

**DEPARTMENT OF
PHYSICAL EDUCATION**

Vision and Mission of the Department

Vision

To give opportunities and experiences to achieve wellness in healthy life.

Mission

- To achieve medals in National, State, University levels and Inter Collegiate tournaments.
- Encouraging to achieve Curricular and Co-curricular activities.
- Maintaining Discipline.

A Brief History of the Department

Sri. B S Paramashivaiah, Founder of Sarvagana Education Society established Sarvagana First Grade College, Nelamangala in 1984. The college was handed over to Sree Siddaganga Education Society (R) in 1989. Sree Siddaganga First Grade College, Nelamangala began to work in concurrence at the behest and generosity of His Holiness Dr. Sree Sree Shiva Kumar Swamiji.

The department has reaped huge benefits from a dedicated physical education director along with several batches of committed students. It has oriented itself in its growth towards a broader vision of sports by striking a balance between the tradition and contemporary components. It plays a vital role in the dissemination of the sports to all sections of the society. The department organizes various innovative and developmental activities to enhance and enrich sports. Recently Sri. Uday Kumar M headed the department.

FACULTY PROFILE

Name of the Faculty	Qualification	Designation	Total Service
Sri. Uday Kumar M	BA, BP Ed, MP Ed, NET	Physical Education Director	10 years

PROFILE OF THE DEPARTMENT

01	Name of the Department	Physical Education
02	Year of Establishment	1984
03	Number of Administrative staff	Physical Education Director – 01 Supporting staff - 01
04	Number of Sports field	01
05	Indoor games facilities	01. Chess 02. Carom 03. Table tennis 04. Yoga
06	Outdoor games facilities	01. Badminton 02. Ball Badminton 03. Tenicoit 04. Volley Ball 05. Throw Ball 06. Hand Ball 07. Kabbadi 08. Cricket
07	Tournaments Participated	01. Inter University 02. Bangalore University Inter-collegiate 03. Private College tournaments 04. Dasara Tournament

PERSONAL PROFILE

1. Name : UDAY KUMAR M
2. Designation : Physical Education Director
3. Date of Birth : 16 December 1983
4. Age : 36 Years
5. Date of Joining : 21/ 03/ 2019
6. Total Teaching Experience : 10 Years
7. College : Sree Siddaganga First Grade College of Arts
And Commerce Nelamangala – 562162
9. Permanent Address : Uday Kumar M
S/O Munivenkatappa, Chadhumanahalli (V),
Kembodi (P), Kolar (T & D) - 563103
10. Mobile No. : 9620455342 / 8660717012
11. Email Id : udaykumar.m342@gmail.com
12. Category : SC



13 Educational Qualifications

SL. NO	COURSE	BOARD/UNIVERSITY	YEAR
01	M.P.Ed (Master of Physical Education)	UNIVERSITY COLLEGE OF PHYSICAL EDUCATION Jnanabharathi (Campus), BANGALORE UNIVERSITY	2010
02	B.P.Ed (Bachelor of Physical Education)	UNIVERSITY COLLEGE OF PHYSICAL EDUCATION Jnanabharathi (Campus), BANGALORE UNIVERSITY	2008
03	B.A. (Bachelor of Arts)	GOVT COLLEGE FOR BOYS KOLAR	2005
04	N E T	UNIVERSITY GRANT COMMISION	JUNE-2012

14.Seminars / Conference :

International Seminars / Conferences / Webinars

Sl. No	Seminar/Conference/ Webinar	Topic	Date	Organization / Place
01	Conference	Issues and Challenges in Higher Education	11 th & 12 th November 2019	Organized by Krishna Degree College at Jnana Jyothi Auditorium, Central college campus Bengaluru
02	Webinar	Research in Physical Education and Sports	06 th & 07 th June 2020	Organized by Anurag University, Hyderabad.

