



# **Don Bosco Institute of Technology, Bangalore**

(NBA, AICTE & NAAC Accredited Institution)

## **Department of Physical Education & Sports**



Don Bosco Institute of Technology is committed to establish high standards to educate, enhance and excel in imparting sport education, by well qualified and experienced faculty devoted in nurturing students into socially responsible sport person through training.

Don Bosco Institute of Technology, Department of Physical Education & Sports is a cell of major activity in the Campus. It was established in 2001 it is Affiliated to Visvesvaraya Technological University (VTU, Belgaum). The Department of Physical Education & Sports is well equipped with modern infrastructure and conducts activities like Basketball, Volleyball, Badminton, Table Tennis, Cricket, Handball, Softball, Judo, Football, Netball, Chess, Carom, Athletics and Martial Arts. Sports are in fact a way of life for the student's health and fitness and those looking for professional star status. Physical education, a learning experience, offers a unique opportunity for problem – solving, self-expression and socialization. A well-implemented, comprehensive programme is an essential component for the growth of both mind and body.

Physical Education is one of the important aspects of the educational programme of Don Bosco Institute of Technology. The Campus is well equipped with modern infrastructure for physical Education and sports. Training is provided in various modern and traditional Indian games. The activities include Basketball, Volleyball, Badminton, Table-tennis, Cricket, Handball, Softball, Throw ball, Judo, Football, Netball, Chess, Carom, Athletics, Martial arts under modern games; and Yoga, Kho-Kho, Kabbadi, etc. under the traditional sport activities of India. The objective is to make sports and physical activities an important part of the daily routine making it a way of life and generating fitness awareness among the masses. The programme of physical education provide opportunities to participate in various competitions inside the



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campus as intramural competitions and also at the national/ state/ district/ zonal/ inter –zonal/ selection trials/ inter-university/ South zone inter-university/ All India university tournaments as extramural competitions and thus develop personality.

Department of Physical Education & Sports has actively participated in Inter-Collegiate Sports and Games organized by VTU and other organizations. We had organized VTU Single Zone Ball Badminton tournament in the year 2004-2005, VTU Single Zone Soft Ball Inter-Collegiate tournament 2011-2012, VTU Bangalore South Zone Foot Ball tournament 2013-14, VTU Bangalore South Zone Foot Ball tournament 2014-15, VTU Single Zone Archery Competition 2014-15, VTU Bangalore south Zone Volley Ball tournament 2016-17, VTU Single Zone Soft Ball Inter-Collegiate tournament 2016-2017, VTU Bangalore south Zone Cricket tournament 2018-19, VTU Single Zone Archery Competition 2018-19 and also organized International Conference On “Advent Of Technology & Its Implication On Sports And Physical Education 5<sup>th</sup> – 7<sup>th</sup> January 2017 has been conducted. Annual sports day events are conducted regularly and students of the institute often win several impressive rewards.

Don Bosco Institute of Technology has **Cricket Field**: Cricket is one of the popular games of the country. The campus has a play ground. **Basket Ball court**: An Outdoor basketball court is located in front of the girls Hostel, **Foot Ball**: for Foot Ball, Hockey, Athletics & other events. VTU Inter Collegiate tournaments are conducted here. **Throw Ball**: The Throw Ball court is located in front of the girls Hostel. **Volley Ball**: The volley ball court is located next to the Throw Ball court. **Table Tennis**: It is a popular game in the campus. There are four Tables to cater to the need of students and Faculty. **Kabbadi & Kho-Kho**: it is a popular games in the campus. The courts are located in front of the Vismay Main Stage. Other games like Chess, Carom, Archery, Soft Ball, Judo



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& Wrestling facilities also we having in the department. **Multi Gym:** It has all modern 12 station equipments. Students can make use of this facility even during their leisure and keep themselves FIT & HEALTHY. **Yoga Centre:** The yoga centre is an ambient space that was created in DBIT, where faculties could spread the light of **yoga**. The thought is to help individuals on a healthier and more peaceful path by teaching them a system of exercise that fully integrates the body, mind and soul.

