# Sri Adichunchanagiri College of Arts & Commerce Nagamangala -571432

# Participation of the Students in various Sports Events 2020-21

| SI.<br>No. | Date       | Programmes                            |
|------------|------------|---------------------------------------|
| 1          | 24/02/2021 | Mat Kabaddi Tournament Boys and Girls |
| 2          | 21/06/2021 | International Yoga Day                |
| 3          | 30/08/2021 | National sports day                   |

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

# UNIVERSITY LEVEL INTER COLLEGE MAT KABADDI REPORT ON PARTICIPATION GAME

Date: 24/02/2021

University of Mysore organized inter college and inter division games at Pavilion ground Mysore our college students were participated from the girls 10 and from the boys 18 those were enthusiastically starting their presentation in the kabaddi competition starting with our college students V/S Yuvaraja college students in final stage of game yuvaraja college was won .Then after our college girls team played with Tertian college those well played but in the final Terishian college girls won the game.

#### University level Inter College Mat Kabbadi









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.

**2:** 08234-286061

Unsupported Personality: PCL ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಶಿಕ್ಷಣ ಟ್ರಸ್ಟ್ (ರಿ.)

286071

#### ವಾಣಿಜ್ಯ ಆದಿಚುಂಚನಗಿಲಿ ಕಲಾ

Sri Adichunchanagiri College of Arts and Commerce, Nagamangala -571432

Website: www.saccngm.org

E-mail: saccngm@gmail.com ನಾಗಮಂಗಲ -571 432, ಮಂಡ್ಯ ಜಿಲ್ಲೆ ಕರ್ನಾಟಕ. (ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ಮಾನ್ಯತೆ ಪಡೆದಿದೆ)

ನ್ಯಾಕ್ ಮಾನ್ಯತೆ 'ಬಿ++' ಗ್ರೇಡ್

ಕ್ರಮ ಸಂಖ್ಯೆ/ಎಸ್.ಎ.ಸಿ.ಸಿ/614 ಅಧ್ಯಕ್ಷರು

/2020 - 20 21

ದಿನಾಂಕ 23 -02-2021

ದೈಹಿಕ ಶಿಕ್ಷಣ ಮತ್ತು ಕ್ರೀಡಾ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ ಸೋರ್ಟ್ ಪೆವಿಲಿಯನ್ ಮೈಸೂರು.

ಮಾನ್ಯರೆ,

ವಿಷಯ:-

ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಅಂತರ ಕಾಲೇಜು ಮರುಷರ ಮ್ಯಾಟ್ ಕಬಡ್ಡಿ ಪಂದ್ಯಾವಳಿಯಲ್ಲಿ ಭಾಗವಹಿಸುವ ಬಗ್ಗೆ.

-[]-

ಮೇಲ್ಕಂಡ ವಿಷಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದಂತೆ ದೈಹಿಕ ಶಿಕ್ಷಣ್ ಮತ್ತು ಕ್ರೀಡಾ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗದ ವಿದ್ಯಾರ್ಥಗಳ ವತಿಯಿಂದ ದಿ ನಾಂಕ:24-02-2021 ಹಾಗೂ 25-02-2021 ರಂದು ಏರ್ಪಡಿಸಿರುವ ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ಅಂತರ ಕಾಲೇಜುಗಳ ಹಾಗೂ ಅಂತರ ವಲಯಗಳ ಮರುಷರ ಮ್ಯಾಟ್ ಕಬಡ್ಡಿ ಪಂದ್ಯಾವಳಿಯಲ್ಲಿ ನಮ್ಮ ಕಾಲೇಜಿನ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಭಾಗವಹಿಸಲು ಅವಕಾಶ ನೀಡಬೇಕಾಗಿ ಕೇಳಿಕೊಳ್ಳುತ್ತೇವೆ.

<sub>ර්ර වීජුග</sub> සාමා ප්ලෙන සිනිදු ಅಧ್ಯಯನ ವಿಛಾಗ. ಸ್ಟೋರ್ಟ್ಟ್ ಪವಿಆಯನ್ ್ಯುಸೊರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಮೈಸೂರು-570 005

