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SPORTS REPORT 2025-26

Report: Celebration of International Chess Day – 2025

Date of Celebration: 21st July 2025

Occasion: International Chess Day (officially observed on 20th July)

Participants: Students, Faculty Members, and Staff

Objective of the Celebration

To commemorate the global significance of chess, highlighting India's rich legacy in the game, and inspire students and staff through its intellectual and cultural value.

Presentation Highlights

A bilingual presentation was delivered covering the following themes:

1. Origin of Chess

- Chess originated in **India** around the 6th century CE as **Chaturanga**, representing four divisions of the military: infantry, cavalry, elephants, and chariots.
- It evolved into **Shatranj** in Persia and later spread across Europe, becoming modern chess by the 16th century.



Introduction to International Chess Day



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2. Development of Chess

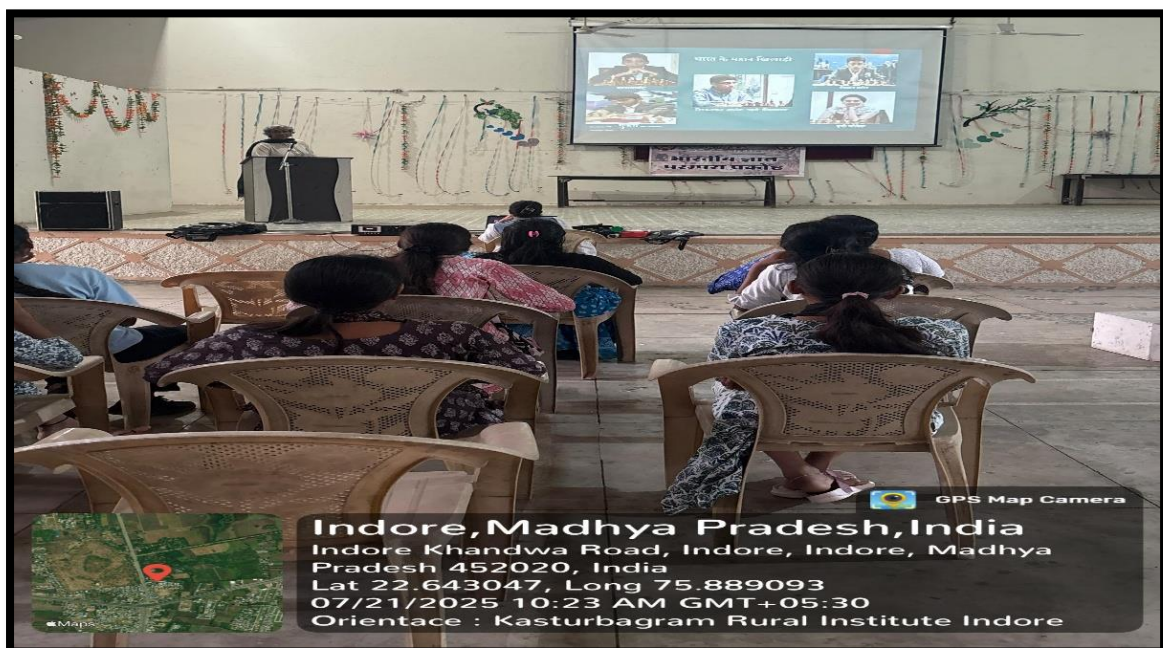
- **19th century:** Standardization of rules and introduction of chess clocks.
- **1886:** First official World Chess Championship.
- **20th century:** Rise of Soviet dominance and computer-assisted chess.
- **21st century:** Online platforms and AI revolutionized training and gameplay.

3. International Chess Organizations

- **FIDE (Fédération Internationale des Échecs):** Founded in 1924 in Paris; governs global chess activities.
- **ICCF (International Correspondence Chess Federation):** Oversees correspondence chess globally.

4. National Chess Organizations (India)

- **All India Chess Federation (AICF):** Established in 1951; affiliated with FIDE and Asian Chess Federation.
 - Headquarters: New Delhi
 - Organizes national championships and promotes chess education.
- State-level bodies like **Tamil Nadu Chess Association**, **Maharashtra Chess Association**, and **Delhi Chess Association** actively contribute to



grassroots development.



