

(Govt. Aided B. Ed. & B. P. Ed. College)

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P.O. Bishnupur : Dist- Bankura, PIN-722122 Phone -9434202242 : Website - nbsmahavidyalaya.org

Date - 01.06.2023

Report of Intramural Competition - 2023

(24.03.2023 - 09.05.2023)

Introduction

Intramural sports are recreational sports organized within a particular institution, usually a Physical educational institution, for the purpose of fun and exercise. It is defined as physical/games activities that occur outside the student's instructional time and are not competitions against other outside teams/groups.

Objectives

- 1. To provide opportunity to every student to participate in games and sports: To provide ample opportunities to every student in games and sports in one of the major objectives of intramurals. Generally, few students are able to participate in zonal level and district level games and sports. But in intramural each and every student can take part in games and sports. So, it can be said that to provide ample opportunities to all the students to participate in games and sports is the major objective of intramural.
- 2. To develop the feeling of sportsmanship: To develop the feeling of sportsmanship is another vital objective of intramurals. Sportsmanship means to show respect and courtesy to opponents and officials. It also means to be humble in victory and gracious in defeat. The intramural competitions develop the feeling of such qualities among students who participate in such activities.
- 3. To provide the opportunity to develop personality: To provide the opportunity to develop the personality of students is another objective of intramural activities. These activities provide a number of opportunities to develop the physical, mental, social and emotional aspects of personality.

That is why B.P.Ed department, Nikhil Banga Sikshan Mahavidyalaya conducted its Intramural Competition on Football, Volleyball and Cricket from March 24th, 2023 to May 9th 2023.

Football Competition (24.03.23 - 01.04.23)

Football is a wonderful game that can be played and enjoyed by anyone. We know football is fun to play, but what are the other benefits of this great sport? There are quite few:

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- Fitness Benefits: Although football is an impact sport and there is a small risk of injury, the benefits to your fitness far outweigh this. The 90 minutes of exercise is great for your cardiovascular health and helps to avoid illnesses and diseases.
- 2. Increase in Muscle and Bone Strength: Playing football each week can lead to fat loss and increase muscle toning. It is also said that football can help strengthen your bones. The more football you take part in, the better you will become at the game and the more strength you will gain.
- 3. Coordination: Focusing on the ball, weaving around other players and intercepting the ball requires a certain amount of coordination. The more you play the more coordinated you will become. You will find yourself thinking faster and making better decisions as to which way you need to go in order to play the ball correctly and win the game.
- 4. Stamina: A full match of football is 90 minutes long. Although you get a short break at half time, that is a long time to spend running up and down a pitch. Your stamina will improve week on week and you will love how much more persistent you can become with your body when it comes to exercise.
- New Skills: Football is a wonderful hobby that you can play almost anywhere! You will pick up so many skills along the way.
- 6. The Social Aspect: Playing a team sport is a fantastic way to meet new people and make new friends. If you have just moved somewhere new or want to become more involved with your local community, joining the local football club is a fantastic way to socialise with others and get to know people in your area. You already have a common interest in football, and team sports invoke a camaraderie between people, so you will fit in in no time.
- 7. Mental Health Benefits: Exercise not only helps your physical health, but it also has a great impact on your mental health. When you exercise, your body releases endorphins which triggers a positive feeling. Playing in a team, having a routine of where and when you need to play matches and doing something you enjoy are all factors that are beneficial to your mental health.
- 8. Team Building: Once you understand how your fellow players work and how they play, you can get a fantastic rhythm going which can really tip the scales in your favour of winning the game. Some players like to take chances for their own selfish reasons, but

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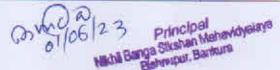
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once they accept that the game will work more smoothly if they work closely with other players, the team will click and every game will be great fun to play.

That is why the Nikhil Banga SikshanMahavidyalaya in collaboration with the department of B.P.ED conducted its Intramural Football Competition actively on 24th march 2023 at 7am on morning, under the guidance of our intramural coordinator Tarun Biswas, Intramural secretary Sayak Karmakar (bped 2nd year), asst. secretary Sujay Saha(bped 1st year) and other teachers. The competition was held between eight houses. Each house participant in this competition positively.

SI No	Date	Match	Winner	Goal
1 2	24.03.2022	B.P.Ed 1st Year Vs B.P.Ed 2nd Year	B.P.Ed 2 nd 1 st Year	2-3
2		Nazrul House Vs Khudiram House	Khudiram House	0 -1
3		Rabindranath House Vs Netaji House	Rabindranath House	2 -1
4	25.3.23	RammohanVsVidyasagar House	Vidyasagar House	1 -2
5		Aurobinda House Vs Vivekananda house	AurobindaHous	1-0
6	27.3.23	Khudiram House Vs Vidyasagar House	Khudiram House	1 -0
7		Netaji House Vs Vivekananda House	Netaji House	2 -1
8	28.3.23	Rammohan House Vs Khudiram House	Draw	1-1
9	20.3.23	Rabindranath House Vs Vivekananda House	Rabindranath House	2-0
10	2222	Vidyasagar House Vs Nazrul house	Vidyasagar House	2 - 0
11	29,3.23	Aurobinda House Vs Netaji House	Aurobinda House	1 - 0
12	31.3.23	RammohanVs Nazrul House	Rammohan House	3 - 2
13	(8.00 AM)	Rabindra House VsAurobinda House	Rabindra House	1 - 0
14	31.3.23 (3.00 PM)	1st Semi Final Khudiram Vs Arabinda House	Khudiram House	1 - 0





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15		2 nd semi Final : Vidyasagar House vs Rabindra House	Vidyasagar House	5 - 3
16	01.04.23	FINAL : Khudiram Vs Vidyasagar House	Winner: Vidyasagar House Runner up: Khudiram House	3 -5

The entire tournament executed through League system and finally Khudiram house got 7 points, Aurobinda house got 6 points, Vidyasagar earns 6 points and Rabindranath house earns 6 points. Finally Vidyasagar House won the title by defeating Khudiram house by 5-3 goals. All students has enjoyed the tournament and some social qualities are developed among themselves. Some glimpse of their enjoyment is shown below:

















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Volleyball (11.04.23 – 26.04.23)

Volleyball is also a game that also improved cardiovascular and respiratory systems. In Nikhil Banga sikshan Sikshan Mahavidyalaya volleyball is also taken as one of the major activity under intramural activities.

