



FITNESS
A way of life

Lyceum
e-Sports Journal

November - 2024

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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Website : www.spmcollege.ac.in

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



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

Message from Honorary General Secretary

I am happy that the Department of Physical Education and Sports is bringing out the ninth 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, Lt. 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.



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

Message from Governing Council Chairman

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. 2023-24 presented in the newsletter showcase remarkable achievements in wide range of sports.

I congratulate the principal, Maj Dr. Anandappa. I, the Sports Director Lt. Karthik K. S. and his team for their hard work, perseverance & motivation.

Chief Editor's Note



Maj Dr. Anandappa. I

Principal
Seshadripuram College

It gives me immense pleasure to present the ninth issue of the newsletter of our College 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 Director Lt. Karthik K.S. 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	Maj Dr. Anandappa. I , Principal
Vice - President	Dr. Bhargavi V. R. , Director, M.Com. Programme Dr. Chitra Shashidhar , Director, MBA Programme Prof. 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>	Shashanka A. N. , III B.Com. 'I' Chandana R. , III BCA 'B'
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



2. Which country recently won the Sultan Azlan Shah Cup in Malaysia?



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



**ANNUAL SPORTS DAY
AND
NATIONAL SPORTS DAY**



FITNESS

A way of life

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



DEPARTMENT of Physical Education AND Sports

ANNUAL SPORTS REPORT 2023-24

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 2023-24.

The Sports Committee for the year 2023 – 24 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 Shashanka A N of 3rd B.com 'E' and Chandana R of 3rd BCA 'A' 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 team selections trails for men and women **COLLEGE MEN AND WOMEN SPORTS TEAM SELECTION TRIALS** for the academic year 2023 - 24 in the month of October 2023. 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.
- **INTER-CLASS COMPETITIONS** for the academic year 2023-24 was conducted from 15th April 2024 to 09th May 2024 at various venues as per the schedule. The Games / Events were **Cricket Men** (512 students), **Chess** (19 students), **Table Tennis** (33

students), **Carrom** (76 students), **Dead-lift** (19 students), **Yoga** (10 students), **Throwball** (221 students), **Volleyball** (223 students) **Badminton** (65 students), **Football Men** (109 students) and **Kabaddi** (219 students). A total of **1489** students from our college actively participated in the year 2023-24.



Students Participating at Inter Class Competitions 2023-24

- Department of Physical Education and Sports of Seshadripuram College organised **BENGALURU CITY UNIVERSITY INTER - COLLEGIATE POWERLIFTING & WEIGHTLIFTING MEN & WOMEN COMPETITIONS 2023-24** on May 13th & 14th, 2024 at Seshadripuram College campus. The event was inaugurated by Chief Guest **Dr. V. R. Devaraj** – BCU Director of Physical Education, Prof. Department of



Inauguration of Programme on 13/05/2024

Chemistry, **Presided by Sri M. S. Nataraj** – Honorary Assistant Secretary, SET, Chairman, Governing Council of Seshadripuram College, **Guest of Honour Sri B. M. Parthasarathy** – Honorary Treasurer, Seshadripuram Educational Trust, **Dr. B. G. Bhaskara** – Principal, Seshadripuram College and **Lt. Karthik K. S.** – Associate NCC Officer & Physical Education Director, Seshadripuram College and Convener of the competition and **Ms. Adithi M. B.** – Physical Education Director, Seshadripuram College graced the inaugural programme.



Snapshot of Competitions Held on 13/05/2024 & 14/05/2024

- The Department of Physical Education and Sports conducted **ANNUAL ATHLETIC MEET 2023-24** on 8th June 2024 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 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. 850 students took part in the Athletic Events.



Inauguration and Students & Faculties Taking Part in Events on 08/06/2024

- Ministry of Aayush Govt. of India, Seshadripuram Group of Institutions 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, **Dr. B G Bhaskara** – Principal, Seshadripuram College.
- Yoga Guru **Dr. K Raghavendra Pai** – Secretary, Sri Vedavyasa Yoga Pratisthana, Mysore, demonstrated Antarpurana Yoga & briefly explained about Antarpurana yoga & it's Importance and Presided by – President, Tie Bengaluru.



Inauguration of Programme on 22/06/2024



Students engaged in asanas on 22/06/2024

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

Most importantly, 2023-24 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 **Shiva Prasad V** of III B.Com has participated in the International Level Karate Competition; securing **Gold** and **Silver** medals. He has also been awarded a certificate of Achievement for the Karate group record for Taikyoku Shodan Kata with highest members at a time with 5 minutes setting a new record on 30th July 2023 in **India Book of World Records**. **Saketh Sharma** of I M.Com participated in International Grandmaster Open Chess Competition. 14 Students represented Karnataka State in National Level Tournaments and secured 6 Gold & 1 Silver medals. 22 Students participated in All India Inter-University Competition, 17 Students participated in South Zone Inter-University Competitions, 15 Students participated in State level tournaments and secured 8 Gold, and 7 Silver medals. 138 Students represented Bengaluru City University Inter-Collegiate Competitions in 2022-23 and have secured 57 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 & Women Team

1. Won both Men and Women Chess Championship of BCU Inter – Collegiate Chess Competitions 2023-24 held at MES College.



Table Tennis Men Team

2. Secured **Silver Medal** in BCU Inter – Collegiate Men **Table Tennis** Competition 2023-24 held at SSMRV College, Bengaluru.



Badminton Men Team

3. Secured **Gold Medal** in "Sportix – 2023" II Inter District Sports Meet held at Ramanagara.

4. Secured **Gold Medal** in "SET Founders Cup – 2023" Men **Badminton** Competition held at SICM, Bengaluru

5. Secured **Silver Medal** in BCU Inter – Collegiate Men **Badminton** Competition 2023-24 held at VVN Degree College, Bengaluru.



Volleyball Men Team

6. Secured **Gold Medal** in BIMA Inter – Collegiate Men **Volleyball** Tournament 2023-24 held at BIMA College, Bengaluru.

7. **Winners** in Inter – Collegiate Sports Fest – Men **Volleyball** Competition 2023-24 held at Vivekananda Degree College, Bengaluru.

8. **Runners** in 'Agratha 2024' Inter – Collegiate **Volleyball** for men Competition 2023-24 held at BMS Evening College of Arts & Commerce, Bengaluru.