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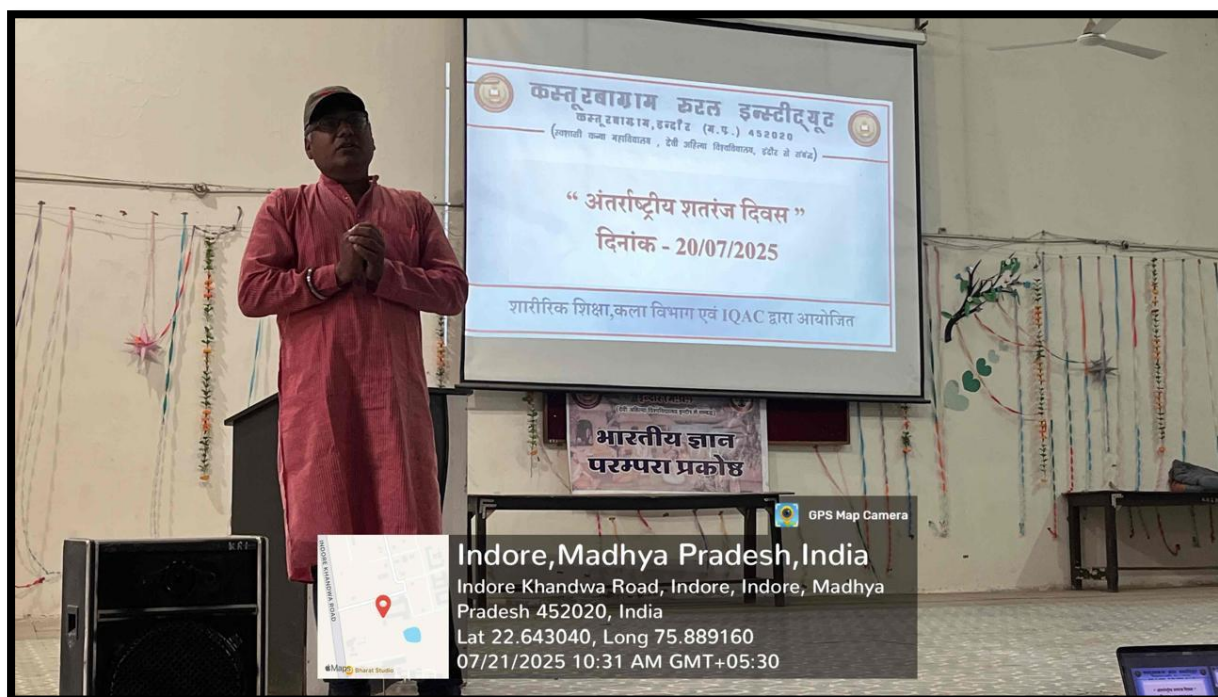
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5. Renowned Indian Chess Players

Name	Title	Achievements
Viswanathan Anand	GM	5-time World Champion, Padma Vibhushan awardee
Gukesh D	GM	Current World Champion (2024), youngest to achieve title
Praggnanandhaa R.	GM	World No. 1 Junior, Olympiad medallist
Koneru Humpy	GM	Women's World Rapid Champion, Padma Shri awardee
Harika Dronavalli	GM	Multiple Olympiad medals, Arjuna Awardee
Divya Deshmukh	GM	FIDE Women's World Cup Champion (2025)



Mythological aspect of chess.



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Report on National Sports Day Celebration – 29 August

Date: 29 August 2025

Occasion: Birth Anniversary of Major Dhyan Chand – The Hockey Wizard

Objective of the Celebration

National Sports Day is observed annually on August 29 to honour the legendary hockey player Major Dhyan Chand, whose unmatched skills led India to Olympic glory in 1928, 1932, and 1936. The day serves to:

- Celebrate his legacy and inspire youth through sportsmanship.
- Promote physical fitness, discipline, and teamwork.
- Encourage active participation in sports and wellness activities



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The Government of India has launched several key programs to foster a sports culture:

- **Fit India Movement:** Encourages citizens to dedicate at least one hour daily to physical activity.
- **Khelo India Scheme:** Identifies and nurtures young talent through structured training and competitions.
- **Sports Authority of India (SAI):** Provides professional coaching and infrastructure support.



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- **National Sports Awards:** Including the Khel Ratna, Arjuna Award, and Dronacharya Award, presented annually by the President of India to honour excellence in sports.

Event Highlights at Kasturbagram Rural Institute

1. Presentation by Sports Officer – 10:20 AM

The day commenced with an insightful presentation by the Sports Officer, highlighting:

- Major Dhyan Chand's contributions to Indian hockey.
- The role of sports in holistic development.
- Government schemes and the importance of integrating fitness into daily routines.



