



ST FRANCIS DE SALES COLLEGE

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

ATHENIA SPORTS REPORT

TITLE	Athenia 2022-23
DEPARTMENT/ ASSOCIATION	Department of Physical Education
VENUE	SFS college campus

The department of Physical Education of St. Francis de sales college

ATHENIA 2022-23
28th and 29th April 2023

The Department of Physical Education of St. Francis de Sales College Conducted Athenia the inter-collegiate sports fest 2023, held on 28th and 29th April 2022-2023.

Under the guidance of Mr. Venkatramaiah D- the Physical Education Director, Athenia the inter-collegiate Sports fest held on 28th and 29th April 2022-2023. Organized by Department of physical education. Our students participated in this tournament.

Sports Day is an event that's Organized by any institution where the people of the institution or other institutions participate in various athletic events and compete against each other.

The day was filled with a lot of excitement, along with thrills, spirit, and cheers. All the students were very excited about the day, and the activities that were going to be carried out throughout the day. For Athenia UG Intra Collegiate Sports Chief Guest Dr.HD Krishnappa, Ph.D Chief Coach Volleyball Sports Authority of India Retired former Indian Coach

- I believe that everyone present here is doing well and are super excited about today's Sports day. For good physical fitness and strength, sport is an integral part of life.
- There are multiple benefits that a human receives from taking part in sports. Engaging in sports and other physical activities improves an individual's focus, discipline, concentration, social participation, and sportsmanship
- People participate in competitive sporting activities, often with the aim of winning trophies or prizes.

The day started off with the Inauguration of Athenia flame, lighting ceremony, Chief Guest opened Athenia 2022-2023, after that Athenia Oath taking the Leaders along with their team will raise the right hand for the oath, Introduction of the chief guest, Sports Day is a very exciting and happy day. Though the sports day in school, college or university is not the competition itself, but it surely teaches students some important life lessons such as team spirit, working hard towards a common goal and so on. It also inculcates healthy habits like exercising regularly and eating

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healthy food. Overall, sports day is an event which must be celebrated by every educational institution to instill these values in their students. Every student can participate in different types of sporting events.

The list of games is:

Athletics:

- 100 mtrs (MEN AND WOMEN)
- 200 mtrs (MEN AND WOMEN)
- 400 mtrs (MEN AND WOMEN)
- 800 mtrs (MEN AND WOMEN)
- Discuss Throw (MEN AND WOMEN)
- Shot put (MEN AND WOMEN)
- 4*100 relay(MEN AND WOMEN)
- 4*400 relay (MEN AND WOMEN)

Group games:

- Cricket (MEN)
- Volleyball (MEN)
- Football (MEN)
- Throw Ball (WOMEN)
- Kabbadi (MEN AND WOMEN)
- Kho Kho (MEN AND WOMEN)
- Tug of War (MEN AND WOMEN)

All the Students were awarded points on the basis of their performance and some other parameters. In the end, All were happy at the end of the event, and all the efforts of the students paid off. In the prize distribution ceremony, all the winning students and teams were awarded medals and certificates, and the winning house was awarded the Trophy. And overall individual champions are: **Ashwin, Chandana and Mahalakshmi R**

In the end, the Principal of the College addressed all the students and their parents, congratulating all the winning students, and appreciating the efforts taken by each student on the day.

ATHLETICS:

There are so many students who participated in athletics event and won the medals.
The winners are:

100 MTRS RUNNING RACE (MEN):

Gold medal: Ulaganathan
Silver medal: Mohmmed Rasim
Bronze medal: Thowseef

100 MTRS RUNNING RACE (WOMEN):

Gold medal: Anagha
Silver medal: Chandana S
Bronze medal: Nithya H S

**200 MTRS RUNNING RACE (MEN):
(WOMEN):**

Gold medal: Ashwin
Silver medal: Tarun. D
Bronze medal: Preetham.

200 MTRS RUNNING RACE

Gold medal: Mahalakshmi R
Silver medal: Anagha M
Bronze medal: Aditi Tiwari

400 MTRS RUNNING RACE (MEN):

Gold medal: Suraj Chikka Reddy
Silver medal: Om Prakash

400 MTRS RUNNING RACE (WOMEN):

Gold medal: Supriya
Silver medal: Mahalakshmi R

Bronze medal: Pavan Kumar M

Bronze medal: Kavana A

800 MTRS RUNNING RACE (MEN):

Gold Medal: Ashwin

Silver Medal: Prasanna Y

Bronze Medal: Om Prakash

800 MTRS RUNNING RACE (WOMEN):

Gold medal: Mahalakshmi R

Silver medal: Mahalakshmi B

Bronze medal: Madhu Latha

DISCUSS THROW (MEN):

Gold medal: Rakshit

Silver medal: Johnson Leo

Bronze medal: Suraj Chikka Reddy

DISCUSS THROW (WOMEN):

Gold medal: Likhitha V

Silver medal: Madhu D

Bronze medal: Hamsa Lekha S P

SHOT PUT (MEN):

Gold medal: Johnson Leo

Silver medal: Ulaganathan P

Bronze medal: Sri Hari

SHOT PUT (WOMEN):

Gold medal: Akshaya M R

Silver medal: Wegos Dhana Angel

Bronze medal: Harika M

4*100 MTRS RELAY (MEN):

Gold medal: Stephen Cyril and team

Silver medal: Thowseef and team

Bronze medal: Pretham and team

4*100 MTRS RELAY (WOMEN):

Gold medal: Madhulatha and team

Silver medal: Nithya and team

Bronze medal: Kavana and team

4*400 MTRS RELAY (MEN):

Gold medal: Ashwin and team.

Silver medal: Sathveer and team.

Bronze medal: Abraham and team

4*400 MTRS RELAY (WOMEN):

Gold medal: Mahalakshmi and team.

Silver medal: Wegos abd team

THE OVERALL INDIVIDUAL CHAMPIONS ARE:

1. Ashwin
2. Chandana
3. Mahalakshmi R

GROUP GAMES:

Cricket (MEN)

Winners: B Vikas and team

Runners: Alex and team

Volleyball (MEN)

Winners: Sathveer and team

Runners: Prasanna and team

Football (MEN)

Winners: Nitin G K and team

Runners: Manoj GK and team

Throw Ball (WOMEN)

Winners: Likhitha and team

Runners Monika and team

Kabbadi (MEN)

Winners: Vadanth and team

Runners: Inderjeeth singh and team

Kabbadi (WOMEN)

Winners: Hamsa and team

Runners: Sinchana and team

Kho Kho (MEN)

Winners: Shashikanth and team

Runners: Roshan Kumar and team

Kho Kho (WOMEN)

Winners: wegos and team

Runners: Madhulatha and team

Tug of War (MEN)

Winners: Vicky Prakash Raj and team

Runners: Aadvik and team

Tug of War (WOMEN)

Winners: Likhitha and team

Runners: Prathiksha and team

COORDINATOR
Sports Committee
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PRINCIPAL
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