



# **GHOUSIA PRE UNIVERSITY COLLEGE**

Ghousia College of Engineering Campus, Bangalore Mysore Road,  
Ramanagara Dist., Karnataka-562159, India

<b>Staff Incharge</b>	<b>Mr.Eshwara KJ, Mr.Syed Shariff and Mrs. Nayara Yasmin</b>		
<b>S.N</b>	<b>Student Full Name</b>	<b>Semester</b>	<b>Student Club</b>
1	Mohammed Abdan	II-PUC	Sports Club
2	Afnan Ahmed	II-PUC	Sports Club
3	Bareere	II-PUC	Sports Club
4	Eram Fathima	II-PUC	Sports Club
5	Khadheeja	II-PUC	Sports Club
6	Noor Mohammed	II-PUC	Sports Club
7	Sha Faisal	II-PUC	Sports Club
8	Aliya Anjum	I-PUC	Sports Club
9	Ruksana	I-PUC	Sports Club
10	Umme Hani	I-PUC	Sports Club
11	Kesha Keerthana	I-PUC	Sports Club



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**Recognized by Government of Karnataka & Approved by P.U.E BOARD**

## **Students Sports Club Activities**

<b>Sl. No.</b>	<b>Event Name</b>	<b>How to Conduct the Event (Description)</b>
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.