

KRISHNA CHANDRA COLLEGE

HETAMPUR, BIRBHUM

WEST BENGAL-731124

A GOVERNMENT-SPONSORED GENERAL

DEGREE COLLEGE

AFFILIATED TO THE UNIVERSITY

OF BURDWAN

GAMES AND SPORTS

2024

Sports and games are essential for both the physical and mental of the students. Moreover, it increases the immunity of the person. As it increases the blood flow in the body and makes it adaptable for exertion. The main difference between a sport and a game is, we can play games both indoors and outdoors. But we can only play sports outdoors.

Sports and games play a major role in keeping a person fit and fine.

Games increase the mental health of a person. As it develops Spontaneity and the response time of a person. As a result, a person's mind can decide under pressure. Thus this helps in increasing the IQ of a person and its' presence of mind.

Outdoor Sports like football cricket, basketball, and swimming build the stamina of a person. As all these sports require a lot of running, the stamina of a person automatically increases. Therefore a person can work for a longer period without getting tired.

Some sports need individual participation, while some require teamwork. Thus sports enlists teamwork in a person. Which is essential in every fieldwork. A company can only run by working together and not individually. So a person needs to know how to work together in a team. Only then you can achieve the desired goal. Sports can bring a change to your day-to-day routine. Moreover, it can relieve you from stress as your body will experience a change. It gives your mind a boost of enthusiasm and happiness. As a result, it will fill you with energy for the next day.

In our college, different types of sports activities took part all around the year. College Annual Sports is held each year in the month of February or March. University intercollege, and interdistrict sports are also organised each academic year.

Indoor and outdoor sports for the students are organized. Outdoor activities include a) Run (100mt, 200 mt, 400mt, 800 mt, 1500 mt) b) Throw (Shotput, Discus, Javelin) c) Jump (High, Long) for both boys and girls.

Students as well as college staff participate in indoor games and make the event a great success.

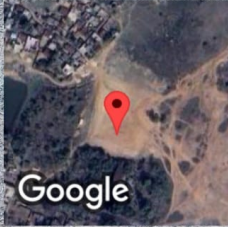
We have also a gymnasium in our college equipped with different gymnastic apparatus.

ANNUAL SPORTS

DATE: 17TH FEBRUARY, 2024

**VENUE: MANSAYER COLLEGE GROUND,
DUBRAJPUR**

The annual sports of our college was held on 17th February 2024 on our college playground, Mansayer. All students and teachers took part in the event to make the event succe.

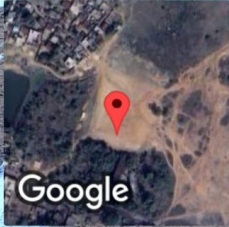


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GPS Map Camera



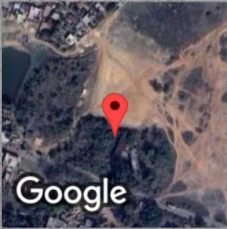
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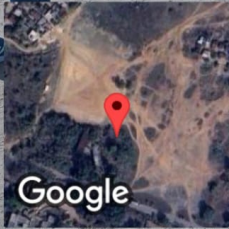
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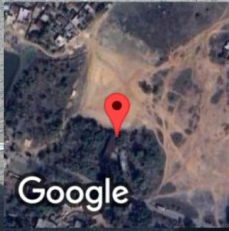
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GPS Map Camera



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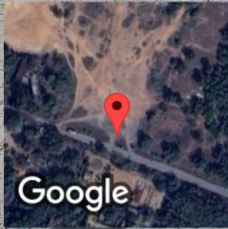
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 **GPS Map Camera**



