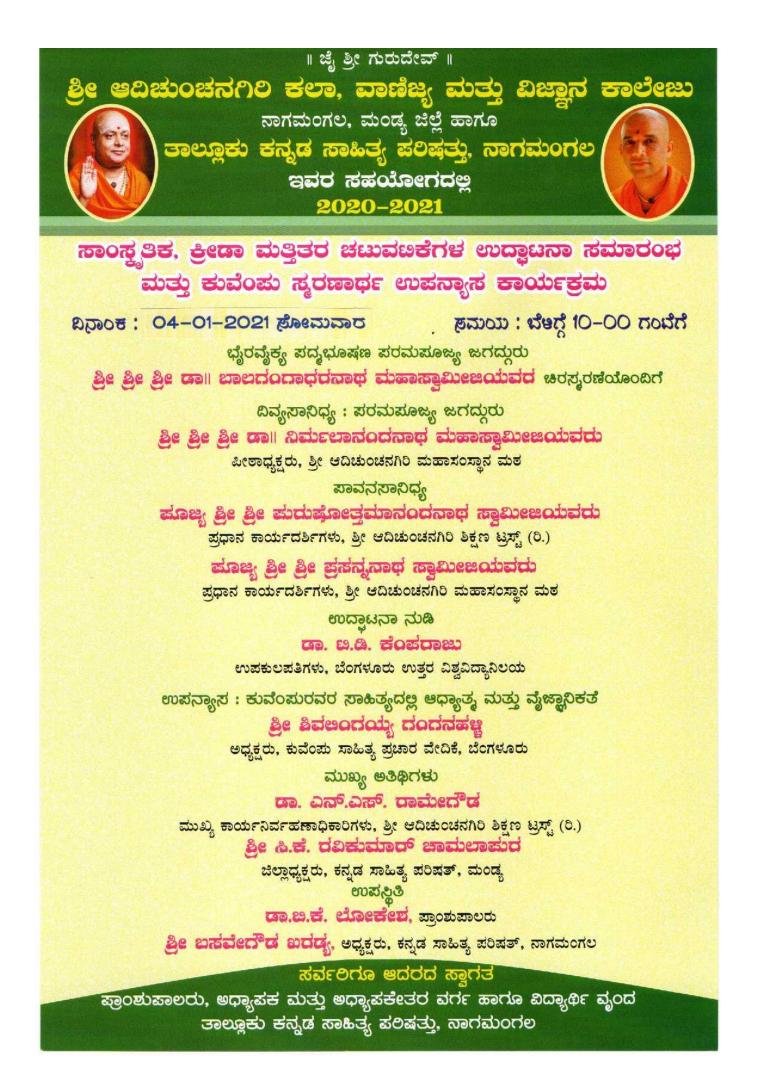
Nagamangala – 571432

# **Sports Activities 2020-21**

SI. No.	Date	Programmes
1	04/01/2021	Inauguration of Cultural and Sports Activities
2	24/02/2021	Mat Kabaddi Training for Boys and Girls
3	21/06/2021	International Yoga Day
4	28/08/2021	Valedictory Programme
3	30/08/2021	National sports day



#### Inauguration of cultural, Sports and Other Activities

#### Date: 04-01-2021

An inauguration of cultural, sports, other activities and a special lecture in memory of Kuvempu was organized in collaboration with Kannada Sahitya Parishat on 04-01 -2021 at 10-00 a.m. in the College campus, in the great memory of his holiness **Padmabhushana Sri Sri Sri Dr. Balagangadharanatha MahaSwamiji**, With the Blessing and presence of his holiness Jagadguru **Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji**.

The programme was started by Naadageete and invocation by Chaithra .S and team. Principal Dr B K. Lokesha gave a warm welcome to all the guests. Cultural and sports activities were inaugurated by lighting the lamp by his holiness Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, Dr. T. D. Kemparaju, Vice Chancellor Bengaluru North University, Sri Shivalingaiah Gangahalli, President of Kuvempu literature prachara vedike, Bengaluru, Nadabrahma Hamsalekha, Dr. N.S. Ramegowda, CEO, Sri Adichunchanagiri Shikshana Trust, Basavaegowda Karadya, President, Kannada Sahitya Parishat, Nagamangala.

