

Department of Physical Education & Sports

Annual Report 2022-23

Physical Education and Sports

We consider Physical exercise an important part of our daily routine. The department of physical education is tasked with providing students with the physical education classes and sports opportunities required for them to reach their maximum potential in terms of physical health and athletic performance. The physical education department is responsible for developing and administering various physical activity and athletic programmes that promote physical fitness and wellness, teamwork, sportsmanship, and healthy lifestyle habits. Furthermore, they are also responsible for hosting regular physical education classes and sports tournaments, as well as providing advice on exercise and nutrition to students.

The Department of Physical Education & Sports in the year 2022-23 enhanced with the highest glory of success in field of Sports & Achievements. Elite Players who won medals at various levels like State, Nationals, All India south zone, All India Inter University were felicitated with Individual Trophies & Cash award. With the extreme support of Dr Vatsala G, Principal and Vice Principal Prof. Jayaram and Dr Pushpa.H, MSRCASC. The department conducted various Sports activities for UG & PG to boost them to the path of Success journey ahead.

EVENTS TABLE :

Sl. No.	Date	Name of the Activity	Result/Output
1	28 th to 30 th Dec 2022	Intramural Sports Fest UG	800-900 Participants
2	27 th to 31 st March 2023	Intramural Sports Fest PG	150-200 Participants
3	21-06-2023	Yoga Day Celebration	200 Participants
4	01-07-2023	Workshop on Slow Cycling	350 Participants
5	15-07-2023	28 th Annual Athletic Meet 2023-UG	900-1000 Participants
6	22-08-2023	Annual Athletic Meet 2023-PG	150-200 Participants
7	23 rd & 24 th -08-2023	Ramaiah Memorial Cup Inter Collegiate Cricket Tournament-PG	18 College Participated RCASC Won Championship

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M S Ramaiah College of Arts, Science and Commerce

Re-accredited 'A' by NAAC, Permanently Affiliated to Bengaluru City University,

Approved by Government of Karnataka, Approved by AICTE, New Delhi,

Recognized by UGC under 2f & 12B of UGC act 1956



(National Institutional Ranking Framework, Ministry of Education, Govt of India)

Ranked 55th in NIRF India Ranking by MHRD, New Delhi

DBT Star College Scheme

Students Achievements:**State/University/Nationals/Interuniversity Level****ALL INDIA INTER UNIVERSITY MEDALIST / PARTICIPATION**

Sl No	Name	Department	Sports	Year	Achievements
1	Nanditha Raj	2nd year B Com	KICK BOXING	2022-23	Bronze medal in AIIU 2023
2	PURVAANK RAMESH	1st year BBA	SWIMMING	2022-23	ALL INDIA INTER UNIVERSITY (PARTICIPATION)
3	SIRI PYENENI	3rd year BA	SWIMMING	2022-23	ALL INDIA INTER UNIVERSITY (PARTICIPATION)
4	LAVANYA A K	2 nd year BSC	ARCHERY	2022-23	ALL INDIA INTER UNIVERSITY (PARTICIPATION)
5	AKANSHA MARUTI BORKAR	3rd year BA	TAEKWONDO	2022-23	ALL INDIA INTER UNIVERSITY (PARTICIPATION)
6	AASHISH A CHINCHURE	3rd year BSC	TAEKWONDO	2022-23	ALL INDIA INTER UNIVERSITY (PARTICIPATION)
7	HARSHITH K J	3rd year BBA	ROAD CYCLING	2022-23	ALL INDIA INTER UNIVERSITY (PARTICIPATION)
8	RITHIK	3rd year BCA	BEST PHYSIC	2022-23	ALL INDIA INTER UNIVERSITY (PARTICIPATION)
9	LIKITH H V	2nd year BSC	Badminton	2022-23	SOUTH ZONE (PARTICIPATION)
10	ARADHITHA CHOWDHURY	3rd year BSC	CHESS	2022-23	SOUTH ZONE (PARTICIPATION)
11	PRIYANKA MALAIK	3rd year BCOM	HANDBALL	2022-23	SOUTH ZONE (PARTICIPATION)
12	VARSHINI MURTHY	3rd year BCOM	BASKETBALL	2022-23	SOUTH ZONE (PARTICIPATION)

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OPEN NATIONALS TOURNAMENTS MEDAL WINNERS & PARTICIPANTS-2022-23

SI No	Name	Department	Sports	Year	Achievements
1	ASHITH JAYANTH RAJ	B.Com I YR	BODY BUILDING	2022-23	6th PLACE IN MR.KARNATAKA BODY BUILDING CHAMPIONSHIP
2	ASHITH JAYANTH RAJ	B.Com 1 YR	BODY BUILDING	2022-23	SILVER IN MR.BANGALORE BODY BUILDING CHAMPIONSHIP
3	ASHITH JAYANTH RAJ	B.Com 1 YR	BODY BUILDING	2022-23	BRONZE IN MR.BANGALORE BODY BUILDING CHAMPIONSHIP
4	ASHITH JAYANTH RAJ	B.Com I YR	BODY BUILDING	2022-23	BRONZE IN MR.KEMPAPURA BODY BUILDING CHAMPIONSHIP
5	AKANSHA MARUTI BORKAR	3rd year BA	TAEKWONDO	2022-23	GOLD IN MAHARASHTRA STATE OLYMPIC GAMES
6	AKANSHA MARUTI BORKAR	3rd year BA	TAEKWONDO	2022-23	SILVER MEDAL IN SENIOR NATIONALS-MAHARASHTRA
7	Nanditha Raj	2nd year B Com	KICK BOXING	2022-23	GOLD IN NATIONAL URBAN GAMES CHAMPIONSHIP 2023
8	ASHITH JAYANTH RAJ	1st year BCOM	BEST PHYSIC	2022-23	SILVER MEDAL OPEN NATIONALS
9	DHANUSH M	1st year BCOM	MUAYTHAI	2022-23	SILVER MEDAL IN 2nd KARNATAKA MUAYTHAI CHAMPIONSHIP
10	Nanditha Raj	2nd year B Com	KICK BOXING	2022-23	GOLD IN NATIONAL URBAN GAMES CHAMPIONSHIP 2023

