

Government Degree College for Women, Begumpet, Hyderabad

2021-22

Physical fitness

Ability to perform aspects of sports occupations and daily activities effectively

There are five components of physical fitness

- ✓ 1.Strength
- ✓ 2.Speed
- ✓ 3.Endurance
- ✓ 4.Flexibility
- ✓ 5.Co-ordination

. Every year Students actively Participate in Outdoor and Indoor games. The details of the Students learned a game and Actively Participated during academic year as given below

Through sports , yoga , self defence ,Aerobics These five components will be developed by physical education department

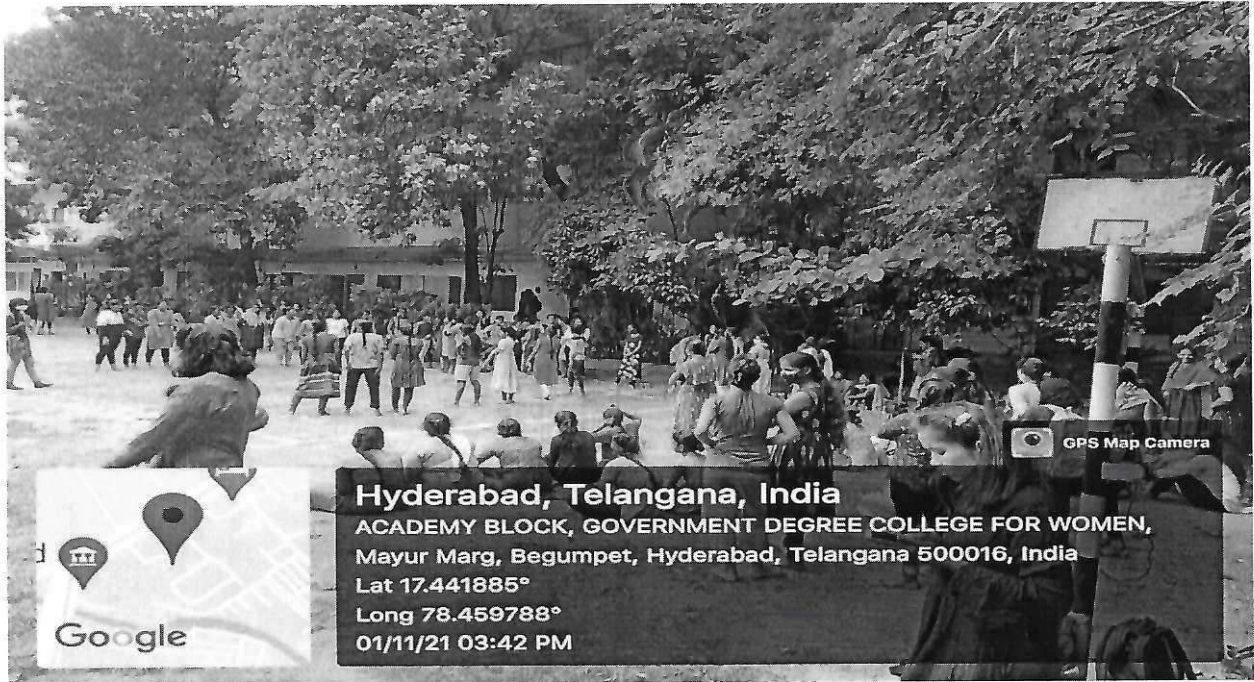
SPORTS INDOOR AND OUTDOOR GAMES STUDENTS JOINED

- 1.Kabaddi: 30 Students Enrolled
- 2.Yoga: 100 Students Enrolled
- 3.Soft ball 20 Students Enrolled
- 4.Carroms 30 Students Enrolled
- 5.Basket ball: 30 Students Enrolled
- 6.Athletics: 20 Students Enrolled
- 7.Kabaddi: 30 Students Enrolled
- 8.Chess: 60 Students Enrolled
- 9.Self defence: 154 Students Enrolled
- 10.Kho-Kho: 40 Students Enrolled
- 11.Badminton 20 Students Enrolled
- 12.Handball: 20 Students Enrolled
- 13.Volleyball: 20 Students Enrolled
- 14.Gym and Conditioning 50 Students Enrolled

