



Lyceum
e-Sports Journal

November - 2023

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

.....

*Life is a
Game,
be fit to
Win!*



Seshadripuram Educational Trust

SESHADRIPURAM COLLEGE

NAAC Accredited Grade A++

27, Nagappa Street, Seshadripuram, Bengaluru – 560 020

E-mail : principalspmcollege@gmail.com

Website : www.spmcollege.ac.in

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 Hon. General Secretary



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

I am happy that the Department of Physical Education and Sports is bringing out the eighth 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.

Message from Chairman



Sri M. S. Nataraj
Chairman, Seshadripuram College
Honorable Asst. Secretary, SET

The release of the sports newsletter “Lyceum” by the Department of Physical Education and Sports, is a noteworthy initiative of the department. The activities by the Department during the Academic year. 2022-23 presented in the newsletter showcase remarkable achievements in wide range of sports.

I congratulate the principal, Dr. B.G. Bhaskara, the Sports Director Sri Karthik K. S. and his team for their hard work, perseverance & motivation.

Chief Editor's Note



DR. B. G. BHASKARA

Principal

Seshadripuram College

It gives me immense pleasure to present the eighth issue of the newsletter of our Department of Physical Education and Sports. It is an essential characteristics of our excellence in sports. The Department of Physical Education and Sports conducted various activities, events, practice sessions, competitions & workshops for students, it depicts the commitment of department towards the Physical Education and the incredible achievements from various sports activities. I take this opportunity to appreciate and thank our Physical Education Directors Lt. Karthik K.S. Ms. Adithi M.B. and the Editorial Committee which includes professors and student members for their endeavour in continuing the drive to present the annual issue of "Lyceum". This newsletter is an laurel to the diligence and commitment of the Department and students in an effort to embrace the challenges of the growing competition at all the levels.



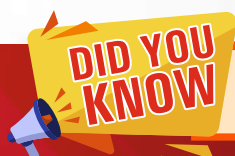
DEPARTMENT OF Physical Education And Sports

Sports Committee

President	Dr. B. G. Bhaskara , Principal
Vice - President	Dr. Bhargavi V. R. , Director, P.G. Department
Secretary	Lt. Karthik K. S. , Physical Education Director
Joint - Secretary	Ms. Adithi M. B. , Physical Education Director
Staff Committee Members	Smt. Savitha Bai , Office Superintendent Sri Bharath B. , Department of Commerce Smt. Sujatha P. V. , Department of Computer Science
Students Sports Secretary <i>Boys Wing, Girls Wing</i>	Vaishnav Raj L. , III B.Com. 'E' Delcia Sherly A. , III B.Com. Hons.
Students Committee Members	All Team Captains

Editorial Committee

Sri Bharath B. , Department of Commerce	Lt. Karthik K. S. , Physical Education Director
Smt. Sujatha P. V. , Dept. of Computer Science	Ms. Adithi M. B. , Physical Education Director



1. In which year, the first Summer Olympic Games was conducted?



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.

DID YOU KNOW

2. Who is the only female boxer in the world to become World Amateur Boxing Champion for a record six times?



Departmental Programmes

EXTRAMURAL

(Boys & Girls)

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

INTRAMURAL

Boys

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

Girls

Athletics
Badminton
Carrom
Chess
Kabaddi
Powerlifting
Table Tennis
Throwball
Volleyball
Yoga



DEPARTMENT of Physical Education AND Sports

ANNUAL SPORTS REPORT 2022-23

It has been a year of remarkable achievements for the Department of Physical Education and Sports and it is with great pride that we present a brief report of the activities and achievements of the Department for the year 2022-23.

The Sports Committee for the year 2022-23 was constituted under the Chairmanship of Dr. B. G. Bhaskara – Principal, Seshadripuram College. The committee is comprised of Lt. Karthik K. S and Miss. Adithi M. B, Physical Education Directors and faculty member's Sri. Bharath. B and Smt Sujatha. P. V. The Student Sports Secretaries are Vaishnav Raj. L of 3rd B.com 'E' and Delcia Sherly. A of 3rd B.com 'Honours' section.

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

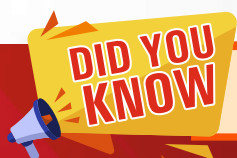
EVENTS ORGANISED BY THE DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

- ❖ The Department of Physical Education and Sports conducted **COLLEGE MEN AND WOMEN SPORTS TEAM SELECTION TRIALS** for the academic year 2022-23 in the month of November 2022 Athletics, Volleyball, Cricket, Badminton, Table-Tennis, Throwball, Chess, Weightlifting, Powerlifting, Yoga, Taekwondo, Football, Basketball, Rifle Shooting, Archery, Softball, Baseball, Handball etc. were conducted..
- ❖ Department of Physical Education and Sports, Seshadripuram College organised **BENGALURU CITY UNIVERSITY INTER COLLEGIATE YOGA MEN and WOMEN COMPETITION 2022-23** on 17th December 2022 at Seshadripuram College campus. The

event was inaugurated by **Chief Guest Sri B. G. Amarnatha – Lifetime Achievement Awardee in Yoga**, Department of Youth Empowerment and Sports, Government of Karnataka, **Presided by Sri M. S. Nataraj** – Honorary Assistant Secretary, SET, Chairman, Governing Council, Seshadripuram College, **Guest of Honour Sri N. P. Karthik** – Trustee, Seshadripuram Educational Trust, **Dr. B. G. Bhaskara** – Principal, Seshadripuram College and **Lt. Karthik K. S.** – Physical Education Director, Seshadripuram College and Convener of the competitions. **Ms. Adithi M. B.** – Physical Education Director, Seshadripuram College graced the inaugural program.



- ❖ **INTER-CLASS COMPETITIONS** for the academic year 2022-23 was conducted from 03rd May 2023 to 05th June 2023 at various venues as per the schedule. The Games / Events were **Cricket** Men (512 students), **Chess** (25 students), **Table Tennis** (33 students), **Carrom** (78 students), **Dead-lift** (35 students), **Yoga** (20 students), **Throwball** (230 students), **Volleyball** (262 students) **Badminton** (71 students), **Football Men** (190 students) and **Kabaddi** (250 students). A total of **1706** students from our college actively participated in the year 2022-23.



3. Who is the first Indian badminton woman player to earn an Olympic silver medal?



❖ Department of Physical Education and Sports in association with Brahma kumaris organized **09th INTERNATIONAL DAY OF YOGA** on **21st June 2023** at Seshadripuram College Campus. The event was inaugurated by the Chief Guests **Dr. Sanjay Bajaj** – President, P.D. Hinduja Sindhi Hospital, **Sri Shrinivas Raju** – Chairman, Vyasa International School, Guest of Honour **Sri M.S Nataraj** – Chairman Governing Council, Seshadripuram College, **Sri N. P. Karthik** – Chairman Governing Council, Seshadripuram Independent P.U. College, **Dr. B. G. Bhaskara** – Principal, Seshadripuram College, **Prof. Sri Manjunatha R. V.** – Principal, Seshadripuram Independent P.U College. Our college students received blessings from **Rajayogini B. K. Saroja** – Subzone incharge, Brahmakumaris, Kumara Park, gave a speech about Yoga Day and Brahma kumaris Rajayogi B. K. Surendran – Regional Coordinator, Educational Wing, RE and RF, Mt. Abu and Presided by **Nadoja Dr. Wooday P. Krishna** – Honorary General

Secretary, Seshadripuram Educational Trust.