15. National Seminars / Conferences / Webinars

Sl. No	Seminar/Conference /Webinar	Topic	Date	Organization / Place
1	Conference	Importance of Physical Education & Sports in Institutors	10 th May 2017	K.S.Institute of Technology Bangalore
2	Webinar	National Webinar on Sports Psychology	27 th May 2020	Organized by Kristhu Jayanthi College, Bangalore
3	Webinar	National Webinar on Higher Education in India Need for a Paradigm Shift.	29 th May 2020	Organized by GFGC, Kolar Gold Field
4	Webinar	National Webinar on Yoga and Wellness	30 th May 2020	Organized by Dr. N.S.A.M. First Grade College
4	Webinar	National Webinar on Pandemic Covid-19 Impact on the sphere of Sports, Libraries and Political Issues	4 th June 2020	Organized by S K College of Arts, Commerce and Science, Talikoti

16.Activities and Responsibilities:

1. Organizing and Selection Committees Member for Inter collegiate Tournament and Inter University Tournament.
2. Organizing committee member for South zone Inter University Women Kabbadi Championship, GFGC Devanahalli, Bengaluru North University 2018
3. Organized Bangalore University inter collegiate Foot Ball Tournament 2014
4. Organized Bangalore University intercollegiate Cross Country Championship 2019

5. Organized Pre University Karate State level Championship
6. Participated in National level Karate championship as a team manager at Indore, Madhya Pradesh
7. Participated in All India inter University Men cross country Championship as a team manager cum coach at Alva's College Mudabidire, Mangalore.
8. Participated in South zone inter University Women Cricket tournament as a team manager at Andhra University, Vijayanagar.

COMPUTER KNOWLEDGE

Basic Fundamental Skills

Working Experience

Worked as a Physical Education Director in **Sri Bhagawan Mahaveer Jain College KGF** from 23rd July 2010 to 20th march 2019. Having 8years 8 months of experience

Working as a Physical Education Director in **Sree Siddaganga first Grade college of Arts and Commerce Nelamangala**. From 21st March 2019 to till date.

List of Sports Articles

Sl. No	Name of the Sports articles	Quantity
1	Athletics	
	1. Shot put	03
	2. Discuss	03
	3. Javelin	04
	4. Hammer Throw	01
	5. Relay baton	10
	6. Spike shoe	07
	7. Stop watch	02
	8. High Jump Stand and cross bar	01
	9. Height measurement stand	01
2	Ball Badminton	
	1. Ball	18
	2. Net	01
	3. Rackets	09
3	Badminton	
	1. Rackets	07
	2. Feather cock	03
	3. Plastic cock	01
	4. Net	01
4	Cricket	
	1. Bat Leather	04
	2. Ball Leather	06
	3. Helmet	02
	4. Arm guard	00
	5. Bating glouse	03 pair
	6. Thigh pad	01
	7. Bating Pad	02 pair
	8. Keeping pad	01 pair
	9. Keeping Glouse	02 pair
	10. Tennis Bat	05

	11. Tennis Ball	31
	12. Stumps	10
	13. Abdomen guard	03
	14. Inner glues	02 pair
5	Carom	
	1. Board	07
	2. Coins	07 set
	3. Striker	04
	4. Powder	05 box
6	Chess	
	1.Board	06
	2.pawns	06
7	Gym	
	1. Tread mill	01
	2. Multi bench press	01
	3. Dumbbells	06
	4. Weights with plates	20
	5. Bull worker	01
	6. Chest expander	01
	7. Skipping	06
	8. Weight lift rod	02
	9. Wrist exercise	03
8	Hand Ball	
	1. Ball	04
	2. Goal post	01
	3. Net	02
10	Knee cap and Anklets	58
11	Measurement tape (50 metres)	01
12	Weighing machine	01
13	Marking rope (50 metres)	01
14	Foot pump	02
15	Tenicoit Ring	12
16	Throw Ball	
	1. Ball	04
	2. Net	01
17	Volley Ball	

	1. Ball	10
	2. Net	02
18	Table tennis	
	1. Bat and Ball	05
	2. Board	01

Inter Collegiate Activities

Sl No	Events
1	Athletics
2	Ball Badminton
3	Badminton
4	Chess
5	Kabaddi
6	Hand Ball
7	Volley Ball
8	Throw Ball
9	Table Tennis
10	Cricket
11	Cycling
12	Tenicoit

