengaluru held on 13th & 14th November 2024
2. **Winners** at the **Namma Sportika Inter-Collegiate Sports Meet**, organized by GITAM University, Bengaluru, held on 29th March 2025.
3. **Runners-Up** at the **Deplomat 2025**, the National level inter collegiate fest, held at De Paul College, Mysore. 24th April 2025.



Throwball Men's Team



Dhanush Raj S.Y.
III B.Com.



Dhruva U.
III B.Com.



Ganesh K.S.
III B.Com.



Lokesh M.
II BBA



Rishikesh S.
II BCA



Sagar S.
II B.Com.



Shashank
III B.Com.



Yeshwanth N.
III BBA



Chandana B.
II B.Com.



Honey Gowda H.S.
III BCA



Mahima P.
I BCA



Raghavi R.
III B.Com.



Rashmi R.
II B.Com.



Chess Women's Team

Winners at the **Bengaluru City University Championship**, held at MES College, Malleshwaram, Bengaluru. Held on 6th and 7th of November 2024.

Table Tennis Men's Team



1. **Runner-Up in the Bengaluru City University Championship**, organized by SRN Adarsh College, Chamarajpet, Bengaluru. held on 8th & 9th November 2024.
2. **Winners at Parva 12th State-Level Inter-Collegiate UG Fest**, held at Seshadripuram Academy of Business Studies, Kengeri, Bengaluru. Held on 27th March 2025.



M. Ananth Kini
III B.Com.



Manoj M.
II BBA



Preetham Gowda P.
III BCA



Pruthvi Raj T.
I B.Com.



Vignesh G.
III B.Com.

Chess (Mixed Event)



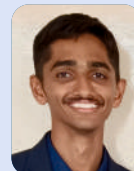
Runners-Up in the Namma Sportika Inter-Collegiate Sports Meet, organized by GITAM University, Bengaluru. Held on 28th March 2025.



Dhanush M.S.
I B.Com.



Nithish D.
III BCA



Saketh Sharma
II M.Com.



Chandana B
II B.Com.



Honeygowda
III BCA



Mahima P.
I BCA



Raghavi
III B.Com.



Nithish D.
II B.Com.

Weightlifting



Secured 1 Gold, 4 Silver & 4 Bronze medals in Bengaluru City University Weightlifting (Men & Women) Inter - Collegiate Competition 2024

Held at Seshadripuram College, Bengaluru held on 22-05-2025

COLLEGE TEAMS



Archery (Men & Women)



Athletics (Men & Women)



Badminton (Men & Women)



Boxing (Men)



Chess (Men & Women)



Cricket (Men)



Football (Men & Women)



Badminton Men



International & National Sports Students



Judo (Men & Women)



Kabaddi (Men)



Rugby (Men & Women)



Softball & Baseball (Men & Women)



Table tennis (Men & Women)



Taekwondo (Men & Women)



Throwball (Men)



Throwball (Women)



Volleyball (Men)



Weightlifting & Powerlifting (Men & Women)



Wrestling (Men & Women)



Yoga (Men & Women)



Sports Students Interaction



What is Taekwondo?

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it has become a global sport that has gained an international reputation, and stands among the official games in the Olympics.

Let's take a closer look at the meaning of the word "Tae" "Kwon" "Do." It is composed of three parts as shown in the English spelling, though it is one word in Korean. "Tae" means "foot", "leg," or "to step on"; "Kwon" means "fist," or "fight"; and "Do" means the "way" or "discipline." If we put these three parts together, we can see two important concepts behind "Tae Kwon Do".

First, Taekwondo is the right way of using Tae and Kwon 'fists and feet,' or all the parts of the body that are represented by fists and feet. Second, it is a way to control or calm down fights and keep the peace. This concept comes from the meaning of Tae Kwon 'to put fists under control' [or 'to step on fists']. Thus Taekwondo means "the right way of using all parts of the body to stop fights and help to build a better and more peaceful world."

Taekwondo has been developing over the 5000-year long history of Korea, being called by several different names in the course. In Korea, Taekwondo began as a defense martial art called "Subak" or "Taekkyon," and developed as a way of training body and mind in the ancient kingdom of Koguryo, under the name of "Sunbae." In the Shilla period, it had become the backbone of Hwarangdo that aimed at



producing leaders of the country.

Taekwondo today is similar to the martial arts in other Asian countries and shares some features with them, because in the course of its evolution it has gained many different styles that existed in the martial arts of the countries surrounding Korea, like Japan and China.

But Taekwondo is very different from many such Asian martial arts. First, physically it is very dynamic with active movements that include a variety of foot skills. Second, the principle physical movements are in simpatico with that of the mind and life as a whole. Third, it possesses dynamic poses from another perspective.