Kabaddi Men Team

9. **Runners** in XENIA 24 Men **Kabaddi** Competition 2023-24 held at Ramaiah College,

10. **Runners** in Inter – Collegiate Sports Fest – Men **Kabaddi** Competition 2023-24 held at Vivekananda Degree College, Bengaluru



Throwball Men Team

11. **Runners** in “INFINI National Sports Fest 2023 - 24” Men **Throwball** Championship, conducted at PES University, Bengaluru

12. **Runners** in Sportstakes – 24, Annual sports fest **Throwball** Men tournament 2023-24 held at St. Joseph University, Bengaluru



Cricket Men Team

13. **Runners** in Vidya Sagara Prof MPL Sastry Memorial 3rd Inter – Collegiate White Ball T-20 Cricket Tournament 2023-24 held at MES College of Arts, Commerce & Science, Bengaluru.



Our Management is generous in supporting and encouraging all kinds of achievements of 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 2023-24 Rs. 2,85,000/- 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.

INTER-CLASS COMPETITIONS

INTER-CLASS COMPETITIONS for the academic year 2023-24 was conducted from 15th April 2024 to 09th May 2024 at various venues as per the schedule. The Games / Events were **Cricket Men** (512 students), **Chess** (19 students), **Table Tennis** (33 students), **Carrom** (76 students),

Dead-lift (19 students), **Yoga** (10 students), **Throwball** (221 students), **Volleyball** (223 students) **Badminton** (65 students), **Football Men** (109 students) and **Kabaddi** (219 students). A total of **1489** students from our college actively participated in the year 2023-24.



BENGALURU CITY UNIVERSITY INTER COLLEGIATE POWERLIFTING AND WEIGHTLIFTING (M & W) COMPETITION 2023-24

Department of Physical Education and Sports of Seshadripuram College organised **BENGALURU CITY UNIVERSITY INTER COLLEGIATE**



POWERLIFTING AND WEIGHTLIFTING (M&W) COMPETITION 2023-24 on 13th & 14th May 2024 at Seshadripuram College campus. The event was inaugurated by Chief Guest **Sri Dr. V. R. Devaraj** – In charge Director of Physical Education Bengaluru City University, Guest of Honour **Sri B. M. Parthasarathy** –



9. Which country won the FIFA Women's World Cup 2023?

Honorary Treasurer, Seshadripuram Educational Trust, Presided by **Sri M. S. Nataraj** – Chairman, Governing Council of Seshadripuram Educational Trust, **Dr. B. G. Bhaskara** – Principal, Seshadripuram College and **Lt. Karthik K. S.** – Physical Education Director, Seshadripuram College, Convener of the competition and **Ms. Adithi M. B.** – Physical Education Director, Seshadripuram College graced the inaugural program.

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

Sri Dr. V. R. Devaraj – Chief Guest inspired the participants by his motivational speech on

Powerlifting and Weightlifting and shared his experience.

Sri B. M. Parthasarathy – Honorary Treasurer, Seshadripuram Educational Trust, inspired the participants by explaining the benefits of Sports in present condition.

Sri M. S. Nataraj – Chairman, Governing Council of Seshadripuram College delivered his presidential address.

112 Participants from **22 Colleges** affiliated to Bengaluru City University took part in the competition. Officials from Powerlifting and Weightlifting Association were invited for judging.



SNAPSHOT OF COMPETITIONS HELD ON 13.05.2024 & 14.05.2024



MEDAL WINNERS OF THE COMPETITION HELD ON 13.05.2024 & 14.05.2024

ANNUAL ATHLETIC MEET 2023-24

The Department of Physical Education & Sports conducted **Annual Athletic Meet 2023-24** on 08th June 2024 at HMT Sports Club, HMT Main Road, Jalahalli for both Under Graduate and Post Graduate Students, Teaching and Non-Teaching staff.

Dr. B G Bhaskara – 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. **850** students took part in the Athletic Events.



Inauguration of Annual Athletic Meet 2023-24 on 08/06/2024



Students Gathering for Event & Giving Instructions to Participants on 08/06/2024



Students Taking Part In Events on 08/06/2024

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



Teaching & Non-teaching Staffs Taking Part in Events on 08/06/2024

INTERNATIONAL DAY OF YOGA 2024



Ministry of Aayush Govt. of India, Seshadripuram Group of Institutions 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.

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 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 presidential 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



Group Photo on 22/06/2024



12. How many players are there in a cricket team on the field at a time?

SPORTS ACHIEVERS

INDIVIDUAL ACHIEVEMENTS 2023-24



SHIVA PRASAD V.

III B.Com

Karate

- Secured **Gold Medal** in International Championship – Thailand Karate Cup 2023 held at Bangkok on 05-11-2023
- Secured **Silver Medal** in Goa International Martial Arts Championship 2024 held at Manohar Parrikar Indoor Stadium, Goa on 19-05-2024.



SAKETH SHARMA

I M.Com

Chess

- Secured **Gold Medal** in BCU Inter-Collegiate Chess Championship 2023-24 held at MES College, Bengaluru on 21-12-2023 and 22-12-2023.
- Participated in **1st Bangalore International Grandmaster Open Chess Tournament 2024** held at Sri Kanteerava Stadium, Bangalore on 22-01-2024.
- Participated in **South Zone Inter - University Chess Championship 2023-24** held at Bharathidasan University, Tiruchirappalli from 26-01-2024 to 29-01-2024



KUSHI N. E.

II BCA

Archery

- Secured **Gold Medal** in BCU Inter-Collegiate Archery Women Championship 2023-24 held at Atria Institute of Technology Hebbal, Bengaluru on 25-11-2023.
- Participated in **All India Inter - University Archery Championship 2023-24** held at Gurukhashi University, Punjab from 18-12-2023 to 23-12-2023.

Pistol Shooting

- Participated in **India Open Competition - Air Weapons 2023** held at Bhopal, Madhya Pradesh on 28-11-2023.
- Participated in **Sri Kumar Surendra Singh Memorial Competition 2023** held at Vattiyoorkavu, Kerala on 04-01-2024.
- Participated in **India Open Competition - Air Weapons 2024** held at Bhopal, Madhya Pradesh on 18-05-2024
- Participated in **India Open Competition – Rifle/Pistol events May 2024** held at Mhow, Indore from 21-05-2024 to 27-05-2024



did you

13. Who is known as the 'Rawalpindi Express' in cricket?



MUMTAZ ARFA

II BBA

Handball

- Participated in **46th Junior Girls National Handball Championship 2023-24** held at **Varanasi, Uttar Pradesh** on 16-12-2023.
- Participated in **52nd Senior National Handball Women Championship 2023-24** held at **Aligarh, Uttar Pradesh** from 07-03-2024 to 12-03-2024.
- Participated in **South Zone Inter - University Handball Women Tournament 2023-24** held at **Periyar University, Tamil Nadu** from 10-01-2024 to 14-01-2024.

