



Gandhinagar Institute of Technology

A Report on

“IMPULSO 2020”

5th, 6th & 7th February, 2020

Objective:

It is an old saying that a healthy brain needs a healthy body. Every individual tries his best to excel in academics, but only academics do not make us a complete man. For any individual to progress in studies and academics, it is important to be healthy and fit. To remain healthy and to improve fitness, taking part in sports is very important.

Gandhinagar Institute of Technology gives importance to the fitness & other curriculum activities of students. Following the trend, GIT organized its annual sports named “IMPULSO 2020” on 5th, 6th & 7th February, 2020 on college ground to provide 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 have 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 the pent-up energy. It also helps them lead fuller and happier lives as regular sports and fitness activities have proven to provide not only physical benefits but also 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 intersemester matches. Thus, organising such sports events ensures that every student can maximise 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 2150 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 500 players in cricket, 400 players in Volleyball, 200 players in Kabaddi, 100 players in Kho-Kho, 400 players in Badminton, 300 players in Carom, 100 players in Table-Tennis and 150 players in Chess. 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 events:



Igniting the Mashal for IMPULSO 2020



Inauguration of IMPULSO 2020 by Director Sir



Visit to the Cricket Ground by Director Sir



Inauguration for Cricket



Director Sir Playing Cricket



National Anthem before start of 1st Match



Students playing Badminton



Students playing Carom



Students playing Chess



Students playing Cricket



Faculties playing Volleyball & Cricket



Girls Kho-Kho



Boys Kho-Kho



Faculties playing Chess



Students playing Kabaddi



Impulso Co- coordinators



Toss during Final Cricket Match