



**AKAL COLLEGE OF NURSING**

**ETERNAL UNIVERSITY,**

Baru Sahib, District Sirmour, H.P.



**REPORT ON  
SPORTS CLUB ACTIVITY**

**On 09.10.2021**

**KHO-KHO & TUG OF WAR**



**Prepared By: Mrs. USHA. S & Ms. SUMAN KUMARI**

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**ETERNAL UNIVERSITY, AKAL COLLEGE OF NURSING**  
Baru Sahib, District Sirmour, H.P.

**SATURDAY SPORTS ACTIVITY (KHO-KHO & TUG OF WAR)**

**Date: 09/10/2021**

**Timings: 2.00 – 5.00 PM**

**Venue : Basket Ball Ground, Baru Sahib**

**Activities: KHO-KHO and TUG OF WAR.**

**INTRODUCTION :-**

Sports is very essential part of life. In every field of life person needs to recreate the mind and body with some activities and while consideration of this thought AKAL COLLEGE OF NURSING, SPORTS CLUB members decided to plan to have some sports activities On 9<sup>th</sup> of Oct,2021 where the students can interact with each other and with other colleges in the university such as Akal College of Nursing, Akal College of Education & Akal College of Arts & Social Sciences.

Main activities planned for students were KHO –KHO and TUG OF WAR. It was inter college competition among the different departments of the university, including Department of arts, Department of Education.

**OBJECTIVES :-**

1. To provide an environment for physical development of the students.
2. To provide opportunity to the student to showcase their talent in sports field.
3. To promote sportsmanship among students by organizing various sports activities.
4. To help students to create a bond between themselves and with other college students.
5. To initiate learning of a healthy competition.
6. To inculcate a passion for the game in young brains.
7. To aid in the development of students personalities.
8. To improve the health and wellbeing of participants.
9. To establish junior and senior teams.
10. To foster a sense of collaboration.
11. Develop and improve sportsmanship skills.
12. To prepare young people for all aspects of life and to psychologically toughen them up to meet hardships.

## Organising Team:

**Akal College of Nursing**

: Mrs. Usha. S, Professor  
Ms. Suman, Nursing Tutor

**Akal College of Education**

: Ms. Manpreet Kaur, Incharge  
Dr. Tanu Sharma, Coordinator

**Akal College of Arts & Social Sciences**

: Mr. Gurutej Singh, (Punjabi Dept.)  
Ms. Dhanminder Kaur, (Music Dept)

**Events Coordinator**

: Ms. Manpreet Kaur, Physical Education, EU

**Saturday Activity Incharge:** Mr. Muthukumaran, Asst. Professor, Akal College of Nursing

**Activities :-**

**Tug of War :-**



Tug of war in first round taken place among the respective colleges and winner team competed the other college team and finally winner of the team was Akal College of Nursing Team E consists of 1<sup>st</sup> & 2<sup>nd</sup> Year B.Sc.(N) students and 3<sup>rd</sup> Semester MPH Students.

**PARTICIPANTS:-**

**TUG OF WAR (TEAM – A)**

| <b>SR. No.</b> | <b>Name of student</b> | <b>Class (B.Sc Nursing)</b> |
|----------------|------------------------|-----------------------------|
| 1              | Kalpna                 | 4 <sup>th</sup> year        |
| 2              | Aditi                  | 4 <sup>th</sup> year        |
| 3              | Pooja Thapa            | 4 <sup>th</sup> year        |
| 4              | ChanderRekha           | 4 <sup>th</sup> year        |
| 5              | Shalini Chauhan        | 4 <sup>th</sup> year        |
| 6              | Nikita                 | 4 <sup>th</sup> year        |
| 7              | Anshika                | 4 <sup>th</sup> year        |
| 8              | Nidhi                  | 4 <sup>th</sup> year        |
| 9              | Ketna Thakur           | 4 <sup>th</sup> year        |
| 10             | Poornima               | 4 <sup>th</sup> year        |