Softball

- Participated in **All India Inter - University Softball Women Championship 2023-24** held at **Lovely Professional University, Punjab** from 04-06-2024 to 08-06-2024.



POOJA SHREE U.

II B.Com

Throwball

- Secured **Gold Medal** in **43rd Senior National Throwball Championship 2023-24** held at **Bijnor, UP** from 21-10-2023 to 24-10-2023.

Baseball

- Participated in **All India Inter - University Baseball Tournament 2023-24** held at **Tuljaram Chaturchand College of Arts, Science & Commerce, Baramati, Maharashtra** from 23-03-2024 to 28-03-2024.

Powerlifting

- Secured **Bronze Medal** in **BCU Inter-Collegiate Powerlifting Competition 2023-24** held at **Seshadripuram College, Bengaluru** on 13-05-2024.

Weightlifting

- Secured **Bronze Medal** in **BCU Inter-Collegiate Weightlifting Competition 2023-24** held at **Seshadripuram College, Bengaluru** on 14-05-2024.

Softball

- Participated in **All India Inter - University Softball Women Championship 2023-24** held at **Lovely Professional University, Punjab** from 04-06-2024 to 08-06-2024.



14. Which city is known as the 'Mecca' of Indian cricket?



KESARI NANDAN V.

III B.Com

Taekwondo

- Secured **Gold medal** - Poomsae Group, **Silver Medal** - Under – 63, **Bronze medal** - Poomsae Individual in **38th State Taekwondo Championship 2023-24** held at Chitradurga from 21-07-2023 to 23-07-2023
- Secured **Gold medal** in **1st National Open Taekwondo Championship 2023-24** held at Bengaluru on 26-08-2023 and 27-08-2023.
- Secured **2 Gold medals** in **National Taekwondo Championship 2023-24** held at Bengaluru University, Jnanabharati 27-01-2024 to 28-01-2024.



MANUSHREE G.

I B.Com

Athletics

- Secured **Silver Medal** in **34th South Zone National Level Athletics (4x400 m relay) Championship 2023-24** held at Telangana (Warangal) from 16-10-2023 to 18-10-2023.
- Secured **Gold Medal** in **BCU 5th Annual Inter-Collegiate Athletic (400 m Hurdles) Meet 2023-24** held at Sri Kanteerava Stadium, Bengaluru on 19-12-2023 and 20-12-2023.
- Participated in **All India Inter – University Athletics (400 m Hurdles) Women Championship 2023-24** held at KIIT University, Bhubaneswar, Odisha from 26-12-2023 to 29-12-2023.
- Secured **Silver Medal** in **BCU 5th Annual Inter-Collegiate Athletic (4x100 m Relay) Meet 2023-24** held at Sri Kanteerava Stadium, Bengaluru from 19-12-2023 to 20-12-2023.



SHRI STHUTHI S.

III B.Com

Powerlifting

- Secured **Silver Medal** in **SET Founder Cup Inter Institutional Powerlifting Competition 2023-24** held at SICM, Bengaluru on 08-12-2023.
- Secured **Bronze Medal** in **BCU Inter-Collegiate Powerlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 13-05-2024.

Rugby

- Participated in **All India Inter - University Rugby Championship 2023-24** held at Chandigarh University, Punjab from 20-01-2024 to 24-01-2024.



15. In cricket, what does LBW stand for?

Baseball

- Participated in **All India Inter - University Baseball Tournament 2023-24** held at Tuljaram Chaturchand College of Arts, Science & Commerce, Baramati, Maharashtra from 23-03-2024 to 28-03-2024.

Weightlifting

- Secured **Silver Medal** in **BCU Inter-Collegiate Weightlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 14-05-2024.



VEERAMANI KANDAN

I BCA

Softball

- Participated in **45th Senior National Softball Championship 2023-24** held at Srinagar, Kashmir from 04-11-2023 to 08-11-2023.
- Participated in **All India Inter - University Softball Tournament 2023-24** held at Bangalore University, Bengaluru, Karnataka from 13-05-2024 to 18-05-2024.



RISHIKESH S.

I BCA

Softball

- Participated in **45th Senior National Softball Championship 2023-24** held at Srinagar, Kashmir from 04-11-2023 to 08-11-2023.
- Participated in **All India Inter - University Softball Tournament 2023-24** held at Bangalore University, Bengaluru, Karnataka 13-05-2024 to 18-05-2024.



YOGESH NAYAKA K.

III B.Com

Weightlifting

- Secured **Gold Medal** in **Bengaluru City Division Level Dasara Weightlifting Championships 2023-24** held at Bengaluru on 27-09-2023 and 28-09-2023.
- Secured **Silver Medal** in **State Level Dasara Weightlifting Championship CM Cup 2023-24** held at Mysuru from 11-10-2023 to 14-10-2023.



16. Which country hosted the first-ever Cricket World Cup in 1975?

- Participated in **South West Zone Inter - University Competition 2023-24** held at Adikavi Nannaya University, Rajamahendravaram from 09-12-2023 to 12-12-2023.
- Secured **Gold Medal** in **BCU Inter-Collegiate Weightlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 14-05-2024.

Powerlifting

- Secured **Silver Medal** in **BCU Inter-Collegiate Powerlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 13-05-2024.

Tug-of-War

- Participated in **All India Inter - University Tug-of-War Championship 2023-24** held at Jeppiaar University, Chennai, Tamil Nadu from 03-05-2024 to 05-05-2024.



PALLAVI L.

III B.Com

Weightlifting

- Secured **Gold Medal** in **Bengaluru City Division Level Dasara Weightlifting Championships 2023-24** held at Bengaluru on 27-09-2023 and 28-09-2023.
- Secured **Silver Medal** in **State Level Dasara Weightlifting Championship CM Cup 2023-24** held at Mysuru from 11-10-2023 to 14-10-2023.
- Secured **Bronze medal** in **State Youth/Junior/ Senior Weightlifting Championships 2023-24** held at Kanteerava stadium, Bengaluru from 17-11-2023 to 20-11-2023.
- Participated in **South West Zone Inter - University Competition 2023-24** held at Adikavi Nannaya University, Rajamahendravaram -AP from 09-12-2023 to 12-12-2023.
- Secured **Gold Medal** in **BCU Inter-Collegiate Weightlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 14-05-2024.

