



SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

PREPARATION & PRESENTATION OF DEPARTMENTAL SPORTS PROFILE

ABSTRACTS

Sarbati Devi Women's college was established in the year 1981 in a small town of Rajgangpur with a view to provide a distant future to empower women of this under developed and under privileged tribal area of Sundergarh district in the state of Odisha. Our Sarbati devi women's college is a sports-based college. Our college has name and fame in both the field of games and studies. Our college history has been highlighted for games & other activities. It's a history of our college that students give their hard work, efforts, best and no doubt they achieve their goal/honour and that hard work help them to construct a bright future. In our college approximately 2500 students studying in our college. Maximum students belong to ST/SC Category and they were mostly interested in sports. The sports department of this college has come to occupy a distinguish place in the region with its consistently best performance and outstanding achievements at inter college level as well as university level. The department organise various sports activities for the physical and mental development of the students throughout the year. The department is equipped with all the requirements needed for playing indoor and outdoor games such as chess, carom and badminton. Many students have participated in national, state and university level sports and games. Students also participated actively in inter college tournaments and secured the prizes and brought laurels to the college. The faculty offers excellent opportunities and friendly counselling for overall development of personality which makes them competitive and confident and install in them a sense of confidence leadership qualities. Our department is open all time for the students, staffs and the non-teaching staffs. Our main motto is to MOTIVATE students and give awareness of health and hygiene.

ACTIVITIES FOR THE SESSION 2022-23

S.I N O	NAME OF ACTIVITIES	LEVELS	ORGANISING VENUE	DATE OF ACTIVITIES	YEAR OF ACTIVITIES	ACHIVMENTS	NUMBER OF STUDENTS
1	BOXING	DISTRICT	RORKELA	4.12.2022	2022-23	GOLD MEDAL IN SR DIVISION (1)	1
		STATE	PURI	8.12.2022 TO 9.12.2022	2022-23	GOLD MEDAL(1)	1
		NATIONAL	MDU,ROHTAK,HA RYANA	27.12.2022 TO 29.12.2022	2022-23	(2 PARTICIPATE)	2
		NATIONAL	BHOPAL	20.12.2022 TO 25.12.2022	2022-23	(1 PARTICIPATE)	1
		INTER COLLEGE	SDWC COLLEGE	11.11.2022	2022-23	2 BOXERS SELECTED FOR ANB	8
2	THAI BOXING	STATE	ROURKELA	10.11.2022	2022-23	GOLD MEDAL1,SILVER MEDAL3,BRONCH 5	8
3	KHO-KHO	DISTRICT	SUNDERGARH	17.12.2022	2022-23	12 SELECTED FOR STATE	12
		STATE	PURI		2022-23	PARTICIPANTS	12
		NATIONAL	SAMBALPUR ATHLETIC ASSOCIATION	9.12.2022	2022-23	ODISHA TEAM GOLD MEDAL 01	1
4	VOLLEY BALL	INTER DISTRICT	GOVT COLLEGE, SUNDERGARH	9.12.2022	2022-23	CHAMPION WITH CASH AWARD (15)	14
5	KABADDI	DISTRICT	GOVT COLLEGE, SUNDERGARH	9.12.2022	2022-23	WINNER WITH CASH AWARD (12)	12
		STATE	SAMBALPUR UNIVERSITY	10.11.2022 TO 11.11.2022	2022-23	SELECTED 4	12
		INTER UNIVERSITY	BARIPADA	11.03.2022 TO 12.03.2022	2022-23	CHAMPIAN	12
6	ATHLETIC	INTER CLG SAMALPUR UNIVERSITY	NILASYLA COLLEGE, RKL	03.12.2022	2022-23	2 ND IN HUMMER & 2 nd IN LONG JUMP	14
7	INDEPENDENCE DAY	SDWC COLLEGE	SDWC COLLEGE	15.08.2022	2022-23	IN COLLEGE CAMPUS	400
8	INTERNATIONAL YOGA DAY	AT COLLEGE CAMPUS	SDWC COLLEGE	21.06.202	2022-23	STAGE PROGRAMME	200
9	BADMINTON	INTER COLLEGE	SAMBALPUR UNIVERSITY	12.1.2023	2022-23	PARTICIPANTS	02
10	VAN-MAHOTSAV	SDWC COLLEGE	SDWC COLLEGE CAMPUS	4.07.2023	2022-23	ORGANISE PROGRAMME IN CLG CAMPUS	45
11	SEMINAR ON MAJOR DHYANCHAND	SDWC COLLEGE	SDWC CAMPUS	2.7.2022	2021-22	ORGANISE IN SD WOMENS COLLEGE	50