UNIVERSITY INTER COLLEGE MEDAL WINNERS-2022-23

SI No	Name	Department	Sports	Year	Achievements
1	NANDITHA RAJ	2nd year BCOM	BOXING	2022-23	GOLD MEDAL
2	LAVANYA A K	2 nd year BSC	ARCHERY	2022-23	GOLD MEDAL
3	PURVAANK RAMESH	1st year BBA	SWIMMING	2022-23	3 GOLD MEDAL
4	SIRI PYENENI	3rd year BA	SWIMMING	2022-23	1 GOLD MEDAL
5	AKANSHA MARUTI BORKAR	3rd year BA	TAEKWONDO	2022-23	GOLD MEDAL
6	AASHISH A CHINCHURE	3rd year BSC	TAEKWONDO	2022-23	GOLD MEDAL

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7	HARSHITH K J	3rd year BBA	ROAD CYCLING	2022-23	GOLD MEDAL
8	RITHIK	3rd year BCA	BEST PHYSIC	2022-23	GOLD MEDAL
9	MUKTHA SHREE K R	2nd Year BSC	POWER LIFTING	2022-23	GOLD MEDAL
10	PRADEEP S	2nd year BSC	JUDO	2022-23	SILVER MEDAL
11	PURVAANK RAMESH	1st year BBA	SWIMMING	2022-23	6 SILVER MEDAL
12	SIRI PYENENI	3rd year BA	SWIMMING	2022-23	3 SILVER MEDAL
13	ASHITH JAYANTH RAJ	1st year BCOM	BEST PHYSIC	2022-23	SILVER MEDAL
14	PURVAANK RAMESH	1st year BBA	SWIMMING	2022-23	1 BRONZE MEDAL
15	SIRI PYENENI	3rd year BA	SWIMMING	2022-23	2 BRONZE MEDAL

UNIVERSITY INTER COLLEGIT TEAM CHAMPIONSHIP-2022-23

SI No	Event Name	Result	Year	Organising by
1	Swimming	1 ST PLACE	2022-23	BEL COLLEGE
2	Basketball women's	1 ST RUNNER UP	2022-23	SINDHI COLLEGE

M S RAMAIAH INTER COLLEGIT CRICKET CHAMPIONSHIP-2022-23

1	TENNIS CRICKET	WINNERS	2022-23	MS RCASC
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OVERALL RESULT SHEET 2022-23

EVENTS	GOLD	SILVER	BRONZE	PARTICIPATION
ALL INDIA INTER UNIVERSITY			1	7
SOUTH ZONE INTER UNIVERSITY				4
OPEN NATIONALS	3	4	2	1
UNIVERSITY INTER COLLEGIATE	11	12	3	
CHAMPIONSHIP	01	01		
TOTAL MEDALS	14	16	6	12
TOTAL ACHIEVEMENTS	50			



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PHOTO GALLERY



ROLLING TROPHY CHAMPIONSHIP 2022-23 WINNERS - DEPARTMENT OF BBA





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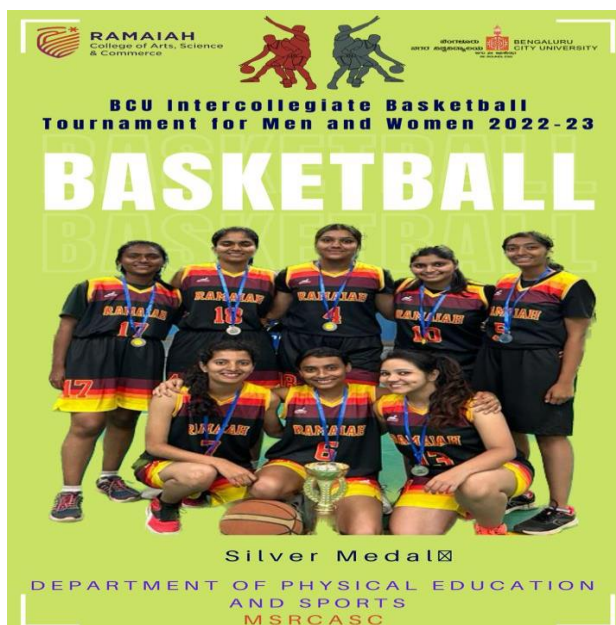
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M S RAMAIAH MEMORIAL CRICKET TOURNAMENT-PG



M.S RAMAIAH
College of Arts, Science and commerce
Department of Physical Education and Sports



FOOTBALL
Inter Class
TOURNAMENT 2022-2023
Winners - BCA (1st Year)
Runners up - BSC (3rd Year)



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