Powerlifting

- Secured **Gold Medal** in **BCU Inter-Collegiate Powerlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 13-05-2024.



VISHAL KUMAR N.

I B.Com

Wrestling

- Secured **Silver Medal** in **BCU Inter-Collegiate Wrestling Men Competition 2023-24** held at GFGC Yelahanka, Bengaluru on 22-11-2023.



17. Who won the IPL 2024 title?

Tug-of-War

- Participated in **All India Inter - University Tug-of-War Championship 2023-24** held at Jeppiaar University, **Chennai, Tamil Nadu** from 03-05-2024 to 05-05-2024.

Powerlifting

- Secured **Bronze Medal** in **BCU Inter-Collegiate Powerlifting Competition 2023-24** held at Seshadripuram College, **Bengaluru** on 13-05-2024.

Weightlifting

- Secured **Silver Medal** in **BCU Inter-Collegiate Weightlifting Competition 2023-24** held at Seshadripuram College, **Bengaluru** on 14-05-2024.



A. C. PRABHAS REDDY

I B.Com

Taekwondo

- Secured **Gold Medal** in **Bengaluru City Division Level Dasara Taekwondo Championships 2023-24** held at **Bengaluru** on 27-09-2023 and 28-09-2023.
- Secured **Silver Medal** in **State Level Dasara Taekwondo Championship CM Cup 2023-24** held at **Mysuru** from 11-10-2023 to 14-10-2023.
- Secured **2 Gold Medals** in **Open National Taekwondo Championship 2023-24** held at JP Park, **Bengaluru, Karnataka** on 09-12-2023 and 10-12-2023.



SANTAN KUMAR K.

I BCA

Powerlifting

- Secured **Bronze Medal** in **SET Founder Cup Inter Institutional Powerlifting Competition 2023-24** held at SICM, **Bengaluru** on 08-12-2023.
- Secured **Bronze Medal** in **BCU Inter-Collegiate Powerlifting Competition 2023-24** held at Seshadripuram College, **Bengaluru** on 13-05-2024.

Tug-of-War

- Participated in **All India Inter - University Tug-of-War Championship 2023-24** held at Jeppiaar University, **Chennai, Tamil Nadu** from 03-05-2024 to 05-05-2024.



18. Who was named the Most Valuable Player of IPL 2024?



AMRUTHA R.

II B.Com

Powerlifting

- Secured **Bronze Medal** in **SET Founder Cup Inter Institutional Powerlifting Competition 2023-24** held at SICM, Bengaluru on 08-12-2023.

Tug-of-War

- Participated in **All India Inter - University Tug-of-War Championship 2023-24** held at Jeppiaar University, Chennai, Tamil Nadu from 03-05-2024 to 05-05-2024.



AKASH D. N.

II B.Com

Karate

- Secured **Bronze Medal** in **BCU Inter-Collegiate Karate Men Championship 2023-24** held at SFGC Yelahanka, Bengaluru on 27-11-2023.

Judo

- Secured **Bronze Medal** in **BCU Inter-Collegiate Judo Championship 2023-24** held at JD School of Design, Bengaluru on 21-12-2023.

Baseball

- Participated in **All India Inter - University Baseball Tournament 2023-24** held at Royal Global University, Assam from 23-02-2024 to 26-02-2024.



TEJASHWINI N.

III BCA

Weightlifting

- Participated in **South West Zone Inter - University Competition 2023-24** held at Adikavi Nannaya University, Rajamahendravaram -AP from 09-12-2023 to 12-12-2023.
- Secured **Bronze Medal** in **BCU Inter-Collegiate Weightlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 14-05-2024.

Powerlifting

- Secured **Gold Medal** in **BCU Inter-Collegiate Powerlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 13-05-2024.



19. Which player won the Orange Cap in IPL 2024?



RAMACHANDRA JOSHI

II B.Com

Athletics

- Secured **Bronze Medal** in **BCU 5th Annual Inter-Collegiate Athletic (3000 M Steeple Chase) Meet 2023-24** held at Sri Kanteerava Stadium, Bengaluru on 19-12-2023 and 20-12-2023.

Rugby

- Participated in **All India Inter - University Rugby Championship 2023-24** held at Chandigarh University, Punjab from 20-01-2024 to 24-01-2024.



PAVAN B.

III B.Com

Chess

- Secured **Silver Medal** in **BCU Inter-Collegiate Chess Championship 2023-24** held at MES College, Bengaluru on 21-12-2023 and 22-12-2023.
- Participated in **South Zone Inter - University Chess Championship 2023-24** held at Bharathidasan University, Tiruchirappalli from 26-01-2024 to 29-01-2024.



GREESHMA B. C.

III B.Com

Chess

- Secured **Silver Medal** in **BCU Inter-Collegiate Chess Championship 2023-24** held at MES College, Bengaluru on 21-12-2023 and 22-12-2023.
- Participated in **South Zone Inter - University Chess Championship for Women 2023-24** held at The Tamil Nadu Dr. Ambedkar Law University, Chennai from 26-12-2023 to 29-12-2023.



LALITHA K. H.

III B.Com

Chess

- Secured **IV Place** in **BCU Inter-Collegiate Chess Championship 2023-24** held at MES College, Bengaluru on 21-12-2023 and 22-12-2023.



20. What was the prize amount for the winner of IPL 2024?

- Participated in **South Zone Inter - University Chess Championship for Women 2023-24** held at The Tamil Nadu Dr. Ambedkar Law University, **Chennai** from 26-12-2023 to 29-12-2023.



RAKSHITHA H.

I B.Com

Athletics

- Secured **Silver Medal** in **BCU 5th Annual Inter-Collegiate Athletic (4x100 m Relay) Meet 2023-24** held at Sri Kanteerava Stadium, **Bengaluru** on 19-12-2023 and 20-12-2023.

Baseball

- Participated in **All India Inter - University Baseball Tournament 2023-24** held at Tuljaram Chaturchand College of Arts, Science & Commerce, Baramati, **Maharashtra** from 23-03-2024 to 28-03-2024.



ROSHANI KUMARI THAPA

II B.Com

Baseball

- Participated in **All India Inter - University Baseball Tournament 2023-24** held at Tuljaram Chaturchand College of Arts, Science & Commerce, Baramati, **Maharashtra** from 23-03-2024 to 28-03-2024.

Powerlifting

- Secured **Bronze Medal** in **BCU Inter-Collegiate Powerlifting Competition 2023-24** held at Seshadripuram College , **Bengaluru** on 13-05-2024.