BENEFITS OF SPORTS ACTIVITIES

- It helps in developing whole person in every person. Serve as a role model and demonstrate knowledge of health, physical education and wellness.
- It helps in developing all round personality of players to make players physically fit, mentally alert, emotionally balanced, socially well adjusted, morally true and spiritually uplifted.
- It helps in enhancing social skills and teamwork by providing opportunities for students to work together in group settings. It also provides opportunity for students to learn about communication, co-operation, leadership & problem-solving.
- It helps in promoting physical fitness and health by providing opportunities for regular physical activities. Regular physical activities help to prevent chronic diseases such as obesity, diabetes, and heart disease.
- It helps in developing self-confidence and self-esteem by providing opportunities for students to set goals, achieve success and receive positive feedback. It also provides opportunities for students to develop a sense of pride in their physical abilities and accomplishments.
- It helps in understanding and developing appreciation of one's local and worldwide environmental factors like history, culture, tradition, religious practices, aesthetic values are fully understood through dance, sports and games.
- It helps in creating interest by motivating students to participate in various sports tournament.
- It helps in organising special coaching sessions to give scope for ability and guide to develop their skills.

VARIOUS PRACTICE & ACHIVMENTS OF SPORTS DEPARTMENT DURING THE ACEDEMIC SESSION (2022-23)

1. BOXING:

In boxing, Participants of our college not only showed their talents within Rajgangpur but also in different places by observing their capacity & skills. Our boxers are giving their talent to the District Athletic Associations, Sundargarh, Rourkela Steel Plant Association, State level competitions & university level national competitions.

Weekly three days, our boxing trainer come to our college and conduct practice sessions for the students by exercising different methods like Running, stretching, heading punching & leg positions.



The boxing talents in our students is exceptional as they bring Gold & Silver Medal Prizes which itself ensure proudest moment & Bring laurels to our college.



In 2022-23, Our college get a chance to organise as a host college of Sambalpur university selection trial cum coaching camp held at Boxing arena, Rourkela steel plant. From western Odisha, many colleges participants were come to our college for selection trial cum coaching camp as we organise all the pre-requisites for selection trial cum coaching camp.



After selection trials, four boys and four girl's participants were selected for all India university level competition which was held at MDU University, Rohtak, Haryana from 24th December 2022 to 1 January 2023.



GLIMPSE OF BOXING AT MDU UNIVERSITY, ROHTAK, HARYANA.



(Photo session with our PET P.L. SARANGI From Sambalpur University as team manager of both team escort at MDU University, Rohtak, Haryana.)



(GOLD MEDALIST SONIA RANA AT DISTRICT & STATE LEVEL & ALSO SELECTED AT NATIONAL LEVEL HELD AT BHOPAL)

2. KHO-KHO:

In KHO-KHO, our players got district championship trophy with Rs.40000 cash award from collector, Sundergarh.





(Reshma Bariha of our college deserve gold medal at National level KHO-KHO Event at KIIT University)

3. VOLLEY BALL:

In volley ball, Our players also got championship trophy in district level and got cash award of Rs. 40000 from district collector, Sundergarh.



4.KABADDI:

In kabaddi game, our players giving a trial test in ground level and practice themselves with the trainer & PET Pushpalata Sarangi.



PRACTICE PHOTOS



In Inter college kabaddi competition, our kabaddi team got championship trophy continuously in 2021-22 & 2022-23. The match was held at Sambalpur University on 10.11.2022



Four players selected for Inter University Kabaddi which was held at Baripada on Dt on 11.03.22 to 12.03.22



These players are:

- Bina Minz
- Alina kujur
- Elizabeth Tirkey
- Anjali Gandha

CASH AWARD WITH CHAMPIONSHIP & RUNNERS UP

Our students were participated In Inter District Kabaddi Tournament and got Rs.40000 cash award with mementos from district collector, Sundergarh. Which was held at Govt college, Sundergarh.

