

# Women's College, Agartala

## Department of Physical Education and Sports Science

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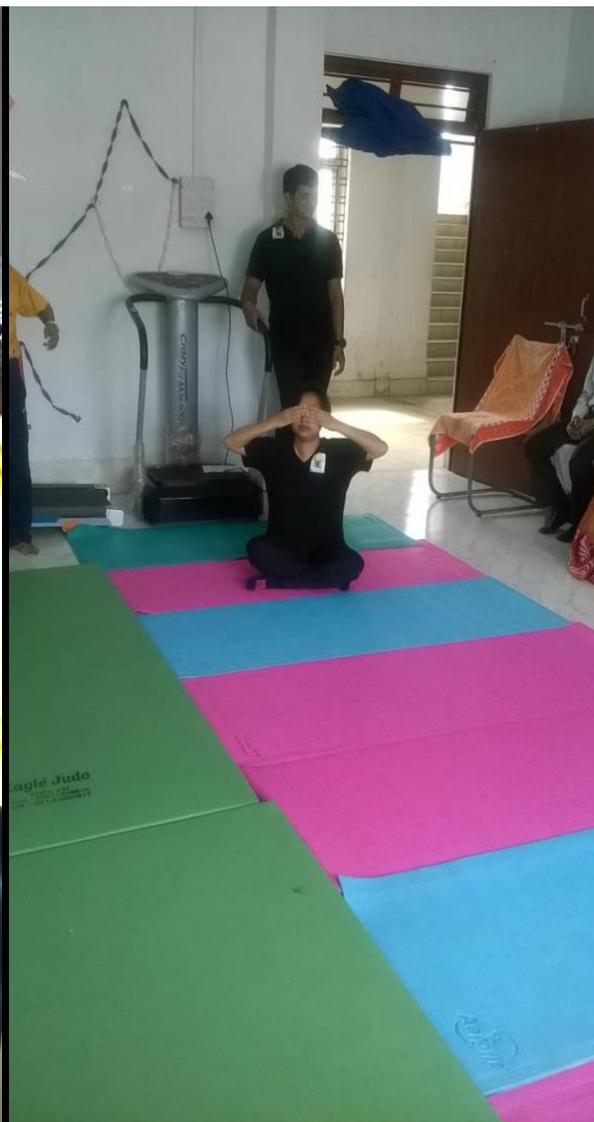
### A report of the activities and achievements of the Department of Physical Education and Sports.

The Department of Physical Education and Sports Science marks itself as one amongst the most efficacious departments of Women's College, Agartala. It strives to excel at all levels and bring laurels to the college. Physical fitness is an empowering attribute and a key element for a healthy life. Hence to promote the cause of sports, in addition to nurturing the talent of acclaimed sportswomen, the department strives to reach out to each member of the College, through specially designed activities and events for the teachers and students.

**5<sup>th</sup> International Yoga Day** was celebrated at Women's College, Agartala with great enthusiasm. To mark the fifth International Yoga Day, the students and teachers of the college performed Yoga, the ancient Indian practice. The celebration started at 6.45 am as the students assembled in the Physical Education department. Smt. Manidipa Debbarma, Principal, Women's College, Agartala lit the inaugural candle accompanied by other teachers of the college. This was followed by the welcome address by Sri Joydeep Talapatra, A/P & HOD in charge of the department of Physical Education. After that, Smt. Sarbari Nath, A/P cum Secretary to the Teachers' Council, spoke about the relevance of Yoga in our day to day life. In her presidential address, the Principal addressed and educated the gathering about the benefits of Yoga. She also praised and stressed on the initiative of Hon'ble Prime Minister of India, Shri. Narendra Modi towards Yoga and spreading its prevalence across the boundaries. Thereafter, a Yoga session was displayed by the students under the supervision of Dr Kanta Deb, Physical Instructor of Physical Education of the college. The programme came to an end with the vote of thanks proposed by the CTO, NCC unit of the college.



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**National Sports Day** was celebrated at Women's College, Agartala on 29<sup>th</sup> August 2019 at 9am with great enthusiasm in the department of Physical Education. Smt. Manidipa Debbarma, Principal, Women's College, Agartala lit the inaugural lamp and inaugurated the celebration. Flowers were then offered as a mark of respect to the portrait of Major Dhyan Chand Singh by the Principal as well as by other teachers and students of the college. This was followed by the welcome address by Sri Joydeep Talapatra, A/P & HOD in charge of the department of Physical Education who welcomed the gathering as well as spoke on the relevance of the day. Dr Kanta Deb, Physical Instructor of the department of Physical Education also spoke on the relevance of sports in daily life. After that, Smt. K V Geetha, A/P cum Secretary to the Teachers' Council, spoke about the relevance of Sports and commended on the initiative of the department for organising such a programme. In her presidential address, the Principal addressed the gathering about the benefits of Sports and the relevance of the day. Thereafter, a quiz session on Sports was conducted by Sri Joydeep Talapatra, A/P & HOD of the department. A short discussion on sports and physical fitness was held. The head of the department then highlighted about the various sports activities to be conducted throughout the

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year such as annual sports, inter-class matches, cross country run and exhibition match. After that, prizes were distributed to the winners of the quiz competition, to the NCC cadets who took part in the National Republic day parade at New Delhi, to the NSS volunteers and also to the Group D Staff for his selfless dedication and contribution towards the department and the college. The programme came to an end with the vote of thanks proposed by the Head of the department of Physical Education, Sri Joydeep Talapatra..



