

4.1.2 Facilities for Sports, Games, Gym, Yoga, and Cultural Activities



GYM Room @ MLA Academy of Higher Learning



Sport Equipments @ MLA Academy of Higher Learning



Sports Room @ MLA Academy of Higher Learning



Chamundi Grounds for Interclass outdoor Games



Chamundi Grounds for Interclass outdoor Games



Chamundi Grounds for Intercollegiate outdoor Games



Annual Athletic Meet at Cricket Pavilion Grounds (Central College Grounds)



Indoor Games @ Sports Room, MLA Academy of Higher Learning



Indoor Games @ Sports Room, MLA Academy of Higher Learning



Yoga @ RR Auditorium, MLA Academy of Higher Learning



Cultural Activities @ RR Auditorium, MLA Academy of Higher Learning



Cultural Activities @Seminar Hall, MLA Academy of Higher Learning



Cultural Activities @Seminar Hall, MLA Academy of Higher Learning



Cultural Activities @ SJ Hall, Malleswaram Ladies Association



Cultural Activities @ SJ Hall, Malleswaram Ladies Association



Malleswaram Ladies' Association

ACADEMY OF HIGHER LEARNING

Floor-III, MLA Platinum Jubilee Building, Malleswaram Ladies' Association Road
14th Cross, Malleswaram, Bangalore 560 003.

Tel: 080 23462632

Email: mla_hl@yahoo.co.in

URL: www.mlaahl.edu.in

Sports Forum

Year

2022-23



Malleswaram Ladies' Association
ACADEMY OF HIGHER LEARNING

List of Activities organized for the year 2022-2023

Sl. No	Date	Name of the Event/Initiative	Page No
1	07/11/20 22 To 16/12/20 22	Interclass Indoor Games Competitions	1
2	23/01/20 23	Annual Athletic Meet	74
3	10/02/20 23	Guest Lecture on Sports Event Management	134
4	23/01/20 23 To 27/07/20 23	Interclass Outdoor Games Competitions	143
5	08/08/20 23	Guest Lecture on Physical Fitness for Careers	175
6	11/08/20 23	Guest Lecture on Communicable Diseases and Personal Hygiene	181



Malleswaram Ladies' Association
ACADEMY OF HIGHER LEARNING


ACADEMIC YEAR 2022-23

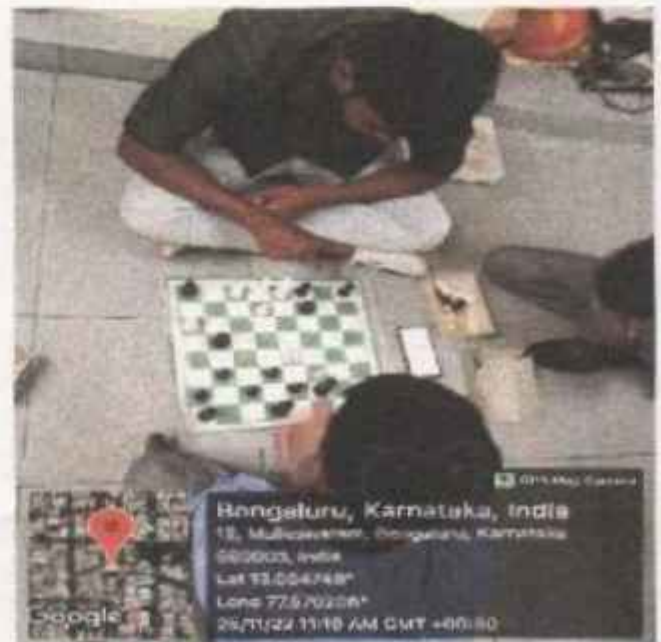
Name of the Activity/Program	INTERCLASS INDOOR GAMES COMPETITIONS
Forum	SPORTS
Date	07/11/2022 TO 16/12/2022
Venue	MLA AIL SPORTS ROOM, RR AUDITORIUM AND SEMINAR HALL
Number of participants	459
Organized in association with	NA
Resource Person	NA
Details of the Resource Person	NA
Detailed Report	<p>Indoor games and sports are a variety of structured games or competitive activities physically carried out in a well sheltered building or in a specially constructed sport venue such as gym, an arena or a roofed stadium. The Department of Physical Education and Sports organized various inter class indoor games for both men and women. 459 Students participated with great pleasure and can be given the opportunity to participate by all students, making them understand a competitive situation.</p>



