



PATEL INSTITUTE OF SCIENCE AND MANGEMENT

25/2, KARIYAMMANA AGRAHARA, NEAR OUTER RING ROAD, BELLANDUR POST, BENGALURU-560103.

Department of Physical Education

Annual Report – Academic Year 2025–2026

1. Introduction

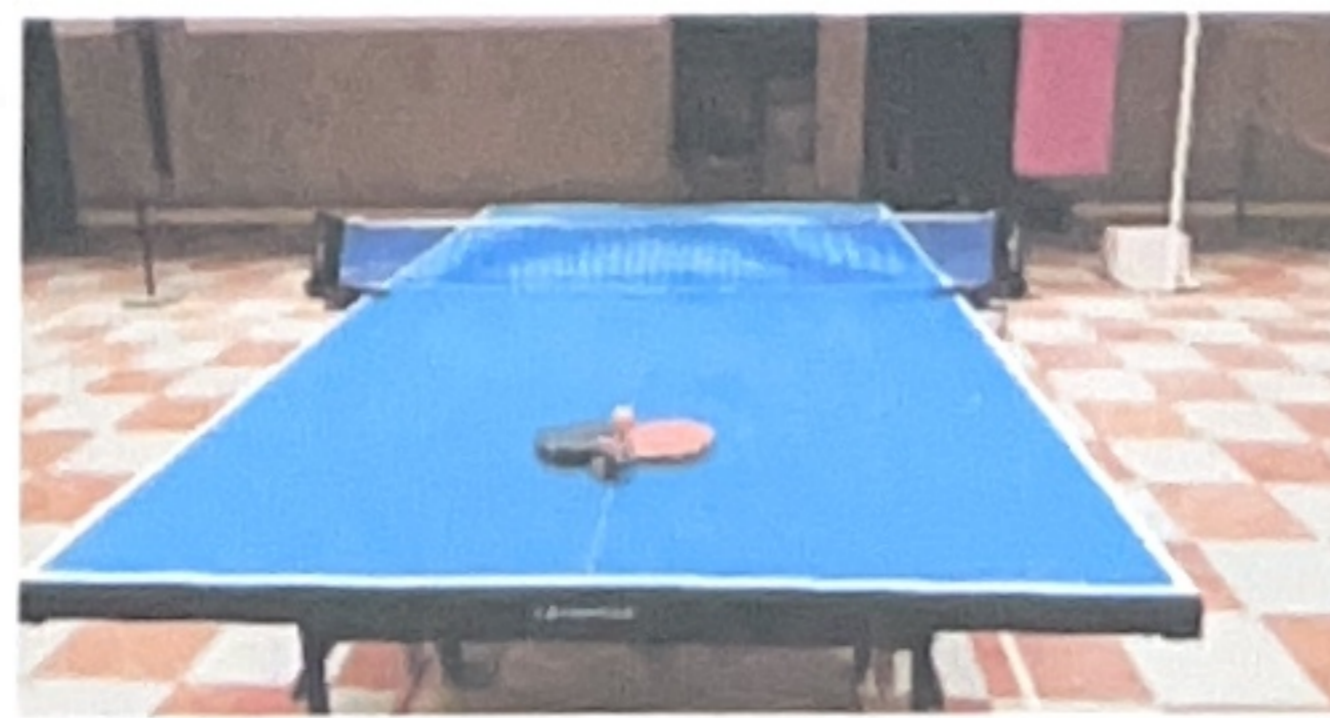
The Department of Physical Education at Patel Institute of Science and Management (PISM), under the aegis of Patel Ramaiah Educational and Cultural Trust, continues to play a pivotal role in promoting holistic education through physical fitness, sportsmanship, and wellness-oriented initiatives. During the academic year 2025–26, the department successfully organized and participated in a wide range of intra-institutional, inter-collegiate, and university-level activities aimed at fostering physical, mental, and emotional well-being among students and staff.

The department's philosophy of "Sports for All" was reflected in its inclusive programming, consistent engagement, and emphasis on teamwork, discipline, leadership, and healthy living.

