



GHOUSIA INSTITUTE OF TECHNOLOGY FOR WOMEN

Near Dairy Circle, Hosur Road, Bengaluru-560029, KARNATAKA

Affiliated to VTU., Belagavi, Recognized by Government of Karnataka & A.I.C.T.E., New Delhi

Room No: NBL 105

Staff Incharge

Dr.Parveez Ahmed, Mr.Aejaz, Mrs.Jibi

S.N	Register number /Sl.No	Student Full Name	Semester	Student Club
1	1WT23CS017	Deepthi Srinivasa	5th Semester	Sports Club
2	1WT23CS024	Keerthana T R	5th Semester	Sports Club
3	1WT23CS006	AMEENA A. SYED	5th Semester	Sports Club
4	1WT23CS025	KEERTHI P.	5th Semester	Sports Club
5	1WT23CS029	MEGHA G.	5th Semester	Sports Club
6	1WT23CS057	ZABRAIN TARANNUM	5th Semester	Sports Club
7	1wt24is004	Latha tr	3rd Semester	Sports Club
8	S19	Naznin khatun	1st Semester	Sports Club
9	S31	Syeda Madiha Faraz	1st Semester	Sports Club



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Students Sports Club Activities

Sl. No.	Event Name	How to Conduct the Event (Description)
1	Annual Sports Day	Organize a full-day event with track & field, team games, march-past, and prize distribution.
2	Athletics Meet	Conduct 100m, 200m, relay, long jump, shot put, and discus events. Train students beforehand.
3	Throwball Tournament	Form departmental teams; conduct knockout matches and a final championship.
4	Tug of War Competition	Fun and strength-based event conducted between classes or departments.
5	Badminton Championship	Organize singles and doubles matches; create league rounds followed by finals.
6	Volleyball Match Series	Train teams, conduct inter-class and inter-department matches to encourage participation.
7	Table Tennis Tournament	Set up singles and doubles tables; follow knockout or league formats.
8	Chess Competition	Conduct chess matches focusing on strategy, patience, and mental sharpness.
9	Yoga & Wellness Workshop	Invite yoga instructors; conduct breathing, meditation, and stress-relief exercises.
10	Fitness Bootcamp	Organize a session with warm-ups, stretching, aerobics, and strength-building routines.
11	Cycling Day / Campus Ride	Students participate in a guided cycling ride promoting fitness and eco-friendly habits.
12	Kabaddi Match Event	Conduct training sessions and then organize inter-class kabaddi tournaments.
13	Cricket (Soft Ball) Tournament	Organize women-friendly cricket matches with tennis ball or soft ball formats.
14	Marathon / Mini Run	Conduct a 3 km or 5 km run for awareness (fitness, women's health, environment).
15	Sports Quiz	Quiz on sports rules, famous players, Olympic history, national games, etc.
16	Indoor Games Day	Host events like carrom, ludo, arm-wrestling, darts, and recreation games.
17	Self-Defense Workshop	Train students in basic self-defense techniques with certified instructors.
18	Zumba / Aerobic Dance Session	Conduct a dance-based fitness session to promote energy, rhythm, and wellness.
19	Inter-Department Sports League	Each department competes in multiple sports; points determine the best performing department.
20	Awards & Sports Achievers Day	Felicitate winners, district/state-level players, and encourage rising sports talent.