



Gandhinagar Institute of Technology

A Report on

“IMPULSO 2022”

10th, 11th & 12th February 2022

Objective:

“If you Train Hard you will not only be Hard You will be Hard to Beat” - Hershel Walker

Gandhinagar Institute of Technology gives importance to students' fitness & other curriculum activities. Following the trend, GIT organized its annual sports named **“IMPULSO 2022”** on 11th, 12th & 13th February 2022 on college ground to provide a platform to the students to foster success in different sports. The students and faculties were at their harmony to organize panoramic activities related to sports activities. The objective behind keeping such sports events is to develop physical fitness by maintaining and increasing components like speed, flexibility, muscular strength, muscular endurance, aerobic capacity, and anaerobic capacity amongst the students. Participation in sport and other extra-curricular activities has an important role in ensuring that students' educational experiences at Gandhinagar Institute of Technology are as good as they can be. Playing a sport is a great way for children to take a break from academics and release pent-up energy. It also helps them lead fuller and happier lives as regular sports and fitness activities have proven to provide physical benefits and social and psychological benefits to students'. Along with this, it also enables them to provide the opportunity to be inventive and creative in sporting activities. It also prepares the students to be able to participate fully in the competitive, recreational, and leisure opportunities offered outside the college environment. The sports event assists the students to build self-esteem and self-confidence through positive sporting experiences. It also gives them a stage to do healthy competition through inter-branch and inter-semester matches. Thus, organizing such sports events ensures that every student can maximize their sporting potential and find a sport that they can enjoy and participate in with some success. It's important to play sports because it's a healthier lifestyle and it's important for all of us to get rid of stress as well as enjoy what we're doing.

Details of the sports days:

Around 900 students along with faculty members participated in various indoor and outdoor games. There were 10 sports in total which included 7 outdoor & 3 indoor sports. The number of participants varies in different sports. There were 263 players in cricket, 135 players in Volleyball, 91 players in Kabaddi, 64 players in Kho-Kho, 269 players in Badminton, 169 players in Carom, 87 players in Table-Tennis and 160 players in Chess. From this year athletics were included there were 89 players in Long Jump, 144 in 100 m running, and 62 in Shotput There were individual as well as group matches depending on the availability of participants on time. Various students' coordinators were appointed for the smooth coordination and functioning of all the events. The Annual sports days were a grand success in the wings of GIT.

Glimpse of the various games:



Impulso-22 Inaugural Ceremony opening by Director sir



Motivational words by Director sir both Cricket teams



Volley ball match between students



Students ready for volley ball match



Strategic Planning by admin cricket team



Faculty winner's Cricket team



Faculty volleyball match



A participant is appear in long jump game



Chess game between students



Carrom match between students



Winners of Student's Cricket team 6 IT



Student smashing in badminton for point