



Seshadripuram Educational Trust

SESHADRIPURAM INSTITUTE OF COMMERCE AND MANAGEMENT

(Affiliated to Bengaluru City University)

NAAC Accredited 'B' Grade

ISO Certified 9001:2015

40, Girls' School Street, Seshadripuram, Bengaluru - 560 020

Ph. : 080-22955382 Fax : 080-23462472

info@sicm.edu.in www.sicm.edu.in

SPORTS

Strong Physical Outcomes through Rigorous Training and Sportsmanship

Introduction

Kreedajyothi - The department of Sports hosts a range of distinctive activities, reflecting a belief that through utilising one's physical strength, one can embark upon a transformative journey towards honing a state akin to godliness, forging a link between the earthly physique and the divine. The department, beyond the realms of academics, with an adequately maintained sport infrastructure has contributed to the overall growth and physical well-being of all students.

Core Competence

The department boasts comprehensive gym facilities catering to both students and faculty members, hosting a diverse range of sports and activities. The department has badminton court, table tennis setup, and diverse indoor games. The infrastructure also caters to Powerlifting and Weightlifting enthusiasts, providing them with required facilities.

Over time, the Physical Education Department has undergone a series of innovations and improvements since its inception. The establishment of 10 Meter Shooting Range, a distinction that sets our institution apart. Remarkably, we are the sole college within the Bengaluru vicinity to offer such a facility, excluding private shooting academies, which is at par with the exact standards of



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international shooting academies. The well-equipped rifle shooting range provides a perfect environment for training and participations at national and internationals. Moreover, rifle shooting as a sport has gained global recognition, thereby adding prestige and honor to the college's sports achievements. The sports infrastructure is also utilized by the University for its Events and neighbourhood community for practice.

Exemplary support is provided for the Cycling competitions, Weightlifting and Powerlifting. The department transcends stereotypes and empowers participants, regardless of gender or physique, to improvise their inner strength.

In the realm of modern sports facilities, the incorporation of specialized areas such as rifle shooting ranges, cycling practice equipment's, and powerlifting platforms holds immense significance. These facilities go beyond traditional sports, catering to diverse interests and promoting to physical well-being.

Significant Affiliations:

The department has acquired various sports affiliations to offers a multitude of advantages. These sports affiliations serve as platforms for networking and building connections within the sports industry. With these affiliations, the college has organized events, competitions, and workshops.



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The following are the list of associations the department is tied up to

- Karnataka Rifle shooting Association
- Karnataka Weight lifting Association
- Karnataka Amateur Cycling Association
- Karnataka Net Ball Association
- Karnataka Body Building Association

The constrained infrastructure has been effectively overcome through strategic affiliations, elevating the range of opportunities available. Through these affiliations, participants have access to top-notch facilities, expert guidance, and competitive platforms.

Integral Events

Apart from regular activities like In-house and Annual Athletic Meets, the department hosts Bengaluru City University tournaments too. Tournaments conducted annually that have become a tradition are

- Selection trails for All India Inter University trials in Archery, Rifle shooting and cycling are conducted in the college infrastructure.
- K.M Nanjappa Memorial Inter-collegiate T20 Cricket Tournament.
- Seshadripuram Educational Trust Inter-institution Indoor Sports Competition.
- Seshadripuram Educational Trust Founders Cup.



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- Cyclothons to commemorate the significant days like Independence Day, world environment day.
- Shooting Competitions within the Bengaluru City University framework.
- Archery Competitions under the Bengaluru City University banner.

Alumni Career Prospects

Sports experience often has a lasting impact on students, creating strong bonds that extend beyond their college years. Alumni who were part of sports teams or who enjoyed the facilities during their time are still engaged with the institution, offering support, mentorship. The department benefits significantly from its alumni, who serve as precious resources through facilitating the transfer of knowledge.

The former sports students have assumed directorial roles in several sister institutions. They actively contribute by assisting us in organizing the Annual Athletic Meets and other tournaments, reinforcing the collaborative spirit that exists within our sports community. This diversified participation has paved way to career paths in sports management, coaching, fitness training, and related industries.



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Director's Accolades:

The Physical Education Director is competent personnel who had served at the Border Security Force under Sports Quota, contributing actively from 1994 to 1996. He has won Chief Minister Commendation Gold Medal Award for Best Associate NCC Officer in Karnataka and Goa NCC Directorate – 2022. He is a recognised coach and has multiple nominations in Weightlifting, Powerlifting, and other sports. He has led teams in various universities and associations since 2010.

He himself is a fit sportsman and has won several medals in Weightlifting, Rifle Shooting and Air Pistol. He has received several appreciations for his initiations in organising events. He holds prestigious designations like Secretary of various sports authorities and associations.

Departmental Accolades:

Our students have consistently participated as enthusiastic contenders in both national and international events like Archery, Swimming, Weightlifting, Road cycling, Rifle shooting and Net Ball securing accolades. Every year, an impressive number of 25 to 30 students, totalling 109 participants over the past five years, has engaged in national-level competitions, excluding the intervening of zero year.

Prominent achievements which stand out are

1. **Gagana K S's** representation of India in the Asian Netball tournament at South Korea as Vice-Captain,
2. **Harshitha P's** remarkable gold medals in National Swimming Competition,



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3. **Visveshwaran S** participation in the Randonneurs in Parries (Paris, France) International, 1200 Kms Road Cycling event.
4. **Govind S.G's** securing 42nd place in All India G.V. Mavalankar Shooting Championship -2021.

Knowledge Transfer Initiatives

In addition to hosting diverse physical fitness activities, the department conducts noteworthy celebrations such as National Sports Day, a commemoration of Major Dhyan Chand's birth anniversary. The department has been at the forefront of knowledge dissemination through engaging Webinars and Seminars. These events spotlight crucial aspects such as sports infrastructure enhancement and mental conditioning for sportspersons.

The department is an integral part of ERUDITE, the annual Multidisciplinary National Conference. It invites students and physical education directors alike to showcase their intellectual knowledge exchange through Erudite paper presentations which are published in acclaimed journals.

Summary:

SICM Sports infrastructure has transcended the boundaries of physical activity by significantly contributing to the overall growth, wellness, and sense of community among students by promoting physical, mental well-being, discipline, leadership, and a strong college identity.

PRINCIPAL

Seshadripuram Institute of
Commerce & Management

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