Event	No of participants	
	Men	Women
T. T. Singles	35	23
T. T. Doubles	28	10
Chess	35	18
Carrom Singles	53	42
Carrom Doubles	76	104
Yoga	10	21




PRINCIPAL
MALLESWARAM LADIES ASSOCIATION
ACADEMY OF HIGHER LEARNING
 14th Cross, Malleswaram,
 Bangalore - 560 083



Principal
PRINCIPAL,
MALLESWARAM LADIES ASSOCIATION
ACADEMY OF HIGHER LEARNING
14th Cross, Malleswaram,
Bangalore - 560 063



[Handwritten Signature]
 Teacher Coordinator Signature



[Handwritten Signature]
 PRINCIPAL
 MALLESWARAM LADIES' RESIDENTIAL
 ACADEMY OF HIGHER LEARNING
 14th Cross, Malleswaram,
 Bangalore - 560 003

Events	Date	Place	Name	Class and section
Table Tennis Singles for Women	7/11/2022	1	Keerthana E	I B.Com A
		2	Archana kumari	II BBA
		3	Chaitra K	III BBA
		Consolation	Ashwini G V	II B.Com A

Events	Date	Place	Name	Class and section
Table Tennis Singles for Men	9/11/2022 & 10/11/2022	1	Saidur Rahman	II M.Com
		2	Sanjay V	III B.Com B
		3	Pawan P S	II BBA
		Consolation	Vamshi Krishna	III B.Com B

Events	Date	Place	Name	Class and section
Table Tennis Doubles for Women	14/11/2022	1	Ramya S	III B.Com
			Ashika K	II B.Com
		2	Syeda Salma	I BCA
			Harshitha M	I BCA

Events	Date	Place	Name	Class and section
Table Tennis Doubles for Men	15/11/2022 & 16/11/2022	1	Saidur Rahman	II M.Com
			Abhinash Sahni	II M.Com
		2	Bharat M	II B.Com B
			Sanjay V	II B.Com B
		3	Vamshi Krishna	II B.Com B
			Pawan Kumar	II B.Com B
		Consolation	Pranesh S	II B.Com B
Srekanth A	II B.Com B			



Events	Date	Place	Name	Class and section
Chess for Women	23/11/2022 & 24/11/2022	1	Preethi M K	II B.Com B
		2	Lavanya M	I BCA
		3	Prachi Prabha	I BCA
		Consolation	Arbiya Shija	III BBA

Events	Date	Place	Name	Class and section
Chess for Men	23/11/2022 & 24/11/2022	1	Nikhil S	II B.Com B
		2	Kishan H	I B.Com B
		3	Bharath M	III B.Com B
		Consolation	Saidur Rahman	II M.Com



Events	Date	Place	Name	Class and section
Carrom Single for Women	05/12/2022 & 07/12/2022	1	Brunda	I B.Com A
		2	Lokeshwari.S	I B.Com A
		3	Vineethy.B	III B.Com B
		Consolation	Spoorthi.U	I BBA

Events	Date	Place	Name	Class and section
Carrom Doubles for Women	09/12/2022	1	Yeshshwini.S.P	II B.Com B
			Pallavi N	II B.Com B
		2	Ranjitha.L	I BDA
			Raksha.S	I BDA
		3	G.V. Ashwini	II B.Com A
			Bhoomika.V	II B.Com A
		Consolation	Keerthana.E	II B.Com A
			Lokeshwari.S	II B.Com A

Events	Date	Place	Name	Class and section
Carrom Single for Men	12/12/2022	1	Saidur Rahman	II M.Com
		2	Abhinash Sahni	II M.Com
		3	Sanjay.D	I BBA
		Consolation	Raghu	III B.Com

Events	Date	Place	Name	Class and section
Carrom Doubles for Men	13/12/2022	1	Saidur Rahman	II M.Com
			Abhinash Sahni	II M.Com
		2	Nutan.N	III B.Com B
			Raghu.S	III B.Com B
		3	Bharat.M	III B.Com B
			Sanjay.V	III B.Com B
		Consolation	Suhas.M	I B.Com B
			Arjun.R	I B.Com B



Events	Date	Place	Name	Class and section
Yoga for Men	15/12/2022 & 16/12/2022	1	Sanjay D	I BBA
		2	Kishore C	I BDA
		3	Aaqib Khan	II B.Com A

Events	Date	Place	Name	Class and section
Yoga for Women	15/12/2022 & 16/12/2022	1	Nishitha Devaraju D	II B.Com B
		2	Malini.V	I BBA
		3	Poorvika.K	II B.Com A