In his keynote address Dr. T. D. Kemparaju talked about the rich youth power in India and they should be guided in right direction. He also talked about the contribution of Sri Adichunchanagiri Shikshana Trust for the upliftment of the rural students, he also remembered the days he worked in this institution and was grateful for the late Swamiji Sri Sri Sri Dr. Balagangadharanatha Maha Swamiji for directing him in a right way as his mentor. He talked about upgrading our knowledge to the present context both teachers as well as students should work hard in this matter. He talked about the qualities that students should imbibe in order to achieve in life: Discipline, Devotion and Determination. He also talked about how to adopt moral qualities in life.

Sri Shivalingaiah Gangahally, President of Kuvempu literature prachara vedikae talked profoundly about Kuvempu's contribution for

Secretary, Cultural Committee Sri Adichurchanagiri College of Arts & Commerce Nagamarigala-571 432, Mandya Dist.

PRINCIPAL Sri Adichunchanagiri College of Arts and Commerce Nagamangaia-571 432, Mandya Dist Kannada literature, he discussed various works of the great author with students. He talked about Science and spirituality, which was thought provoking as well as interesting; various stories about the great author were discussed in his talk.

Dr. N. S. Ramegowda CEO Adichunchanagiri Shikshana Trust talked about various skill enhancement courses for UPSC and other competitive exams and he also talked about NEP-2019. Nadabrahma Hamsalekha talked about Guru who is the gravitational force who holds the students and controls their activities in a proper way. He talked about what Covid-19 situation has done to the world, it had mended the world. It had shown what life is. He remembered the contribution of the late Swamiji, in imparting knowledge to rural masses.

Sri Sri Sri. Dr. Nirmalanandanatha Mahaswamiji gave divine blessing to the gathering. Mind is like veena musical instrument which should be properly tuned in order to get good sound from the instrument. He talked about Kuvempu's contribution and significance of reading Kuvempu's work for the present day youths, who need to be motivated in rightful direction. The mind should be pure with right thoughts and the vision which we see should also be pure, then the world would be beautiful. Youth should be properly channelized. He told students to follow civic sense.

Guest faculty members who had left this college for various reasons were felicitated by Sri Sri Sri. Dr. Nirmalanandanatha Mahaswamiji and by other dignitaries on the dais. Certificates were distributed for scout and guide, five members of Rangers and Rovers unit received, Governor Awardees in this function, who had brought laurel to this college. Compeering was done by Smt .Thriveni H.R HoD of Commerce, Vote of thanks was given by Basavaraju Karadya, President Nagamangala Taluk Kannada Sahitya Parishat.

YouTube Videos Link : <u>https://youtu.be/P4ZtVZbwBaY</u>, <u>https://youtu.be/uDrpmfb22KI</u>, <u>https://youtu.be/eW1LZFB3L8Y</u>

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Inauguration of cultural, Sports and Other Activities, Date: 04-01-2021

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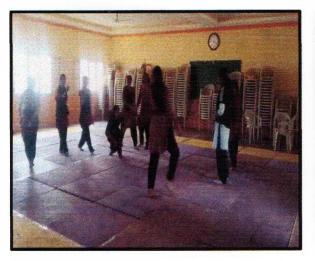
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# **Report on Mat Kabbadi Training**

## Date: 24/02/2021

University of Mysore organized inter college and inter division kabaddi competition will be held on 24/2/21 at university campus that is why SAC college Nagamangala arranged training programmed to our students from 16/02/2021 to 23/02/2021 in those training brought mats from mat for successful training in college prof Mohan Kumar naik took the leadership to gave the instruction our students and he also selected students from side of girls 10 and from side of 18 finally they were practicing with own efforts and well trained with suggestion of Mohan Kumar Naik Assit. Prof department of economics ,D S Chethan Assit Prof department of geography and also R Mohana kumara R Assit Prof department of economics .

# Mat kabaddi training Date; 24/02/2021





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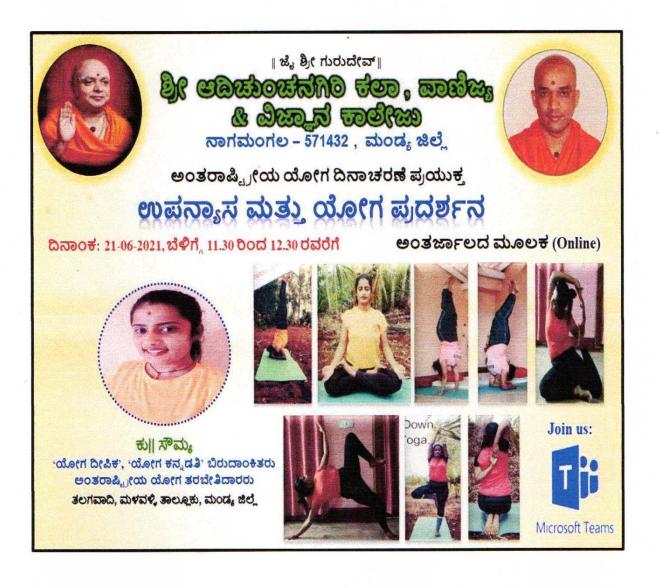
Physical Education Director Sri Adichunchanagiri College of Arts & Commerce Nagamangala-571 432, Mandya Dist.