5. ATHLETIC:

In inter college athletic, one player in hammer throws and one player in putting shot got 1st position.



6. INDEPENDENCE DAY:

Teachers trained to the students for Independence Day and prepare to hold the flag in flag hosting mechanism.







7. INTERNATIONAL YOGA DAY:

International yoga day among our students we organised a yoga day programme on 21st June 2022-23. In our college campus with a stage programme, among our players and other our students who are like to make them fit with the help of yoga in their day to day life.





उत्कलमेल

For E-paper & Website visit www.ujkalmel.com

संस्करण: सुपुल 22 मई 2023 को: 29 अंक-191 संस्करण: 06/10/2019 "Ujkal" संस्करण: 06/10/21-22 सुपुल में: 2,000 रूप. © Website: www.ujkalmel.com



सरबती देवी महिला कालेज में अंतर्राष्ट्रीय योग दिवस मनाया गया



संवादवाला

राजगंगपुर। राजगंगपुर स्थित सरबती महिला महाविद्यालय में अंतर्राष्ट्रीय योग दिवस मनाया गया है। उक्त कार्यक्रम में सरबती महिला विद्यालय के अध्यक्ष प्रोफेसर विपिन चौधरी की अध्यक्षता में की गई। इस कार्य में मुख्य अतिथि के रूप में सरवन कुमार अग्रवाल मौजूद थे, सभा का प्रारम्भ आकांक्षा लफड़ा ने स्वागत भाषण देते हुए, सभी मुख्य

अतिथियों का स्वागत किया। मुख्य अतिथि ने कहा है कि अंतर्राष्ट्रीय योग दिवस का थीम वासुदेव कुटुंबकम के योग।

वासुदेव कुटुंबकम का अर्थ है पूरी धरती ही परिवार है, सभी लोग अपने स्वास्थ्य के लिए योग करना होगा और भारत में योग का इतिहास के बारे में अवगत किया। आचार्य विपिन कुमार चौधरी ने योग के महत्वपूर्ण के बारे में अपनी

रखी। मुख्य वक्ता के रूप में कीसल्ला अग्रवाल ने अपना अनुभव के बारे में संक्षिप्त रूप से अपनी बात रखी। सपन कुमार पंडा, सादगी अग्रवाल ने भी अपनी अपनी बात रखी।

निष्कर्ष में पुष्पलता सारंगी ने सभी को आभार प्रकट किया। इस कार्यक्रम में तथा सभी अध्यापक अध्यापिका एवं कई छात्राएं उपस्थित थे। कालेज के छात्राएं जुम्बा डांस करके सभा का समापन किया।

(INTERNATIONAL YOGA DAY CELEBRATED AT OUR COLLEGE, SD WOMENS COLLEGE, RAJGANGPUR)

8. BADMINTON:



(ABOVE STUDENTS GOT SELECTED AT INTER COLLEGE BADMINTON COMPETITION HELD AT SAMBALPUR UNIVERSITY)

9. VAN-MAHOTSAV:

Van Mahotsav week celebrated at Sarbati Devi Women's college, Rajgangpur with the auspicious presence of chief guest Mr. Asit Tripathy(Forest ranger, Rajgangpur)planted saplings along with Principal prof. Bipin Choudhury sir and IQAC head Sapan Panda sir. The sports department of our college also joined the event and planted saplings.



10.MEETING ON MAJOR DHYANCHAND AWARD:

The sports department of our college organise a meeting in support of awarding Bharat Ratna award to major dhyanchand with his son Ashok dhyanchand on Dt 2.7.2022





EMPLOYMENT PROFILE OF OUR EX(PASS-OUT) STUDENTS OF OUR SPORTS DEPARTMENT



(SUMANTI SOY, CONSTABLE, ODISHA POLICE.)



(ANSILA EKKA, CONESTBLE, ODISHA POLICE)



(KARISHMA KUJUR, SOLDIER, ASSAM RIFLES)



(MANISHA MISHRA, SOLDIER, ASSAM RIFLES)