

**GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET
HYDERABAD-500016**

(Autonomous – Affiliated to Osmania University)

Physical fitness

Ability to perform aspects of sports occupations and daily activities effectively

There are 5 components of physical fitness

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

Through sports, yoga, self defence, Aerobics

These 5 components will be developed by physical education department

SPORTS OUTDOOR GAMES

- 1.Volleyball (20 Members)
- 2.Handball (20Members)
3. kabaddi (30members)
- 4.Chess(60 Members)
5. Carroms (30Members)
- 6.kho-kho(40 Members)
- 7.yoga (100members)
- 8.Badminton(20Members)
- 9.Softball (20Members)
- 10.Basketball(20Members)
- 11.Weight lifting (2Members)
- 12.Self defence (50Members)

Total=412



KABADDI SELECTIONS



Hyderabad, Telangana, India
CFR5+VMJ, Mayur Marg, Begumpet, Hyderabad, Telangana 500016,
India
Lat 17.44217°
Long 78.459228°
01/11/21 03:54 PM

GPS Map Camera



Hyderabad, Telangana, India
ACADEMY BLOCK, GOVERNMENT DEGREE COLLEGE FOR WOMEN,
Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India
Lat 17.441883°
Long 78.459788°
01/11/21 03:42 PM

CARROMS



BASKET BALL



ATHLETICS



KABADDI



CHESS



SELF DEFENCE



KHO-KHO



BADMINTON

HAND BALL



GYM AND CONDITIONNING



Telangana formation day

2nd -June,2021

Telangana formation day was celebrated on 2nd -June, every year .this year the program was started at 8:00AM. The program started with inviting principal madam as chief with a Bing round of applause. Our principal madam along with staff hoisted the flag at 8:00AM.followed by patriotic songs of Telangana. After that principal madam addressed the gathering. The students were allowed to take refreshments. The program was ended with vote of thanks.



International yoga day

International yoga day was celebrated on 21-June, every year to bring peace and harmony. Yoga is a mental, physical and spiritual practice that needs to be carried every day.

21st - June, 2021.

Principal Madam along with teachers. Pupils of all three years performed yoga between 7:00am to 8:00Am. Different yoga postures like vikshaasana ,uttaraasana ,trikonasana ,bhurjàngaasana,shashankaasana,pawanamuktsaana .Finally ended with

pranayàana and meditation.prayers were recited before and after the program.the program was ended with vote of thanks .



Independence Day Celebration

15th-aug,2021.

Independence day was celebrated on 15th-aug, 2021.this year the program was started at 8:00am .our principal madam along with staff hoisted the flag .we all sang our national anthem with great patriotism. Followed by parad by the NCC cops .our principal madam addressed the gathering with her inspiring words .at last we all took a pledge to do something to our nation to make it proud. The program was ended with vote of thanks .



Fit India run

Fit India movement was launched by our prime minister Narendra Modi garu on 29th-aug,2012.the main objective of this program is to make for India .as a part this , our college students along with teacher made a rally .17th-aug,2021.

The students of BA.B.Com. B.Sc of all three years along with teachers gathered in the college ground at early hours of the day. Students mad a rally around the college premises to bring awareness about health and health tips .the program was ended.

Anatomy peer group visit

11th-sep, 2021.-12th-sep, 2021

Anatomy peer group visited our college for two days. This anatomy peer group visited every department of the college. Every department worked to show their best .they were really satisfied. As a part of this they visited our physical department. On this day sports teams were dressed in tracks. Every team cleaned their courts and played their own sport/game throughout the day with a break in the afternoon. Finally the day was ended with photo session.



Republic Day Celebrations

26th-Jan, 2022.

Independence Day was celebrated on 26th-jan, 2022. This year the program was started at 8:00am. Our principal madam along with staff hoisted the flag. We all sang our national anthem with great patriotism. Followed by parade by the NCC cops. Our principal madam addressed the gathering with her inspiring words. At last we all took a pledge to do something to our nation to make it proud. The program was ended with vote of thanks.