SI No	Date	Match	Winner	Game difference
I	- 11,4,23	Nazrul House Vs Khudiram House	Khudiram House	0 - 2
2		Rabindra House Vs Netaji House	Rabindra House	2-0
3	10	Rammohan Vs Vidyasagar House	Rammohan House	2-0
4		Arabinda House Vs Vivekananda House	Vivekananda House	0 -2
5		Khudiram House Vs Vidyasagar House	Vidyasagar House	1 -2
6	12.4.23	Netaji House Vs Vivekananda House	Vivekananda House	0 -2
		Rammohan Vs Khudiram House	Rammohan House	2-1
7		Rabindra House Vs Vivekananda House	Vivekananda House	0 -2
8		Vidyasagar House Vs Nazrul house	Vidyasagar House	2 - 0
9	*	Aurobinda House Vs Netaji House	Aurobinda House	2-0
10		Rammohan Vs Nazrul House	Rammohan House	2-0
11		Rabindra House Vs Aurobinda House	Rabindra House	2 -1
12	26.04.23	1 st semi Final : Rammohan Vs Rabindra House	Rabindra House	1 -2
13		2 nd Semi Final ; Vidyasagar House Vs Vivekananda House	Vivekananda House	2 -0
14		Grand Finale : Rabindra House Vs Vivekananda House	Champion: Rabindra House Runner up: Vivekananda House	2 -1

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Like Football tournament, Volleyball tournament also executed through league system. Finally Rammohan house got 9 points, Rabindra house earned 6 points, Vidyasagar house earned 6 point and Vivekananda house earned 9 point. In grand Finale Rabindra house beat Vivekananda house by 2 – 1 games.









CRICKET (27.4.23 - 09.05.23)

Cricket is the most popular game in India and it is also included under Intramural activities in Nikhil Banga Sikshan Mahavidyalaya. The competition was held between eight teams and the nomenclature of team is borrowed from the concept of Indian Premier League (IPL). The eight teams are as follows:

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SI No	Name of Team	Captain
1	YOUTH XI TITANS	HEMLAL KISKU
2	VALKANO XI	AJIT BAURI
3	MSD SUPER KINGS	SAYAK KARMAKAR
4	GREEN WARRIORS	ARIJIT SAHA
-5	TILBARI BLOCKERS	BISHAL MITRA
6	LAGAN XI	ASRAFUL GAYEN
7	BPED BENGAL TIGER	SAGEN MURMU
8	RED BULFS	BISWAJIT LOHAR

Match Summary

SI No	Date	Match	Winner	Remarks
12	27.4.23	YOUTH XI TITANS Vs VALKANO XI	VALKANO XI	By 13 runs
2		MSD SUPER KINGS VS GREEN WARRIORS	GREEN WARRIORS	By 3 wkts
3		BPED BENGAL TIGER VS RED BULFS	RED BULFS	By 7 wkts
4	27.4.23	TILBARI BLOCKERS VS LAGAN XI	LAGAN XI	By 4 wkts
5	28.4.23	YOUTH XI TITANS VS MSD SUPER KINGS	MSD SUPER KINGS	By 53 runs
6		GREEN Warriors Vs VALKANO XI	GREEN Warriors	By 6 wkts
7		TILBARI BLOCKERS VS BPED BENGAL TIGER	BPED BENGAL TIGER	By 6 wkts
8		RED Bulfs VS LAGAN XI	RED Bulfs	By 6 wkts
9	29.4.23	YOUTH XI TITANS VS GREEN WARRIORS	YOUTH XI TITANS	By 6 wkt
10		MSD SUPER KINGS VS VALKANO XI	MSD SUPER KINGS	By 42 run





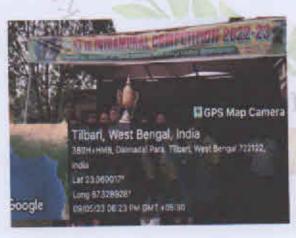
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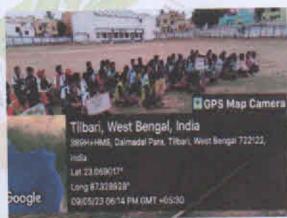
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11	02.05.23	RED Bulfs VS TILBARI BLOCKERS	RED Bulfs	By 6 wkts
12		LAGAN XI VS BPED BENGAL TIGER	BPED BENGAL TIGER	By 5 wkts
13	03.05.23	1st Semi Final : MSD SUPER KINGS VS BPED BENGAL TIGER	MSD SUPER KINGS	By 40 runs
14	04.05.23	2 nd Semi Final : Green warriors VS RED Bulfs	RED Bulfs	By 13 runs
15	09.05.23	Grand Finale : MSD SUPER KINGS VS RED BULFS	RED BULFS	By 7 wkts

After round robin league, Red Bulfs earned 9 points, B.P.Ed Bengal earned, MSD Super King and Green worriers earned 6 points each. In first semi-final match MSD super King won by 40 runs and in other semi-final match RED bulfs won by 13 runs. Finally RED BULFS wins the tournament by defeating MSD Super King by 7 wkts. Some images for the tournament is given below:







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