



GOVERNMENT
POLYTECHNIC VALSAD
BRAHMASTRA
THE SPORTS FESTIVAL-2020



Sports have been viewed as a way to stay healthy and fit. But sports' importance goes much further. Sports help in the overall development of students. Playing sports teaches lessons of life, such as teamwork, accountability, self-confidence, responsibility, and self-discipline.

Sports in college help prepare students to face the challenges of life. They enhance physical and mental abilities of students and help them achieve the goals of their life.

Sports help develop values of mutual trust and cooperation. They help develop students' capacities in taking instant decisions, and they enhance thought processes. The feeling of sportsmanship or sporting spirit, which develops in the sporting arena, teaches students to accept failure and to respect others. The feeling also helps in developing a calm and positive outlook, and it increases stamina by strengthening bones and muscles.

By indulging in sports, you can get the best exercises, which help maintain your overall fitness. Regular sporting activities can prevent chronic diseases and help develop healthy heart, strong bones, and enhanced lung function. Sports help control diabetes, manage weight, enhance blood circulation, and manage levels of stress. Through sports, there is a good balance of physical and mental growth, which helps tone muscles and makes bones strong.

Sports not only contribute to physical health but also enhance social and personality development. They help in enhancing leadership skills and in improving capacity for goal setting and character building. A student, who is active in sports, will naturally have greater self-esteem, improved social interaction, and a more positive outlook on life.

By understanding all these things we organize most awaited event by students named BRAHMASTRA-2020 in our college from 03/02/2020 to 07/02/2020 with great zeal, excitement and frolicsome atmosphere.

The sports day inaugural ceremony started with lighting the ceremonial sports torch by the Principal Mr. C.H.Bhatt and respected head of all the departments of the institute.

Sports, athletic and cultural events have been integral part of Government Polytechnic Valsad for years and it's immemorial. On the last day of the sports week winners of the game were awarded by the mementoes and medals for the respective games of indoor games as well as outdoor games.

Once again the Institute witness great festival of sports called BRAHMASTRA-2020 and for that we appreciate efforts of our Principal, Head of all the department of our college and sports committee of the institute.

The following events have been organized for the inter-class sports tournaments for students.

For Boys:

- CRICKET (TENNIS BALL)
- KABADDI
- VOLLEYBALL
- TABLE TENNIS
- CHESS
- CARROM
- BADMINTON
- 100M SPRINT
- SHOT-PUT
- DISCUSS THROW
- JAVELIN THROW

For Girls:

- CRICKET (TENNIS BALL)
- CARROM
- BADMINTON
- CHESS
- 100M SPRINT
- SHOT-PUT
- DISCUSS THROW
- JAVELIN THROW

For Teaching and non teaching staff:

- CRICKET (TENNIS)
- CARROM
- BADMINTON

List of students participated in the different sports are listed below.

Sr. No.	Name of sport	No. of Participants	
		(BOYS)	(GIRLS)
1	CRICKET (TENNIS)	34 TEAMS, 3 FACULTY TEAMS	7 TEAMS
2	KABADDI	30 TEAMS	
3	VOLLEYBALL	34 TEAMS, 1 FACULTY TEAM	
4	TABLE TENNIS	20 INDIVIDUAL, 2 DOUBLES	
5	CHESS	64	
6	CARROM	92	16
7	BADMINTON	74	30
8	100M SPRINT	40	15
9	SHOT-PUT	15	4
10	DISCUSS THROW	25	6

Sweet memories of BRAHMASTRA-2020 THE SPORTS FESTIVAL



Opening ceremony for Brahmastra-2020



Valleyball inauguration



Trophy distribution to cricket champions (Boys)



Trophy distribution to cricket champions (Girls)



Trophy distribution to Volleyball champions