Sports Representation – 2019 – 20

Sl. No	Event Name	Venue	Date	Participants/ Players
1	Bangalore University Inter Collegiate Cross Country Championship	Sree Siddaganga First Grade College of Arts and Commerce, Nelamangala	05 th and 6 th September 2019	08
2	Christ University Volley Ball Tournament	Christ University	11 th & 12 th September 2019	11
3	Christ University Hand Ball Tournament	Christ University	11 th , 12 th & 13 th September 2019	12
4	Bangalore University Inter Collegiate Men Volley Ball Tournament	JIMSC, Bidadi, Ramanagara	14 th & 15 th October 2019	12
5	Bangalore University Men Kabaddi Selection Trails	UCPE Stadium Jnanabharathi Campus Bangalore	16 th & 17 th October 2019	04
6	Bangalore University Men Volley Selection Trails	UCPE Stadium Jnanabharathi Campus Bangalore	21 st & 22 nd October 2019	01
7	Bangalore University Men Hand Ball Selection Trails	UCPE Stadium Jnanabharathi Campus Bangalore	28 th October 2019	06
8	Bangalore University Men Ball Badminton Selection Trails	UCPE Stadium Jnanabharathi Campus Bangalore	04 th & 5 th November 2019	05
9	55 th Bangalore University Inter Collegiate Athletic Meet	Sports Authority of India Jnanabharathi Campus Bangalore	07 th , 8 th & 9 th November 2019	17

College Representation – 2018 – 19

Sl. No	Event Name	Venue	Date	Participants/ Players
1	Christ University Handball Tournament	Christ College	29 th & 30 th Aug 2018	10
2	Bangalore University Inter-Collegiate Weight Lifting(M&W)Tournament	Sheshadripurm College	05 th & 06 th Oct 2018	3
3	Bangalore University Inter-Collegiate Kabaddi (Men) Tournament	Govt. RC College	09 th & 10 th Oct 2018	12
4	Bangalore University Inter-Collegiate Athletics Competition	Kanteerva Stadium	25 th to 27 th Oct 2018	14
5	Bangalore University Handball (Men) Selection Trails	Rayalaseema University Kurnool Andrapradesh	20 th to 24 th Dec 2018	2
6	Bangalore University Inter-Collegiate Handball (M) Tournament	National College Bagepalli	11 Feb 2019	10
7	State level Inter-Collegiate Handball (M) Tournament	National College Basavanagudi	15 th & 16 th Feb 2019	10

College Representation – 2017 – 18

Sl. No	Event Name	Venue	Date	Participants/ Players
1	Bangalore University Ball-Badminton (Men) Selection Trails	Andrapradesh University	11 th Sep 2017	1
2	Bangalore University Inter-Collegiate Kabaddi (M) Selection trails	DPE Bangalore University	12 th Sep 2017	1
3	Bangalore University Shuttle Badminton	Sindhi College Bangalore	03 rd Oct 2017 to 05 th Oct 2017	7
4	Bangalore University Inter-Collegiate Weight Lifting (M&W) Tournament	Sheshdripuram College	06 th & 07 th Oct.2017	4
5	Bangalore University Inter-Collegiate Athletics Championship	Kanteerva Stadium	10 th Oct 2017 to 12 th Oct 2017	12
6	Bangalore University Inter-Collegiate Wrestling (Men) competition	Govt. RC College Bangalore	21 th Oct 2017	7
7	Bangalore University Inter-Collegiate Kabaddi (M) Tournament	Kanakapura Rural College	15 th Feb 2018 to 17 th Feb 2018	10
8	Bangalore University Inter-Collegiate Volleyball (Men) Tournament	Soundarya College Bangalore	15 th Mar 2018 to 17 th Mar 2018	8