PRINCIPAL Sri Adichunchanagiri College of Arts and Commerce Nagamangala-571 432, Mandya Dist.

# Sri Adichunchanagiri College of Arts and Commerce

Nagamangala-571432, Mandya Dist.

# 7<sup>th</sup> International Yoga day



Physical Education Director Sri Adichunchanagiri College of Arts & Commerce Nagamangala-571 432, Mandya Dist.

PRINCIPAL Sri Adichunchanagiri College of Arts and Commerce Nagamangala-571 432, Mandya Dist.

# International yoga day celebration report

# **Topic:** Conducting Demonstration and Yoga Sana Event

On 21<sup>st</sup> June 2021 "International yoga day" was celebrated in our college at 11.30 a.m.. All our college students participated in the international yoga day there were 300 participants, joined through online mode.

**Prof. Byregowda**, Retired Professor SAC College, delivered the keynote address on the theme of yoga, and **Dr. N.S. Ramegowda**, CEO of our SAST and former vice chancellor, KSOU, shared his view on the subject and end of the function he shared his opinion about yoga day celebration.

Miss Sowmya awarded : "yoga deepika" yoga kannadathi, and she's a yoga trainer, she gave the information about yoga day and importance and benefits of yoga in our day-today life and also she had given us her valuable guidance to the students and she had shown us various Asana with proper guidance and also performed standing and sitting Asanas, even our principal actively participated in the yoga day celebration.

Smt. C.K. Pooja Assistant Professor department of commerce and management managed the sessions by her anchoring, Dr. B.K. Lokesha principal welcomed the guest and participants of the yoga day, and it was concluded by vote of thanks by Mohan Kumar Naik Assistant Professor of Economics.

#### Keynote address: - Prof. Byregowda

The keynote address was delivered by **Prof. Byregowda**. He gave an official opening for this celebration of international yoga

day. He explained about health and benefits of meditation, he discussed some benefits of practicing yoga like:

1. yoga increases your flexibility and reduces stress and

2. yoga helps you to make healthier life choices

## Address by Resource person:- Miss Sowmya

Miss Sowmya gave detailed explanation about the benefits of yoga and she showed different type of asanas and she explained benefits of the various asanas and she provided some beneficial messages to our students about mind relaxation tips. And she actively participated in the overall session and it was very helpful for us. And she showed various types of asanas like :pranayama, sun salutation, and breathing exercise. And she explained about how to keep lungs healthy.

## **Participant's remarks**

In this international yoga day celebration, the chief guest **Dr**. **N.S. Ramegowda**, CEO Sri Adhi Chunchanagiri Shikshana Trust gave his opinion about yoga and then he shared his views about the importance of yoga, and he explained how it benefits to the society.

**Prof. Byregowda**, retired Professor of SAC College delivered a key note address and provided information of yoga and meditation benefits. And after the session he gave his opinion of the session, he expressed his happiness about the programme,

The session was ended by vote of thanks by Mohan Kumar Naik Assistant Professor of Economics department.

Resource Person : Miss Sowmya, Mob: 9731451795

YouTube Video Link : <u>https://youtu.be/9kceRjMKScw</u>

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Physical Education Director SriAdichunchanagiri College of Arts & Commerce Nagamangala-571 432, Mandya Dist. PRINCIPAL

Sri Adichunchanagiri College of Arts and Commerce Nagamangala-571 432, Mandya Dist.



International yoga day celebration, Date : 21-06-2021

Physical Education Difector Sri Adichunchanagiri College of Arts & Commerce Nagamangala-571 432, Mandya Dist.

PRINCIPAL Sri Adichunchanagiri College of Arts and Commerce Nagamangala-571 432, Mandya Dist.

