

Report On Sports 2017

Start: December 6, 2017 -9:00 am

End: December 7, 2017 – 04:00 pm

Address: 4th Floor, Municipal Building, Opp Vora Colony, M.G. Road, Kandivali (W), Mumbai-400067

Conducted by: Prof. A. P. Singh (Sports Incharge)

Venue: Painsur Gymkhana, Kandivali (w).

Date: December15, 2017

As has been a tradition at Nirmal Degree College to make sure that maximum number of students participate in various sports events. Annual Sports day is held at Poisar Gymkhana, Shri. A. P. Singh as the main incharge of all sports events.

Regular physical activity can reduce blood pressure in those with high blood pressure levels. Physical activity reduces body fat, which is associated with high blood pressures.

Therefore, it is necessary to put emphasis on sports. One can think of a healthy mind only with a healthy body. Both physical and mental well being are the prerequisites of great achievements in a person's life.

We, at Nirmal Education Society endorse the view that indulging in sport activities is as much essential as are academics for an individual's development.

And therefore, we ensure that indoor and outdoor sports activities are conducted on a regular basis to boost their inherent qualities.

A yearly Sports Day is organized wherein indoor and outdoor sports events are conducted including –

- Chess
- Carom
- Untie the knot competitions
- Long Jump
- Shot put throw
- Discus throw
- Javelin throw
- Cricket
- 100 & 200 meter race and so on.

Various institutions also arrange for intercollegiate events and the sports incharge makes sure that our students participate in all such events in large numbers.