**TUG OF WAR (TEAM – B)**

| <b>SR. No.</b> | <b>Name of student</b> | <b>Class (B.Sc Nursing)</b> |
|----------------|------------------------|-----------------------------|
| 1              | Arshdeep kaur          | 4 <sup>th</sup> year        |
| 2              | Kritika Sharma         | 4 <sup>th</sup> year        |
| 3              | Muskan                 | 4 <sup>th</sup> year        |
| 4              | Achint kaur            | 4 <sup>th</sup> year        |
| 5              | Simran Tanwar          | 4 <sup>th</sup> year        |
| 6              | Varsha rana            | 4 <sup>th</sup> year        |
| 7              | Pallavi Thakur         | 4 <sup>th</sup> year        |
| 8              | Pooja Thakur           | 4 <sup>th</sup> year        |
| 9              | Abhilasha              | 4 <sup>th</sup> year        |
| 10             | Neha Sharma            | 4 <sup>th</sup> year        |

**TUG OF WAR (TEAM – C)**

| <b>SR. No.</b> | <b>Name of student</b> | <b>Class (B.Sc Nursing)</b> |
|----------------|------------------------|-----------------------------|
| 1              | Neha Kumari            | 3 <sup>rd</sup> year        |
| 2              | Saira                  | 3 <sup>rd</sup> year        |
| 3              | Zainab                 | 3 <sup>rd</sup> year        |
| 4              | Kanchan Gurug          | 3 <sup>rd</sup> year        |
| 5              | Samriti                | 3 <sup>rd</sup> year        |
| 6              | Jagriti                | 3 <sup>rd</sup> year        |
| 7              | Parul                  | 3 <sup>rd</sup> year        |
| 8              | Damini                 | 3 <sup>rd</sup> year        |
| 9              | Kirti                  | 3 <sup>rd</sup> year        |
| 10             | Sonia                  | 3 <sup>rd</sup> year        |

### TUG OF WAR (TEAM – D)

| SR. No. | Name of student | Class (B.Sc Nursing) |
|---------|-----------------|----------------------|
| 1       | Muskeen Kaur    | 3 <sup>rd</sup> year |
| 2       | Anshita         | 3 <sup>rd</sup> year |
| 3       | Kiran           | 3 <sup>rd</sup> year |
| 4       | Pratibha        | 3 <sup>rd</sup> year |
| 5       | Bhawna          | 3 <sup>rd</sup> year |
| 6       | Neha Sharma     | 3 <sup>rd</sup> year |
| 7       | Aastha Sharma   | 3 <sup>rd</sup> year |
| 8       | Jyoti           | 3 <sup>rd</sup> year |
| 9       | Diksha          | 3 <sup>rd</sup> year |
| 10      | Areen khan      | 3 <sup>rd</sup> year |

