Annual Sports Report 2018-2019

Sound mind in a sound body' is an unavoidable necessity for all, particularly for college-going boy or girl. Keeping in this mind we have done various sports activities in this academic year with active participation of our students.

- The year began with International 'Yoga Day' celebration on 21st June 2018 for this program Mrs. Nisha Jaisinghani and Pooja Jeshneni Yoga trainer was the chief guest Mrs.Nisha Jaisinghani and Pooja Jeshneni explained the importance of yoga by practical and taught various 'Aasanas' and Pranayam.
- On 20/07/2018 to 21/07/2018 organized self-defence workshop. Mr.Nilesh Thakur given the practical knowledge to the students.
- On 29/08/2018 Sport's day was celebrated on the occasion of Major Dhyanchand birth anniversary. Arranged the traditional game.
- (Lagori, Langdi, atyapatya, vitidandu, the objective of celebration is to create sports awareness. Program was inaugurated with speech of Principal Dr. Vasant Pandit Mali.

- Volleyball team participated in intercollegiate tournament organized by university of Mumbai at R. A. Poddar college Matunga Mumbai on 08/10/2018 and 09/10/2018.
- Our college students participated in Athletics meet organized by Mumbai university volleyball on 19/10/2018.
- Divisions of school level volleyball tournament organized by UMC our college students as officiating at century ground 19/10/2018 to 20/10/2018.

In the year 2018-19 following Events were conducted at college level

Sr. No.	Events	No. of students Participated
1	Yoga	10
2	Carrom	30

3	Tennis Koit (Ring)	25
4	Skipping	18
5	Shot Put	23
6	Discuss Throw	16
7	Box Cricket	19
8	100M Running Race	17
9	Suryanmaskar	05

Our students were also participated in various intercollegiate and other sports tournaments as follows:

Sr.No	Name of the college	Number of Participants	Game	Award
1	Maharashtra state open championship Udgir.	01	Volley Ball	4th position
2	C M Chashak Ulhasnagar Constitutincy- Century Rayon Club	08	Volley Ball	1st position
3	C M Chashak Ulhasnagar District Level- Century Rayon Club	08	Volley Ball	3rd Position

CM. CHASHAK 2018-19

ULHASNAGAR CONSTITUENCY
ON 27/11/2018 AT CENTURY RAYON GROUND

J.W. SADHUBELLA GIRLS COLLEGE TEAM

WON 1ST PRIZE IN VOLLEY BALL (WOMEN)




SACAR





Celebration of International Yoga Day



Self- Defence workshop organized by Sports Committee by

Mr.Nilesh Thakur given the practical knowledge to the students.