❖ The Department of Physical Education and Sports conducted **ANNUAL ATHLETIC MEET 2022-23** on 12th July 2023 at HMT Sports Club, HMT Main Road, Jalahalli for both UG, PG Students and Teaching and Non-Teaching staff. Dr. B G Bhaskara – Principal, Seshadripuram College and Dr. Bhargavi V.R– Director, Post-Graduation Department and Heads of Various Department inaugurated and declared the meet open. 650 students took part in the Athletic Events.



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

Most importantly, 2022-23 has seen many remarkable achievements in various fields of sports by our talented students of sports. Every year, we have students achieving distinction and winning medals at the 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 Student **Delcia Sherly**. A of 3rd B. Com, received rupees **2 lakh cheque from Honourable Governor and Chief Minister** at Raj Bhavan for securing Bronze Medal in 36th National Games held at Gujarat. 10 Students represented Karnataka State in National Level Tournaments and secured 6 Gold, 1 Silver and 2 Bronze medals. 38 Students participated in All India Inter-University Competition, 6 Students participated in South Zone Inter-University Competitions, 15 Students participated in State level tournaments and secured 2 Gold, 2 Silver and 1 Bronze medals. 138 Students represented Bengaluru City University Inter-Collegiate Competitions in 2022-23 and have secured 39 Medals.

TEAM ACHIEVEMENTS

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

Chess Men and Women Team

1. Winners in Bengaluru City University Chess

Men Championship 2022 – 23, conducted by Nagarjuna Degree College, Yelahanka, Bangalore.

2. Winners in Bengaluru City University Chess Women Championship 2022 – 23, conducted by Nagarjuna Degree College, Yelahanka, Bangalore.

Taekwondo Men Team

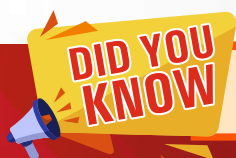
3. Winners in Bengaluru City University Taekwondo Men Championship 2022 -23, conducted by Seshadripuram First Grade College, Yelahanka, Bangalore.

Weightlifting Men and Women Team

4. Secured Runner-up Trophy SET Founders Cup-2023 and Won the Powerlifting Strongest Men and Women award in the SET Founders Cup-2023 conducted by SICM, Seshadripuram, Bangalore
5. Men and Women Weightlifting teams have won 8 Gold, 3 Silver and 2 Bronze Medals in Bengaluru City University Inter-Collegiate Competition 2022-23, held at St. Francis college, Bengaluru.
6. Men and Women Powerlifting teams have won 3 Gold, 3 Silver and 1 Bronze Medals in Bengaluru City University Inter-Collegiate Competition 2022-23, held at St. Francis college, Bengaluru.

Throwball Men and Women Team

7. 2nd Runners-up in SPORTSTAKES – 2023 Men Throwball Championship, conducted by St. Joseph's College, Bengaluru.
8. Runners in ZEAL 2023 Women Throwball Competition 2022-23, conducted by BMS College for Women, Basavanagudi, Bangalore.
9. Runners in ANNITE CUP 2023 ZELUS Women Inter-Collegiate Throwball Tournament 2022-23, conducted by St.



Anne's First Grade College, Bangalore.

Cricket Men Team

10. Silver Medal in Prof H. S. ANANTHA MURTHY MEMORIAL CUP 2023 of Inter-Collegiate Leather Ball T-20 Cricket Tournament conducted by ASC Degree College, Rajajinagar, Bangalore.
11. Runners in VIDYA SAGARA PROF MPL SASTRY MEMORIAL T-20 CRICKET TOURNAMENT conducted by MES College of Arts, Commerce and Science, Malleshwaram, Bangalore.

Kabaddi Men Team

12. Winners in GOLDEN RAID 2023 Men Kabaddi Inter-Collegiate Tournament 2022-23, conducted by Sri Aurobindo College, Bangalore.

Our Management is generous in supporting and encouraging all kinds of achievements in

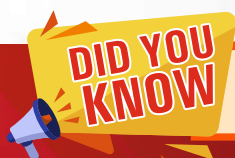
students. Appreciation award of Rs.5000/- will be provided for South Zone Inter University/All India Inter University/National level participation and Rs. 10,000/- for International overseas participation. For the year 2022-23 Rs.2,65,000/- has been distributed for the sports achievers. The Sports committee 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.



Lt. Karthik K. S.

Physical Education Director



6. Who was the first Indian woman to win an Olympic medal?

BENGALURU CITY UNIVERSITY INTER-COLLEGIATE YOGA (MEN & WOMEN) COMPETITION 2022-23

Department of Physical Education and Sports of Seshadripuram College organised BENGALURU CITY UNIVERSITY INTER COLLEGIATE YOGA M&W COMPETITION 2022-23 on 17th December 2022 at Seshadripuram College campus. The event was inaugurated by Chief Guest Sri. B. G. Amarnatha – Lifetime Achievement Awardee in Yoga, Dept. of Youth Empowerment & Sports, Government of Karnataka, Presided by Sri. M. S. Nataraj –

Honorary Assistant Secretary, SET, Chairman, Governing Council of Seshadripuram College, Guest of Honour Sri. N. P. Karthik – Trustee, Seshadripuram Educational Trust, Dr. B. G. Bhaskara– Principal, Seshadripuram College and Sri. Karthik K. S. – Physical Education Director, Seshadripuram College and Convener of the competition and Ms. Adithi M. B. –Physical Education Director, Seshadripuram College graced the inaugural program.



89 Participants (42 Men and 47 Women) from **17 Colleges** affiliated to Bengaluru City University took part in the competition. Officials from Yoga Association were invited for judging.

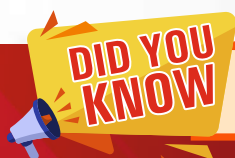
INTER CLASS COMPETITIONS 2022-23

Inter-Class Competitions for the academic year 2022-23 conducted from **03rd May 2023 to 05th June 2023** at various venues as per schedule. The Game/Events are **Cricket Men** (512 students), **Chess** (25 students), **Table Tennis** (33 students), **Carrom** (78 students), **Dead-lift** (35 students),

Yoga (20 students), **Throwball** (230 students), **Volleyball** (262 students) **Badminton** (71 students), **Football Men** (190 students) & **Kabaddi** (250 students). In this academic year **1706** students of our college actively participated.