# Sri Adichunchanagiri College of Arts and Commerce Nagamangala-571432, Mandya Dist.

# Valedictory Function

#### Date: 28-08-2021

The valedictory function was arranged on 28-08-2021 at 11.30 a.m., in the great memory of His Holiness Padmabhushana Sri Sri Sri Dr. Balagangadharanatha Mahas wamiji, with the Blessings of His Holiness Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji and in the presence of Poojya Sri Sri Purushothamanandanatha Swamiji. The chief guests were : Nagathihalli Chandrashekhar, renowned Literary figure and Film Director, Sri Hiremagaluru Kannan, an Indian litterateur, priest, writer, television personality and radio jockey Kannada Poojary, Sanskrit thinker, Smt. Nagashree Thyagaraj, Associate Professor, DACG, Government Polytechnic, Chikkamagaluru, Thyagaraj, Chemistry Lecture, Chikkamagaluru, Krupanandhanatha Swamiji of Adichunchanagiri.

The programme was started by paying tribute Naadageethe by all the students, faculty members of the College and along with the guests'. The invocation was done by Gunavathi. M, Asst. Prof., Dept. of Computer Science and team. Dr. B.K .Lokesha, Principal welcomed the gathering. The programme was inaugurated by lightning of the lamp and flowering to the Poojya Mahaswamiji photo.

The chief guests Hiremagaluru Kannan expressed in his introductory speech about the importance of organizing such functions in College. He talked about inculcating values and moral education in students and in younger generation, and expressed, his wish to visit the College again and again as it is near to his heart. He talked about the labor pain that a mother undergoes, while giving birth to her child, which the child has to remember how much amount of pain it had given to its mother in its lifetime? Every day a student should try to learn a word in Kannada, which is in the extinct level, if not used properly, by our youths and use it. In a way we owe something to our mother. The Chief Guest of the function, Nagathihalli Chandrasekhar talked about the importance of village life and the contribution of youth, in the development of the village. Every one of us has a debt, to discharge when in it comes to our village

in it comes to our village. Secretary, Cultural Committee Sri Adichunchanagiri College of Arts & Commerce Nagamangala-571 432, Mandya Dist:

PRINCIPAL Sri Adichunchanagiri College of Arts and Commerce Nagamangala-571 432, Handya Dist Educated youths when they reach higher position they need to think about contributing something, to their village, which has nurtured and took care about them. He further talked that Mahatma Gandhi had dreamt of "Grama Swaraj", which should be made into reality, by the youths of our village. Their contribution for the upliftment of the village is very essential. What fifty thousand people can't do, can be achieved by five people, when they come together, they can change the face value of the village. The importance of taking care of our parents in the present scenario. There is more number of alcohol shops than a library which is still a distant dream for a villager to have.

Swamiji and the chief guests released our college Annual magazine, "Girikusuma", the Book "Channapatna Taluk Ancient Memorial Sculptures" written by Dr. M.K. Manjunath, Asst. Prof. and HOD, Department of Kannada and Poetry recitation by poets "Kavya Soravara" an anthology of poems in a book form.

Felicitation was done to the student ,Salma V.M, B.Sc. student for securing gold medal and a cash prize in Kannada subject (368 out of 400). Both the husband and wife talked the importance of Kannada literature and the contribution of poetry for the overall development of an individual and they talked about Kuvempu's work and his contribution to Kannada literature. The Bhajan was performed by Chaithra S, Shreyas Gowda and team.

Poojya Sri Sri Purushothamanandanatha Swamiji showered his divine blessings on the gathering. He stressed about that the students, should try to learn to respect teachers and elders of the society. They should instill values, in them along with their education; they should cultivate a cultural habit, which helps in the better development of society. Vote of thanks was proposed by Gunavathi HOD of Computer Science, Smt. H. R. Thriveni Cultural secretary compeered the programme.