| ಕ್ರಸಂ. | ಹೆಸರು            | ತರಗತಿ        |
|--------|------------------|--------------|
| 1      | ದೀಕ್ಷಿತ್ಗೌಡ      | ತೃತೀಯ ಬಿ.ಕಾಂ |
| 2      | ಸಚ್ಚಿನ್ ಬಿ.ಕೆ    | ತೃತೀಯ ಬಿ.ಕಾಂ |
| 3      | ಯಶವಂತ್ ಹೆಚ್.ಎಸ್  | ತೃತೀಯ ಬಿ.ಕಾಂ |
| 4      | ಯೋಗೇಶ್ ವೈ.ಎ      | ತೃತೀಯ ಬಿ.ಕಾಂ |
| 5      | ರಕ್ಷಿತ್ ಜಿ.ಎನ್ . | ತೃತೀಯ ಬಿ.ಎ   |
| 6      | ಗಣೇಶ ಕೆ.ಆರ್      | ದ್ವಿತೀಯ ಬಿ.ಎ |
| 7      | ಗೌಡ ಭರತ್ ಕುಮಾರ್  | ಪ್ರಥಮ ಬಿ.ಕಾಂ |
| 8 '    | ತೇಜಸ್ ಎಸ್.ಕೆ     | ಪ್ರಥಮ ಬಿ.ಕಾಂ |
| 9      | ವಿಶ್ವಾಸ್ ಜೆ.ಎಂ   | ಪ್ರಥಮ ಬಿ.ಕಾಂ |
| 10     | ಮನೀತ್ ಎನ್.ಡಿ     | ಪ್ರಥಮ ಬಿ.ಕಾಂ |
| 11     | ಚಂದನ್ ಕೆ.ಎ       | ಪ್ರಥಮ ಬಿ.ಕಾಂ |
| 12     | ಶ್ರೇಯಸ್ ಕೆ       | ಪ್ರಥಮ ಬಿ.ಕಾಂ |

ವಂದನೆಗಳೊಂದಿಗೆ,

PRINCIPAL

# UNIVERSITY OF MYSORE EPARTMENT OF STUDIES IN PHYSICAL EDUCATION A

#### DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION AND SPORTS SCIENCES Sports Pavilion, Mysuru-570 005

#### Attendance Certificate

This is to certify that Shri/Smt Mohom Kerran Noik T. M.

has participated in 3<sup>rd</sup> Mysore University Intercollegiate and inter-zone level Men/Women Kabaddi Tournament 2021-22, held at Department of Studies in Physical Education and Sports Sciences, Sports Pavilion, Mysore on 24<sup>th</sup> &25<sup>th</sup> February 2021.

Date: 24/02/2021

Chairman CHAIRMAN Department of Studies

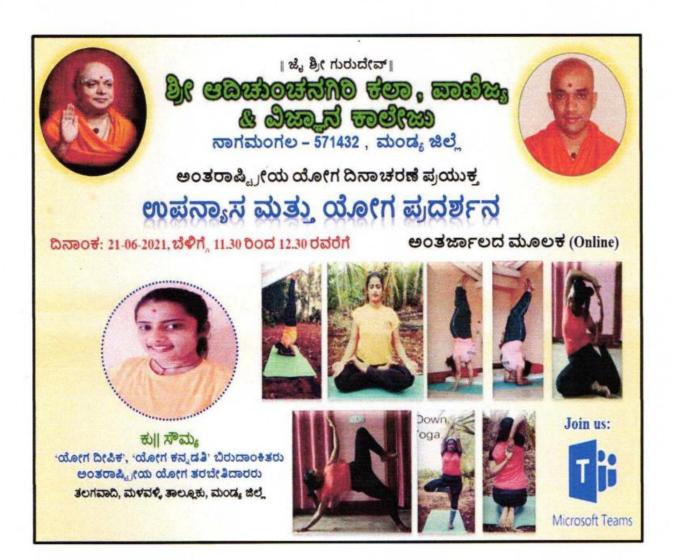
in Finalcal Education & Sports Science Sports Pavilion

University of Mysore MYSORE-570 005

## 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.

# International yoga day celebration report

# Topic: Conducting Demonstration and Yoga Sana Event

On 21st 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: <a href="https://youtu.be/9kceRjMKScw">https://youtu.be/9kceRjMKScw</a>

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









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

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

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

# 2020-2021 Sports Committee NATIONAL SPORTS DAY

Date: 27-08-2021

#### Circular

This is to inform to all students that, Sports Committee of our college decided to celebrate **National Sports Day** on 30-08-2021 at college premises. I am requesting to all the students, Teaching and non-teaching staffs to attend the Programme

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

Mohawakumara. R Del 25 Faviravina hu A 3) Pavitura A.B Del 4) Srinivousan. H. S. Pe 5) Pallavi. R B 6) Harish N.16 7) Guardh. M. S. 8) Boregewda. S. S. 9° Lavanya. K.S. Del 9° Lavanya. K.S.