Students Participating at Inter Class Competitions



7. Where was the first Asian Games held?

09th INTERNATIONAL DAY OF YOGA



Department of Physical Education and Sports in association with Brahma kumaris organize **09th INTERNATIONAL DAY OF YOGA** on **21st June 2023** at Seshadripuram College Campus. The event was inaugurated by the Chief Guests **Dr. Sanjay Bajaj** – President, P.D. Hinduja Sindhi Hospital, **Sri Shrinivas Raju** – Chairman, Vyasa International School, Guest of Honour **Sri M.S Nataraj** – Chairman Governing Council, Seshadripuram College, **Sri Karthik N. P.** – Chairman Governing Council, Seshadripuram Ind. P.U. College, **Dr. B G Bhaskara** – Principal, Seshadripuram College, **Prof. Sri Manjunatha R. V.** – Principal, Seshadripuram Ind. P.U College, Blessings **Rajayogini B. K. Saroja** – Subzone incharge, Brahmakumaris, Kumara Park, About Yoga Day & Brahma kumaris **Rajayogi B. K. Surendran** – Regional Coordinator, Educational

Wing, RE & RF, Mt. Abu and Presided by **Nadoja Dr. Wooday P. Krishna** – Honorary General Secretary, Seshadripuram Educational Trust.

200 Students took part in this event. We made them to do some asana of yoga and taught the benefits of each Asana, Rajyoga Meditation and Yoga for Vasudhaiva Kutumbakam or Yoga for the welfare of All as 'One world - One Family' is the theme for the International Day of Yoga 2023 (protocol was followed). Chief Guests addressed the gathering about yoga, the importance of yoga in our daily lives & motivated students to do yoga regularly.



DID YOU KNOW

8. Sachin Tendulkar is known as which of the following names?

ANNUAL ATHLETIC MEET 2022-23

The Department of Physical Education & Sports conducted **Annual Athletic Meet 2022-23** on 12th July 2023 at HMT Sports Club, HMT Main Road, Jalahalli for both UG, PG Students and Teaching and Non-Teaching staff.

The events conducted for the students - 100mts, 200mts, 400mts, 800mts, 1500mts, 4x100 Relay, Shotput & Discus Throw and for Staff- Hit the wicket, 50mts running, Kick the Ball and Shotput



Dr. B G Bhaskara – Principal, Seshadripuram College & Dr. Bhargavi V.R– Director, Post-Graduation Department and various Department H.O.D's Inaugurated and Declared the meet open. 650 students took part in the Athletic Events.



Students Taking Part in Events



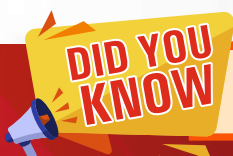
Teaching & Non-teaching Staffs Taking Part in Events



Model Display during NAAC Team Visit



Ayudha Pooja Celebrations



9. When did India win the First cricket World Cup?

SPORTS ACHIEVERS



DELCIA SHERLY A.

3rd year B. Com.

Received **2 lakh cheque** from
Honourable Governor and Chief Minister
at Raj Bhavan for securing
Bronze Medal in 36th National Games held at Gujarat.

INDIVIDUAL ACHIEVEMENTS 2022-23



DELCIA SHERLY A.

III B.Com

Netball

- Secured **Bronze Medal** in 36th National Netball Game 2022-2023 held at **Gujarat** from 26-09-2022 to 30-09-2022.
- Secured **Gold Medal** in 14th National Netball Federation Cup 2022-2023 held at **Haryana** from 10-11-2022 to 13-11-2022.
- Secured **Silver Medal** in 15th South Zone Nationals Netball 2022-23 held at **Chikkmagaluru, Karnataka** from 10-12-2022 to 11-12-2022.
- Secured **Bronze Medal** in All India Inter-University Netball Championship 2022-23 held at **Central University, Haryana** from 15-02-2023 to 18-02-2023.
- Secured **Bronze Medal** in 40th Senior National Netball Championship 2022-23 held at **Nagpur, Maharashtra** from 01-03-2023 to 04-03-2023.

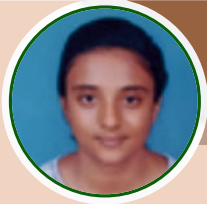


SHASHANKA A. N.

II B.Com

Throwball, Rugby, Netball

- Secured **Gold Medal** in Youth National Throwball championship held at **Haryana** from 26-11-2022 to 27-11-2022.
- Represented Bengaluru City University in All India Inter-University Rugby Championship 2022-23 held at **KIIT, Bhubaneshwar, Odisha** from 24-12-2022 to 30-12-2022.
- Represented Bengaluru City University in All India Inter-University Netball Championship 2022-23 held at **Law University, Bengaluru** from 13-02-2023 to 15-02-2023.



NEHA B. N.

II B.Com

Weightlifting, Powerlifting

- Secured **Silver Medal** in **State Youth Weightlifting Championship 2022 – 23** held at **SDM College, Ujire** from 27-11-2022 to 29-11-2022.
- Represented **Bengaluru City University** in **All India Inter-University Weightlifting Championship 2022-23** held at **University of Calicut, Kerala** from 27-01-2023 to 29-01-2023.
- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.
- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Powerlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 08-06-2023.



VEDAVATHI S. PRAKASH

III B.Com

Weightlifting

- Secured **Silver Medal** in **State Youth Weightlifting Championship 2022 – 23** held at **SDM College, Ujire** from 27-11-2022 to 29-11-2022.
- Represented **Bengaluru City University** in **All India Inter-University Weightlifting Championship 2022-23** held at **University of Calicut, Kerala** from 27-01-2023 to 29-01-2023.

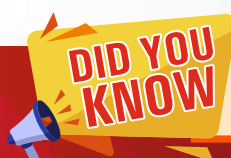


VIDYA SHRI S. N.

III B.Com

Weightlifting, Tug-of-War, Powerlifting, Baseball

- Secured **Silver Medal** in **State Youth Weightlifting Championship 2022 – 23** held at **SDM College, Ujire** from 27-11-2022 to 29-11-2022.
- Secured **Silver Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.
- Represented **Bengaluru City University** in **All India Inter-University Tag-of-War Championship 2022-23** held at **AMET University, Chennai** from 03-04-2023 to 05-04-2023.
- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Powerlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 08-06-2023.
- Represented **Bengaluru City University** in **All India Inter-University Baseball Championship 2022-23** held at **Assam Royal Global, Guwahati** from 24-02-2023 to 28-02-2023.



11. Which country won the gold medal in the men's 1 4x400m relay at the Asian Games 2023?



VIJAY P.

III B.C.A

Half Marathon

- Secured **Bronze Medal** in **Bengaluru City University 4th Inter-Collegiate Athletic Championship 2022 – 23** held at **Sri Kanteerava Stadium, Bengaluru** from 28-11-2022 to 29-11-2022.

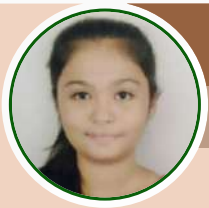


DIKSHITH M. S.

III B.Com

20Km Race Walk

- Secured **Silver Medal** in **Bengaluru City University 4th Inter-Collegiate Athletic Championship 2022 – 23** held at **Sri Kanteerava Stadium, Bengaluru** from 28-11-2022 to 29-11-2022.



MADHURA M.