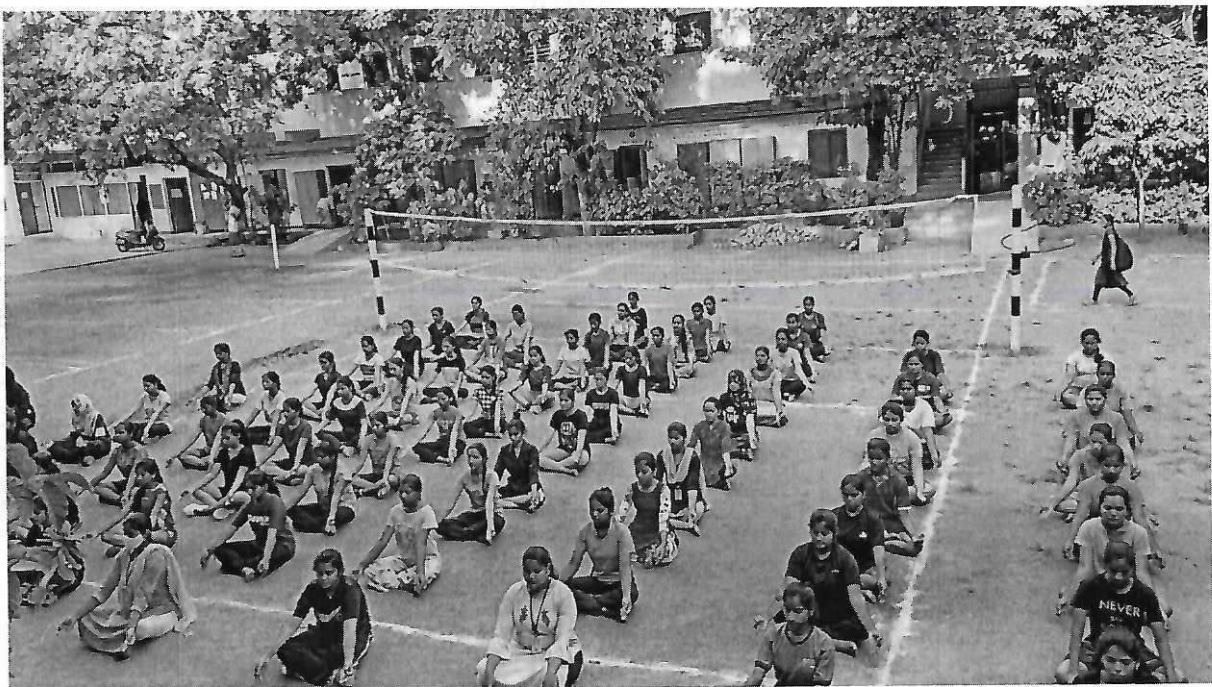
Total= 574

  
**Lt. K. SHILPAVALLI**  
Physical Director

  
**PRINCIPAL**  
Degree College for Women

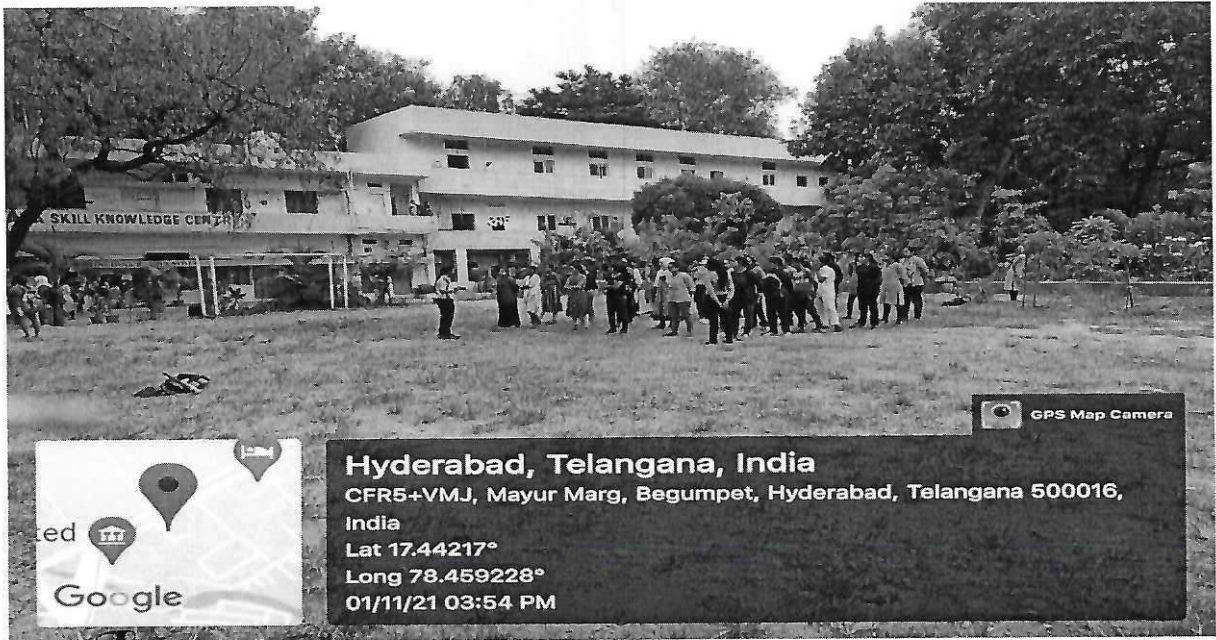


Students indulging in KABADDI SELECTIONS 2021-22.