CHANDANA R.

III BCA

Weightlifting

- Secured **Gold Medal** in **BCU Inter-Collegiate Weightlifting Competition 2023-24** held at Seshadripuram College , **Bengaluru** on 14-05-2024.

Softball

- Participated in **All India Inter - University Softball Women Championship 2023-24** held at Lovely Professional University, **Punjab** from 04-06-2024 to 08-06-2024.



21. Which stadium won the Pitch and Ground Award in IPL 2024?



YOGITH K.

III B.Com

Handball

- Participated in **South Zone Inter - University Handball Championship 2023-24** held at Mahathma Gandhi University, Kochi, Kerala from 02-05-2024 to 12-05-2024.



VARSHA K. C.

III B.Com

Softball

- Participated in **All India Inter - University Softball Women Championship 2023-24** held at Lovely Professional University, Punjab from 04-06-2024 to 08-06-2024.



SHILPA K.

II M.Com

Flag Football

- Participated In **Senior Women Nationals Flag Football Championship 2023-24** held at Hyderabad, Telangana on 19-08-2023 and 20-08-2023.



SINDHU D.

III B.Com

Weightlifting

- Participated in **South West Zone Inter - University Competition 2023-24** held at Adikavi Nannaya University, Rajamahendravaram -AP from 09-12-2023 to 12-12-2023.



SHASHANKA A. N.

III B.Com

Volleyball

- Participated in **South Zone Inter - University Volleyball Championship for Men 2023-24** held at VTU, PES College, Mandya, Karnataka from 22-12-2023 to 25-12-2023.



did you

22. Which Indian cricketer has captained the Indian team in the most World Cup matches?



CHARAN KUMAR G.

I B.Com

Volleyball

- Participated in **South Zone Inter - University Volleyball Championship for Men 2023-24** held at VTU, PES College, Mandya, Karnataka from 22-12-2023 to 25-12-2023.



CHANDANA R.

II B.Com

Handball

- Participated in **South Zone Inter - University Handball Women Tournament 2023-24** held at Periyar University, Tamil Nadu from 10-01-2024 to 14-01-2024.



LAVANYA S.

I B.Com

Cricket

- Participated in **South Zone Inter - University Cricket Championship 2023-24** held at Alagappa University, Karaikudi, Tamil Nadu from 18-01-2024 to 22-01-2024.



MAHADEV PRASAD

III B.Com

Taekwondo

- Secured **2 Gold medals** in **National Taekwondo Championship 2023-24** held at Bengaluru University, Jnanabharati, Bengaluru on 27-01-2024 and 28-01-2024.



CHETHAN KUMAR K.

II B.Com

Baseball

- Participated in **All India Inter - University Baseball Tournament 2023-24** held at Royal Global University, Assam from 23-02-2024 to 26-02-2024.



23. In which year did Australia first win the World Cup?

25



ROCHAN KUMAR S. S.

II B.Com

Baseball

- Participated in **All India Inter - University Baseball Tournament 2023-24** held at Royal Global University, Assam from 23-02-2024 to 26-02-2024.



ANISH KUMAR GIRI

II B.Com

Baseball

- Participated in **All India Inter - University Baseball Tournament 2023-24** held at Royal Global University, Assam from 23-02-2024 to 26-02-2024.



LOKESH M.

I BBA

Netball

- Participated in **All India Inter - University Netball Competition 2023-24** held at Sri Siddhartha Academy of Higher Education University, Tumkur from 11-03-2024 to 14-03-2024.



SANKETH T.

III BCA

Softball

- Participated in **All India Inter - University Softball Tournament 2023-24** held at Bangalore University, Bengaluru, Karnataka from 13-05-2024 to 18-05-2024.



NEHA B. N.

III B.Com

Weightlifting

- Secured **Gold medal** in **Bengaluru City Division Level Dasara Weightlifting Championships 2023-24** held at Bengaluru on 27-09-2023 and 28-09-2023.
- Secured **Gold medal** in **State Level Dasara Weightlifting Championship CM Cup 2023-24** held at Mysuru from 11-10-2023 to 14-10-2023.



24. What is the official name for the Governing Body of International Badminton?



KESHAV SHARMA

II BBA

Boxing

- Secured **Silver medal** in **Karnataka State Muaythai Championship 2023** held at Bengaluru on 26-11-2023.
- Secured **Silver medal** in **BCU Inter-Collegiate Boxing Men Championship 2023-24** held at Govt. Arts College, Bengaluru on 13-12-2023.



ROHITH K. N.

II B.Com

Boxing

- Secured **Gold medal** in **Karnataka State Muaythai Championship 2023** held at Bengaluru on 26-11-2023.



DISHA BANERGY

III B.Com

Powerlifting

- Secured **Gold medal** in **SET Founder Cup Inter Institutional Powerlifting Competition 2023-24** held at SICM, Bengaluru on 08-12-2023.
- Secured **Silver Medal** in **BCU Inter-Collegiate Powerlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 13-05-2024.

Weightlifting

- Secured **Gold Medal** in **BCU Inter-Collegiate Weightlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 14-05-2024.



SHAMVEL

I B.Com

Powerlifting

- Secured **Silver medal** in **SET Founder Cup Inter Institutional Powerlifting Competition 2023-24** held at SICM, Bengaluru on 08-12-2023.

Weightlifting

- Secured **Silver Medal** in **BCU Inter-Collegiate Weightlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 14-05-2024.



25. When did badminton become a full-medal sport in the Olympics?



SUDHAKAR

I M.Com

Powerlifting

- Secured **Silver medal** in **SET Founder Cup Inter Institutional Powerlifting Competition 2023-24** held at SICM, Bengaluru on 08-12-2023.

Best Physique

- Secured **Silver Medal** in **BCU Inter-Collegiate Best Physique Competition 2023-24** held at Adarsha College, Bengaluru on 06-01-2024.



DUSHYANTH U.

II BCA

Shooting

- Secured **Gold Medal** in **BCU Inter-Collegiate Rifle Shooting Men Championship 2023-24** held at SICM, Bengaluru on 16-11-2023.



DHANUSH D.

III BCA

Wrestling

- Secured **Bronze medal** in **BCU Inter-Collegiate Wrestling Men Competition 2023-24** held at GFGC Yelahanka, Bengaluru on 22-11-2023.



VILAS YADAV

I BCA

Shooting

- Secured **Gold medal** in **SET Founder Cup Inter Institutional Shooting Competition 2023-24** held at SICM, Bengaluru on 08-12-2023.