Presentation on National Sports Day for students.

2. Aerobic Dance Session – 2:30 PM

An energetic aerobic dance session was conducted in the college hall to:

- Promote cardiovascular health.
- Engage students in fun, rhythmic movement.
- Foster enthusiasm for group fitness activities.



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Aerobic Dance Session

3. AHPERD Fitness Test Administration

Following the dance session, the **AAHPERD (American Alliance for Health, Physical Education, Recreation and Dance)** fitness test was administered to assess students' physical fitness across key domains:

- Muscular strength and endurance
- Flexibility
- Agility and coordination
- Cardiovascular efficiency

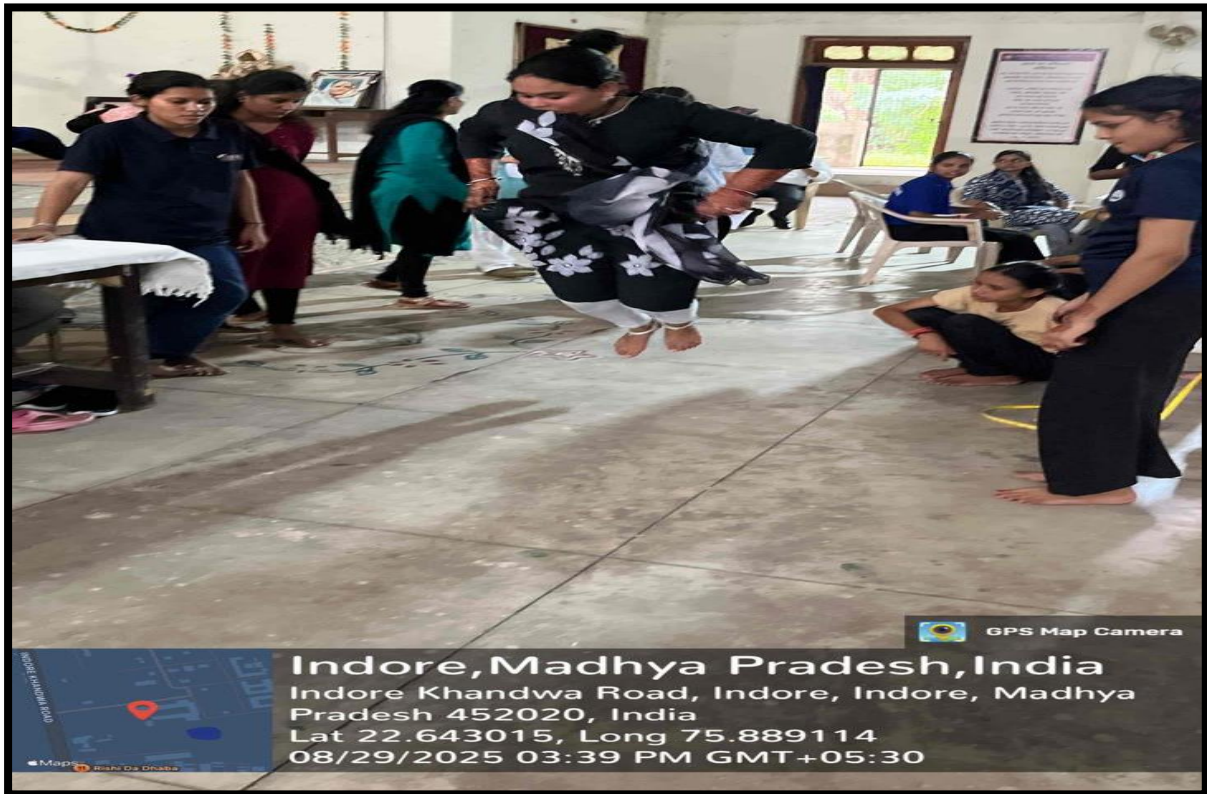
Conclusion

The celebration of National Sports Day at Kasturbagram Rural Institute was a vibrant tribute to Major Dhyan Chand's legacy. Through educational presentations and interactive fitness activities, the event successfully reinforced the importance of sports in building a healthier, more resilient youth. The initiatives aligned with national efforts to cultivate a fit and active India



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Leg strength - Standing Broad Jump test.



Agility Run – Shuttle Run test.