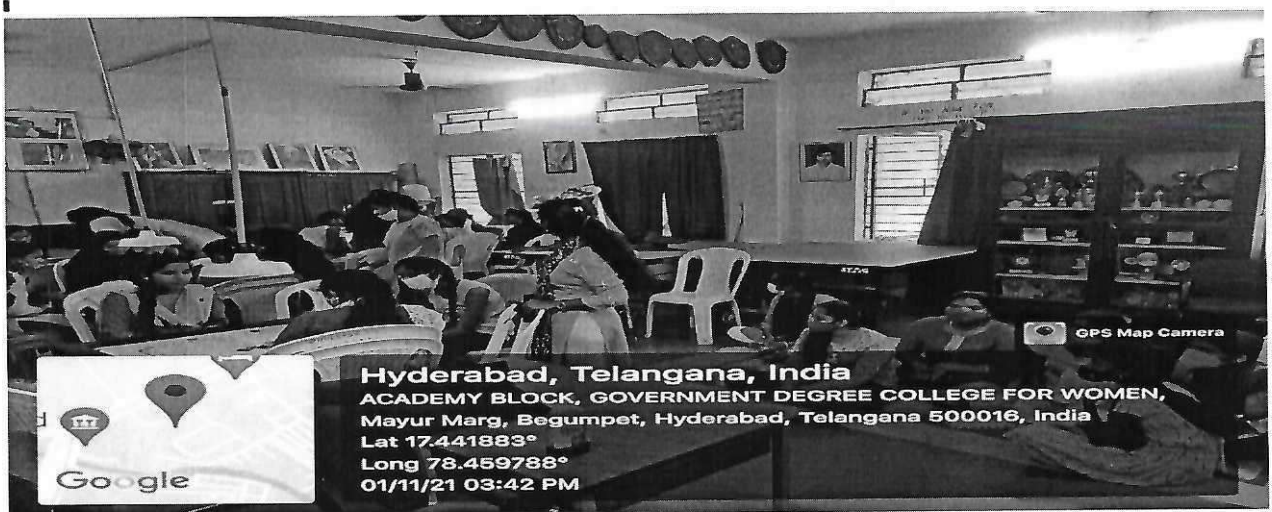
YOGA  
 After practice players doing meditation for  
 mental plus fitness.

Principal



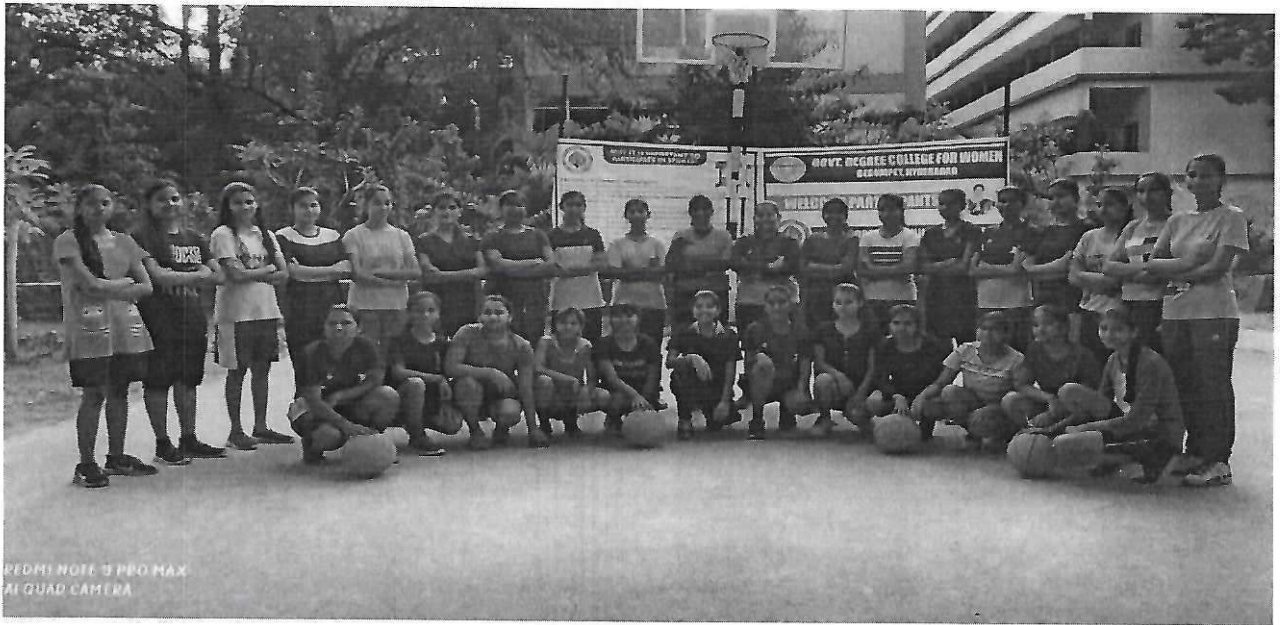
SOFTBALL - Students practising softball skills.

