Sports and athletics have been an integral part of Institute of Vocational Studies (Awadh Centre of education) for years. It is part of holistic personality development and is an essential component of co-curricular activities at IVS. The 16th Annual Inter Collegiate Sports Meet 2019 of Guru Gobind Singh Indraprasth University, which was held on 10th to 12th October 2019. The list of events included were Badminton, weightlifting, lawn tennis, long jump, tug of war, races, kabaddi, volleyball, shot put, relay race etc. The Sports Team of Institute of vocational studies (Awadh centre of education) aims to continuously assist the students to showcase their talent and encourage participation in the maximum number of events.

The students of Awadh centre of education (B.Ed course) participated in the following Track and Field (Athletic) event of the 16th Annual Intercollegiate Sports Meet :-

1) March Past

March past is all about synchronization and team work. The students of Awadh Centre of Education participated in this event with great zeal. With one student heading the team holding the flag of the college walked along with the group, with hands and feet in synchrony with the drum beats.
2) 4x400 mtrs Relay Race

The students participated in the relay race with great enthusiasm. Passing the baton, the participants of our college won the 1st round of day one and qualified in the heats, which was performed in the second day of the sports meet. On the final day of relay race the participants scored 4th position among all the participating colleges of the university.
3) Badminton

The intercollegiate badminton tournament 2019 aimed to present the best out of our talents. It was conducted as doubles play, the participating teams of various colleges were already assigned matches on the day one of the meet, each winning team from a college in the first match, advanced to the second level of the tournament and likewise. The IVS team advanced to the second match of level one and showed a wonderful play.
4) **Tug Of War**

Tug of war is a contest in which two teams pull at opposite ends of a rope until one drags the other over a central line. Strength and techniques both play a crucial role while playing this game. The team of IVS with great strength and enthusiasm played this game very well with all their efforts on the line. Overall, the event was a frolicsome experience.
5) 100mtrs and 200 meters Race (Men and Women)

The students participated in both 100mtrs and 200 mtrs races. Both boys and girls participated. Reached upto the final heat round. Putting their whole effort the participants played very well.