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Department of Physical Education & Sports



The main objective of the Sports is to foster sportsman spirit, inculcating sense of discipline, co-operation, social harmony, integrity and fitness among the players. To achieve a healthier lifestyle while coping with the pressures of studying, one needs to be healthy both emotionally and physically. As a part of this process, JMJ emphasizes the importance of sports and considers them as an integral part of the curriculum. JMJ has physical education and sports activities that help the students maintain fitness and develop a competitive spirit.

Interclass Competition (Sports Week)

Interclass competitions were organized in two broad categories i.e. Individual and Team competitions. In individual competitions badminton, chess, Carom, Wrestling, Boxing, Judo, athletics were organized and in the team events Ball Badminton, Throw Ball, Softball, Kabaddi, Cross Country, Volleyball, Athletics, and Cricket, competitions were organized. On the basis of the performance Individual championship.

Intercollegiate Sports Participation

Academic year College participate in, Cross Country, Athletics, Carrom, Table tennis, Kabaddi, Volley ball, Boxing, Wrestling, Mallakhab, chess, football, swimming, Table tennis, Power lifting, cricket, volley ball, Yoga, wrestling, judo, Boxing, Taekwondo, Badminton, Karate, Throw Ball, Roll Ball, sikai marshalart, lawn tennis, Cricket, Riffle Shooting, Ball Badminton and best physique competition at intercollegiate level.



Volley Ball



Shot-Put



Ball Badminton



Kabaddi



Carrom



Athletics Event Ground