I B.Com

Netball

- Secured **Gold Medal** in **5th State Level Netball Championship 2022 – 23** held at **VSM Group of Institution, Belgavi** from 3-12-2022 to 4-12-2022.
- Participated in **35th Junior National Netball Boys & Girls 2022-2023** held at **Salt lake** from 25-12-2022 to 28-12-2022.



KESARI NANDAN V.

II B.Com

Taekwondo

- Secured **2 Gold Medal** in **Bengaluru Open National Taekwondo (Poomse) & (Kyorugi) Championship** held at **J P Park Taekwondo Training Center, Bengaluru** from 3-12-2022 to 4-12-2022.
- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Taekwondo Competition 2022-23** held at **SFGC, Bengaluru** on 19-12-2022.
- Represented **Bengaluru City University** in **All India Inter-University Taekwondo Championship 2022-23** held at **Gurunak Dev University, Punjab** from 03-01-2023 to 06-01-2023.

DID YOU KNOW

12. Neeraj Chopra won the first ever Olympic gold medal for India in which of the following sports?



SAKET SHARMA

II B.Com.

Chess

- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Chess Championship** held at **Nagarjuna College, Bengaluru** from 5-12-2022 to 6-12-2022.

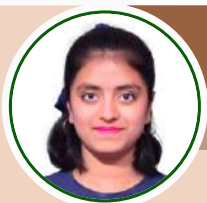


HARSHA ARAVIND

II B.Com

Netball

- Secured **Gold Medal** in **15th South Zone Nationals Netball 2022-23** held at **Chikkmagaluru, Karnataka** from 10-12-2022 to 11-12-2022.
- Represented **Bengaluru City University** in **All India Inter-University Netball Championship 2022-23** held at **Law University, Bengaluru** from 13-02-2023 to 15-02-2023.



LALITHA K. H.

II B.Com.

Chess

- Represented **Bengaluru City University** in **South Zone Inter-University Chess Championship 2022-23** held at **Reva University, Bengaluru** from 15-12-2022 to 18-12-2022 : .

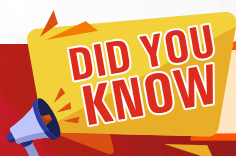


SRI PRIYA R.

I B.Com

Yoga

- Secured **Bronze Medal** in **Bengaluru City University Inter-Collegiate Yoga Competition** held at **Seshadripuram College, Bengaluru** on 17-12-2022.
- Represented **Bengaluru City University** in **All India Inter-University Yoga Championship 2022-23** held at **KIIT, Bhubaneswar, Odisha** from 26-12-2022 to 29-12-2022.



13. Which nation finished with the most number of medals in the Tokyo Olympics?



R. RUTHVIK

II B.Com

Taekwondo

- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Taekwondo Competition 2022-23** held at **SFGC, Bengaluru** on 19-12-2022.
- Represented **Bengaluru City University** in **All India Inter-University Taekwondo Championship 2022-23** held at **Gurunanak Dev University, Panjab** from 03-01-2023 to 06-01-2023.



M. SNEHA

II B.Com

Taekwondo

- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Taekwondo Competition 2022-23** held at **SFGC, Bengaluru** on 19-12-2022.
- Represented **Bengaluru City University** in **All India Inter-University Taekwondo Championship 2022-23** held at **Gurunanak Dev University, Punjab** from 09-01-2023 to 12-01-2023.



HARISH KUMAR M.

I BBA

Taekwondo

- Secured **Silver Medal** in **Bengaluru City University Inter-Collegiate Taekwondo Competition 2022-23** held at **SFGC, Bengaluru** on 19-12-2022.

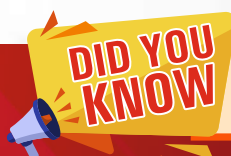


MAHADEV PRASAD S. L.

II B.Com.

Taekwondo

- Secured **Silver Medal** in **Bengaluru City University Inter-Collegiate Taekwondo Competition 2022-23** held at **SFGC, Bengaluru** on 19-12-2022.



14. Who is known as Flying Sikh of India?

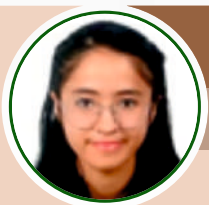


SUBHIKSHAA J.

II B.Com

Taekwondo

- Secured **Silver Medal** in **Bengaluru City University Inter-Collegiate Taekwondo Competition 2022-23** held at **SFGC, Bengaluru** on 19-12-2022.



DEVIKA D.

II B.Com

Taekwondo

- Secured **Bronze Medal** in **Bengaluru City University Inter-Collegiate Taekwondo Competition 2022-23** held at **SFGC, Bengaluru** on 19-12-2022.



JAYANTH T.

II B.Com

Taekwondo

- Secured **Bronze Medal** in **Bengaluru City University Inter-Collegiate Taekwondo Competition 2022-23** held at **SFGC, Bengaluru** on 19-12-2022.



YUKTHA S.

III B.Com

Kabaddi

- Represented **Bengaluru City University** in **South Zone Inter-University Kabaddi Championship 2022-23** held at **AMET University, Chennai** from 21-12-2022 to 24-12-2022.

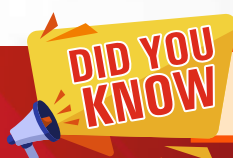


KUSHI N. E.

I BCA

Archery

- Represented **Bengaluru City University** in **All India Inter-University Archery Championship 2022-23** held at **Guru Kashi University, Punjab** from 22-12-2022 to 29-12-2022.



15. Name the place in India, where kho-kho was invented?



YESHWANTH J.

III BCA

Football

- Represented **Bengaluru City University** in **South Zone Inter-University Football Championship 2022-23** held at **University of Calicut, Kerala** from 23-12-2022 to 27-12-2022.



SINDHU D.

II B.Com

Rugby, Weightlifting, Powerlifting

- Represented **Bengaluru City University** in **All India Inter-University Rugby Championship 2022-23** held at **KIIT, Bhubaneswar, Odisha** from 24-12-2022 to 30-12-2022.
- Represented **Bengaluru City University** in **All India Inter-University Weightlifting Championship 2022-23** held at **University of Calicut, Kerala** from 27-01-2023 to 29-01-2023.
- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.
- Secured **Silver Medal** in **Bengaluru City University Inter-Collegiate Powerlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 08-06-2023.



AKASH DEENANATH NISHAD

I B.Com

Judo, Wrestling

- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Judo Competition** held at **JD School of Desing, Bengaluru** 24-12-2022.
- Represented **Bengaluru City University** in **All India Inter-University Judo Championship 2022-23** held at **LP University, Jalandar** from 02-01-2023 to 06-01-2023.
- Secured **Bronze Medal** in **Bengaluru City University Inter-Collegiate Wrestling Competition** held at **GFGC, Yelahanka, Bengaluru** on 26-12-2022.



VINUTHA A.

I B.Com

Yoga

- Represented **Bengaluru City University** in **All India Inter-University Yoga Championship 2022-23** held at **KIIT, Bhubaneswar, Odisha** from 26-12-2022 to 29-12-2022.