ASHWINI N.

II B.Com

Powerlifting

- Secured **Silver medal** in **SET Founder Cup Inter Institutional Powerlifting Competition 2023-24** held at SICM, Bengaluru on 08-12-2023.



did you

26. Who is the captain of the Indian Kabaddi team?



PAAVANA P. R.

III B.Com

Powerlifting

- Secured **Bronze medal** in **SET Founder Cup Inter Institutional Powerlifting Competition 2023-24** held at **SICM, Bengaluru** on **08-12-2023**.



SUBHASH CHANDRA BOSE

I B.Com

Powerlifting

- Secured **Bronze medal** in **SET Founder Cup Inter Institutional Powerlifting Competition 2023-24** held at **SICM, Bengaluru** on **08-12-2023**.



ARUN NAGARAJU R.

III B.Com

Powerlifting

- Secured **Bronze medal** in **SET Founder Cup Inter Institutional Powerlifting Competition 2023-24** held at **SICM, Bengaluru** on **08-12-2023**.



KEERTHIKA KASI

I B.Com

Athletics

- Secured **Silver medal** in **BCU 5th Annual Inter-Collegiate Athletic (4x100 m Relay) Meet 2023-24** held at **Sri Kanteerava Stadium, Bengaluru** on **19-12-2023 and 20-12-2023**.



KEERTHANA

II BBA

Athletics

- Secured **Silver medal** in **BCU 5th Annual Inter-Collegiate Athletic (4x100 m Relay) Meet 2023-24** held at **Sri Kanteerava Stadium, Bengaluru** on **19-12-2023 and 20-12-2023**.



did you

27. The term "Running Hand Touch" is associated with which sport?



DEEPAK G

II BBA

Athletics

- Secured **Bronze medal** in **SET Founder Cup Inter Institutional Powerlifting Competition 2023-24** held at SICM, Bengaluru on 08-12-2023.



JAYA SURYA

I B.Com

Judo

- Secured **Silver Medal** in **BCU Inter-Collegiate Judo Championship 2023-24** held at JD School of Design, Bengaluru on 21-12-2023.



PRIYANKA B

II B.Com

Judo

- Secured **Silver Medal** in **BCU Inter-Collegiate Judo Championship 2023-24** held at JD School of Design, Bengaluru on 21-12-2023.



RAMYA M.

II B.Com

Judo

- Secured **Bronze Medal** in **BCU Inter-Collegiate Judo Championship 2023-24** held at JD School of Design, Bengaluru on 21-12-2023.



NANDEESH KUMAR

III B.Com

Best Physique

- Secured **Bronze Medal** in **BCU Inter-Collegiate Best Physique Competition 2023-24** held at Adarsha College, Bengaluru on 06-01-2024.





HEMANTH KUMAR B.

I MCA

Powerlifting

- Secured **Silver Medal** in **BCU Inter-Collegiate Powerlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 13-05-2024.



RAKSHITH D.

I BBA

Weightlifting

- Secured **Bronze Medal** in **BCU Inter-Collegiate Weightlifting Competition 2023-24** held at Seshadripuram College, Bengaluru on 14-05-2024.

SPORTS TEAM ACHIEVEMENTS 2023-24



Won both **Men and Women Chess Championship** of BCU Inter – Collegiate Chess Competitions held at MES College from 21-03-2024 to 22-03-2024.



Greeshma
III B.Com.



Honey Gowda
II BCA



Lalitha
III B.Com.



Nithish
II BCA



Pavan
III B.Com.



Raghav S M
II B.Com.



Raghavi
II B.Com.



Ranjintha
III B.Com.



Saketh
I M.Com.



Vishal
II B.Com.



Bhuvan S Suryavamshi
III BBA



Shashank R
III B.Com



Rakshith R P
I B.Com

- Secured **Gold Medal** in **"Sportix – 2023"** II Inter District Sports Meet held at Ramanagara on 08-11-2023.
- Secured **Gold Medal** in **"SET Founders Cup – 2023"** Men Badminton Competition held at SICM, Bengaluru on 08-12-2023.
- Secured **Silver Medal** in **BCU Inter – Collegiate Men Badminton Competition 2023-24** held at VVN Degree College, Bengaluru on 01-12-2023.



Winners in Inter – Collegiate Sports Fest – Men Volleyball Competition 2023-24 held at Vivekananda Degree College, Bengaluru on 24-05-2024

Runners in 'Agratha 2024' Inter – Collegiate Volleyball for men Competition 2023-24 held at Vivekananda BMS Evening College of Arts & Commerce, Bengaluru on 30-05-2024 and 31-05-2024



Secured **Gold Medal** in **BIMA Inter - Collegiate Men Volleyball Tournament** held at BIMA College, Bengaluru from 01-12-2023 to 02-12-2023.



Gowrav Gowda K C
III BBA



Shashanka A N
III B.Com



Chandan B
I B.Com



Mohanthesh D K
I B.Com



Charan Kumar G
I B.Com



Suhas V
I B.Com



Yogith K
III B.Com



Ashwin D
III B.Com



Anish Kumar Giri
II B.Com



did you

30. The limit on the number of substitutions per game in hockey is?



Preetham Gowda P
II BCA



Vignesh G
II B.Com



Ananth Kini
II B.Com

Secured **Silver Medal** in **BCU Inter – Collegiate Men Table Tennis Competition 2023-24** held at SSMRV College, Bengaluru on 04-12-2023 and 05-12-2023.



Runners in **"INFINI National Sports Fest 2023 - 24"** Men Throwball Championship, conducted by PES University, Bengaluru from 11-10-2023 to 14-10-2023

Runners in **Sportstakes – 24, Annual sports fest Throwball Men tournament 2023-24** held at St. Joseph University, Bengaluru on 21-03-2024.



Sanketh T
III BCA



Yogith K
III B.Com



Shashanka A N
III B.Com



Praveen M
III BCA



Ganesh K S
II B.Com



Dhanush Raj S Y
II B.Com



Sathish R
II BCA



Yeshwanth N
II BBA



Dhruva U
II B.Com



Rishikesh S
I BCA



Lokesh M
I BBA



Sagar S
I B.Com



Runners in XENIA 24 Men Kabaddi Competition 2023-24 held at Ramaiah College, Bengaluru on 17-02-2024.

Runners in Inter – Collegiate Sports Fest – Men Kabaddi Competition 2023-24 held at Vivekananda Degree College, Bengaluru on 24-05-2024.



