

SPORTS

Physical Education is an integral part of the total education system. It helps in the attainment of the ultimate aim of education i.e. the achievement of holistic development. Games and Sports play a vital role in the student's life. A student should study hard to be successful in competitive examinations. But, he should also play games and sports to enjoy the health and vigor of life. Along with bookish learning, a student should spend his time on games and sports also. Either study or work alone makes us exhaust. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Education without sports is incomplete. The Department of Physical Education and Sports marks itself as one amongst the most efficacious Department of VPIMSR. It strives to excel at all levels and bring laurels to the college. With the help of college faculty we are continuously improving in sports field. Considering the concept of "SPORTS FOR ALL" throughout the entire session we organized Inter-department tournaments for students. It is one of the largest co-curricular activity programs that offers an extensive opportunity to all the students and staff. This venture shall enable the students and staff to have fun, learn new sports, enhance social interaction and tests one's physical capability. These competition also offer a break from the daily routine tasks and recreate or re-energetic them. The following events have been organized for the inter-class sports tournaments for students

1. CRICKET
2. VOLLEYBALL
3. TABLE TENNIS
4. CHESS
5. KHO-KHO
6. BADMINTON
7. CARROM
8. DODGE BALL