2. Sports Infrastructure

PISM is equipped with well-maintained sports facilities, including: - Multi-purpose outdoor playground (PGI Ground) - Basketball court - Facilities for cricket, football, volleyball, throwball, kabaddi, handball, and tug of war - Indoor arrangements for chess, carrom, badminton, and fitness activities

These facilities supported year-round sporting activities and large-scale events with active student and staff participation.





3. Major Activities and Events Conducted

3.1 International Day of Yoga - 21 June 2025

The Department of Physical Education, in association with the NSS Unit, celebrated International Yoga Day with the theme "*Yoga for One Earth and One Health.*" The session was held at PGI Ground from 6:00 AM to 8:00 AM with the participation of approximately 100 students and staff members.

The program included prayer, Surya Namaskar, guided meditation, and a student-led yoga demonstration. The event successfully promoted awareness of yoga's physical and mental health benefits and reinforced the importance of mindful living.

3.2 Sports Utsav 2025 - 18 to 21 August 2025

Sports Utsav 2025 was a flagship four-day inter-departmental sports festival organized to promote competitive spirit, teamwork, and student engagement. A wide range of indoor and outdoor events were conducted, including Chess, Carrom, Badminton, Volleyball, Cricket, Kabaddi, Tug of War, Throwball, and Football.

- Participation: Approximately 300-400 students
- Overall Champions: Department of Nursing (825 points)
- Other standings: UG (450), Law (420), PUC (325), MBA (270)

The event strengthened inter-departmental camaraderie and highlighted the importance of sports in holistic development.

3.3 National Sports Day - 29 August 2025

National Sports Day was celebrated in honor of Major Dhyan Chand with multiple recreational games and tournaments for students and staff. Key events included: - Men's Cricket Tournament - Women's Throwball Tournament - Monthly Staff Tug of War

The day witnessed enthusiastic participation and reinforced the role of sports in promoting fitness, unity, and workplace wellness.

3.4 Monthly Staff Sports Programme - 2025-26

Under the theme "*Why Not Me? & Why Not We?*", the department launched a structured Monthly Staff Sports initiative to promote staff bonding and wellness.

Key highlights: - Staff auction and team formation (6 teams) - Events conducted: Catch If You Can, Office Pull (Tug of War), Smash Tower (Lagori) - Overall Champions: Patel Pioneers

The initiative received excellent feedback and significantly enhanced inter-departmental interaction, morale, and community spirit.

4. Inter-Collegiate and University-Level Participation

4.1 BNU Inter-Collegiate Handball Championship - 25 March 2025

PISM hosted the Bengaluru North University Inter-Collegiate Handball Championship (Men) with six colleges participating. PISM emerged as the champions, continuing their winning streak for the third consecutive year.

The event was conducted smoothly with strong institutional support and high standards of sportsmanship.

4.2 BNU Handball Selection Trials - 18 February 2025

The department hosted the BNU Handball Selection Trials with participation from 11 colleges and 41 athletes. After a structured evaluation process, the top 18 players were shortlisted for the South Zone Inter-University Championship.

Notably, six students from PISM were selected among the final 18.

4.3 BNU Inter-Collegiate Badminton Tournament - November 2025

PISM students participated in the BNU Inter-Collegiate Badminton Tournament hosted by Gopalan College. The tournament featured 23 men's teams and 13 women's teams.

The event provided valuable competitive exposure and contributed to identifying athletes for university-level representation.

5. Outcomes and Achievements

- Enhanced student and staff participation in physical activities
- Successful hosting of university-level tournaments
- Consistent championship performance in handball
- Improved staff morale and teamwork through structured sports programs
- Strong representation of PISM students at university selection trials

6. Feedback and Impact

Feedback from participants highlighted: - Improved physical fitness and stress relief - Strengthened teamwork and leadership skills - Appreciation for professional organization and safety measures - Increased motivation to engage in regular sports activities

The department's initiatives were widely appreciated by students, faculty, and management alike.

7. Conclusion

The academic year 2025-26 was highly productive and impactful for the Department of Physical Education at PISM. Through a balanced combination of wellness programs, competitive sports, staff engagement initiatives, and university-level participation, the department successfully fulfilled its mission of promoting holistic development.

The consistent support from management, enthusiastic participation from students and staff, and dedicated efforts of the Physical Education team contributed significantly to the success of all activities. The department looks forward to further strengthening sports culture and excellence in the coming academic years.

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