Vikas D
II B.Com



Ramachandra Joshi
II B.Com



Lakshith G
II BBA



Vishak S
II BCA



Akash D N
II B.Com



Rochan Kumar S S
II B.Com



Arun Kumar R
III B.Com



Mahesh S
I B.Com



Manjunath C H
I B.Com



Sankalp H
II BCA



Srikanta
I B.Com



Puneeth Kumar S
I B.Com



Runners in Vidya Sagara Prof MPL Sastry Memorial 3rd Inter – Collegiate White Ball T-20 Cricket Tournament 2023-24 organised by MES College of Arts, Commerce & Science, Bengaluru from 19-06-2024 to 21-06-2024.



Krishna Bharadwaj T N
III BCA



Gnanesh Gowda G
III B.Com



Karna V
II BBA



Shivam R
II BBA



Hemanth M
III B.Com



Dhruv Shankar
III B.Com



Shiv Shankar
III B.Com



Darshan B
III B.Com



Sujal Jain
II BBA



Harshanth P
II B.Com



Manoj
I BBA



Nikhil P
II BCA



Shashank C
III B.Com



Raghunandan B R
III B.Com



Suhas L
I B.Com

COLLEGE TEAMS



Athletics Men & Women



Badminton Men



Best Physique Men



Boxing Men



Chess Men & Women



Cricket Men



Football Men & Women



Handball Men



Handball Women



Judo Men & Women



Kabaddi Men



Karate Men



Netball Men & Women



Shooting Men & Women



Softball Men



Softball Women



Table Tennis Men & Women



Yoga Men & Women



Throwball Men



Throwball Women



Tug of War Men



Tug of War Women



Volleyball Men



Weightlifting Men



Weightlifting Women



Taekwondo Men & Women



**Alumni
Speak**



CHANDANA R.

III BCA

"Run when you can ,Walk if you have to, Crawl if you must; Just Never Give Up"

After I finished my second PU in critical covid-19 batch. I started a new beginning at Seshadripuram college, where I chose my course as BCA. As I started my sports from my school days and PU and also continue in degree...not only in sports I have been performing Bharatanatyam since my 7th grade.

Being a dancer and a sports person, I've found that the experiences and challenges in each field are quite different from one another, from the starting point to the end. Both fields are not so different; they are part of you, and achieving success in them depends on your dedication and effort.

Seshadripuram College gives great importance on both academics and sports, helping students achieve their goals. "I'm lucky to have experienced this firsthand. Where I started giving selection to which I prefer the game as a Kabaddi and throwball. Then I gave a selection to Kabaddi but might the Kabaddi group team was not there I joined a throw ball team where all started from the beginning.

I want to sincerely thank our Sports Department dedication and hard work from the very beginning [throwball family is best team]. Your unwavering support and commitment have been crucial in coaching our team achieve such a prestigious prize for our college. Your efforts have truly made a difference, not just for me, but for everyone in the team. We deeply appreciate everything you've done to guide us to this success.

I would thank my family who has been a great support system an encouraged in my sports and dance. I will always be grateful to them

When it comes to sports department Karthik Sir is a pillar of strength to sports department. Sir provides substantial support and numerous opportunities for students to set and achieve their goals. Sir, rather than giving preference to one game, always strive to be active in all games. Engaging in a variety of games helps in overall development and provides a more enriching experience. I haven't learned just one type of game; I've learned many different games, such as Handball, Netball, softball, baseball ...

I should thank you sir for teaching us in a way that encourages active participation in all games and also I should thank Rakesh Anna, Throwball Coach and Shivanna. I should also thank my juniors and seniors for their encouragement and support for our team.

I also thank the BCA department teachers for providing so much encouragement in both my sports and studies.

My favorite part of sports at Seshadripuram is the annual sports meet because we not only enjoy the event and create beautiful memories, but it's also an emotional experience that goes beyond just winning medals.

I've participated in numerous games and secured medals in throwball.... ,I also had the opportunity to participate in ALL INDIA INTER UNIVERSITY BASEBALL which was held in Assam and SOFTBALL held in Punjab , which was a new and exciting experience where I learned a lot."

In my final year of my degree life . I had an opportunity to be a SPORTS SECRETARY of the college and to stand for the election for STUDENT council representing the sports department . "It is a proud moment which boosted and encouraged my confidence."

I feel proud to be a part of shedie's



SHIVA PRASAD V.

III B.Com

Practicing karate has been a transformative part of my life, it helped me build strength, focus, and confidence. Karate has not only taught me valuable life skills but also given me a deep sense of achievement.

My journey in karate began when I was in grade 2, then my parents insisted me to join Karate, despite of my lack of interest in it. However, what started as a reluctant endeavour now it's an essential aspect of my life.

Over the years, this early exposure has blossomed into a dedicated practice, highlighted by my participation in over 20 national-level championships and 10 international competitions. Competing on global stages in Dubai, Sri Lanka, and Thailand has been particularly exhilarating. These experiences not only tested my skills but also deepening my understanding of the art.

I am profoundly grateful to my college Sports Director, Karthik Sir, for his unwavering support and encouragement. His guidance has been crucial in balancing my academic and athletic pursuits, allowing me to excel in both arenas. Their belief in my abilities and his constant motivation has been crucial for my successful sports journey.

Seshadripuram College has played a crucial role in my karate journey throughout my degree years, offering opportunities and support that were essential for my participation in numerous tournaments. The college's commitment to nurturing my passion for karate has been a

cornerstone of my growth, enabling me to pursue my goals with enthusiasm and dedication.

Last year marked a significant milestone in my karate journey with the opening of my own training centre. Establishing this centre has been a dream come true, and it is incredibly rewarding to share my knowledge and passion for karate with others. With over 30 students now training under my guidance, I am excited to contribute to their growth and development, just as my mentors have contributed to mine.

My journey in karate has been marked by dedication, hard work, and an unyielding spirit. The experiences I have gained and lessons I have learned extend beyond the dojo and influence every aspect of my life. As I continue to train, compete, and teach, I look forward to the future with optimism and excitement, eager to see where this journey will take me next.



SHASHANK A. N.

III B.Com.

"Seshadripuram has proven my abilities in sports where I have achieved so many things and I have known my abilities"

My journey with volleyball started before joining Seshadripuram college. I had a very good atmosphere at the sports department because I had some of my seniors as my team-mates.