# YouTube Video Link : <u>https://youtu.be/eAnKAU6txDM</u>

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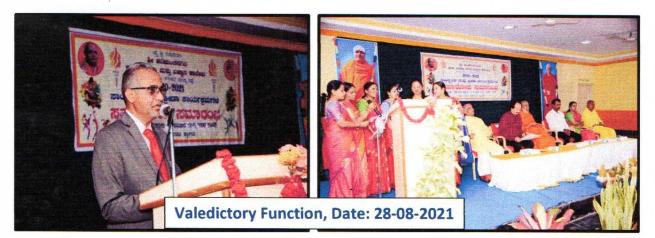
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Valedictory Function, Date: 28-08-2021

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ಶ್ರೀ ಅದಿಚುಂಚನಗಿರಿ ಕಲಾ, ವಾಣಿಜ್ಯ ಮತ್ತು ವಿಜ್ಞಾನ ಕಾಲೇಜು, ನಾಗಮಂಗಲ-571432

# ರಾಷ್ಟ್ರೀಯ ಕ್ರೀಡಾ ದಿನಾಚರಣೆ

ದಿನಾಂತ : 30–08–2021, ಬೆಳಗ್ಗೆ 11.30ಕ್ಕೆ ಪ್ಲಚ : ಪೆಬುನಾರ್ ಹಾಲ್

ಉದ್ದಾಟನೆ : ಶ್ರೀ ತಿವ್ದಾಗತರು ರಾಬ್ಲೂಕು ದೈಹಿಕ ತಿಕ್ಷಣ ಪರಿಖೀಕ್ಷಕರು, ಕ್ಷೇತ್ರ ತಿಕ್ಷಣಾಧಿಕಾರಿಗಳ ಕಛೇರಿ, ನಾಗಮುಂಗಲ

> ರಾಷ್ಟ್ರೀಯ ಕ್ರೀಡಾ ಬಿನಾಜರಣೆಯ ಮಹತ್ವ ತುರಿತ ನುಡಿ : ಶ್ರೀ ಎಂ.ಎನ್. ಪರಮತಿವಯ್ಯ ಅಧ್ಯಕ್ಷರು, ತಾಲ್ಲೂತು ದೈಹಿಕ ತಿಕ್ಷಣ ತಿಕ್ಷಕರ ಶಂಘ, ನಾಗಮಂಗಲ

ಹನ್ನಾನ ಸ್ವೀಕಾರ : ಶ್ರೀ ಎಂ.ಎಕ್. ಶಶಿಕುಮಾರ್ ಕಾಲೇಷನ ಹಿರಿಯ ಬಿದ್ಯಾರ್ಥಿ, ರಾಷ್ಟ್ರೀಯ ಜನಿಬಿಯರ್ ಪಾಲಬಾರ್ ಆಟಗಾರ

> ಅಧ್ಯಕ್ಷತೆ : ಡಾ.ಜಿ.ಶೆ.ಲೋಕೇಶ ಪ್ರಾಖವಾಲರು

್ ಕ್ಲಿಫಿಟರ್ ಬೆಗಾಕ್ಟ್ರೈಕ್ರಾಂದ್ ಕ್ರಾಹಿತ್ ನ್ರಾ ಗಾಭಕ್ರ ಕ್ರಾಶಕ್ಯಾಜರಾ, ಸಾಹ್ಯಾಭಿಯಾ

ಶ್ರೀ ಜಿ.ಪಿ. ನಾರಾಯಾ ಉಪನ್ಯಾಪಕರು, ಅದಿಮಂಜನಗಿಳಿ ದೈಹಿಕ ಶಿಕ್ಷಣ ಕಾಲೇಜು, ಎ.ಪಿ.ಗಿಲಿ

> ಶ್ರೀ ಶೆ.ಜಿ.ಮಂಜುವಾಧ ದೈಹಿಕ ಶಿಕ್ಷಣ ಬೋಧಕರು

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PRINCIPAL Sri Adichunchanagiri College of Arts and Commerce Nagamangala-571 432, Mandya Dist.

# Sri Adichunchanagiri College of Arts and Commerce Nagamangala, Mandya District.

#### **Place: Seminar Hall**

#### Date: 30-08-2021

# **National Sports Day Celebration**

## at Seminar Hall

Invocation

Welcome Speech

Inauguration

**Chief Guest Speech** 

Presence:

**Guest of Honour** 

Presidential Speech Host

Valedictory speech

- : Ms. Meghana, Assistant Professor
- : Mr. Manjunatha K B, Physical Education Director
- : By the elite
- : Sri. Shivanna Gowda Taluk Physical Education Inspector, BEO office, Nagamangala.
- : Sri. M. Parmashivaiah, President, Taluk Physical Education Association, Nagamangala

Sri. B P Narayan Assistant Professor of Physical Education Sri Adichunchanagiri, college of Physical Education, A P Giri.

Sri. Ramakrishnegowda. B. S HOD, Department of Political Sciences

- Sri. M.S. Shashi Kumar Alumni Student of SAC National Sub junior volleyball player : Dr. B.K. Lokesha, Principal
- : Kavitha B. L.