DID YOU KNOW

16. Who holds the record of being the 1st Indian in history to win an Asian gold medal in javelin throw (men's event) ?



DHANUSH D.

II BCA

Wrestling

- Secured **Silver Medal** in **Bengaluru City University Inter-Collegiate Wrestling Competition** held at **GFGC, Yelahanka, Bengaluru** on 26-12-2022.



AMRUTHA R.

I B.Com

Taekwondo

- Secured **Gold Medal** in **1st National Taekwondo Championship 2023** held in **Cordelia Cruise at Arabian Sea** 09- from 01-2023 to 12-01-2023.



RAHUL H. K.

I BBA

Ball Badminton

- Represented **Bengaluru City University** in **All India Inter-University Ball Badminton Championship 2022-23** held at **Mangalore University, Uppinangadi** from 12-01-2023 to 15-01-2023.

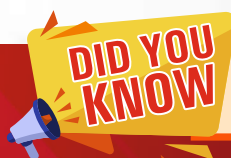


PALLAVI L.

II B.Com

Weightlifting, Powerlifting

- Represented **Bengaluru City University** in **All India Inter-University Weightlifting Championship 2022-23** held at **University of Calicut, Kerala** from 27-01-2023 to 29-01-2023.
- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.
- Secured **Silver Medal** in **Bengaluru City University Inter-Collegiate Powerlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 08-06-2023.



17. In which year did India win its first hockey World cup?



CHETHAN KUMAR

I B. Com.

Handball

- Represented **Bengaluru City University** in **South Zone Inter-University Handball Championship 2022-23** held at **Periyar University, Tamil Nadu** from 04-02-2023 to 08-02-2023.



SAI SATHYA

III B. Com.

American football

- Represented **Bengaluru City University** in **All India Inter-University American Football Championship 2022-23** held at **Raja Mahendra Prathap Singh University, Aligarh** from 08-02-2023 to 13-02-2023.



DHRUVA KUMAR

II B. Com.

Netball

- Represented **Bengaluru City University** in **All India Inter-University Netball Championship 2022-23** held at **Law University, Bengaluru** from 13-02-2023 to 15-02-2023.



AKSHAY KUMAR

III B.Com

Netball, Powerlifting

- Represented **Bengaluru City University** in **All India Inter-University Netball Championship 2022-23** held at **Law University, Bengaluru** from 13-02-2023 to 15-02-2023.
- Secured **Bronze Medal** in **Bengaluru City University Inter-Collegiate Powerlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 08-06-2023.



PRATEEK NANJAPPA C. M.

II BCA

Baseball

- Represented **Bengaluru City University** in **All India Inter-University Baseball Championship 2022-23** held at **Assam Royal Global, Guwahati** from 14-02-2023 to 18-02-2023.

DID YOU KNOW

18. Which city in India hosted the first Afro-Asian games?



YOGITH K.

II B. Com.

Baseball

- Represented **Bengaluru City University** in **All India Inter-University Baseball Championship 2022-23** held at **Assam Royal Global , Guwahati** from 14-02-2023 to 18-02-2023.

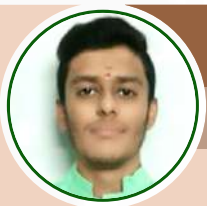


KRISHNA BHARDWAJ

II BCA

Baseball

- Represented **Bengaluru City University** in **All India Inter-University Baseball Championship 2022-23** held at **Assam Royal Global , Guwahati** from 14-02-2023 to 18-02-2023.



VAISHNAV RAJ

III B. Com.

Baseball

- Represented **Bengaluru City University** in **All India Inter-University Baseball Championship 2022-23** held at **Assam Royal Global , Guwahati** from 14-02-2023 to 18-02-2023.



MAMTHAZ ARFA

I BBA

Handball

- Represented **Bengaluru City University** in **South Zone Inter-University Handball Championship 2022-23** held at **MG University, Kottayam** from 15-02-2023 to 19-02-2023.



CHANDANA R

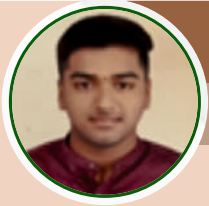
I B. Com.

Handball

- Represented **Bengaluru City University** in **South Zone Inter-University Handball Championship 2022-23** held at **MG University, Kottayam** from 5-02-2023 to 19-02-2023.

DID YOU KNOW

19. How many players are there on each side in a basketball match?



CHANDAN ARASU N.

II B. Com.

Best Physique

- Represented **Bengaluru City University** in **All India Inter-University Best Physique Championship 2022-23** held at **Yennapoya University, Mangalore** from 20-02-2023 to 22-02-2023.



BHOOMIKA T.

III B. Com.

Baseball

- Represented **Bengaluru City University** in **All India Inter-University Baseball Championship 2022-23** held at **The Assam Royal Global, Guwahati** from 24-02-2023 to 28-02-2023.



SHRI STHUTHI S.

II B. Com.

Baseball, Weightlifting, Powerlifting

- Represented **Bengaluru City University** in **All India Inter-University Baseball Championship 2022-23** held at **Assam Royal Global, Guwahati** from 24-02-2023 to 28-02-2023.
- Secured **Silver Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.
- Secured **Silver Medal** in **Bengaluru City University Inter-Collegiate Powerlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 08-06-2023.

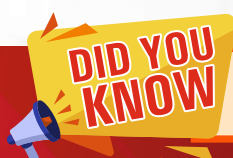


CHANDANA R.

II BCA

Baseball

- Represented **Bengaluru City University** in **All India Inter-University Baseball Championship 2022-23** held at **The Assam Royal Global, Guwahati** from 24-02-2023 to 28-02-2023.



20. The term dolphin kick is associated with which game?



POOJA SHREE U.

I B.Com.

Baseball

- Represented **Bengaluru City University** in **All India Inter-University Baseball Championship 2022-23** held at **The Assam Royal Global, Guwahati** from 24-02-2023 to 28-02-2023.



MANOJ H. M.

III B.Com.

Softball

- Represented **Bengaluru City University** in **All India Inter-University Softball Championship 2022-23** held at **Panjab University, Chandigarh** from 05-04-2023 to 09-04-2023.



HARSHAD BHANDARI R.

III B.Com.

Softball

- Represented **Bengaluru City University** in **All India Inter-University Softball Championship 2022-23** held at **Panjab University, Chandigarh** from 05-04-2023 to 09-04-2023.



SANJAY KUMAR A.

III BCA

Softball

- Represented **Bengaluru City University** in **All India Inter-University Softball Championship 2022-23** held at **Panjab University, Chandigarh** from 05-04-2023 to 09-04-2023.

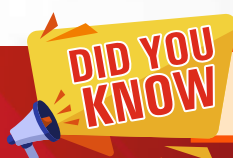


DARSHAN M.

III B.Com.

Softball

- Represented **Bengaluru City University** in **All India Inter-University Softball Championship 2022-23** held at **Panjab University, Chandigarh** from 05-04-2023 to 09-04-2023.



21. What was the first sport played on the moon?



ROHITH K .N.

I B.Com.