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Report on 15-Day Chess Training Camp

Organized by: Sports Department, Kasturbagram Rural Institute, Indore

Duration: 18 August – 4 September 2025

Venue: College Hall

Objective of the Camp

The Chess Training Camp was designed to introduce students to the strategic world of chess, fostering cognitive development, patience, and decision-making skills. The initiative aligns with the institute's commitment to holistic education and mental fitness.



Basics of the Game of Chess.

Training Highlights

Over the course of 15 days, students were systematically introduced to the fundamentals of chess:

- **Introduction to the Game:**
Trainers explained the origin, significance, and benefits of chess as a mind sport.
- **Understanding the Chess Board:**
Students learned the layout of the 64-square board, ranks, files, and color orientation.



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- **Familiarization with Chess Pieces and Their Moves:**
Each piece—King, Queen, Rook, Bishop, Knight, and Pawn—was introduced with:
 - Movement patterns, Strategic roles, Value and positioning.
- **Basic Rules and Gameplay:**
 - Opening principles, Check, checkmate, and stalemate
 - Castling, en. passant, and pawn promotion
- **Interactive Practice Sessions:**
Daily matches and puzzles helped reinforce learning and build tactical thinking.



Teaching and understanding of Game of Chess.

Impact on Students

- Enhanced concentration and analytical skills
- Improved memory and foresight
- Boosted confidence through friendly competition

Conclusion

The Chess Training Camp was a resounding success, sparking enthusiasm among students for intellectual sports. It laid a strong foundation for future participation in intra- and inter-collegiate chess competitions. The initiative reflects Kasturbagram Rural Institute's dedication to nurturing both physical and mental agility in its learners.



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Practicing and playing the Game.



Practice on the final day of training camp.



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Report on Intramural Chess Competition

Venue: Kasturbagram Rural Institute, College Hall.

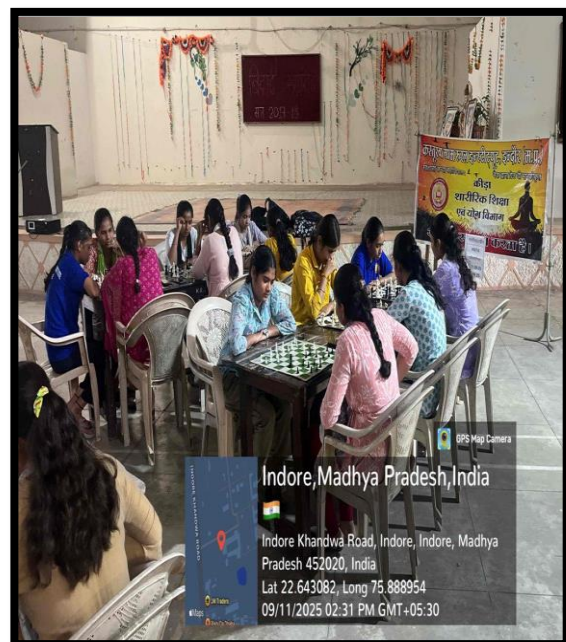
Dates: 11–12 September 2025

Time: 2:30 PM onwards

To promote strategic thinking and holistic development among students, Kasturbagram College organized an intramural chess competition on 11th and 12th September 2025 at the college hall. The event witnessed enthusiastic participation from **16–17 students**, reflecting a growing interest in intellectual sports and mental wellness.

Competition Format:

The tournament was structured over **four competitive rounds** of 45 minutes, allowing each participant to demonstrate their tactical skills, patience, and focus. Matches were conducted in Swiss format, with fair play and sportsmanship upheld throughout.



initial rounds on 11.09.25 Chess matches.



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Highlights:

- The event commenced with a brief introduction to the rules and objectives of the competition.
- Students showcased commendable concentration and strategic depth in their gameplay.
- After four intense rounds, the **winner was declared**, earning well-deserved recognition for their consistency and mastery over the board.



Young Brains on their moves

Results:

- I - Ms. Shivani Karma.
- II - Ms. Reena Chauhan
- III - Ms. Sanju Dhanera
- IV - Ms. Harshita Barod.
- V - Ms. Sarika Senwar



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Outcome:

The competition not only identified emerging chess talent but also fostered a spirit of healthy rivalry and cognitive engagement. It served as a platform for students to challenge themselves, learn from peers, and appreciate the nuances of this timeless game.

The organizing committee extends heartfelt congratulations to all participants and expresses gratitude to faculty and volunteers for their support in making the event a success.