#### ॥ **ಜೈ ಶ್ರೀ ಗುರುದೇವ್ ॥** ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಶಿಕ್ಷಣ ಟ್ರಸ್ಟ್(ರಿ.)





# ರಾಷ್ಟ್ರೀಯ ಕ್ರೀಡಾ ದಿನಾಚರಣೆ

ದಿನಾಂತ : 30-08-2021, ಬೆಳಗ್ಗೆ 11.30ಕ್ಕೆ

ಸ್ಥಚ : ಹೆಬುನಾರ್ ಹಾಲ್

ಉದ್ಘಾಟನೆ :

ತ್ರೀ ತಿವಣ್ಣಗೌತ**ಯ** 

ರಾಲ್ಲೂಕು ದೈಹಿಕ ತಿಕ್ಷಣ ಪರಿವೀಕ್ಷಕರು, ಕ್ಷೇತ್ರ ತಿಕ್ಷಣಾಧಿಕಾರಿಗಳ ಕಛೇರಿ, ವಾಗಮಂಗಲ

ರಾಷ್ಟ್ರೀಯ ಕ್ರೀಡಾ ಬಿಸಾಜರಣೆಯ ಮಹತ್ವ ಕುರಿತ ನುಡಿ :

ළි බට.බන්. නපනම්පරාතු

ಅಧ್ಯಕ್ಷರು, ತಾಲ್ಲೂಕು ದೈಹಿಕ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕರ **ಪಂ**ಥ, ವಾಗಮಂಗಲ

ಪನ್ನಾನ ಪ್ರೀಕಾರ :

ළි ෙබට.බන්ම. නම් පරාණපරම

ಕಾಲೇಷವ ಹಿಲಿಯ ವಿದ್ಯಾರ್ಥಿ, ರಾಷ್ಟ್ರೀಯ ಜೂನಿಯರ್ ವಾಲಬಾಲ್ ಅಟಗಾರ

ಅಧ್ಯಕ್ಷತೆ :

ಡಾ.ಜ.ಶೆ.ಲೋಶೇಶ

ಹ್ರಾಂಶುಹಾಲರು

ಉಪಸ್ಥಿತ :

ಪ್ರೂ ಜ.ಎಪ್.ರಾಮತ್ಯಷ್ಟೇಗೌಡ

<u> ಉಪ್ಪಾಕ್ಕರು, ರಾಜ್ಯಾಶಕ್ತ ಬಿಳುಗ</u>

ಶ್ರೀ ಜ.ಪಿ. ವಾರಾಯಣ

ಲಾಪವ್ಯಾಪಕರು, ಅದಿಮುದವಗಿಲಿ ದೈಹಿಕ ಶಿಕ್ಷಣ ಕಾಲೇಜು, ಎ.ಪಿ.ಗಿಲಿ

ಶ್ರೀ ತೆ.ಜ.ಮಂಜುವಾಧ

ದೈಹಿಕ ತಿಶ್ವಣ ಬೋಧಕರು

පැත්තෙන් ස්කාදය - ස්කාදයිකත් එනුවේ නැද සානු වනැදෙනාක

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

1 (0)283

Date: 30-08-2021

#### **National Sports Day Celebration**

#### at Seminar Hall

Invocation

: Ms. Meghana, Assistant Professor

Welcome Speech

Place: Seminar Hall

: Mr. Manjunatha K B, Physical

**Education Director** 

Inauguration

: By the elite

Chief Guest Speech

: Sri. Shivanna Gowda

Taluk Physical Education

Inspector, BEO office, Nagamangala.

: Sri. M. Parmashivaiah, President, Taluk Physical

Education Association, Nagamangala

Presence:

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

**Guest of Honour** 

Sri. M.S. Shashi Kumar

Alumni Student of SAC

National Sub junior volleyball player

Presidential Speech : Dr. B.K. Lokesha, Principal

Host

: Kavitha B. L.

Librarian, Department of Library

and Information Centre

Valedictory speech

: 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

PRINCIPAL

Sri Adichunchanagiri College

of Arts and Commerce

Nagamangala-571 432, Mandya Dist.