Kick Boxing

- Secured **Gold Medal** in **2nd Karnataka Muaythai Championship 2023** held at **Yuvaraja College Indoor Stadium, Mysore** on 14-05-2023.

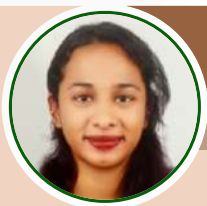


SHILPA

I M.Com.

American Football

- Represented **Bengaluru City University** in **All India Inter-University American Football Championship 2022-23** held at **Bengaluru North University, Bengaluru** from 19-05-2023 to 20-05-2023.

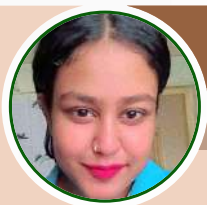


TEJASHWINI N.

II BCA

Weightlifting, Powerlifting

- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.
- Secured **Bronze Medal** in **Bengaluru City University Inter-Collegiate Powerlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 08-06-2023.

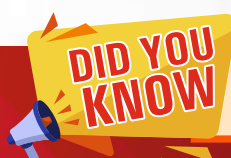


DISHA BANERJEE

II B.Com.

Weightlifting

- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.



22. In which sport would competitors use a piece of equipment known as a foil?

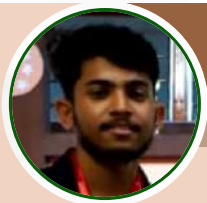


PRAJWAL H. V.

II B.Com.

Weightlifting

- Represented **Bengaluru City University** in **All India Inter University Weightlifting Championship 2022-23** held at **Panjab University, Chandigarh** from 14-03-2023 to 19-03-2023.
- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.



YOGESH NAYAK

II B.Com.

Weightlifting

- Represented **Bengaluru City University** in **All India Inter University Weightlifting Championship 2022-23** held at **Panjab University, Chandigarh** from 14-03-2023 to 19-03-2023.
- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.



MANOJ A.

III BCA

Weightlifting

- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.

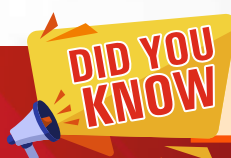


LIKITH R.

I M.Com.

Weightlifting

- Secured **Silver Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.



23. What is the maximum break you can score in snooker?



CHETHAN GOWDA M.

II B.Com

Weightlifting

- Secured **Bronze Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.



PUNITH GOWDA K. C.

II BCA

Weightlifting

- Secured **Bronze Medal** in **Bengaluru City University Inter-Collegiate Weightlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 07-06-2023.



DEEPAK R.

III B.Com

Powerlifting

- Secured **Gold Medal** in **Bengaluru City University Inter-Collegiate Powerlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 08-06-2023.

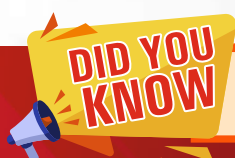


MOHAN P.

III B.Com

Powerlifting

- Secured **Bronze Medal** in **Bengaluru City University Inter-Collegiate Powerlifting Competition 2022-23** held at **St. Francis College, Bengaluru** on 08-06-2023.



24. 1st IAS officer to win Paralympics medal.

TEAM ACHIEVEMENTS 2022-23



Men & Women Weightlifting teams have won **8 Gold, 3 Silver & 2 Bronze Medals** and Men & Women Powerlifting teams have won **3 Gold, 3 Silver & 1 Bronze Medals** in Bengaluru City University Inter-Collegiate Competition 2022-23 held at St. Francis college, Bengaluru



Winners in Bengaluru City University
Chess Men Championship 2022 - 23
conducted by Nagarjuna Degree College
Yelahanka, Bangalore



Raghav S. M.
I B.Com.



Pavan B.
II B.Com.



Nithish D.
I BCA



Kamalesh S.
III B.Com.



Saket Sharma
III BBA



Winners in Bengaluru City University
Chess Women Championship 2022 - 23
conducted by Nagarjuna Degree College
Yelahanka, Bangalore



Ranjintha V.
III B.Com.



Lalitha K. H.
II B.Com.



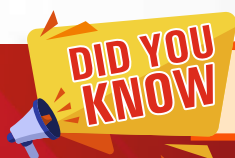
Greeshma B. C.
II B.Com.



Honey Gowda H. S.
I BCA



Raghavi R.
I B.Com.



25. Which is the national game of India?



**Winners in Bengaluru City University
Taekwondo Men Championship 2022 -23**
conducted by Seshadripuram First
Grade College, Yelahanka, Bangalore



Ruthvik R.
II B.Com.



Harish Kumar M.
I BBA



Mahadev Prasad S. L.
II B.Com.



Kesari Nandan
II B.Com.



Jayanth
II B.Com.



**Secured Runner-up Trophy in SET Founders
Cup-2023 and Won the Powerlifting
Strongest Men and Women award**
in the SET Founders Cup-2023 conducted
by SICM, Seshadripuram, Bangalore



Ganesh
I M.Com.



Hruday K.
I M.Com.



Jyothsna Kalyani P.
I M.Com.



Likith R.
II MIB



Shivashakthi S.
I MIB



Syeda Tasmiya
I MIB



Arun Nagaraj
II B.Com.



Yogesh Nayaka
II B.Com.



Vishak. S
IBCA



Sai Satya P.
III B.Com.



Prajwal H. V.
II B.Com.



Pavan D.
III B.Com.



Mohan P.
III B.Com.



Jayanth T.
II B.Com.



Adithya M.
III B.Com.



Vidyashri S. N.
III B.Com.



Vedavathi S.
III B.Com.



Tejashwini N.
II B.Com.



Sindhu D.
II B.Com.



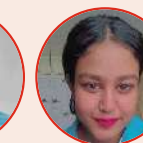
Shristhuthi S.
II B.Com.



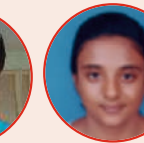
Pallavi
II B.Com.



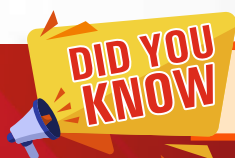
Ojashmitha S.
II B.Com.



Disha Banerjee
II B.Com.



Neha
II B.Com.



26. Who is the third bowler in the world to take 600 wickets in Test cricket?



**2nd Runners-up in " Sportstakes – 2023"
Men Throwball Championship
conducted by
St. Joseph's College, Bengaluru.**



Shashank A. N.
II B.Com.



Satish R.
II BCA



Sanketh T
II BCA



Rahul H. K.
II BBA



Kiran Yadav P.
I B.Com.



Hemanth
II B.Com.



Ganesh K. S.
I B.Com.



Dhanush Raj
I B.Com.



Avinash S.
I B.Com.



Arjun R.
II B.Com.



Yogith K.
II B.Com.



Dinesh Kumar K.
III B.Com.



**Runners in "ZEAL 2023" Women Throwball
Competition 2022-23 conducted by
BMS College for Women
Basavanagudi, Bangalore**



**Runners in "ANNITE CUP 2023 ZELUS"
Women Inter-Collegiate Throwball
Tournament 2022-23 conducted by
St. Anne's First Grade College, Bangalore**



Chandana R.
I B.Com.



