

KREEDA JYOTI

THE OFFICIAL NEWSLETTER OF JNC SPORTS DEPARTMENT



COPING WITH COVID

The Sports Department of Jyoti Nivas College is conducting fitness and sports for all students, with the help of an indoor and outdoor gym. Students are actively involved in various sports since the Lockdown ensuring their fitness is at it's peak.

REPRESENTED BENGALURU UNIVERSITY IN FOOTBALL

The Bengaluru University City Selections for Football was held in St Joseph's College of Commerce. We take great pride in announcing that for the first time over several years a maximum number of students were selected from Jyoti Nivas College Autonomous. The students selected for The Bengaluru City University Football team are: Nikitha Daizy M, Janani B, Shrimathi, Soumya, Jennifer, Nithya, Aishwarya, Rafia, Rebecca and Soundarya. Nikitha Daizy M. stands as the team captain.

BENGALURU UNIVERSITY ATHLETIC MEET

It is an annual athletic meet which is conducted by Bengaluru City University. Our students brought laurels with their excellent achievements.

Right: Priya of 2nd B.Com TM, secured First Place in Discuss Throw (GOLD MEDAL).

Below: Janani B of 2nd B.Com TM, secured Second Place in Javelin throw (SILVER MEDAL)



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SOME PEOPLE WANT IT TO HAPPEN, SOME WISH IT WOULD HAPPEN, OTHERS MAKE IT HAPPEN.
-MICHAEL JORDAN

”

Below: Mareen Roy of 2nd BSC BBG, secured Third Place in 5000 kms (BRONZE MEDAL).

WOMEN'S DAY TOURNAMENT

Futbal Genesis conducted a Women's Day tournament on 6th March '22. JNC A Team and JNC B Team made it into the semi-finals and JNC B Team had a Victorious Win in the finals leading us to bring the trophy home.

Rafia Fathima of 1st.- Won the MVP Award by scoring the most goals in the tournament.



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DREAMS ARE NOT WHAT YOU SEE IN YOUR SLEEP, DREAMS ARE THINGS WHICH DO NOT LET YOU SLEEP.

-CRISTIANO RONALDO

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INDEPENDENCE DAY CELEBRATION



AN HONOUR

Right: Nikitha Daizy M was honored by the Principal, Dr. Sr. Lalitha Thomas with the award for the Best Outgoing Sports Women 2022.

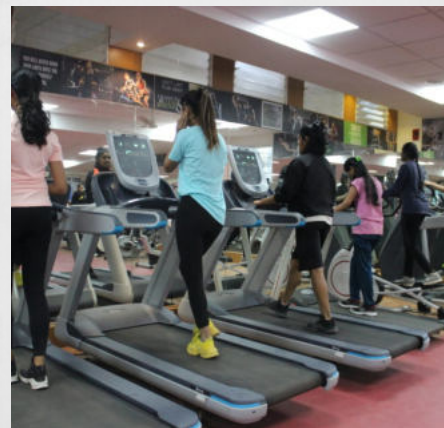
Below: Rafia Fathima was honored to meet the Prime Minister, Narendra Modi in her High School days. She is an excellent sports women who has made an impact on the society to break the social barriers of women in sports.



INDOOR AND OUTDOOR GYM

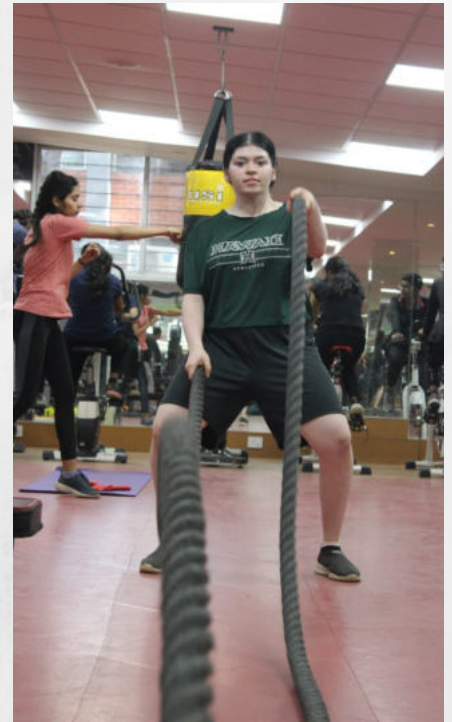
The indoor gym is open to all students of JNC who enroll themselves into a fitness program along with all the sports students. It consists of equipment for all sorts of exercises from tread mills for cardio to Lot pull down machines for shoulders.

The outdoor gym is open to use for any student at any time of the day. A set of

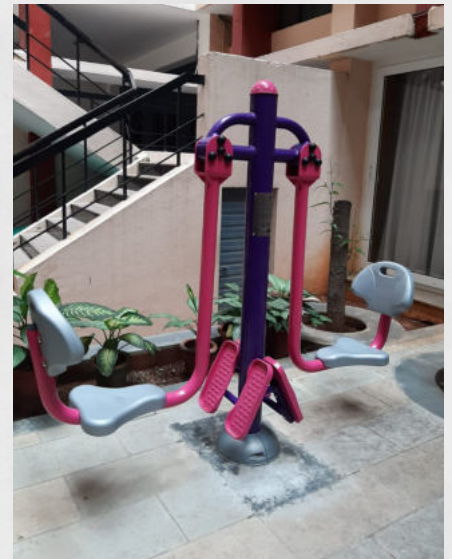




basic fitness equipment have been installed for easy understanding and access. The outdoor gym allow even those students who do not actively participate in sports or are unable to commit to a gym program a platform to exercise at their convenience.



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**AGE IS NO BARRIER. IT'S
 A LIMITATION YOU PUT
 ON YOUR MIND.**
-JACKIE JOYNER-KERSEE
 ”



INDOOR GAMES ROOM

A place where any faculty or student can come to relax and unwind from their busy day. The indoor games room consists of various games such as Chess, Billiards, Air Hockey, Carrom and more. Games like Chess and Carrom can be played for free while games like Air Hockey and Billiards have a minimal charge. This place surely creates a lot of new friendships and skills for all.





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**SPORTS DO NOT
 BUILD
 CHARACTER.
 THEY REVEAL IT.**
**-HEYWOOD
 BROWN**
 ”



“
**ONLY LOSERS ARE MAKING
 EXCUSES, WINNERS ARE
 MAKING HISTORY**
-ANONYMOUS
 ”