Malleswaram Ladies' Association
ACADEMY OF HIGHER LEARNING

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Tel: 080 23462632 Email: mla_hl@yahoo.co.in URL: www.mlaahl.edu.in

Name of the Forum

SAMSKRUTHI

Cultural Forum

Year

2022-23



Malleswaram Ladies' Association
ACADEMY OF HIGHER LEARNING

List of Activities organized for the year 2023-2024

Sl. No	Date	Name of the Event/Initiative	Page No
1.	07 th &08 th June 2023	Kalanjali	02-51
2.	19 th to 24 th June 2023	Theme Week	52-56
3.	14 th July 2023	Inter College Fest	57-136
4.	26 th July 2023	College Day & Award Function	137-169
5.	15/09/2023	Graduation Day	170-188



**MALLESWARAM LADIES' ASSOCIATION
ACADEMY OF HIGHER LEARNING**

MALLESWARAM, BENGALURU-560003 PERMANENTLY AFFILIATED TO BENGALURU CITY
UNIVERSITY AND RECOGNIZED UNDER SECTION 12B & 2F NAAC ACCREDITED 'B++' GRADE

AHL

Welcomes You to

KALANJALI

Interclass On Stage Competitions

Judges

Mrs. Teja Muralidhar

Smruthi Vishwanath

On 7th and 8th June 2023

Venue : R.R Auditorium

All are cordially invited

*Management, Principal,
Staff and Students*



MALLESWARAM LADIES' ASSOCIATION ACADEMY OF HIGHER LEARNING

MALLESWARAM, BENGALURU-560003 PERMANENTLY AFFILIATED TO
BENGALURU CITY UNIVERSITY AND RECOGNIZED UNDER SECTION 12B & 2F NAAC
ACCREDITED 'B++' GRADE

ALL

Welcomes You to

KALANJALI

Interclass On Stage Competitions

On: 7th June 2023

- 1. Solo Dance: 09:30 am*
- 2. Twin Dance: 10:30 am*
- 3. Group Dance: 11:30 am*
- 4. Fashion Show: 01:30pm*

On: 8th June 2023

- 1. Solo Singing: 11:00 am*
- 2. Group Singing: 12:00 pm*
- 3. Mime: 02:00 pm*

Venue:

R.R Auditorium

Inauguration: 09:30 am

All are cordially invited

*Management, Principal,
Staff and Students*

PRINCIPAL
MALLESWARAM LADIES ASSOCIATION
ACADEMY OF HIGHER LEARNING
14th Cross, Malleswaram,
Bangalore - 560 003.



**MALLESWARAM LADIES' ASSOCIATION
ACADEMY OF HIGHER LEARNING**

MALLESWARAM, BENGALURU-560009 PERMANENTLY AFFILIATED TO BENGALURU CITY
UNIVERSITY AND RECOGNIZED UNDER SECTION 12B & 2F NAAC ACCREDITED 'B+' GRADE

KALANJALI

Interclass On Stage Competitions

DAY 2

Date: 08th June, 2023

Venue: R.R Auditorium

- 1. Solo Singing:- 11:00 am*
- 2. Group Singing:- 12:00 pm*
- 3. Mime:- 02:00 pm*

All are cordially invited

*Management, Principal
Staff and Students*

**PRINCIPAL
MALLESWARAM LADIES ASSOCIATION
ACADEMY OF HIGHER LEARNING
14th Cross, Malleswaram,
Bengaluru - 560 005.**



Malleswaram Ladies' Association
ACADEMY OF HIGHER LEARNING

ACADEMIC YEAR 2022-23

Name of the Activity/Program	Kalanjali
Forum	Samskruti (Cultural Forum)
Date	7 th and 8 th June 2023
Venue	R.R Auditorium
Number of participants	240
Organized in association with	-
Resource Person	Ms.Smruti Vishwanath, Ms.Teja Muralidhar, Ms.Banumathi, M G Ms. SudhaShet Ms.Shantala, H.N Gayathri Bhaskar
Details of the Resource Person	Ms Shantala is the HM of MLA Primary school. Ms Bhanumathi, Ms Gayatri Bhaskar and MsSudha Shet are working in MLA School as teachers. Ms Teja Muralidhar is currently working as a Radio Jockey in 101.3 FM Ms Smruthi Viswanath is a classical dancer, working at Abhinava Dance Academy
Detailed Report	There were 7 On-stage events namely Solo dance, group dance, twin dance, fashion show, solo singing, group singing and mime. Collectively 240 students took part in these events, held as a part of the inter class fest. The judges involved in all of these events were from external organisations and our sister concerns MLA group of Institutions.