### TUG OF WAR (TEAM – E) (WINNER TEAM, 1<sup>ST</sup> POSITION)

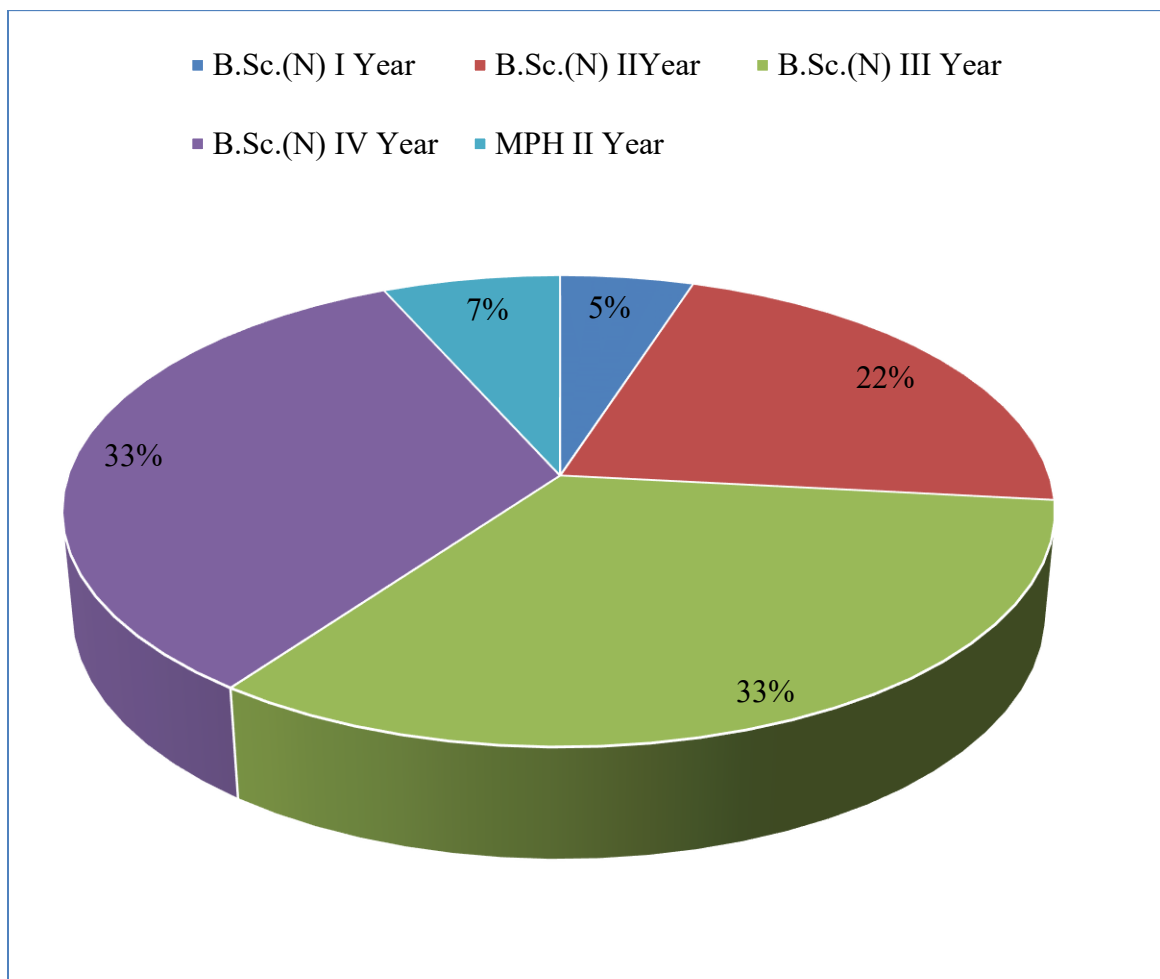
| SR. No. | Name of student | Class (B.Sc Nursing) |
|---------|-----------------|----------------------|
| 1       | Momita          | MPH                  |
| 2       | Amandeep        | MPH                  |
| 3       | Kritika         | MPH                  |
| 4       | Kiran           | MPH                  |
| 5       | Shivangini      | 2 <sup>nd</sup> year |
| 6       | Samakshi        | 2 <sup>nd</sup> year |
| 7       | Nikita          | 2 <sup>nd</sup> year |
| 8       | Kalpna          | 1 <sup>st</sup> year |
| 9       | Moxika          | 1 <sup>st</sup> year |
| 10      | Kritika         | 1 <sup>st</sup> year |

### TUG OF WAR (TEAM – F)

| SR. No. | Name of student | Class (B.Sc Nursing) |
|---------|-----------------|----------------------|
| 1       | Anjana          | 2 <sup>nd</sup> year |
| 2       | Nikita Chauhan  | 2 <sup>nd</sup> year |
| 3       | Mehul Sharma    | 2 <sup>nd</sup> year |
| 4       | Ankita Thakur   | 2 <sup>nd</sup> year |
| 5       | Payal Sharma    | 2 <sup>nd</sup> year |
| 6       | Manisha kumari  | 2 <sup>nd</sup> year |
| 7       | Gaganpreet Kaur | 2 <sup>nd</sup> year |
| 8       | Prabhleen kaur  | 2 <sup>nd</sup> year |
| 9       | Prabhdeep kaur  | 2 <sup>nd</sup> year |
| 10      | Lovepreet       | 2 <sup>nd</sup> year |