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Report on Kabaddi Training Camp

Organized by: Kasturbagram Rural Institute

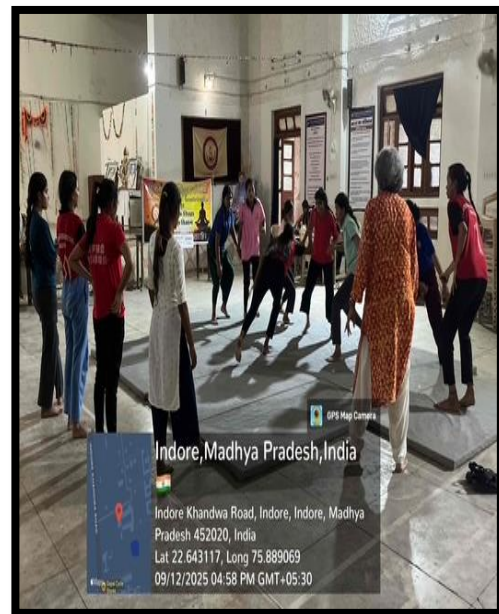
Dates: 6th to 30th September 2025

Time: 3:00 PM to 5:00 PM (Afternoon Session)

Venue: College Sports Hall (Judo Mat Setup)

Participants: 20 Girl Students

To foster physical fitness, teamwork, and self-confidence among young women, Kasturbagram Rural Institute successfully conducted a Kabaddi Training Camp for students from 6th to 24th September 2025. The sessions were held daily in the afternoon, providing a focused and energetic environment for skill development.



Teaching Defensive and offensive Skills of Kabaddi

Training Highlights:

- Rules & Regulations:**

Students were introduced to the official Kabaddi rules, including scoring systems, raid and defence protocols, foul identification, and match conduct.



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- **Skill Development:**
 - **Defensive Techniques:** Body posture, chain formation, ankle holds, waist holds, and coordinated blocking.
 - **Offensive Techniques:** Effective raiding strategies and touching techniques, breath control, agility drills, and tactical movement.
 - **Game Awareness:** Role of captains, team coordination, and time management during matches.

- **Ground Orientation:**

Training was conducted on judo mats, ensuring safety and comfort for beginners. Students were familiarized with court dimensions, boundary lines, and player positions.
- The students were taken to DAVV university to practice with DAVV kabaddi team on kabaddi mats which gave them insight on game tempo with application of rules and regulations.

Impact & Outcome:

The camp empowered participants with foundational Kabaddi skills and enhanced their physical endurance, reflexes, and strategic thinking. It also instilled discipline, mutual respect, and a spirit of sportsmanship. The initiative aligns with the institute's commitment to holistic development and gender-inclusive sports education.

The organizing team extends appreciation to the trainers, faculty, and support staff for their dedication, and congratulates all participants for their enthusiasm and progress.



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Kabaddi Training at DAVV Kabaddi mats with DAVV Kabaddi team.





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Report: Participation of College Chess Team at District Intercollege Chess Competition

The College Chess Team participated in the District Intercollege Chess Competition held on 23rd and 24th September 2025 at Government College, Rau. The event witnessed enthusiastic participation from various institutions across the district, showcasing strategic skill and sportsmanship.

Our college team comprised the following members:

- Ms. Shivani Karma
- Ms. Reena Chauhan
- Ms. Sanju Dhanera
- Ms. Harshita Barod
- Ms. Sarika Senwar



College team match in progress

Demonstrating commendable teamwork and tactical acumen, the team secured the **Third Position** in the overall standings. Notably, **Ms. Harshita Barod** exhibited exceptional individual performance and has



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been selected to represent the college at the upcoming **Division Women's Chess Tournament**, scheduled for **9th October 2025**.

The achievement reflects the dedication and strategic prowess of our students and marks a proud moment for the institution.



College Chess Team 2025-26



College Chess Team Members Participating in Trails for Indore Division Team.



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Report on Participation of College Kabaddi Team

Event: Division Kabaddi Intercollege Tournament

Organised by: MLB Government Girls Post Graduate College, Indore

Date: 7 October 2025

The College Kabaddi team actively participated in the Division Kabaddi Intercollege Tournament held on 7 October 2025 at MLB Government Girls Post Graduate College, Indore. The event brought together teams from various institutions across the division, fostering competitive spirit and promoting traditional Indian sport.