Day	Competition	No. of Participants	Judges	Prizes	Criteria	
07 June 2023	Solo Dance	7 participants	Ms.Smruti Vishwaroth Ms.Teja Muralidhar	1. Keerthana 2. Cheluvana 3. Bhoomika M	2nd B.Com A 3rd B.Com B 1st BSA	All the participants were given 3+1 minute to perform. They had to show any 3 elements in their performance.
	Group Dance	7 teams 51 participants		1. UkkithaPriya & Team 1. Rubikumari & Team 2. Divyashree & Team 3. Ukkitha & Team	2nd B.Com A 3rd B.Com B 2nd B.Com B 1st BSA	A team should consist of 6-8 members. Each team was given 3+1 minute to perform. Theme for group dance was any state specific dance form.
	Twin Dance	9 teams 18 participants		1. Krithika & Ukkitha 2. Keerthana & UkkithaPriya 3. Raksha & Karrika	1st BSA 2nd B.Com A 1st BSA	Participants were given 3+1 minute to perform. It was an open theme.
	Fashion Show	6 teams 62 participants		1. Nachans & Team 2. Tanushree & Team 3. Shipra & Team	3rd B.Com B 3rd B.Com A 2nd M.Com	A team should consist of 8-10 members. Each team was given 4+1 minute to perform. Theme for fashion show was Indo Western.
08 June 2023	Solo Singing	12 participants	Ms.Banumathi M G Ms.Sudha Shet	1. Akanksha Rao 2. Vandana 3. Meera Consolation: Bharath M Prathyusha	2nd B.Com A 1st B.Com B 2nd M.Com 3rd B.Com B 2nd BSA	Participants had to sing any light music and the time limit was 3+1 minute.
	Group Singing	8 teams 56 participants		1. Chaitra & Team 2. Vaishnavi & Team 3. Sushmitha & Team Consolation: Chandrika & Team Vaishnavi & Team	3rd BSA 1st B.Com B 1st BSA 3rd B.Com B 3rd B.Com A	A team should consist of 5-7 members. Theme for group singing was folk songs and the time limit was 4+1 minute.
	Mime	5 teams 34 participants		Ms.Sharada H.N Gayathri Bhaskar	1. Ritihore & Team Consolation: Vandana & Team 3. Jayanth & Team	1st BSA 3rd B.Com A 2nd B.Com A


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ACADEMY OF HIGHER LEARNING
 14th Cross, Malleswaram,
 Bangalore - 560 003.





Malleswaram Ladies' Association Academy of Higher Learning

Malleswaram Ladies' Association, Bangalore
100, 102, 104, 106, 108, 110, 112, 114, 116, 118, 120, 122, 124, 126, 128, 130, 132, 134, 136, 138, 140, 142, 144, 146, 148, 150, 152, 154, 156, 158, 160, 162, 164, 166, 168, 170, 172, 174, 176, 178, 180, 182, 184, 186, 188, 190, 192, 194, 196, 198, 200, 202, 204, 206, 208, 210, 212, 214, 216, 218, 220, 222, 224, 226, 228, 230, 232, 234, 236, 238, 240, 242, 244, 246, 248, 250, 252, 254, 256, 258, 260, 262, 264, 266, 268, 270, 272, 274, 276, 278, 280, 282, 284, 286, 288, 290, 292, 294, 296, 298, 300, 302, 304, 306, 308, 310, 312, 314, 316, 318, 320, 322, 324, 326, 328, 330, 332, 334, 336, 338, 340, 342, 344, 346, 348, 350, 352, 354, 356, 358, 360, 362, 364, 366, 368, 370, 372, 374, 376, 378, 380, 382, 384, 386, 388, 390, 392, 394, 396, 398, 400, 402, 404, 406, 408, 410, 412, 414, 416, 418, 420, 422, 424, 426, 428, 430, 432, 434, 436, 438, 440, 442, 444, 446, 448, 450, 452, 454, 456, 458, 460, 462, 464, 466, 468, 470, 472, 474, 476, 478, 480, 482, 484, 486, 488, 490, 492, 494, 496, 498, 500, 502, 504, 506, 508, 510, 512, 514, 516, 518, 520, 522, 524, 526, 528, 530, 532, 534, 536, 538, 540, 542, 544, 546, 548, 550, 552, 554, 556, 558, 560, 562, 564, 566, 568, 570, 572, 574, 576, 578, 580, 582, 584, 586, 588, 590, 592, 594, 596, 598, 600, 602, 604, 606, 608, 610, 612, 614, 616, 618, 620, 622, 624, 626, 628, 630, 632, 634, 636, 638, 640, 642, 644, 646, 648, 650, 652, 654, 656, 658, 660, 662, 664, 666, 668, 670, 672, 674, 676, 678, 680, 682, 684, 686, 688, 690, 692, 694, 696, 698, 700, 702, 704, 706, 708, 710, 712, 714, 716, 718, 720, 722, 724, 726, 728, 730, 732, 734, 736, 738, 740, 742, 744, 746, 748, 750, 752, 754, 756, 758, 760, 762, 764, 766, 768, 770, 772, 774, 776, 778, 780, 782, 784, 786, 788, 790, 792, 794, 796, 798, 800, 802, 804, 806, 808, 810, 812, 814, 816, 818, 820, 822, 824, 826, 828, 830, 832, 834, 836, 838, 840, 842, 844, 846, 848, 850, 852, 854, 856, 858, 860, 862, 864, 866, 868, 870, 872, 874, 876, 878, 880, 882, 884, 886, 888, 890, 892, 894, 896, 898, 900, 902, 904, 906, 908, 910, 912, 914, 916, 918, 920, 922, 924, 926, 928, 930, 932, 934, 936, 938, 940, 942, 944, 946, 948, 950, 952, 954, 956, 958, 960, 962, 964, 966, 968, 970, 972, 974, 976, 978, 980, 982, 984, 986, 988, 990, 992, 994, 996, 998, 1000