Taekwondo can be characterized by unity: the unity of body, mind, and life, and the unity of the pose ["poomsae"] and confrontation, and cracking down. When you do Taekwondo, you should make your mind peaceful and synchronize your mind with your movements, and extend this harmony to your life and society. This is how in Taekwondo the principle of physical movements, the principle of mind training, and the principle of life become one and the same. On the other hand, the right poomsae lead to the right confrontation, which will eventually produce great destructive power.

Taekwondo pursues harmonious growth and improvements of life through its unique activities. This is why one could say Taekwondo is a way of life. To ultimately enable ourselves to lead more valuable lives, we would do well by finding the guiding principles deeply hidden in Taekwondo.

ALUMNI SPEAK



Mr. Rochan Kumar S. S.
III B.Com

My personal growth and overall experience were significantly shaped by sports, starting in my school and PU college days. I was an active participant in Kabaddi and cricket, which allowed me to compete in various Inter college and Taluk level events. My passion for sports was the first thing that truly drew me into the life of Degree College.

The introduction to Baseball, Softball, Kabaddi and many other sports in college, however, was those were unexpected and profoundly transformative. Hailing from a background focused mainly on team sports, the concept of pure individual strength training was familiar, yet the intense challenge of testing my physical limits through my fitness was immediately intriguing.

My journey began quite casually one afternoon when I wandered into the Department of Physical Education and Sports. It was there that Lt. Karthik Sir encouraged me to try this new sport, assuring me of his guidance throughout. I became captivated by the equipment, the rigorous training regimens, and the sheer discipline and focus on the game. My seniors offered their encouragement and help, and when I picked up in the team for the first time, it marked the start of a path that would significantly define my college years.

My involvement quickly evolved beyond a simple workout. It demanded an unprecedented level of mental and physical strength, patience, and persistence. The initial weeks were a struggle; I worked hard to perfect my form and build the necessary foundational strength. Yet, the slow, consistent progress the sense of accomplishment from learning new skills or achieving better technique was incredibly rewarding and fuel my motivation.

The Power of Discipline and Community.

The switch into college senior Kabaddi team, with its focus on the three main things Raiding, Defenses, and game planning resonated deeply with me. The structured, goal oriented nature of the sport was appealing, as it allowed me to set clear, measurable targets and systematically work towards them. Under the mentorship of Lt. Karthik Sir, I began dedicated training, spending hours refining my technique and increasing my strength. The sense of camaraderie within the sports community was a huge source of support. The mutual encouragement and shared purpose created an environment where I was pushed to be my very best.

My debut competition was an exhilarating, nerve-wracking experience. The feeling of standing on the Kabaddi court, the weight of pride it was unforgettable. Despite my initial nerves, I performed well, surpassing my own expectations. This first victory was a crucial turning point, significantly boosting my confidence and solidifying my commitment to the sport.

Over my college years, I participated in numerous Kabaddi competitions, excelling at both intercollegiate and university. Each event was an opportunity to measure progress and push beyond my limits. Winning medals became a testament to the hard work, dedication, and passion I invested.

A major tournament participated in was: Bengaluru Bulls inter-college kabaddi league.

Looking back, these sports Kabaddi, Baseball, and Softball didn't just make me physically stronger; they instilled invaluable life lessons. They taught me a deep sense of discipline, resilience, and the understanding that success is the result of consistent effort and perseverance. The confidence I gained in the gym transferred into other areas of my life, and the achievements I made in sports are among my proudest moments from my time in college.

Sports in college were about more than just personal advancement. They were a means of building lasting friendships. The bonds forged with teammates and fellow athletes created a supportive network that enriched my entire college experience. Through shared highs and lows, these connections remain strong to this day. Furthermore, being involved in sports taught me the importance of leadership and perseverance, and as I progressed, I took on more responsibilities.

In conclusion, my sports experience in Degree College was a cornerstone of my personal development. It provided me a platform to channel my passion, develop crucial life skills, and create unforgettable memories. The lessons I learned on the field and on the platform about handling challenges, defining teamwork, and working hard continue to shape my approach to life.

I owe my sincere gratitude to Lt. Karthik Sir for introducing me to these sports, and to Mr. Shiva Kumar for his guidance and unwavering support, which was crucial for my growth. I am also grateful to the college and faculty for fostering a strong sports environment that allowed students like me to thrive.

As the legendary Pelé said: "A champion is afraid of losing. Everyone else is afraid of winning."



Priyanka B.
III B.Com

I am deeply grateful for the countless opportunities I received during my college years to grow as a sports person and as an individual. Engaging in Judo, Weightlifting, Powerlifting, and Wrestling allowed me to explore my abilities and discover strengths I never knew I had. Over the past three years, I witnessed tremendous progress in my performance, and this journey of improvement would not have been possible without the constant encouragement and guidance from the Sports Department.