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

Physical Education Director

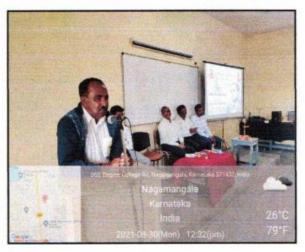




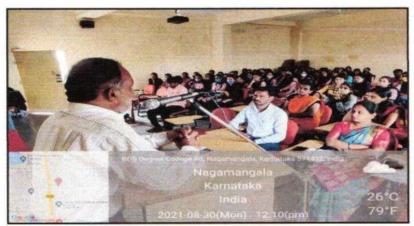


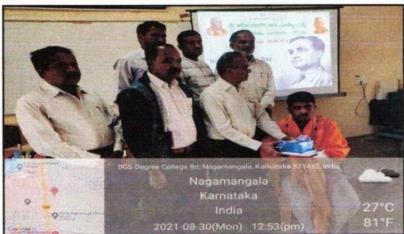






"National Sports Day" Celebration, 30th August 2021







"National Sports Day" Celebration, 30th August 2021

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

### 2020-2021

# Sports Committee NATIONAL SPORTS Day

# Name of the students' participated in the Programme

| SI. NO | Name of the student | Signature              |
|--------|---------------------|------------------------|
| 1      | Puttalingamma. G.R. | Rottalinganno. GR      |
| 2      | Pooja.S             | Poofa.S                |
| 3      | Simian Fathima      | Sinoan Fathing.        |
| 4      | Ranjitha. H.L       | ರಂಚಿತೆ. H.L            |
| 5      | Gayathri T-8        | Gayathou .T.s          |
| 6      | Lakohetha. Jain S   | Lakshitha Jain S       |
| 7      | Sahana . C. N       | Sohence                |
| 8      | Superitha A         | Rac D                  |
| 9      | Bhoomika K.K        | Bluedo le 12.          |
| 10     | Augitha.R           | Aud.                   |
| 11     | Navyashree KS       | Navyashree KS          |
| 12     | Tejashusini. S      | Tyashwili-S.           |
| 13     | Ashulni. E.N        | Astrone                |
| 14     | Jayashree. M        | Eyster)                |
| 15     | Dhanya .P. A        | Dhanya                 |
| 16     | Vaoigha. H          | valsha. H              |
| 17     | Latha. M.S          | hatta us               |
| 18     | Chandava. V.K       | Chandana . U. K        |
| 19     | Ablishet. C. E.     | Abrehet t.S.           |
| 20     | Cachen T. H.        | Carbo T.M.             |
| 21     | Darshan             |                        |
| 22     | Hemanth . N.B       | Darshay<br>Dec +h. N.B |

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

| Sl. NO | Name of the student     | Signature       |
|--------|-------------------------|-----------------|
| 23     | Sandyashree P.          | Candyaguree. P  |
| 24     | Pushpalatho & T.        | Pushpalatha.S.T |
| 25     | Kakshitha.D             | Rabshitha D     |
| 26     | Nº sazga P              | Nisanga.P       |
| 27     | Rasitha, H.V            | Ranjitha, H, V  |
| 28     | Nayana · K.R.           | Nayana K.R.     |
| 29     | Aritha S                | Ace.            |
| 30     | Kavya B.M               | tams            |
| 31     | Kavya B.M<br>Nisarga BH | A 7             |
| 32)    | Zusuma CS               | Lucia           |
| 33)    | Shobha. HJ              | She HI          |
| 347    | A-Ar Ruchitha           | A. M. Reschitha |
| 35)    | KUSUMA S.R              | Kusuus          |
| 36>    | Sindhu. H               | Sindhed         |
| 375    | Bounda KiR              | Done Of         |
| 38.    | Varshitha.D.R           | Varshelha-D.R.  |
| 39     | Thanushorce 13.N        | BN Flee         |
| 40.    | pollaui. y              | Pallaui.y       |
| ul     | Nischitha CK            | Michithaek      |
| 42     | Sovitha. J              | Savitha.J       |
| 43     | Punceth Kuman           | Paneeth Isuman  |
| 44     | Sanjaya C N             | Sajaya a        |

| SI. NO | Name of the student         | Signature           |
|--------|-----------------------------|---------------------|
| 45     | NANDEESHA H.C.              | Neurolesto H.C.     |
| 46.    | Busaj. R.V                  | Boar                |
| 47.    | Praspantha D.P              | Brashouth DA        |
| 48     | KIRAN KUMAR                 | Nouns!              |
| 49     | Shirthupar Khow Chair Gaire | 36                  |
| 50.    | Monika=tt.R.                | Doniba H.R.         |
| 51.    | Meghana. S.B                | Meghana. S.B.       |
| 54.    | Ruthu.L.T.                  | Ruthu. 1 T.         |
| 53     | Divya D                     | Devya . D           |
| 54     | Brouthe.                    | Breathi . C         |
| 55     | Anusha. C. R                | Anuelse C-R         |
| 56     | Alshwarya G.B               | Augusta -           |
| 57.    | Anchana k. L.               | AtoLma k.L.         |
| 58.    | Manasa A,V                  | Manasa Aiv          |
| 59     | Minchana. J                 | minehana.J          |
| 60     | sushmitta.                  | sishmitta.          |
|        | - Aug. 1 9                  | E AMOSON I CO       |
| 9.5    | Land Mark Strate            | modlined 100        |
|        |                             | a spinite fre       |
|        | 200                         | A third work in the |
|        | - K 7 E M S 31              | THE STATE OF        |
|        | yake hir                    | recorded of         |