

SPORTS & YOGA ACTIVITIES FOR THE ACADEMIC SESSION 2024-25

SARBATI DEVI WOMENS COLLEGE, RAJGANGPUR

SI NO	NAME OF ACTIVITIES	LEVELS	ORGANISING VENUE	DATE OF ACTIVITIES	YEARS OF ACTIVITIES	ACHIVEMENTS	NO OF STUDENTS
1	FOOTBALL	INTER COLLEGE	SAMBALPUR UNIVERSITY	18.10.2024	2024-25	PARTICIPATED	02
2	FOOTBALL	INTER STATE UNIVERSITY	MANIPUR UNIVERSITY	6.11.2024	2024-25	PARTICIPATED	02
3.	FOOTBALL	INTRA STATE UNIVERSITY	R D D UNIVERSITY,KEONJHAR	4.4.02025	2024-25	RUNNERS UP AND CASH PRIZE	02
4.	KABADDI	INTER COLLEGE	SAMBALPUR UNIVERSITY	26 TO 27.10.2024	2024-25	CHAMPION	12
5	KABADDI	INTER STATE UNIVERSITY	RAIPUR UNIVERSITY	12.11.2024	2024-25	PARTICIPATED	01
6.	KABADDI	INTRA STATE UNIVERSITY	R D D UNIVERSITY,KEONJHAR	04.04.2025	2024-25	RUNNERS UP & CASH PRIZE	01
7.	KHO-KHO	INTER COLLEGE	SAMBALPUR UNIVERSITY	4.11.2024 TO 5.11.2024	2024-25	PARTICIPATED	02
8.	KHO-KHO	INTER STATE UNIVERSITY	VINOVA VABE UNIVERSITY, HAJARIBAGH	5.01.2025	2024-25	PARTICIPATED	01
9.	KHO-KHO	INTRA STATE UNIVERSITY	R D D UNIVERSITY,KEONJHAR	08.04.2025	2024-25	WINNERS AND CASH PRIZE	01
11	CRICKET	INTRA STATE UNIVERSITY	R D D UNIVERSITY,KEONJHAR	05.04.2025	2024-2025	RUNNERS UP	03
12	VOLLYBALL	INTRA STATE UNIVERSITY	R D D UNIVERSITY,KEONJHAR	05.04.2025	2024-2025	RUNNERS UP	08
13	ANNUAL ATHELETIC MEET	SDWC	FOOTBAL GROUND, RGP	28 TO 29.1.2025	2024-2025	PARTICIPATED	200
14	YOGA AND OTHER EVENTS	STATE	JAWAHARLAL NEHRU INDOOR STADIUM,CTC	7.9.2025	2024-2025	PARTICIPATED	03
15	YOGA	NATIONAL	JP HOSPITAL AND RESEARCH CENTRE, ROURKELA	29 TH AND 30 TH MARCH, 2025	2024-2025	PARTICIPATED	03
16	MOTIVATIONAL WORKSHOP ON YOGA, MIND AND MEMORY	SDWC	SDWC STAGE	11.01.2025	2024-2025	PARTICIPATED	150

FOOTBALL

Two students, Aarti Minz and Karisma Badaik, went to Sambalpur University for the inter-college selection trials in football. After getting selected there, they went on to participate in the Inter-State University tournament held in Manipur. After returning from Manipur, they also took part in the Intra-University match, where they finished as runners-up and received a cash prize of ₹40,000.



KABADDI

For the inter-college kabaddi competition at Sambalpur University, 10 students from our college participated and became champions. From there, one student Sarita ekka went to Raipur to play in the Inter-State University tournament and participated there.



(INTER COLLEGE KABADDI AT SAMBALPUR UNIVERSITY)



(INTER COLLEGE KABADDI CHAMPION AT SAMBALPUR UNIVERSITY)



(INTER COLLEGE KABADDI CHAMPION AT SAMBALPUR UNIVERSITY)

KHO-KHO

For the inter-college Kho-Kho selection trial at Sambalpur University, two students — Reshma Bariha and Preeti Lakra — participated. From there, Reshma Bariha was selected to play in the inter-university competition held at Vinoba Bhave University. After that, she went on to participate in the intra-state university competition, where her team won and received a cash award of ₹50,000.