I got good support from the physical education director Mr. Karthik K S, under his mentoring I started playing other few games which I had not played and had no idea about the game earlier. In the 1st year I got selected to All India Inter University baseball tournament held in Pune,

Maharashtra, it was my firsts national in the degree level. When the pandemic (COVID-19) got over my physique was not great I had gained more weight which made complications while making certain movements in my sports which became a disadvantage. I couldn't give a certain movements which was necessary for my game, from which I made up mind to lose my weight by implementing some exercises and workouts.

In the second year I played Throw Ball where the team secured a gold medal in the Youth Nationals Championships and I got selected to All India Inter University Rugby Championship held in Odisha, got selected to Netball Championship held in Bangalore at Soundarya College, Dasarahalli. After finishing in All India Championship my friends were like a supporting hand for me and the team which made us win many of the events in the Throw Ball and Net Ball. I'm really very grateful to my Rakesh anna, Throwball coach, my senior Delcia Sherly.

In the third year I got selected as the Sports Secretary and I joined to Bengaluru Torpedos (Volleyball) which is well known club in the Bangalore which was very helpful for me to achieve in which I was very passionate from my school days. After getting selected to Bengaluru Torpedos Club I got selected to All India South Zone Inter University Volley Ball held in PES Engineering College which is situated in Mandya. I always received concerned support from the department in every step and grateful for Shiv Kumar Sir who has supported me a lot.

Thank you



SHRI STUTHI S

III B.Com 'E'

During my time in School and PU College, sports played a significant role in shaping my overall experience and personal growth. I was playing Volleyball and used to do Boxing back then. This made me participate in various district and state level competitions. Initially sports is the first thing I was drawn particularly in my Degree College.

My introduction to weightlifting and powerlifting in Degree College was both unexpected and transformative. I came from a background primarily focused on team sports and also had an idea regarding individual game. So eventually the idea of individual strength training was initially familiar. However, the allure of testing my limits through weightlifting intrigued me.

It all began when I wandered into the Department of Physical Education and Sports one afternoon, where Karthik sir told me to try this particular sport and gave an assurance to guide me throughout. Curious about the equipment and the training regimens of those who regularly lifted weights, I was captivated by the discipline and focus of the lifters. My seniors encouraged me to try it out, offering to guide me through the basics. I picked up a barbell for the first time, and it marked the start of a journey that would significantly shape my college years.

Weightlifting quickly became more than just a workout; it was a discipline that required mental and physical strength, patience, and persistence. The first few weeks were challenging as I struggled to perfect my form and build the

necessary strength. However, the progress, though slow, was incredibly rewarding. Each small improvement, whether in lifting a heavier weight or achieving better technique, fueled my motivation.

Powerlifting, with its focus on three main lifts: the squat, bench press, and deadlift was where I found my true calling. The structured nature of powerlifting appealed to me, as it allowed me to set clear goals and work systematically towards them. Under the guidance of Karthik sir and seniors, I started training seriously, dedicating hours each week to refining my technique and increasing my strength. The camaraderie within the powerlifting community was also a huge source of support. The encouragement from teammates and the shared sense of purpose created an environment that pushed me to give my best.

My first competition was nerve wracking yet exhilarating. Standing on the platform and feeling the weight of the barbell was an unforgettable experience. Despite my initial nerves, I performed well, surpassing my own expectations by getting placed in my weight class. That victory was a turning point, boosting my confidence and solidifying my commitment to the sport.

Over the course of my college years, I participated in numerous Weightlifting and Powerlifting competitions, both at the intercollegiate and state levels. Each event was an opportunity to measure my progress and push beyond my limits. Winning medals before graduation was a testament to the hard work, dedication, and passion I had invested in the sport.

Looking back Volleyball, Weightlifting and Powerlifting not only made me physically stronger but also taught me invaluable life lessons. The sport instilled in me a deep sense of discipline, resilience, and the understanding that

success is the result of consistent effort and perseverance. The confidence I gained from lifting has carried over into other areas of my life, and the achievements I earned in the sport remain some of my proudest accomplishments from my time in college.

Aside from this, I also explored other sports such as Baseball, Rugby, Softball and Handball. Playing them was a refreshing change of pace, allowing me to develop different physical and strategic skills.

Sports in college were not just about competition, they were a means of building lasting friendships. The bonds formed with teammates and fellow athletes extended beyond the field, creating a supportive network that enriched my college experience. We shared the highs and lows, both in sports and in life, and those connections remain strong to this day.

Moreover, being involved in sports taught me the importance of leadership and perseverance. As I progressed through college, I took on more responsibilities.

In conclusion, my sports experience in Degree College was a corner stone of my personal development. It provided a platform to channel my passion, develop crucial life skills, and create unforgettable memories. The lessons I learned on the field have stayed with me, shaping my approach to challenges in life and reinforcing the value of hard work, dedication, and teamwork.

I want to express my deepest gratitude to Lt. Karthik Sir for introducing me to various sports and games during my time in college. His guidance and encouragement opened up a world of opportunities for me, allowing me to discover new passions and push my limits. The experiences I gained under his mentorship have had a profound impact on my personal and athletic growth. I thank him for giving the chance to explore and excel in different sports. With him I

am incredibly grateful to Mr. Shiva kumar for all the guidance and help. Their support has made all the difference.

I am grateful to the college and the faculties for the unwavering support and encouragement provided to sports students like me. The resources, guidance, and opportunities offered have been instrumental to students. The college's commitment to fostering a strong sports culture created an environment to thrive and pursue my

passion. Thank you for always being there to back us, whether it was through facilities, coaching or moral support.

Jai Hind

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are or learning to do"

(Pele, Brazilian Footballer)



Answers for Did you know

1) D. Gukesh 2) Malaysia 3) Nathan Lyon 4) India 5) China 6) Brian Lara 7) Rohit Sharma
8) Andre Russell 9) Spain 10) Carlos Alcaraz 11) England 12) 11 13) Shoaib Akhtar
14) Kolkata 15) Leg Before Wicket 16) Australia 17) Kolkata Knight Riders 18) Sunil Narine
19) Virat Kohli 20) Rs. 20 crore 21) Rajiv Gandhi International Stadium 22) MS Dhoni 23) 1987
24) Badminton World Federation (BWF) 25) 1992 26) Pawan Sehrawat 27) Kabbadi 28) No
29) Kabbadi 30) No Limit 31) Malaysia 32) 7 Yards 33) Kolkata 34) Football 35) Brazil 36) Rohit
Sharma 37) Australia 38) Sachin Tendulkar 39) Viswanathan Anand 40) 3



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