

Fitness Challenges and sports activities

Balancing academics, social life, and personal responsibilities can leave little time or energy for exercise. Traditional gender roles, cultural expectations, or family obligations can discourage female students from participating in sports and fitness activities. Sports activities can encourage female students to engage in regular physical activity, improving overall health and fitness. Participating in sports can help female students develop confidence, self-esteem, and a positive body image. Participating in sports can help female students develop essential life skills, such as teamwork, communication, and leadership. To Encourage female students to participate in sports and fitness activities Women cell in collaboration with department of physical education organised racing games for girls students on February 22, 2025 on the college ground (this included 100 m, 200m and 400m racing games),long jump competition was also organised. On march 10,2025 basketball match was played between two teams of girls students. winners of each event were felicitated by our worthy Principal. Such Athletics activities and sports activities can reduce the risk of chronic diseases, improve mental health, and enhance overall well-being. Participating in these events can improve concentration, time management, and academic achievement. These athletics and sports activities can help female students to develop a positive self-image, build confidence, and reduce anxiety and stress. Balancing sports and academics can help female students to develop essential time management and prioritization skills.



Pic 1: Students participating in 200m race on march 22, February 2025.



Pic 2: student during high jump competition on march 22, February 2025.



Pic 3: Felicitation ceremony on March 10, 2025.



Pic 4: Students playing basketball match on March 10, 2025.