(WIINER IN KHO KHO AT RDD UNIVERSITY, KEONJHAR)



(GLIMPSE OF KHO KHO PLAYER AT VIOBHA VABE UNIVERSITY, HAJARIBAGH)

CRICKET

From our college, three players — Lipika Lakra, Mahima Lakra, and Ganga Kishan — participated in the Intra-State University Cricket Tournament held at RDD University. Their team finished as runners-up and received a cash prize of ₹40,000.



VOLLEYBALL

From our college, eight players participated in the Intra-State University Volleyball Tournament. Their team finished as runners-up and received a cash prize of ₹40,00.





ANNUAL ATHELETIC MEET

The 38th Annual Athletic Meet of Sarbati Devi Women's College, Rajgangpur, was celebrated with great zeal and enthusiasm from 28th January 2025 to 29th January 2025. The grand opening ceremony took place on 28th January within the college premises in the esteemed presence of the Principal, Dr. Sasmita Lenka. The event commenced at 8:00 AM with the assembly of all athletes, followed by a disciplined and vibrant march past. At precisely 8:30 AM, the ceremonial torch installation was conducted, symbolizing the spirit of sportsmanship and determination. The flag hoisting and oath-taking ceremony were solemnly conducted under the presence of the principal, reinforcing the values of integrity and fair play among the participants. Subsequently, all athletes and attendees proceeded to the football ground, where a series of competitive sports events were organized. The major athletic events included: 100m Race, 200m Race, 400m Race, 800m Race, 1500m Race, Relay Race, Long Jump, High Jump, Shot Put, Javelin Throw, Discus Throw, Skipping

Participants from both +2 and +3 streams showcased their competitive spirit and enthusiasm in the various events. The meet provided an excellent platform for students to exhibit their athletic potential and teamwork.

The closing ceremony of the Annual Athletic Meet was conducted on 29th January 2025 within the college premises under the distinguished chairmanship of the Principal, Dr. Sasmita Lenka. The occasion was further graced by the presence of Mrs. Subhadra Pradhan, an eminent ex-hockey player and an officer of the South Eastern Railway, as the Chief Guest. In her address, Mrs. Pradhan inspired the students to strive for excellence and emphasized the significance of capacity building and personal development in shaping a bright future.

The Physical Education Teacher (PET) of the college, Mrs. Puspa Lata Sarangi, presented a comprehensive summary of the annual athletic report, highlighting the outstanding performances and achievements of the participants. This was followed by the prize distribution ceremony, where all the students who actively participated and excelled in various events were felicitated with awards and certificates, acknowledging their dedication and perseverance.

The closing ceremony was efficiently hosted by Mr. Phuljem Toppo, Lecturer of Political Science, while the event concluded with a vote of thanks delivered by Mr. Anil Kumar Satapathy, Lecturer of the Commerce Department. The Annual Athletic Meet of 2025 was a resounding success, fostering a spirit of sportsmanship, discipline, and camaraderie among the students, and setting a remarkable benchmark for future sporting events.

Photographs of various events



(LIGHTING THE TORCH BY THE PRINCIPAL)



OATH TAKING BY THE PRINCIPAL AND ALL THE STUDENTS



GLIMPSE OF 100 MTR RACE



GLIMPSE OF 1500 MTR RACE



GLIMPSE OF 400 MTR RACE



GLIMPSE OF 200 MTR RACE



GLIMPSE OF 800 MTR RACE



GLIMPSE OF HIGH JUMP



GLIMPSE OF LONG JUMP



GLIMPSE OF SHOT PUT



GLIMPSE OF DISCUSS THROW



GLIMPSE OF RILEY RACE



GLIMPSE OF SKIPPING



GLIMPSE OF RILEY RACE

RESULTS OF VARIOUS EVENTS (+3)