**Over all distribution of Participants in Tug of War as per the Course and year of the study**

| Sr. No. | Class                             | Participants |
|---------|-----------------------------------|--------------|
| 1.      | B.SC NURSING 1 <sup>ST</sup> YEAR | 3            |
| 2.      | B.SC NURSING 2 <sup>ND</sup> YEAR | 13           |
| 3.      | B.SC NURSING 3 <sup>RD</sup> YEAR | 20           |
| 4.      | B.SC NURSING 4 <sup>TH</sup> YEAR | 20           |
| 5.      | MPH                               | 4            |
|         | <b>TOTAL</b>                      | <b>60</b>    |



**Distribution of Participants in Tug of War as per the Course and year of the study**





**THE WINNER TEAM, TUG OF WAR  
( 1<sup>ST</sup> POSTION)  
(Akal College of Health and Sciences)**



**THE WINNER TEAM, TUG OF WAR  
( 2<sup>nd</sup> POSTION)  
(Akal College of Education)**



**THE WINNER TEAM, TUG OF WAR  
(3<sup>rd</sup> POSTION)  
(Akal College of Education)**

## KHO-KHO

Kho Kho in first round taken place among the Nursing college and College of Education, in that Nursing College won the Match and competed with the Arts and Science college team and finally winner of the team was Akal College of Nursing Team as follows: -

### Winner Team (KHO KHO)

| SR. No. | Name of student | Class (B.Sc Nursing) |
|---------|-----------------|----------------------|
| 1       | Neeraj          | 1 <sup>st</sup> year |
| 2       | Diksha          | 1 <sup>st</sup> year |
| 3       | Neha            | 1 <sup>st</sup> year |
| 4       | Abha            | 1 <sup>st</sup> year |
| 5       | Kanika          | 2 <sup>nd</sup> year |
| 6       | Kirti           | 2 <sup>nd</sup> year |
| 7       | Tamana          | 2 <sup>nd</sup> year |
| 8       | Simran          | 2 <sup>nd</sup> year |
| 9       | Harman          | 2 <sup>nd</sup> year |
| 10      | Himani          | 3 <sup>rd</sup> year |
| 11      | Simran Chauhan  | 3 <sup>rd</sup> year |
| 12      | Mavish          | 3 <sup>rd</sup> year |
| 13      | Sakshi          | 3 <sup>rd</sup> year |
| 14      | Anchal          | 4 <sup>th</sup> year |
| 15      | Kavita          | 4 <sup>th</sup> year |

