



**MAHARASHTRA EDUCATIONAL SOCIETY'S
HUMERA KHAN COLLEGE OF EDUCATION**

Oshiwara, Jogeshwari (W), Mumbai-400102

NAAC ACCREDITED GRADE "B"

Organizes
INDOOR SPORTS



**DATE: 11 JANUARY 2025
TIMING: 9:30 AM ONWARDS**



**Principal
Dr. Masarrat Saheb Ali**

**Event Incharge
DR. SANDHYA SARWADE
DR. AVANI KANAKIA**

**Chief Co-ordinator
DR. VARSHA MARU**

**Organising Committee
ASST. PROF. VIDYA VISHWAKARMA
ASST. PROF. VIKAS YADAV
ASST. PROF. SHENAZ KHAN**



**Indoor Games:
CARROM
TABLE TENNIS
CHESS**



**VISION: SHAPING THE PUPIL TEACHERS TO SHOULDER THE RESPONSIBILITY OF
SHAPING THE FUTURE YOUTH OF THE NATION.**

Maharashtra Education Society's
Humera Khan College of Education

Venue: HKCE ground and Gymkhana

Date: 11th January 2025

Time: 9:30am- 1:00pm

Humera Khan College of Education conducted its indoor games on 11th January 2025. F.Y and S.Y students from the B.Ed. department participated in the indoor game with enthusiasm. The indoor event consist of a list of events.

SR.NO	EVENT
1.	Badminton
2.	Carrom
3.	Table tennis
4.	Chess

Agenda for 11th January 2025

Sr.No	Event	Time
1.	Badminton- semi final and final students Badminton final- Prof	9:30am onwards
2.	Inauguration of Indoor games Room no 402 Gymkhana	11:00 am
3.	Table tennis	11:05 am onwards
4.	Carrom	11:30 am onwards
5.	Chess	11:30 am onwards

Objective:

The primary objective of indoor sports games is to provide opportunities for physical activity, skill development, mental engagement, and recreation in a controlled environment. Below are some specific objectives:

1. Indoor games encourage physical movement and help maintain fitness, especially in areas where outdoor activities may be limited by weather or space constraints.
2. Games like chess, table tennis, or badminton improve focus, strategic thinking, and decision-making skills.
3. They offer an enjoyable way to unwind and relieve stress, providing a break from routine work or studies.
4. Indoor games often involve teamwork or competition, fostering communication, cooperation, and sportsmanship.
5. They cater to all age groups and abilities, making sports accessible to those who may not be able to participate in outdoor activities.

6. Many indoor sports require precision, agility, and hand-eye coordination, contributing to overall motor skill enhancement.

Significance:

1. The significance of indoor sports games lies in their ability to positively impact individuals and communities by promoting physical health, mental well-being, and social interaction. Below are some key points highlighting their importance:
2. Indoor sports games help maintain fitness levels by encouraging physical activity in a controlled environment.
3. They improve cardiovascular health, flexibility, strength, and coordination, catering to all fitness levels.
4. Activities like table tennis and chess stimulate the mind and improve concentration, decision-making, and problem-solving skills.
5. Participating in such games helps reduce stress, anxiety, and depression through endorphin release and relaxation.
6. Indoor sports often involve team dynamics, fostering cooperation, communication, and leadership skills.
7. They bring together individuals from diverse backgrounds, promoting inclusivity and cultural exchange.
8. Indoor games are ideal for urban areas with limited outdoor space, ensuring people can stay active and healthy.
9. They offer an alternative for recreation during adverse weather conditions or when outdoor options are unavailable.

Content:

1. The indoor game started on 11th January with the semi final and final of the students which was followed by the final of badminton among the teachers.
2. The game of badminton took place on 9th January whose semi final and final was held between the students on 11th January
3. After the badminton there took place the inauguration ceremony of the indoor games which was done by our respected principal Dr. Massarat Ali Saheb.
4. The first game that took place after this was table tennis and the faculty incharge of this game was Prof. Varsha Gamare, students took part in this game with enthusiasm
5. Carrom game was look by Prof. Vidya and Prof. Shenaz they make sure that each and rule was followed and the game was played fair and square.
6. Chess game was supervised by Prof. Vikas and the mind intellect game was played where every participant played with calmness and patience.
7. Indoor game was equally enjoyed and cherished by the participants as well as the students and teaching faculty

Winners of the indoor games

<i>Sr.no</i>	<i>Events</i>	<i>Winners</i>
1.	Badminton	1 st : Ruqaiya and Unaiza 2 nd : Lubna and Fatima
2.	Carrom	1 st : Ruqaiya and Sadiya 2 nd : Rubab and Alishan
3.	Table tennis	1 st : Ayesha Kazi 2 nd : Sidra Shaikh 3 rd : Saniya Shaikh
4.	Chess	1 st : Rukaiya 2 nd : Amber 3 rd : Saniya Shaikh







Galaxy A13



Galaxy A13



GPS Map Camera

Mumbai, Maharashtra, India
21, Prakash Nagar, Patliputra, Jogeshwari West,
Mumbai, Maharashtra 400102, India
Lat 19.150035° Long 72.838248°
11/01/25 01:20 PM GMT +05:30

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