Name of Game	Area in meter
Cricket Field	12,400 Sq m
Basket Ball court	608 Sq m.
Foot Ball	7,700 Sq m
Throw Ball	224 Sq m
Volley Ball	162 Sq m
Table Tennis	288 Sq m
Kabaddi & Kho-Kho	516 Sq m

**Cultural Activities:** The college has a committee for cultural activities. This committee along with the staff and students of the college organizes an annual cultural function by the name VISMAY. The aim of VISMAY is to provide a platform for students to showcase their talents and organizational skills. It comprises of events in the form of competitions, workshops and stage performances such as Lead the Youth, Treasure Hunt, Art Gallery, Fashion Show etc. To broaden the horizons of the students, they are encouraged to participate in several inter-colligate events



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### CAN BOAST OF THE FOLLOWING SPORTS FACILITIES:

- 1) Cricket Field: Cricket is one of the popular games in the country. The campus has a playground.
- 2) Basket Ball court: An Outdoor Basketball court is located Next to the DBMSCA.
- 3) Foot Ball: for Foot Ball, Hockey, Athletics, Soft Ball & other events. Inter Collegiate tournaments are conducted here. (Ground – 1, field area of 16,800 Sq m.)
- 4) Throw Ball: The Throw Ball court is located in Next to the DBMSCA.
- 5) Volley Ball: The volley ball court is located next to the Throw Ball court.
- 6) Kabaddi, Kho-Kho, Net Ball, Archery: it is a popular game in the campus. The courts are located in front of the Vismay Main Stage. (Ground – 2, field area of 1,750 Sq m.)
- 7) Table Tennis: It is a popular game in the campus. There are four Tables available in the department for Faculty members & Students.
- 8) Other games like Chess, Carom, Ball Badminton, Judo & Wrestling facilities also available in the department. (In-door activates)
- 9) Multi Gym: It has all modern 12 station equipment's. Students can make use of this facility even during their leisure and keep themselves FIT and HEALTHY.

### Sports Facilities Available for Indoor and Outdoor Games at DBIT

	
<b>Cricket Field</b>	<b>Chess</b>





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**Basket Ball court**



**Carom**



**Foot Ball**



**Volley Ball**



**Table Tennis**



**Multi Gym**



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**Soft Ball**



**Archery**



**Kabaddi**



**Athletics**



**Judo**



**Throw Ball**





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**Ball Badminton**



**Softball & Baseball**



**Track Cycling**



**MTB Cycling**

### INFRASTRUCTURE FACILITIES: -

PLAY FIELDS	
BASKET BALL	1
THROW BALL	1
VOLLEY BALL	1
NET BALL	2
KABADDI	1
KHO-KHO	1
TENIKOIT	1
FOOT BALL FIELD	2
CRICKET GROUND	1



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HOCKEY FIELD	1
HAND BALL COURT	1
ATHLETIC TRACK 200 MTS	1
BALL BADMINTON	1
MTB & TRACK CYCLING	1

### IN DOOR: -

MULTI GYM (12 STATION)	1
TABLE TENNIS BOARDS	4
WIGHT TRAINING SETS	1
CAROMS, BOARDS	5
CHESS BOARDS	10

### List of Out Door Events for Men and Women

Sl No	Men Teams	Women Teams
01	Cross Country	Cross Country
02	Volley Ball	Ball Badminton
03	Cricket	Athletics
04	Foot Ball	Swimming
05	Basket Ball	Throw Ball





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06	Hand Ball	Net Ball
07	Ball Badminton	Basket Ball
08	Soft Ball	Archery
09	Swimming	
10	Kabaddi	
11	Athletics	
12	Kho-Kho	
13	Hockey	

### List of In-Door Events for MEN and Women

Sl No	Men Teams	Women Teams
01	Chess	Table Tennis
02	Table Tennis	Badminton
03	Badminton	Chess
04	Wrestling & Judo	Carram
05	Yogasana	
06	Wt,Pwr. Lifting & Best Physique	
07	Carram	