Sports Achievements – 2019 – 20

Sl. No	Games Participated	Teams / Students Name	Date of the Event	Sem / Year	Results
1	Christ University Hand Ball Tournament	Kumar M G and Team	11 th , 12 th & 13 th September 2019	III B.Com	Secured First Place
2	Bangalore University Inter Collegiate Men Volley Ball Tournament	Mohan Kumar B and Team	14 th & 15 th October 2019	III B.Com	Secured Third Place
3	Bangalore University Men Volley Selection Trails	Hemanthkumar K A	21 st & 22 nd October 2019	I BA	Selected for Bangalore University Team
4	Bangalore University Men Hand Ball Selection Trails	1. Kumar M G 2. Mahesh P 3. Yogesha V 4. Premkumar B N 5. Maruthi R	28 th October 2019	1. III B.Com 2. II B.Com 3. II B.Com 4. II B.Com 5. I B.Com	Selected for Bangalore University Team
5	55 th Bangalore University Inter Collegiate Athletic Meet	Mahesh Y S	07 th , 8 th & 9 th November 2019	III B.Com	Secured Gold Medal in Triple Jump
6	55 th Bangalore University Inter Collegiate Athletic Meet	Mahesh Y S	07 th , 8 th & 9 th November 2019	III B.Com	Secured Silver Medal in Long Jump
7	55 th Bangalore University Inter Collegiate Athletic Meet	Shruthi	07 th , 8 th & 9 th November 2019	III B.Com	Secured Bronze Medal in Javelin Throw

College Achievements – 2018 - 19

Sl. No	Games Participated	Students Name	Date of the Event	Sem / Year	Results
1	Athletics (Triple Jump)	Mahesh .Y .S	27-10-2018	II B.Com	III Prize
2	Athletics (400M Running)	Mohan Kumar .B	27-10-2018	II B.Com	III Prize
3	Hand Ball (Men)	Yogesh .V	05-11-2018	I B.Com	Selected for Inter-University
4	Hand Ball (Men)	Mahesh .P	05-11-2018	I B.Com	Selected for Inter-University
5	Handball (Men)	Yogesh.V & Team	11-02-2019	I B.Com	I Prize
6	Handball (Men)	Yogesh.V & Team	16-02-2019	I B.Com	I Prize

College Achievements – 2017 – 18

Sl. No	Games Participated	Students Name	Date of the Event	Sem / Year	Results
1	Kabaddi	Rajesh L	12-09-2017	II B.Com	Selected for Inter university
2	Ball-Badminton	Manjunath R	30-10-2017	III BA	Selected for Inter university
3	Weight Lifting (Men)	Deepak D M	07-10-2017	III B.Com	Bronze Medal
4	Weight Lifting (Women)	Sharada M	07-10-2017	III BA	Bronze Medal
5	Wrestling (Men) (65Kg)	Rajesh L	21-10-2017	II B.Com	Bronze Medal
6	Wrestling (Men) (92Kg)	Deepak D M	21-10-2017	III B.Com	Bronze Medal
7	Wrestling (Men) (55Kg)	Sunil	21-10-2017	III BA	Bronze Medal
8	Wrestling (Women) (56Kg)	Pavithra R	21-10-2017	III BA	Bronze Medal
9	Wrestling (Women) (48Kg)	Sharada M	21-10-2017	III BA	Bronze Medal

Bangalore University Inter Collegiate Cross Country Championship 2019-20 Tournament Organized

On 06.09.2019



Banaglore University

in Association with



**SREE SIDDAGANGA FIRST GRADE
COLLEGE OF ARTS & COMMERCE**

NELAMANGALA - 562 162.



Valedictory Function of

**Bangalore University Intercollegiate
Cross Country Championship 2019-20**

Date : 06-09-2019, Friday

Time : 11-00 a.m.

Venue : Seminar Hall

Inauguration :

Dr. K. Srinivasamurthy

Honorable Member of Legislative Assembly
Nelamangala Legislative Assembly Constituency

Prize Distribution :

Dr. T. Lingaraju

Directorate of Physical Education
Bangalore University Bangalore

Chief Guest :

Sri T. Thimmarayappa

Z.P. Member, Arishinakunte Z.P. Constituency

Presided by :

Dr. M. S. Shivaprakash

Principal, Sree Siddaganga First Grade College of
Arts & Commerce, Nelamangala



Co-operation :

Bangalore Univeristy

Sree Siddaganga Education Socceity (R.)

Principal, Teaching, Non-Teaching Staff & Students

SSFGC Nelamangala.