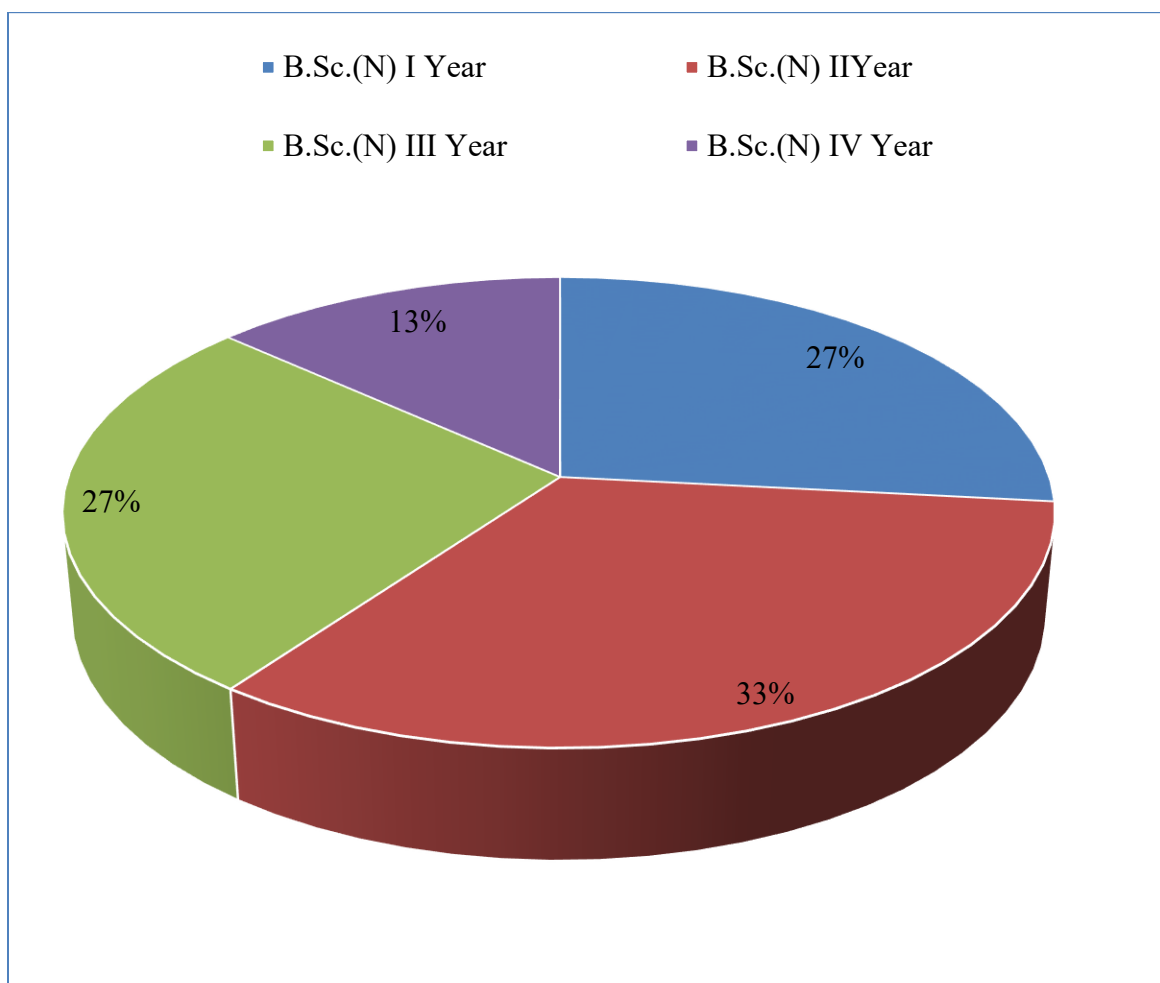


**THE WINNER TEAM FOR KHO-KHO (ACN)**



**Over all distribution of Participants in Kho Kho as per the Course and year of the study**

| Sr. No. | Class                             | Participants |
|---------|-----------------------------------|--------------|
| 1.      | B.SC NURSING 1 <sup>ST</sup> YEAR | 4            |
| 2.      | B.SC NURSING 2 <sup>ND</sup> YEAR | 5            |
| 3.      | B.SC NURSING 3 <sup>RD</sup> YEAR | 4            |
| 4.      | B.SC NURSING 4 <sup>TH</sup> YEAR | 2            |
|         | <b>TOTAL</b>                      | <b>15</b>    |



**Over all distribution of Participants in Kho Kho as per the Course and year of the study**

### **Award:-**

Winners were awarded with e-certificates and Participants were motivated with participation certificate.

### **Refreshments:**

Refreshments were arranged for the students. Spicy snacks and Lemon drink.

### **First Aid:**

Few students are got lacerated wound on hand Palm and toe, only minor injury was reported and that was taken care by Health representatives.

### **Over all Coordination:-**

**Ms. Manpreet**, Physical Educator, Akal Academy has coordinated the entire event with the help of Physical Educators from Eternal University.

### **Organizing Team :**

Organizing Team from respective institutions were motivated and encouraged the students for the active participation. All the Team members were very cooperative.

### **Feedback :**

Students were expressed that, they are very much Happy and enjoyed the Fun with Team Spirit and it helped students to create a bond between themselves and with other college students.