Bhoomika T.
III B.Com.



Delcia Sherly A.
III B.Com.



Anusha
I B.Com.



Pooja Shree U.
I B.Com.



Mary S.
II BCA



Bhoomika R.
I B.Com.



Prathiksha
III B.Com.



Ojashmitha
II B.Com.



Chandana R.
II BCA



Amrutha
I B.Com.



Arfa
I BBA



Indhu
II B.Com.



Silver Medal in "Prof H. S. Anantha Murthy Memorial Cup 2023" of Inter-Collegiate Leather Ball T-20 Cricket Tournament conducted by ASC Degree College, Rajajinagar, Bangalore



Runners in "VIDYA SAGARA PROF MPL SASTRY MEMORIAL T-20 CRICKET TOURNAMENT" conducted by MES College of Arts Commerce & Science, Malleshwaram, Bangalore



Likith S. R.
I BBA



Krishna T. N.
II BCA



Karthik V.
III B.Com.



Karna V.
I BBA



Hemanth M.
II B.Com.



Harshanth
I B.Com.



Ganesh G. Gowda
II B.Com.



Dhruva Shankar
II B.Com.



Darshan P. Shetty
III B.Com.



Darshan B.
II B.Com.



Vaishnav Raj L.
III B.Com.



Sujal Jain
I BBA



Shiva Shankar
II B.Com.



Shivam Rathod
I BBA



Saketh Sharma
III BBA



Prateek Nanjappa
II BCA



Nikhil P.
I BCA



Winners in "GOLDEN RAID 2023" Men Kabaddi Inter-Collegiate Tournament 2022-23 conducted by Sri Aurobindo College, Bangalore



Akash D. N.
I B.Com.



Lakshith G.
I BBA



Mahesh
I B.Com.



Ramachandra Joshi
I B.Com.



Revanth
I B. Com.



Rochan Kumar G. S.
I B.Com.



Sagar K.
II B.Com.



Varun
I B. Com.



Vikas D.
I B.Com.



Vishak
I BCA



COLLEGE TEAMS



American Football



Athletics Men & Women



Chess Men & Women



Cricket Men



Handball Men



Handball Women



Judo Men



Kabaddi Men

COLLEGE TEAMS



Netball Men



Netball Women



Rifle Shooting Women



Softball Men & Women



Table Tennis Men & Women



Taekwondo Men & Women



Throwball Men



Throwball Women

COLLEGE TEAMS



Volleyball Men



Volleyball Women



Weightlifting & Powerlifting Men



Weightlifting & Powerlifting Women



Wrestling Men



Yoga Men & Women

Alumni Speak



N. K. AKASH

III B.Com.

2020-23 Batch

Seshadripuram College Sports Facilities and Opportunities

Seshadripuram college is a renowned educational institution known for its commitment to providing students with a well-rounded education. As part of this holistic approach to education, the college offers a wide range of sports facilities and opportunities for its students. These facilities and programs are designed to promote physical fitness, teamwork, leadership, and sportsmanship among students.

Indoor Courts: For indoor sports enthusiasts, the college offers indoor courts for sports like basketball, volleyball, badminton, and table tennis. These courts are equipped with modern facilities to ensure that students have a great playing experience.

Gym: To promote physical fitness and overall well-being, the college has a fully equipped gymnasium. The gym provides students with access to various exercise machines, free weights, and experienced fitness trainers who help students achieve their fitness goals.

Sports Equipment: The college ensures that students have access to the necessary sports equipment. This includes items like sports balls, rackets, and other sporting gear, which can often be borrowed or rented from the college.

Coaching: Seshadripuram college takes pride in offering coaching for various sports. Experienced coaches are available to guide students in improving their skills, whether they are beginners or more experienced athletes. This

coaching can be essential for students looking to compete at higher Intercollegiate Sports events: Seshadripuram college actively participates in intercollegiate athletic competitions. The college has varsity teams that compete with other colleges, giving students an opportunity to represent their institution in various sports and showcase their talents on a larger stage.

Sports Programs and Initiatives

Apart from the physical facilities, Seshadripuram college offers various sports programs and initiatives to enrich the sporting experience of its students:

Sports Day: The college organizes annual sports day, where students from various courses and departments come together to participate in a wide range of sports events. These festivals promote healthy competition and team spirit.

Sports Scholarships: Seshadripuram college may offer sports scholarships to talented athletes who excel in their chosen sports. These scholarships can help students pursue their education while continuing to compete at a high level.

Sports for All: The college encourages inclusivity in sports. Students of all skill levels and abilities are welcomed to participate, ensuring that sports are accessible to everyone, regardless of their experience.

Leadership and Life Skills: Participating in sports at Seshadripuram College goes beyond the

physical aspect. It also emphasizes the development of leadership and life skills, including teamwork, time management, and discipline.

Fitness and Wellness Programs: The college promotes overall wellness by offering fitness and wellness programs that complement the sports facilities. This includes yoga classes, meditation sessions, and nutrition guidance to help students maintain a healthy lifestyle.

Conclusion

Seshadripuram College is committed to fostering a vibrant sports culture on its campus.

The sports facilities and opportunities available to students are not only aimed at promoting physical fitness but also at nurturing essential life skills and values. Whether you are a competitive athlete or someone who enjoys recreational sports, the college provides a supportive environment for you to pursue your sporting interests. For more detailed and up-to-date information about the sports facilities and programs at Seshadripuram College, it is advisable to visit the college's official website or get in touch with the college administration.



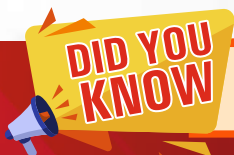
DELCIA SHERLY A.

**III B.Com. (Hons.)
2020-23 Batch**

College life is the perfect blend of hard work as well as bliss. My experience at Seshadripuram college was memorable and I believe this remains the best days of my life. "Champions aren't made in the gyms. Champions are made from something they have inside them - a desire, a dream, a vision". My campaign in Netball started ever since I was in fourth. When I was in eighth, the very first time I represented our state in national level at Chhattisgarh. That was the first time Karnataka team secured bronze and created history. I am proud to be part of the team and also be by our honourable CM Siddaramaiah.

The reason I joined Seshadripuram College was to do degree in B. Com honours which was a new course. My first year was finished in a glimpse because of COVID-19. When I stepped into the sports department, the very first I saw was the achievements of alumni players of the college

where their names were highlighted and that day I decided to work hard and place my name on it. I got selected in college throw ball team. We had lot of practice sessions that made us win several intercollegiate tournaments. And suddenly the national games netball selection trials pop up and I didn't have confidence to take part as I had 2 years gap in netball, but with the support and encouragement by our Physical Education Director - Karthik sir, family and my friends I went on for the selection of the national games. But I was on pins and needles the whole time and doubted myself whether I'll get selected or not as there were senior players. "If you really want to do something you will find a way, if you don't you will find an excuse". I worked hard and gave a tough fight to give my best in trials. Hard work paid! I got selected in the 36th National games held at Gujarat. Unfortunately, I had a clash between my final exams and nationals. I was unable to decide between both, as they were important for my career. Aided by the family, sports department and our college I missed my exams and took part in national games



33. "Electra Gold Cup" is associated with which sports ?

and won bronze. This was my flying colours as I was honoured and received 2lakh cheque from Honourable governor and chief guest at Raj Bhavan.