Cross country ICT

Cross country is a part in which teams and individual run a race on often air.

The Osmania University inter college cross country for men and women was conducted at University College of physical education, ou on 27 Feb 2022 6:30 am .

Dean of education

Dr. v.satyanarayana inaugurated the meet at 6:00am race was started.

OUCW college priciple and organizing secretary of ICT cross country Men and women

ICTW secretary,Dr.k.Deepika

ICTM secretary,Dr.k.krishna

IUT secretary,Dr.sunil kumar witness the event

Men-10km

Women-10km

Each college 6 athletics can paticipate,4 top athletics performance will be counted for team championship from our college,

1.prvalika-BBA.3rd year, 11th place

2.Hyma-B.com.2nd year,12th place

3.shivani-B.com.1st year,22st place

4.Ramya-B.com.2nd year,14th place

5.sony-Bsc.2nd year,17th place

6.Narmada-B.com.2nd year,6th place

Our college got second prize in team championship by scoring 46 points

UCPE secured 1st place in team championship by scoring 38 points

Our best atlet who secured overall 6th place P.Narmada got selected to paticipate in all India inter University Women championship to be high at Mangalore University,Mangalore,

Karnataka state,on March 10th,2020



[Inter University selection trails](#)

Kho -kho

Kho -kho is a traditional Indian sports game, being one of the oldest outdoor sports dating back to ancient India.

IUT selections trials for kho kho held on 4th -march ,2022. A few students were participated ,who represented district, state , national . In these selection trials dasari.akhila from BSc ANZC 3rd year -10851946401. she was selected to play in the south zone, it was conducted on 18th March at Kakatiya University, Warangal.



Handball

Team handball also called field ball /handball. game played between two teams of seven or eleven players .

IUT selection trails for handball was conducted on 28th-feb-4th- March, 2022.from our college R.jameela -108521468077,was parcipated and also selected for nationals ,which were conducted on (South zone inter University) 27th -march ,2022in Chennai.



Chess

_Chess is a board game played between two players. It is some Times called western chess/international chess.

IUT selections trails for chess conducted from our college two members were selective participated in trails.

rehana Begum -108519467123,MSCS FINAL year was selected to participate in national was held In Chennai .

Basketball

Basketball is team game in which two teams, most commonly five players each opposing one another.

IUT selections trails for basketball ball was held on 3rd, 4th-dec, 2021 at St .Francis.

About 20 students were participated.

Weight lifting

Weight lifting is a sport in which athletes compete in lifting a bar bell loaded with weight plates.

IUT select trails for weight lifting are held on 24th- Dec at lb stadium. In this selections ,two members were participated.vishnavi-108521538012 sukanya -from third year were selected for Nationals .which is going to held on 27-30th -Dec ,2022,Guntoor .



Power lifting

Power lifting is a strength sport that consists of three attempts at maximal weight on three lifts; squat, bench press, dead lift.

IUT selections trails for power lifting was conducted on 30th-march at lb stadium.vaishnavi ,was the one who participated selection trails and selected for national were held on 21-24-april ,2022.at Rajasthan .



Volleyball

Volleyball is a team sport which is played between two teams of 6 members each.

IUT selection trails volleyball was conducted, at St.francis. About 10 students from our college were took part in this selection trails.

Kabbadi

Kabbadi is a traditional team sport which, played between two teams of seven players.

IUT selections trails for kabbadi were held on 18th-dec, 2021, at Sultan Bazar. About 5 members were participated in this selection trails.



Judo

Judo is a dynamic fighting sport that demands both physical, mental skills.

Judo IUT selection trials were held.

Two members were participated in this selection trails, Nalini raj- B.Com 2nd year -20011085080010, shivani -B.Sc 2nd year -20011085578005 were selected to participate in University national at Uttar Pradesh (Kanpur) on 23rd-24th-march, 2022.