Inauguration of Student Council 2022-23



CHIEF GUEST

Ms. Deepa Sashindran

Kuchipudi Expert & Life Trustee,
Kuchipudi Parampara Foundation Trust, Bengaluru

GUEST OF HONOUR

Smt. Lakshmi .V

Hon. Secretary,
Malleswaram Ladies' Association

PRESIDED BY

Dr.P.V. Padmaja

Principal,
MLA Academy of Higher Learning

Date: 30.11.2022

Time: 2.30 PM

Venue: Rukkamma Raghavachar Auditorium

All are cordially invited

Management, Principal
Staff & Students





ACADEMIC YEAR 2022-23

Name of the Activity/Program	INAUGURATION OF STUDENT COUNCIL 2022—23
Forum	Samskruti (Cultural Forum)
Date	30th November, 2022
Venue	R.R.Auditorium
Number of participants	456 Student
Organized in association with	-
Resource Person	Mrs. DEEPA SASHINDRAN
Details of the Resource Person	popularly reputed Kuchipudi Exponent
Detailed Report	INAUGURATION OF STUDENT COUNCIL 2022—23 The new student council installation program was held on the 30 th of November 2022, in the College auditorium at 3:00pm. Mrs. DEEPA SASHINDRAN, a reputed Kuchipudi Exponent was invited as the Chief Guest and she consented to be one. The event was graced by the presence of Smt. V Lakshmi Hon. Secretary of Mallethwaram Ladies Association and presided over by the

Principal, Dr. PV PADMAJA, MLA ACADEMY OF HIGHER LEARNING.

The program began by an invocation song followed by lighting of lamp.

The Chief guest, in her speech addressing the students, emphasized on the importance and necessity of taking up a passion in one's life for multiple benefits. She narrated series of experiences she has undergone either as an employee or as a mother or as a performing artist. She could manage multitasking just because she has taken dance form of ART as a serious hobby and persuaded along with her academics. She also mentioned how one can develop individuality by following a hobby or passion which in turn will motivate and stimulate a person towards achieving ambition.

The honorary Secretary and the Principal thanked the Chief guest for her enlightening and enthralling speech.

The Chief guest pinned the badges to elected members of the Student Council for the year 2022—23. This was followed by Oath taking ceremony for the student leaders led by the Chief Guest.

The cultural programs included a classical number by MS Aishwarya from Kuchipudi Parampara, a disciple of the Chief Guest and few other performances by the students of AHL which caught the attention of the audience and were gripping too.

The program ended with proposing of Vote of thanks.


PRINCIPAL
MALLESWARAM LADIES ASSOCIATION
ACADEMY OF HIGHER LEARNING
Cross, Malleswaram
Bengaluru - 560 042



Teacher Coordinator Signature

PRINCIPAL
MALLESWARAM LADIES ASSOCIATION
Principal Signature
ACADEMY OF HIGHER LEARNING
4th Cross, Malleswaram
Bengaluru - 560 003

57