Dubrajpur, West Bengal, India

Q9MP+RVQ Mansayer Hospital, Dubrajpur Rd, Dubrajpur, Andarbani, West Bengal

731123, India

Lat 23.784628°

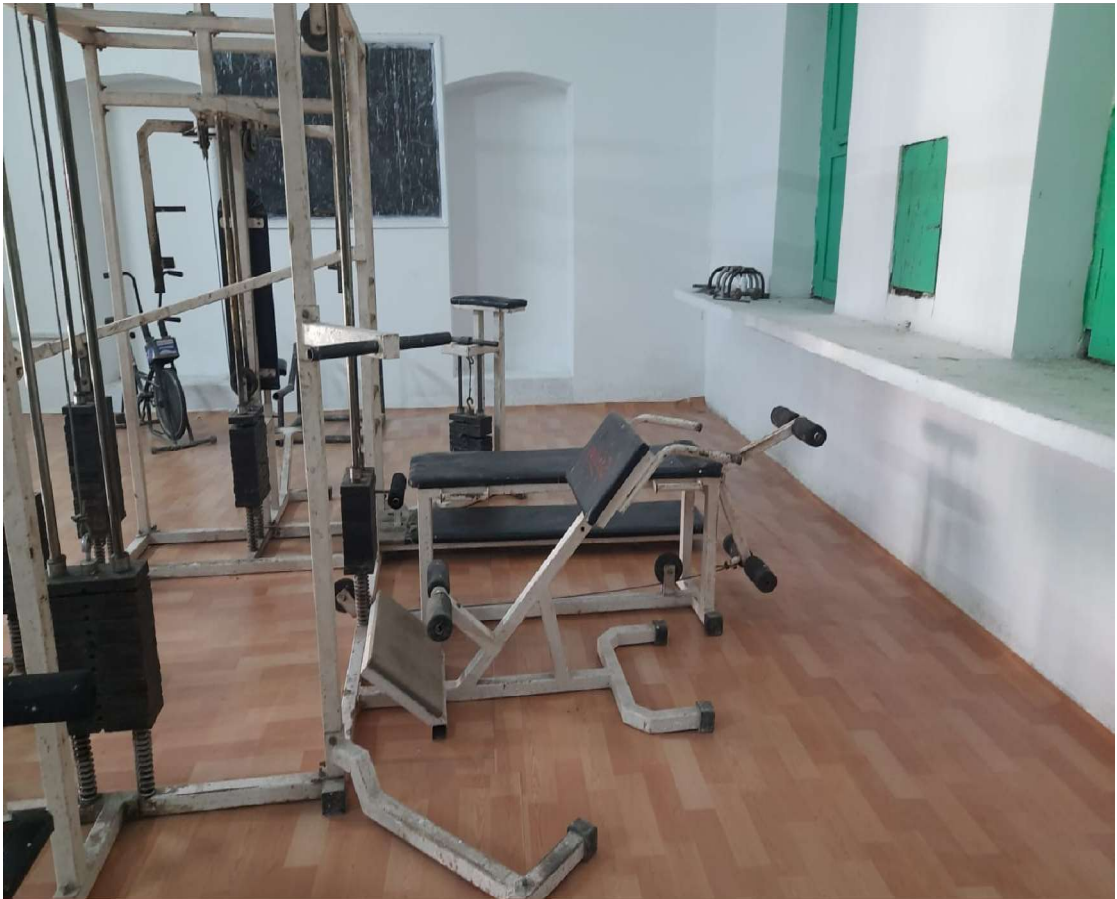
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GYMNASIUM

The gymnasium in our college is an important part of the student's mental and physical fitness. Firstly, it helps improve the general physical fitness of students and prepares them to meet the standards of the educational curriculum. Secondly, it provides a space for students to engage in physical activities and sports, promoting a healthy lifestyle and encouraging students to be active. Additionally, the gymnasium serves as a micro-environment where students can perform intensive physical training, leading to improved physical and mental health. Furthermore, the gymnasium can be utilized as a resource for sports development and can be shared with society, fostering cooperation between the college and social sports groups. Overall, the gymnasium plays a crucial role in promoting physical fitness, providing opportunities for physical activity, and supporting the overall well-being of the students.





PICTURE GALLERY



PICTURE GALLERY



THANK YOU