SI NO	EVENTS	RESULTS
1	100 MTR RACE	1 ST - TANUJA MAJHI 2 ND - ANKITA MAJHI 3 RD - LAXMI LAKRA
2	200 MTR RACE	1 ST - CHANDRIKA LAKRA 2 ND - ANUPAMA KANDULNA 3 RD - LAXMI LAKRA
3	1500 MTR RACE	1 ST - LAXMI LAKRA 2 ND - PRABHASINI MAJHI 3 RD - CHANDRIKA LAKRA
4	400 MTR RACE	1 ST - ANJALI LAKRA 2 ND - BHUMIKA TOPPO 3 RD - RAJESWARI KISAN
5	800 MTR RACE	1 ST - LAXMI LAKRA 2 ND - RAJESWARI KISAN 3 RD - BHUMIKA TOPPO
6	RELAY RACE	ANKITA MAJHI CHANDRIKA LAKRA SARON TIGGA PRITI XAXA SANGITA EKKA SNEHA DUNG DUNG ARCHANA XESS PINKI KISAN
7	LONG JUMP	1 ST - LAXMI LAKRA 2 ND - ANKITA MAJHI 3 RD - PRIYA PUNITA TIRKEY
8	HIGH JUMP	1 ST - PRIYA PUNITA TIRKEY 2 ND - KAUSHALYA LAKRA 3 RD - PRABHASINI MAJHI
9	PUTTING SHOT	1 ST - ELIZABETH MINZ 2 ND - PRIYA PUNITA TIRKEY 3 RD - SNEHA DUNG DUNG
10	JAVELIN THROW	1 ST - SARITA EKKA 2 ND - ELIZABETH MINZ 3 RD - PRIYA PUNITA TIRKEY
11	DISCUSS THROW	1 ST - SARITA EKKA 2 ND - ELIZABETH MINZ 3 RD - ANKITA MAJHI
12	BOMB BLAST	1 ST - SONIA EKKA 2 ND - ELINA KISPOTTA 3 RD - MAMATA ORAM
13	SKIPPING	1 ST - JEENID SURIN 2 ND - NISHITA KERKETTA 3 RD - SONALI MINZ
14	TUG OF WAR	NISHITA KERKETTA SARITA EKKA SUPRIYA NANDA SOHANI LAKRA ANKITA MAJHI ELIZABETH MINZ SARON TIGGA

		ZINIT SURIN PRITI XAXA
15	CHAMPION	LAXMI LAKRA
16	BEST PLAYER	SARITA EKKA
17	BEST VOLUNTEER	TANUJA MAJHI

RESULTS OF VARIOUS EVENTS (+2)

SI NO	EVENTS	RESULTS
1	100 MTR RACE	1 ST - RASHMITA KISAN 2 ND - AMITA ORAM 3 RD - NAMITA XALXO
2	200 MTR RACE	1 ST - RASHMITA KISAN 2 ND - SUPRIYA EKKA 3 RD - NAMITA BAXLA
3	1500 MTR RACE	1 ST - RUPALI BAGH 2 ND - TRUPTI PRADHAN 3 RD - PUJA EKKA
4	400 MTR RACE	1 ST - SUPRIYA EKKA 2 ND - SITA KUJUR 3 RD - AMITA ORAM
5	800 MTR RACE	1 ST - SILPA TOPNO 2 ND - DIBYA LUHA 3 RD - AMITA ORAM
6	RELAY RACE	TRUPTI PRADHAN NAMITA XALXO ANUSKA LAKRA SUPRIYA EKKA RASHMITA KISAN LISA RANI BAGH LIPI RANI BAGH PUJA EKKA
7	LONG JUMP	1 ST - SILPA TOPNO 2 ND - RASHMITA KISAN 3 RD - SUPRIYA EKKA
8	HIGH JUMP	1 ST - ANUSKA LAKRA 2 ND - RASMITA KISAN 3 RD - SUPRIYA EKKA
9	PUTTING SHOT	1 ST - DIBYA LUHA 2 ND - ASRITA XAXA 3 RD - CHANDRIKA SINGH
10	JAVELIN THROW	1 ST - SITA KUJUR

		2 ND - BINITA BARLA 3 RD - ANGEL TOPPO
11	DISCUSS THROW	1 ST - ASHRITA XAXA 2 ND - ANISHA SAHOO 3 RD - PUJA EKKA
12	BOMB BLAST	1 ST - SALEHA KHATUN 2 ND - ANUPRIYA SINGH 3 RD - B DEVIKA RAO
13	SKIPPING	1 ST - NEHA JAIPURIA 2 ND - JHARANA LAKRA 3 RD - ROHITA TOPPO
14	TUG OF WAR	ANGEL TOPNO DEEPIKA TIGGA B DEVIKA RAO RINKY TOPNO JYOSNA BADA SUNITA MINZ RUBI KISHAN ARUNA RANA SUNELI KISHAN
15	CHAMPION	RASHMITA KISAN
16	BEST PLAYER	SUPRIYA EKKA
17	BEST VOLUNTEER	MOUSUMI DAS

PHOTOGRAPHS OF CLOSING CEREMONY OF ATHELETIC MEET















YOGA AND OTHER ACTIVITIES

In the Asmita Khelo India Women's League (State Level), various competitions were organized by the Yogasana Sports Association of Cuttack in collaboration with the Yogasana Sports Association of Odisha and the Department of Youth Services, Government of Odisha. From our college, three students — Puja Dhila, Seema, and Hutasini — participated in yoga and various other events. In the drawing competition, Hutasini secured 3rd prize, while in the essay competition, Puja won 2nd prize and Hutasini secured 3rd prize.