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On Gandhi Jayanti this year, i.e., 2<sup>nd</sup> October 2019, the students and teachers along with the Principal of Women's College, Agartala assembled in the college premises at 5.30 am to participate in the **Plogging Run Cum Walk** organised by the department of Physical Education. Plogging run is an initiative of the central government under the Fit India Movement which calls for the well being of both health and nature. Before the onset of the plogging run, Sri Joydeep Talapatra, Assistant Professor cum HOD of the department of Physical Education briefed a little about the significance and purpose of the day. He also demonstrated as well as urged all the participants to collect litter or plastic waste that they came across during their ensuing run or walk. Smt Manidipa Debbarma, the principal of the college flagged off and started the plogging run at 5.45am. All the students of the department of Physical Education, all cadets of NCC, all volunteers of NSS, students of ECO Club and all teaching and non teaching faculty actively participated in this first ever plogging run cum walk and made it a successful one. The event ended with the vote of thanks given by the Principal of the college.



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**Annual Sports Meet** of Women's College, Agartala was successfully organised in the college premises with great enthusiasm on the 7<sup>th</sup> of March 2020. Students as well as the staff of the college took part in the gala event that witnessed the students competing in 21 events. The chief guest for the event was the Honourable Member of Parliament, Smt Pratima Bhowmik.

The inauguration programme set off at 10 am in the morning with the arrival of the guests who were received by the Principal of the college, Smt Manideepa Debbarma, who hoisted the college flag. This was followed by the national anthem and the display of March Past by the students. The organising secretary of the event, Sri Joydeep Talapatra delivered the welcome address and it was followed by the speech given by Smt. K V Geetha, Secretary to the Teachers' council. Then the chief guest of the day, Smt Pratima Bhowmik, Hon'ble MP delivered her address wherein she stressed on the importance of student's holistic development besides academics. She urged upon the students to get indulged with sports activities as part of PM Modi's Fit India Movement and said, "One should stay healthy and fit apart from their studies and other co-curricular activities to live their livelihood". Addressing the gathering, she also assured the College of aiding it financially to improve its infrastructure as well as the students with sports kits. After that Smt Bhowmik declared the meet as opened and several balloons were released. Torch run was performed by the 6<sup>th</sup> semester students of Physical education department and the oath taking ceremony was spearheaded by Banasree Roy, a student of Physical Education. Thereafter the principal addressed the august gathering and commended the collective efforts of the staff and the students of the college in successfully organising such a gala event. Then the students marched out of the field and several performances like song, dance and Yoga demonstration were performed by the students of various departments. This was followed by various track and field events along with the Prize distribution. The event came to a close with the Vote of thanks being proposed by Dr Kanta Deb, Physical Instructor of the department of Physical Education.

Given below are some snapshots of the various activities of the Annual Sports Meet 2020 of Women's College, Agartala, Tripura.



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### মহিলা মহাবিদ্যালয়ের বার্ষিক ক্রীড়া সম্পন্ন

ক্রীড়া প্রতিনিধি।। মোট ২১টি ইভেন্টের প্রতিযোগীদের নিয়ে শনিবার অনুষ্ঠিত হলো মহিলা মহাবিদ্যালয়ের ৫৫তম বার্ষিক ক্রীড়া প্রতিযোগিতার। প্রধান অতিথি হিসাবে উপস্থিত ছিলেন সাংসদ প্রতিমা ভৌমিক। অনুষ্ঠানে ভাষণ রাখতে গিয়ে তিনি বলেন, মেয়েদের মাঠমুখি হবার জন্য। পাশাপাশি পড়াশোনার সাথে শরীর চর্চা ও যোগাসন এবং খেলায় নিজেদের সামিল করার জন্য। পাশাপাশি তিনি বলেন সুন্দর এবং শ্রেষ্ঠ ত্রিপুরা গড়ার লক্ষ্যে রাজ্যসরকার যে পরিকল্পনা হাতে নিয়েছেন তা বাস্তবায়নের ক্ষেত্রে মহিলা মহাবিদ্যালয়ের ক্রীড়া সামগ্রী প্রদান করবেন। পাশাপাশি মেয়েদের অত্যাধুনিক হোস্টেল তৈরি করার কাজ দ্রুত শুরু হবে বলেও তিনি জানিয়েছেন। অনুষ্ঠানে অন্যান্যদের মধ্যে উপস্থিত ছিলেন মহিলা মহাবিদ্যালয়ের অধ্যক্ষ মনিদীপা দেববর্মা। আসরের ম্যাচগুলির পরিচালনা করেন শারীর শিক্ষক প্রণব অখণ্ড, অঞ্জুশ্রী ধর এবং বিক্রম রুদ্র পাল। অনুষ্ঠান শেষে বিভিন্ন বিভাগের প্রতিযোগীদের হাতে পুরস্কার তুলে দেন সাংসদ সহ অন্যান্য অতিথিরা। শনিবার মহাবিদ্যালয়ের এই বার্ষিক ক্রীড়াকে ঘিরে ব্যাপক উৎসাহ পরিলক্ষিত হয়।