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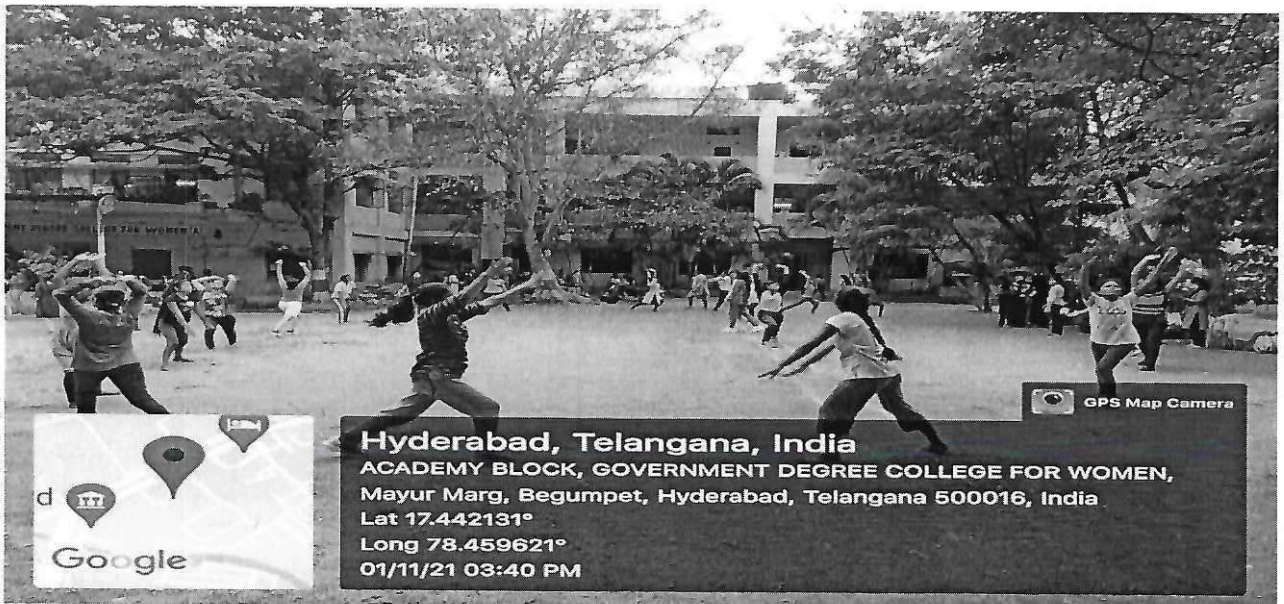


CARROMS - Students participating in Carroms  
(Neuro-Muscular Coordination)

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BASKET BALL - players practicing Basket ball