The poster for the ASMITA Khelo India Women's League is displayed against a blue sky background. At the top, logos for the Ministry of Youth Affairs and Sports, Government of India, and the Khelo India initiative are shown. The central text identifies the event as the ASMITA Khelo India Women's League, organized by the Yogasana Sports Association of Cuttack in collaboration with the Yogasana Sports Association of Odisha and the Department of Youth Service's & Govt. Of Odisha. It specifies that the competition is for women aged 18 and above. A table lists seven events: Yogasana, Essay Writing, Drawing, Debate, Blowing Sankha, Jhoti & Rongali, and Srimalad Bhagavad Geeta, each with a topic and a fee of 50. The event is scheduled for 07th September 2025 from 8.00 A.M to 4.30 P.M. Contact numbers are provided at the bottom right, and a note mentions that lunch and participation certificates are available for registration players.

ASMITA
Achieving Sports Milestone
by Inspiring Women through Action

KHELO INDIA

Khelo India Women's League
खेल से ही है पहचान

Jawaharlal Nehru Indoor Stadium, Cuttack
Organised By
Yogasana Sports Association Of Cuttack
Collaboration With
**Yogasana Sports Association Of Odisha &
Department of Youth Service's & Govt. Of Odisha**

A Competition Only for Women
Age Criteria :- Under 18 & Above 18

EVENT	TOPIC	FEES
YOGASANA	Traditional & Artistic Single	50
ESSAY WRITING	Yoga for Women Health	50
DRAWING	YOGA THEME	50
DEBATE	Yoga for Women Health	50
BLOWING SANKHA	BREATHING PRACTICE	50
JHOTI & RONGALI	YOGA THEME	50
SRIMAD BHAGAVAD GEETA	CHANTING	50

07th September 2025 8.00 A.M to 4.30PM
(Lunch & Participation Certificate Available for registration Player)

