



# NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

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

NCTE Recognized : NAAC Accredited : BSAEU Affiliated

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

- 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.
- 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.
- 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 24<sup>th</sup>, 2023 to May 9<sup>th</sup> 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 :

  
Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura





# NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

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

NCTE Recognized : NAAC Accredited : BSAEU Affiliated

P.O. Bishnupur : Dist- Bankura, PIN-722122

Phone -9434202242 : Website - nbsmahavidyalaya.org

- 1. 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.
- 5. 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

*(Signature)*  
Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura



# NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

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

NCTE Recognized : NAAC Accredited : BSAEU Affiliated

P.O. Bishnupur : Dist- Bankura, PIN-722122

Phone -9434202242 : Website - nbsmahavidyalaya.org

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

### Match summary:

| Sl No | Date                 | Match   | Winner                                      | Goal  |
|-------|----------------------|---|---|-------|
| 1     | 24.03.2022           | B.P.Ed 1 <sup>st</sup> Year Vs<br>B.P.Ed 2 <sup>nd</sup> Year | B.P.Ed 2 <sup>nd</sup> 1 <sup>st</sup> Year | 2 - 3 |
| 2     |                      | Nazrul House Vs<br>Khudiram House                             | Khudiram House                              | 0 - 1 |
| 3     |                      | Rabindranath House Vs<br>Netaji House                         | Rabindranath House                          | 2 - 1 |
| 4     | 25.3.23              | Rammohan Vs Vidyasagar<br>House                               | Vidyasagar House                            | 1 - 2 |
| 5     |                      | Aurobinda House Vs<br>Vivekananda house                       | Aurobinda House                             | 1 - 0 |
| 6     | 27.3.23              | Khudiram House Vs<br>Vidyasagar House                         | Khudiram House                              | 1 - 0 |
| 7     |                      | Netaji House Vs<br>Vivekananda House                          | Netaji House                                | 2 - 1 |
| 8     | 28.3.23              | Rammohan House Vs<br>Khudiram House                           | Draw  | 1 - 1 |
| 9     |                      | Rabindranath House Vs<br>Vivekananda House                    | Rabindranath House                          | 2 - 0 |
| 10    | 29.3.23              | Vidyasagar House Vs<br>Nazrul house                           | Vidyasagar House                            | 2 - 0 |
| 11    |                      | Aurobinda House Vs<br>Netaji House                            | Aurobinda House                             | 1 - 0 |
| 12    | 31.3.23<br>(8.00 AM) | Rammohan Vs Nazrul<br>House                                   | Rammohan House                              | 3 - 2 |
| 13    |                      | Rabindra House<br>Vs Aurobinda House                          | Rabindra House                              | 1 - 0 |
| 14    | 31.3.23<br>(3.00 PM) | 1 <sup>st</sup> Semi Final Khudiram<br>Vs Arabinda House      | Khudiram House                              | 1 - 0 |



01/06/23

Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura



# NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

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

**NCTE Recognized : NAAC Accredited : BSAEU Affiliated**

P.O. Bishnupur : Dist- Bankura, PIN-722122

Phone -9434202242 : Website - nbsmahavidyalaya.org

|    |          |   |   |       |
|----|----------|---|---|-------|
| 15 |          | 2 <sup>nd</sup> semi Final :<br>Vidyasagar House vs<br>Rabindra House | Vidyasagar House  | 5 - 3 |
| 16 | 01.04.23 | <b>FINAL : Khudiram Vs<br/>Vidyasagar House</b>                       | <b>Winner : Vidyasagar<br/>House</b><br>Runner up : Khudiram<br>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:



*Signature*  
01/06/23

Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura



# NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

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

NCTE Recognized : NAAC Accredited : BSAEU Affiliated

P.O. Bishnupur : Dist- Bankura, PIN-722122

Phone -9434202242 : Website - nbsmahavidyalaya.org

## 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.

| Sl No | Date                              | Match  | Winner  | Game difference |
|-------|-----------------------------------|--|---|-----------------|
| 1     | 11.4.23                           | Nazrul House Vs Khudiram House                                     | Khudiram House  | 0 - 2           |
| 2     |                                   | Rabindra House Vs Netaji House                                     | Rabindra House  | 2 - 0           |
| 3     | 12.4.23                           | 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     |                                   | 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 <sup>st</sup> semi Final : Rammohan Vs Rabindra House            | Rabindra House  | 1 - 2           |
| 13    |                                   | 2 <sup>nd</sup> Semi Final : Vidyasagar House Vs Vivekananda House | Vivekananda House   | 2 - 0           |
| 14    |                                   | Grand Finale : Rabindra House Vs Vivekananda House                 | Champion :<br>Rabindra House<br>Runner up:<br>Vivekananda House | 2 - 1           |

*Banda*  
01/06/23

Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura



# NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

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

**NCTE Recognized : NAAC Accredited : BSAEU Affiliated**

P.O. Bishnupur : Dist- Bankura, PIN-722122

Phone -9434202242 : Website - nbsmahavidyalaya.org

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:

*Principal*  
07.05.23  
Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura



# NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

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

NCTE Recognized : NAAC Accredited : BSAEU Affiliated

P.O. Bishnupur : Dist- Bankura, PIN-722122

Phone -9434202242 : Website - nbsmahavidyalaya.org

| Sl 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

| Sl No | Date    | Match                                    | Winner               | Remarks    |
|-------|---------|--|----------------------|------------|
| 1     | 27.4.23 | YOUTH XI TITANS<br>Vs<br>VALKANO XI      | VALKANO XI           | By 13 runs |
| 2     |         | MSD SUPER KINGS<br>VS<br>GREEN WARRIORS  | GREEN<br>WARRIORS    | By 3 wkts  |
| 3     |         | BPED BENGAL TIGER<br>VS<br>RED BULFS     | RED BULFS            | By 7 wkts  |
| 4     | 27.4.23 | TILBARI BLOCKERS VS<br>LAGAN XI          | LAGAN XI             | By 4 wkts  |
| 5     | 28.4.23 | YOUTH XI TITANS<br>VS<br>MSD SUPER KINGS | MSD SUPER<br>KINGS   | By 53 runs |
| 6     |         | GREEN Warriors<br>Vs<br>VALKANO XI       | GREEN Warriors       | By 6 wkts  |
| 7     |         | TILBARI BLOCKERS VS<br>BPED BENGAL TIGER | BPED BENGAL<br>TIGER | By 6 wkts  |
| 8     |         | RED Bulfs<br>VS<br>LAGAN XI              | RED Bulfs            | By 6 wkts  |
| 9     | 29.4.23 | YOUTH XI TITANS<br>VS<br>GREEN WARRIORS  | YOUTH XI<br>TITANS   | By 6 wkts  |
| 10    |         | MSD SUPER KINGS<br>VS<br>VALKANO XI      | MSD SUPER<br>KINGS   | By 42 runs |

*(Signature)*  
01.06.23  
Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura



# NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

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

NCTE Recognized : NAAC Accredited : BSAEU Affiliated

P.O. Bishnupur : Dist- Bankura, PIN-722122

Phone -9434202242 : Website - nbsmahavidyalaya.org

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



*Principal*  
07.06.23  
Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura





# NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

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

NCTE Recognized : NAAC Accredited : BSAEU Affiliated

P.O. Bishnupur : Dist- Bankura, PIN-722122

Phone -9434202242 : Website - nbsmahavidyalaya.org



*Handwritten signature and date: 01.06.23*

PRINCIPAL

Principal  
Nikhil Banga Sikshan Mahavidyalaya  
Bishnupur, Bankura