ATHLETICS - General fitness exercises done by Athletes

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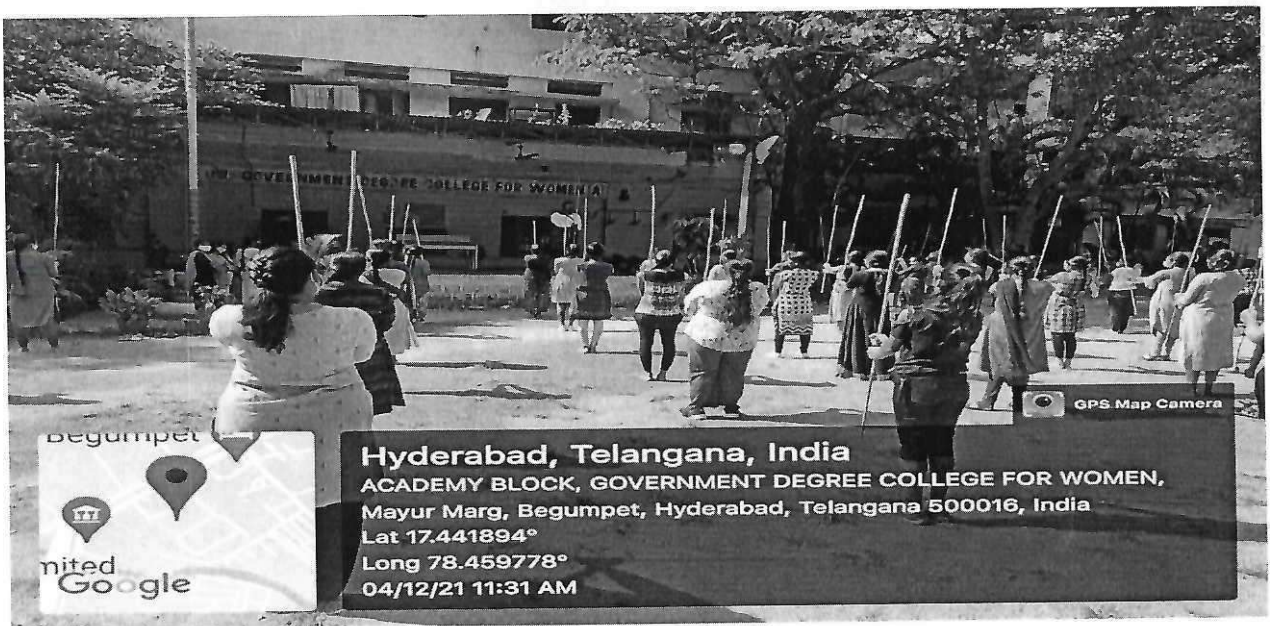


KABADDI -  
players practicing kabbadi skills -  
raiding . which develops physical fitness .

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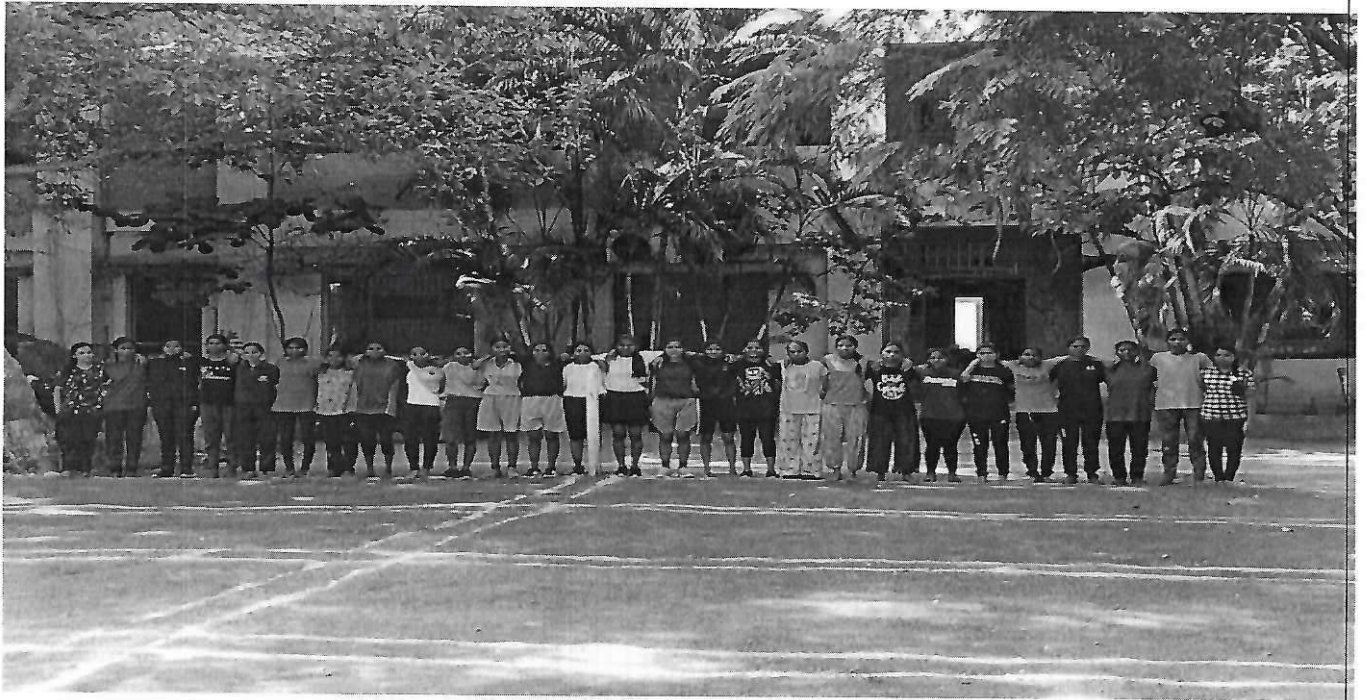