	<p align="center">BANGALORE UNIVERSITY</p> <p align="center">INTER COLLEGIATE CROSS COUNTRY CHAMPIONSHIP 2019-20</p> <p align="center">ON 05TH & 06TH SEPTEMBER 2019</p> <p align="center">Org. by: SREE SIDDAGANGA FIRST GRADE COLLEGE OF ARTS AND COMMERCE</p> <p align="center">NELAMANGALA - 562162.</p>	
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FINAL RESULT

SHEET MEN'SSECTION

Position	Chest No.	Timings	Name	Father Name	DOB	Class	Name of the College	Remarks
1	47	32.44 M	GOPALA.S.M	S.T. MURTHY	06-03-1998	IIBA	KIMSR BANGALORE	
2	75	32.50 M	NAVDEEP.K	KARI GOWDA BH	30-05-1999	III BOCM	VIJAYA COLLEGE	
3	74	32.55 M	ANKUR SING	DHARMENDRA.K	20-03-2000	I BA	SURANA COLLEGE, SOUTH END	
4	42	33.03 M	JANARDHANA	RAJA CHARI	24-10-1998	III BA	GFGC KR PURAM	
5	59	33.49 M	ROHITH.L.R	RAMESH L.K	24-08-2001	I BCOM	SIMS	
6	60	34.50 M	SURAJ C GOWDA	CHANDRU A	10-07-2001	I BCA	ST. CLARET	
7	73	35.19 M	SHASHANK S	SHIVA KUMAR	15-04-2001	I B COM	SURANA COLLEGE, SOUTH END	
8	61	35.58 M	CHANAN KUMAR	R. RANGA SWAMY	10-11-2000	I BCA	ST. CLARET	
9	11	37.26 M	VINAY.R	RAMCHANDRAPPA.V	27-08-1998	III BCA	BANGALORE CITY	
10	20	38.20 M	SHIVAGUNA N	NAGAPPA	14-08-2000	II BCOM	SVRFGC CHANDAPURA	

M.S. Supriya
PRINCIPAL
 Sree Siddaganga First Grade
 College of Arts & Commerce
 Nelamangala - 562 162

	<p align="center">BANGALORE UNIVERSITY</p> <p align="center">INTER COLLEGIATE CROSS COUNTRY CHAMPIONSHIP 2019-20</p> <p align="center">ON 05TH & 06TH SEPTEMBER 2019</p> <p align="center">Org. by: SREE SIDDAGANGA FIRST GRADE COLLEGE OF ARTS AND COMMERCE</p> <p align="center">NELAMANGALA - 562162.</p>	
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FINAL RESULT

SHEET WOMEN'SSECTION

Position	Chest No.	Timings	Name	Father Name	DOB	Class	Name of the College	Remarks
1	110	38.10M	MANYA KM	MAHESH KM	10-08-1999	III BBA	SURANA COLLEGE, PEENYA	
2	126	38.53 M	HARSHITHA B	BASAVARAJU	25-05-2002	I BA	KIMSR BANGALORE	
3	149	39.06 M	VAIBHAVI C	CHANDRASHEKAR T	12-06-2001	I BCA	SIMS	
4	101	42.11 M	RAMYA P	PONNUSWAMY	15-12-1998	III BA	NMKRV	
5	111	43.22 M	KAVYA V	VENKATESH	29-12-1999	III BCOM	SVR FGC CHANDAPURA	
6	109	43.53 M	BIBISHA MB	MT BABY	10-12-1998	III BBA	SURANA COLLEGE PEENYA	
7	102	45.39 M	REKHA HP	PRAKASH	25-06-2000	III BA	NM KRV	
8	114	47.11 M	MAMATHA A	ANAND	20-04-2000	III BCOM	SVR FGC CHANDAPURA	
9	135	49.03 M	PUSHPALATHA B	BASAVAIHAH	25-06-1999	III BA	GFGCW RAMANAGARA	
10	134	49.32 M	SUMA CA	APPAJI	23-04-2000	III BA	GFGCW RAMANAGARA	

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Cross Country Race Championship Photo Gallery



Indoor Games Photo Gallery