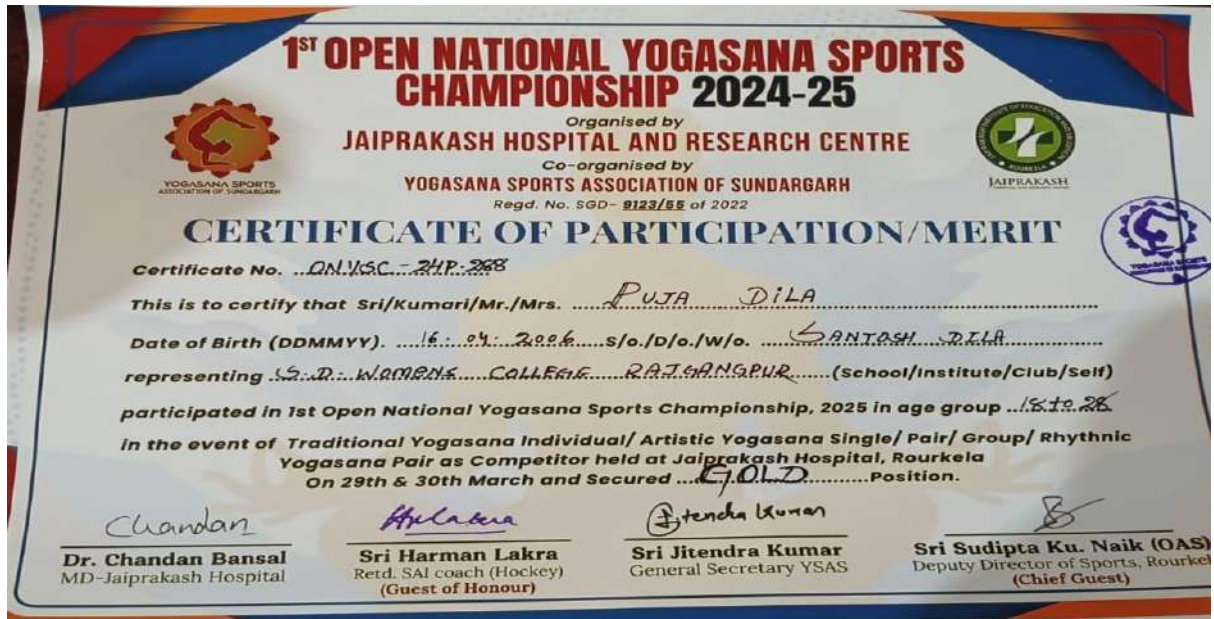
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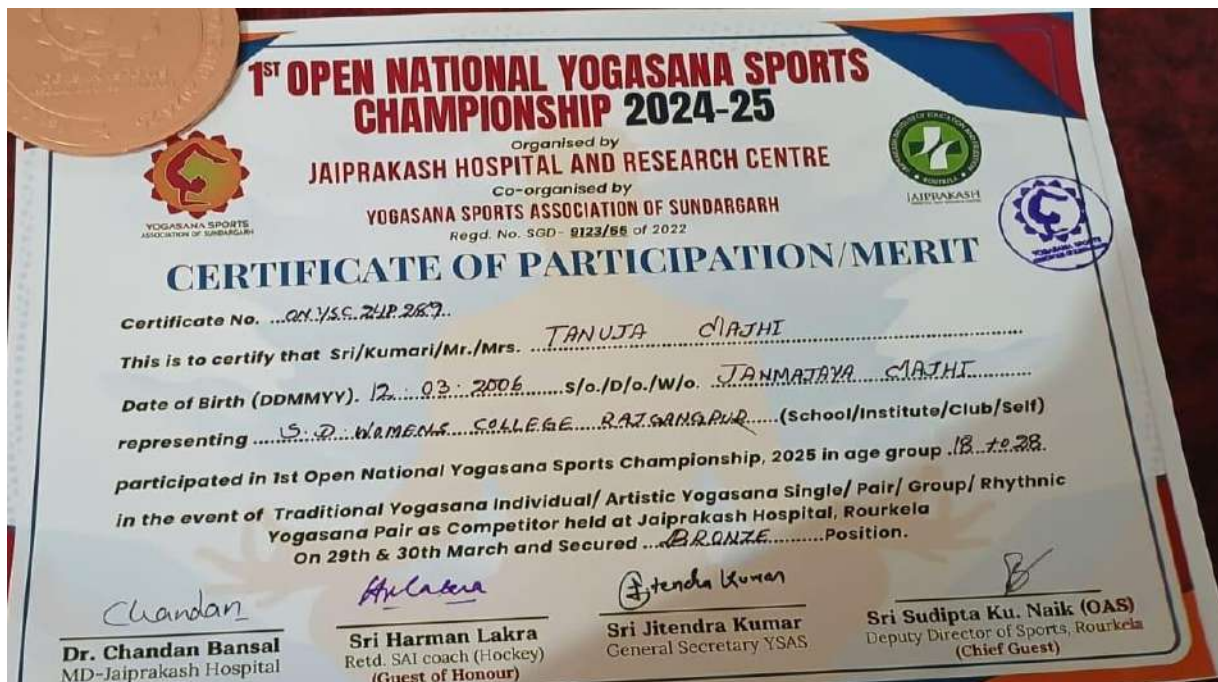


YOGA AT NATIONAL LEVEL

In the 1st Open National Yogasana Sports Championship 2024–25, organized by Jai Prakash Hospital and Research Center and co-organized by the Yogasana Sports Association of Sundargarh, three students from our college — Supriya Nanda, Tanuja Majhi, and Puja Dhila — participated. In this event, Puja dhila won a gold medal, and Supriya nanda and Tanuja majhi won bronze medals. Mrs. Pushpa Lata Sarangi from our college attended the event as a judge and official.



(CERTIFICATE OF PUJA DILA WON GOLD MEDAL)



(CERTIFICATE OF TANUJA MAJHI WON BRONZE MEDAL)



(PHOTO OF SUPRIYA NANDA HOLD HER CERIFICATE WON BRONZE MEDAL)

MOTIVATIONAL WORKSHOP ON YOGA, MIND AND MEMORY AND VALUE OF EDUCATION

A motivational workshop on Yoga, Mind, Memory, and the Value of Education was organized by Ananda Marga Pracharak Samgha in our college, where Shri Acharya Krpamayananda Avadhuta (Dadaji) from Australia conducted the workshop on our college stage. Many students attended the event and learned a lot about yoga, memory, the mind, and the value of education. This event was held on 11th January 2025.