Beyond sports, my involvement in the National Cadet Corps (NCC) has been one of the most enriching chapters of my college life. Completing three years of NCC training and serving with honor as a Company Junior Under Officer (CJUO) has shaped my character in meaningful ways. The discipline, leadership, and responsibility I learned through NCC have become an integral part of who I am today.

In this journey, Lt. Karthik K. S., sir has played a truly pivotal role. His mentorship has transformed my mindset, inspired my dedication, and motivated me to take on challenges with confidence. He encouraged me to explore different sports, step out of my comfort zone, and strive relentlessly for excellence. His passion for nurturing young athletes is exceptional and continues to inspire me every single day.

I am also honored to have served as the Sports Secretary, a role that further enhanced my leadership, communication, and organizational

skills. This opportunity taught me the importance of teamwork, accountability, and balancing sports with academics and personal responsibilities.

Coming from a minimal sports background with very limited knowledge and exposure, I feel proud and blessed to have grown into a strong, disciplined, and goal-oriented athlete. This transformation was made possible through the support of my college, the Sports Department, the NCC Unit, and my amazing friends and teammates who encouraged me at every step.

The journey has not always been easy there were challenges, self-doubts, and setbacks but with the right guidance and an encouraging environment, I have learned to push beyond my limits. I have gained valuable life lessons in perseverance, teamwork, and time management that will remain with me forever.

Representing my college in various sports events has been an honor, and being part of a team committed to excellence is something I will always cherish. I am thankful to the college for providing a platform where every student is encouraged to explore their passions, discover their strengths, and transform their ambitions into achievements.

As I reflect on the past years, I carry immense gratitude in my heart for the opportunities I received, the lessons I learned, and the relationships I formed. I am truly proud to be a part of this wonderful institution, and I look forward with excitement to the future, ready to embrace new challenges and continue growing with the confidence I have gained here.

Thank you to everyone who has been a part of my journey.

**Anish Kumar Giri**

III B.Com

It is with immense pride and heartfelt appreciation that I extend my gratitude to my college, and in particular, the Sports Department, for being the foundation of my athletic journey. Throughout my years here, I have been blessed with countless opportunities to grow, learn, and excel in handball, netball, and several other sports. These experiences have not only helped me showcase my talent on the field but have also molded my character, teaching me dedication, teamwork, and the true spirit of sportsmanship.

My participation in the National Cadet Corps (NCC) has been an equally transformative chapter of my life. Completing three remarkable years of training and earning the opportunity to attend prestigious camps such as the Republic Day Camp (RDC) and the Kitting Camp remains one of my proudest achievements. NCC has instilled in me discipline, resilience, and leadership values that will continue to guide me through every step of my journey ahead.

I owe a significant part of this growth to the unwavering support, guidance, and encouragement I have received from the college authorities, the Sports Department, and the NCC Unit. They believed in my potential even before I fully recognized it in myself. Their mentorship and motivation helped me push beyond my limits and rise stronger through every challenge.

I feel truly honored to express my deepest gratitude to Karthik sir, whose mentorship has been a constant source of strength and inspiration. His vast

knowledge, experience, and passion for training young athletes have played a major role in shaping my sports career. His guidance has not only enhanced my skills but has also boosted my confidence to pursue excellence fearlessly.

I would also like to recognize and appreciate the role of my fellow teammates and friends. Their constant support whether through cheering on the field, motivating during practice, or standing by me through wins and losses has meant more than words can express. Together, we have shared memorable victories, learned from setbacks, and grown into stronger individuals.

To my college, the Sports Department, the NCC Unit, and especially to Karthik Sir thank you for believing in me, uplifting me, and helping me evolve into the confident, capable, and determined person I am today. Every lesson learned and every moment spent under your guidance will forever remain etched in my heart. I will always carry this gratitude with me as I continue to strive for new milestones in life.

Thank you for shaping my journey with so much care and pride.



Answers for Did you know

- 1) Athens, Greece 2) The Gunners 3) 15 4) George Foreman 5) 13 6) 2021 7) Roy Keane
- 8) Floyd Mayweather Jr. 9) 1st January 10) Polo 11) Le Mans 12) Red Rum, he won in 1973, 1974 and 1977 13) Watford FC 14) Cycling 15) England & Wales 16) Australian Rules Football
- 17) South Africa 18) Bogey 19) U.S. Open 20) Anfield, Liverpool 21) 23 22) American Football
- 23) Sumo wrestling 24) Inter Miami CF 25) 40 26) Switzerland 27) Dimples 28) Brown
- 29) Uruguay 30) 14 31) Ronnie O'Sullivan 32) Ernie Els 33) Equestrian 34) 6 35) Nadia Comaneci
- 36) Featherweight & Lightweight 37) Howard Wilkinson (1992, Leeds United)

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