Librarian, Department of Library and Information Centre

: Kavya B.H. Assistant Professor, Dept. of Sociology

# || Jai Sri Gurudev || Sri Adichunchanagiri College of Arts and Commerce Nagamangala, Mandya District.

## DEPARTMENT OF PHYSICAL EDUCATION

# Report on "National Sports Day" Celebration 30<sup>th</sup> August 2021

Department of Physical Education of Sri Adichunchanagiri College of Arts and Commerce, Nagamangala, Mandya Dist. Organized National Sports Day celebration on 30 August 2021 at Seminar Hall.

The programme was started with the offering of floral tributes to the portrait of Major Dhyan Chand and lighting of candle by the Chief Guest Sri. Shivanna Gowda, Sri. M.N Parmashivaiah, Sri. M.S. Shashi Kumar, Alumni Student of SAC, National Sub junior volleyball player and President of the Programme, Dr. B.K. Lokesha Sri Adichunchanagiri College of Arts and Commerce Nagamangala, Mandya Dist. Organizing Secretary Manjunatha K B, Director of Physical Education. On this occasion, faculties and Students were present.

After floral tribute and lighting of candles, the Chief Guest and other dignitaries on dais were felicitated of the department, which was followed by prayer presented by the students.

The formal welcome address was given by Manjunatha K B, Physical Education Director, welcome the Chief Guests and President of the program Dr. B.K. Lokesha and other invited guests, Assistant Professors of varies Departments, Lecturers and students.

The gathering was addressed by the Inaugural speech Sri. Shivanna Gowda, Taluk Physical Education, Inspector, BEO office, Nagamangala. He presented a brief biography of Major Dhyan chand and his contributions to the hockey. He expecting basic facility required for the sports in the colleges.

**Sri. M.N Parmashivaiah,** President, Taluk Physical Education Association, Nagamangala. He explains the importance of sports and required all the necessity for the sports in the colleges. He advised to involve students in sports.

The guest of honor Sri, Shashi Kumar M S, Alumni Student of SAC, National Sub junior volleyball player. He also insisted sports for the future generation. He expressed his own experience regarding sports.

Finally the Chief Guest and President of the Program, Dr. B.K. Lokesha Sri Adichunchanagiri College of Arts and Commerce Nagamangala, Mandya Dist. He discussed about the importance of the sports activates in the college and highlighted the present Indian scenario in Olympic and Paralympics in 2021. He extended best wishes and greetings to all gatherings.

At the end of the Inaugural programme, the formal Vote of Thanks was offered by Kavya B.H. Assistant Professor, Department of Sociology, of the event to all the dignitaries on the dais, off the dais and others invited guests participating in the events.

The program was hosted by Kavitha B L Librarian, Department of Library and Information Centre, SAC college of Arts and Commerce, Nagamangala

> Physical Education Director Sri Adichunchanagiri College of Arts & Commerce Nagamangala-571 432, Mandya Dist.

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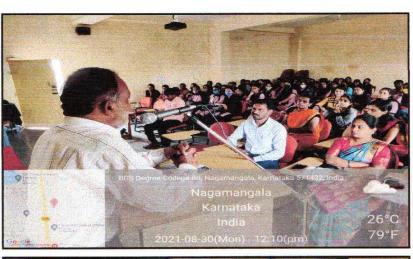
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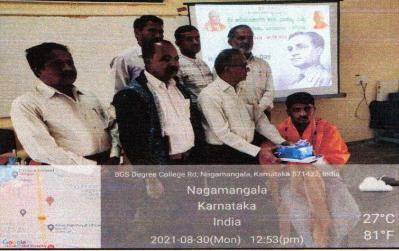


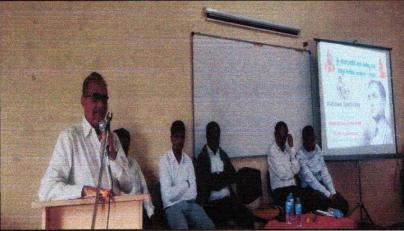
"National Sports Day" Celebration, 30th August 2021

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PRINCIPAL Sri Adichunchanagiri College of Arts and Commerce Nagamangala-571 432, Mandya Dist.







"National Sports Day" Celebration, 30th August 2021

PRINCIPAL Sri Adichunchanagiri College of Arts and Commerce Nagamangala-571 432, Mandya Dist.