Team Selection

- Prior to the tournament, a 15 days **Kabaddi Training Camp** was organised at the college.
- The camp served as a platform to identify and prepare skilled players.
- Based on performance, discipline, and fitness during the camp, the final team was selected to represent the college in the tournament.



College Kabaddi Team at Govt. MLB Girls PG College, Indore.



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Participation Highlights

- The college team demonstrated commendable enthusiasm and sportsmanship throughout the competition.
- Players showcased techniques and strategies learned during the training camp, reflecting their preparation and commitment.
- The tournament provided valuable exposure to intercollegiate competition, enhancing the confidence and experience of the team members.

Outcome & Impact

- Participation in the tournament strengthened the college's presence in divisional sports activities.
- The event encouraged students to uphold the values of teamwork, discipline, and resilience.
- The training camp and subsequent tournament participation contributed to the holistic development of students, aligning with the institution's vision of promoting physical culture and traditional sports.





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Conclusion

The College Kabaddi team's participation in the Division Kabaddi Intercollege Tournament at MLB Government Girls PG College, Indore, on 7 October 2025, was a significant step in nurturing sporting talent. The preparatory training camp ensured effective team selection and readiness, while the tournament experience enriched the players' skills and competitive spirit.



Raider caught by the team



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Report: 15-Day Yoga Training Camp

Duration: September 22- 11 October, 2025

Venue: Kasturbagram Rural Institute, Kasturbagram, Indore.

Objective

The primary aim of the Yoga Training Camp was to promote physical, mental, and emotional well-being among students and staff through the disciplined practice of yoga. The camp also sought to in still awareness of traditional Indian wellness systems and encourage holistic lifestyle habits.

Schedule & Structure

- **Duration:** 15 days (daily sessions)
- **Time:** 3:30 pm to 5:00 pm

Activities Conducted

- **Asanas:** Surya Namaskar, Tad asana, Trikonasana, Bhujangasana, Vajrasana, etc.
- **Pranayama:** Anulom-Vilom, Bhramari, Kapalbhati
- **Meditation:** Guided mindfulness and breath awareness

Participation

- **Total Participants:** 10
- **Engagement:** Daily attendance was consistent, with enthusiastic participation and feedback



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Learning Paschimottan asana.

Outcomes

- Improved flexibility, focus, and stress management among participants
- Increased awareness of yogic practices and their relevance in modern life
- Strengthened community bonding through shared wellness goals

Conclusion

The 15-day Yoga Training Camp at KRI was a resounding success, aligning with the institute's commitment to holistic education and well-being. It fostered discipline, inner balance, and a deeper connection to India's rich yogic heritage.



Practicing Dhanura Asana



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Learning Garudasana



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Report on Division Yoga Women Intercollege Competition

Organized by: Kasturbagram Rural Institute, Indore

Date: 08 November 2025

Venue: Kasturbagram Rural Institute Campus

Opening Ceremony

The event commenced with an inspiring inaugural session graced by:

- **Dr. Sudhira Chandel**, Director of Physical Education, DAVV, Indore.
- **Dr. Karunakar Trivedi**, Chairman, Kasturbagram Rural Institute, Kasturbagram, Indore.

Both dignitaries emphasized the importance of yoga in holistic development and encouraged participants to embody its values of balance, focus, and harmony. The Selection Committee members of DAVV yoga women team, Officials of the competition, sport officers/managers of participating teams, were also present for the opening ceremony.



Teams Giving their Performance.



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Participation

A total of 11 women's teams (50 participants) from various colleges across the division enthusiastically participated in the competition, showcasing their skills in various yoga asanas and sequences.

Results

After a spirited display of talent and discipline, the final standings were as follows:

Position	College Name
Winner	UTD (University Teaching Department)
Runner-up	Holkar Science College
Third Place	Choithram College of Professional Studies
Fourth Place	Kasturbagram Rural Institute (KRI)

Highlights

- The competition witnessed excellent coordination, graceful performances, and adherence to yogic principles.
- Judges appreciated the diversity of styles and the commitment of participants.
- The event fostered inter-institutional bonding and encouraged continued engagement with yoga practices.

Conclusion

Kasturbagram Rural Institute successfully hosted a vibrant and meaningful Division Yoga Women Intercollege Competition, reaffirming its commitment to promoting physical education and cultural heritage. The event concluded with a vote of thanks and distribution of certificates and mementos to all participating teams.



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College Team Giving their Performance. And Officials Rating them