"Don't Stop until you are proud". In my final year, after the great start at National games, I participated 4 nationals in netball consecutively. I had the best throw ball team where we had great moments together. Between a Rock and a Hard Place, we lost 6 matches continuously in semi-finals at intercollegiate tournaments. Karthik sir and Aditi mam never gave up on us and encouraged us as we were capable of winning. We had a Zeal tournament which was continuously won by our senior players and we didn't have the option to lose but win.

"Team work is the secret that makes common people achieve uncommon results". We worked hard, practiced a lot and hit the jackpot securing silver. Surprisingly I got the best player of the tournament title which was overwhelming.

About my academics,

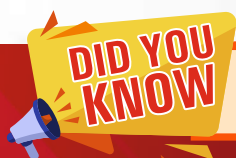
Everyone was doubting my academics. I hardly attended my classes as I had continuous camp and nationals in my final year. In my fifth Sem, the day before the final exam I came to Bangalore after nationals. With my lectures, friends and family support, I worked hard in my academics to give back to all who had questioned me and my answers to those questions was scoring 95% in my Sem exams.

In my journey I learnt both sports and academics are equally important in life. when you have a balance of both, you can't be questioned and pull down from negatives. Focus on your goals and never let anyone doubt you about your hard work and achievements. I can proudly say I am an all-rounder in all the activities when it comes to sports, as well as academics. I am an Bharatanatyam dancer who

made genius record also. I would thank my family who has been a great support and encouraged in all my ups and downs. Without them I wouldn't have achieved all that I did.

I would sincerely thank my institution and most importantly all the members of sports department - Karthik sir who is the backbone for all of us and a role model for all the students, Adithi mam who had been so sweet, friendly with us, Shivanna who is the most favourite person of all. They all are working so hard for our growth and for our better future. Much obliged to all my seniors and juniors who were marvellous and especially our Coach, Chandana, Pooja and Bhoomika, I couldn't have done it without you guys.

Across the board, my guidance to all companion juniors to open up your talent in sports. Sports Department gives lot of opportunities where you can achieve your dreams. Be a part of how proud she dies. By one loss, never give up because every day won't be your day. Rather giving up work on your negatives until those becomes your strength. And lastly, to my throw ball team, have a great time together. Focus on your weakness and remember don't play for yourself, play for your team, your college you will surely achieve!





VAISHNAV RAJ L.

**III B.Com. 'E'
2020-23 Batch**

My Journey

Our sports department provides various facilities to sports enthusiasts, whether it is outdoor or indoor. Our sports department is well equipped with all necessities required. From American Football to Volleyball, handball to football, Cricket to Baseball and more in outdoors. From table tennis to Yoga, Chess to Carrom, wrestling to Swimming, Weightlifting, Powerlifting in the indoors. Our college supports each and every sport. Our sports department is well known for raising new talents from young students in sports. Our college sports teams have remarkable achievements and records for their extraordinary performance. The department have produced numerous State, National & International sportspersons. Our college sports teams are one of the reputed and notable sports team in the city. Our sports team has won huge number of tournaments and competitions held at various levels.

The sports department of college encourages every student to take part in sports. The sports department helps students to be aware of their interests and potential in sports. Our sports department is not only meant for winning competition. But also, to provide good quality of sports to the students and faculties. Our sports department has well-equipped table tennis room, weightlifting/powerlifting room, multi-gym, etc. which is accessible to every student at the college. The sports faculty provide their extended hand to students regarding extensive training and practice session for sports personnel. They nurture the students with utmost care and interest. They build good

sportsmanship, character & discipline in every individual. And motivates everyone to aware and expose their potentials to achieve greater heights. They provide huge amount of support and opportunities to students and trains them to grab opportunities and achieve highest.

Our sports department organises various events, competitions and tournaments throughout the year. Our college celebrates all types of events such as National Day of Sports, International Day of Yoga, various seminars and more. Our sports department is the most active spot of our college. Regular practice sessions are held throughout the week. The sports faculty involve themselves without any constraints of time or other to improve the game and performance of the sports individuals and teams.

Coming to my sports journey at college. I was more interested in sports from my childhood. I was more fascinated to join the sports department at very first of my college life. I still remember my first day at college. When I entered college to get my admissions into PU, Sports room was the first place I entered. I still feels nostalgic about this incident. Karthik sir was the first person I met at college. Then I was directed towards PU college. When I again joined Seshadripuram College for my graduation joining the elite and active sports department was first aim. Being a member of college sports team is huge privilege for any sports enthusiast. It is most joyful part of college life joining sports and being in sports team. I was in college cricket team though I was not made to play at ground many times but supported as team and played a countable match for college cricket team. I not only played cricket I was also a part of American Football team, Yoga & Baseball team. I got many opportunities to play and represent my college in many intercollegiate tournaments. I also participated in BCU inter-collegiate Athletic meet. I also participated in BCU Inter-Collegiate Yoga Competitions. I almost played different

**DID YOU
KNOW**

35. Who among the following has written the book "Cricket My Style"?

games throughout my graduation. I was also a part of BCU Baseball team and participated in AllIU Baseball Tournament 2022-23. I was also selected as Sports Secretary of the college for 2022-23. I not only got opportunities to play sports but also learnt on many areas in and around sports regarding organising the events, maintaining the documentation, handling people and many more.

At the end I was also awarded with Best Outstanding Sports person for the year 2022-23. From a normal boy dreaming of being a part of sports department to getting award from sports

department is like expanding horizon. All these could be only possible by the support of Karthik sir, Shivanna, Adithi ma'am and all my fellow sports mate & friends. And My supportive parents who are the core strength of my life. I'm very happy to share some of my experience and views about our esteemed sports department in this article. I would like to remember and thank everyone who were along with me throughout the journey which is evergreen memories for life.

“Continuous effort and hard work are the key to unlock our potential”.

ACHIEVERS



Answers for Did you know

- 1) 1896 2) Mary Kom 3) PV Sindhu 4) Lucknow 5) Netball 6) Karnam Malleswari 7) New Delhi 8) God of Cricket
- 9) 2007 10) 23 June 11) India 12) USA (United State of America) 13) Milkha Singh 14) Maharashtra 15) Neeraj Chopra
- 16) 1975 17) Hyderabad 18) 5 19) swimming 20) golf 21) Fencing 22) 147 23) Suhas Yathiraj 24) Hockey 25) Anil Kumble
- 26) Baseball 27) 29th August 28) Dhyan Chand 29) Dhyan Chand Khel Ratna 31) between 5 & 6 ounces
- 32) Shere Bangla Stadium 33) Table Tennis 34) Jagmohan Dalmiya 35) Kapil Dev



Seshadripuram Educational Trust

SESHADRIPURAM COLLEGE

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