ক্রীড়া প্রতিনিধি, আগরতলা, ৭ মার্চ : মহিলা কলেজের ৫৫-তম বার্ষিক ক্রীড়া প্রতিযোগিতা ব্যাপক উৎসাহ ও উদ্দীপনার মধ্য দিয়ে সম্পন্ন হয়। এই দিন কলেজ গ্রামে বার্ষিক ক্রীড়া প্রতিযোগিতায় প্রধান অতিথি হিসাবে উপস্থিত ছিলেন সাংসদ প্রতিমা ভৌমিক। পতাকা উত্তোলন করেন কলেজের অধ্যক্ষ মনিদীপা দেববর্মা, অনুষ্ঠানে স্বাগত ভাষণ দেন সাংগঠনিক সচিব জয়দীপ তলাপাত্র।



ক্রীড়া প্রতিনিধি, আগরতলা, ৭ মার্চ : আগরতলা মহিলা কলেজের ৫৫তম বার্ষিক ক্রীড়া প্রতিযোগিতা অনুষ্ঠিত হয়ে গেলো। মোট একশটি ইভেন্টে প্রতিযোগিতা হয়েছে এতে। শিক্ষার্থীরা এতে অংশগ্রহণ করেছেন। অনুষ্ঠানে প্রধান অতিথি ছিলেন সাংসদ প্রতিমা ভৌমিক, পতাকা উত্তোলন করেন কলেজের অধ্যক্ষা মনিদীপা দেববর্মা, অনুষ্ঠানে স্বাগত ভাষণ দেন সাংগঠনিক সচিব জয়দীপ তলাপাত্র।

ক্রীড়া প্রতিনিধি, আগরতলা, ৭ মার্চ : আগরতলা মহিলা কলেজের ৫৫তম বার্ষিক ক্রীড়া প্রতিযোগিতা অনুষ্ঠিত হয়ে গেলো। মোট একশটি ইভেন্টে প্রতিযোগিতা হয়েছে এতে। শিক্ষার্থীরা এতে অংশগ্রহণ করেছেন। অনুষ্ঠানে প্রধান অতিথি ছিলেন সাংসদ প্রতিমা ভৌমিক, পতাকা উত্তোলন করেন কলেজের অধ্যক্ষা মনিদীপা দেববর্মা, অনুষ্ঠানে স্বাগত ভাষণ দেন সাংগঠনিক সচিব জয়দীপ তলাপাত্র।

### Achievements

Women's College students' sportswomen continued to excel in almost all disciplines of sports. Our player's performances were outstanding this year at All India/ West Zone Inter University, Inter College and other State level tournaments in Kabaddi, Judo, Pencat Silat and Yoga. Our students remained on the winning spree in all the tournaments organized.

1. The Kabaddi team had emerged as the Champions in the Tripura University Inter College Kabaddi Championship 2019-20.
2. The Yoga team had secured the 4<sup>th</sup> position in the Tripura University Inter College Yoga Championship 2019-20.
3. The Judo team had continued their winning spree by securing 1 Gold medal and 3 bronze medals in the All Tripura Inter College Judo Championship 2019-2020 organised by Tripura University. Lipa Sinha, Susmita Das and Kabita Jamatia secured bronze medals and Ankita Debbarma secured Gold.
4. Eight students of the College got selected to represent Tripura University in the West Zone Inter University Kabaddi Championship 2019-20, organised by

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Banaras Hindu University. The names of the selected students are Lipa Sinha, Sushmita Das, Shilpa Chakma, Tista Nath, Ankita Debbarma, Debika Das, Mohipa Chakma and Dipika Das.

5. Six players represented Tripura state in the Open Senior State Kabaddi Championship in Karnataka. Name of the players are Lipa Sinha, Ankita Debbarma, Banti rishi Das, Susmita Das, Dipika Das and Devika Das.
6. Two players participated in the All India Pencak Silat University Championship which was organised by Gulbarga University. One of the students Lipa Sinha secured the third position in this championship.



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