CHESS - Mind game practice -



SELF DEFENCE - Certificate Cover - In collaboration with women empowerment cell Dept. of phy. edu Empowering students by Karra Samu.

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KHO-KHO - players practising kho-kho skills.



BADMINTON - players learning about the game rules and practicing in practice sessions.

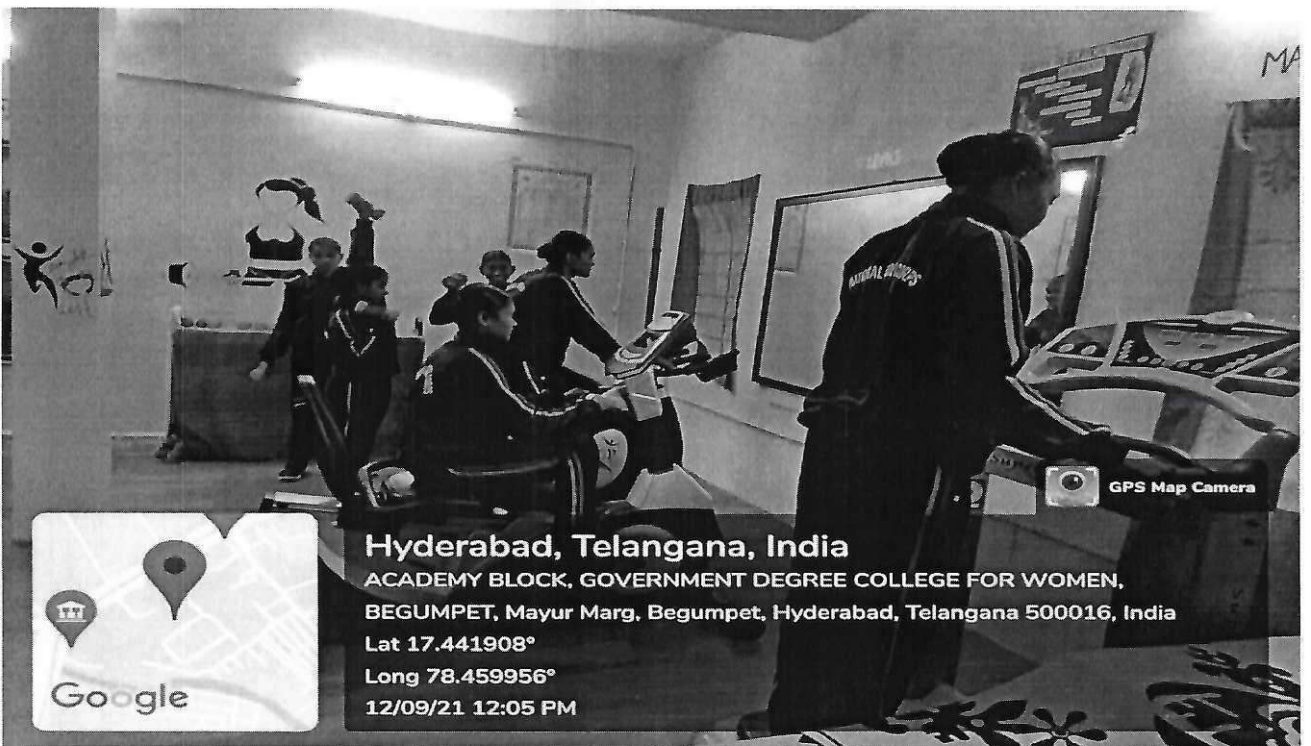
Principal

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HAND BALL - players practiced goal .



GYM AND CONDITIONNING



students doing conditioning in Gym.

*[Handwritten signature]*

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