

Department of Physical Education



NAGARJUNA GOVERNMENT COLLEGE(A)

NALGONDA.



PROFILE DEPARTMENT OF PHYSICAL EDUCATION

BY

KADARI MALLESH MA., MPEd.,SET

PHYSICAL DIRECTOR

HISTORY OF THE DEPARTMENT

The department of Physical Education was established in the year 1956-57. The Department consists of adequate facilities of play fields and courts for men & women students having play ground of 17 acres around the college building with trees, where Volleyball, Kho-Kho, Tennikoit, Basketball, Handball, Shuttle Badminton and Track and Field Events will be played. Indoor games like Table Tennis, Caroms, Chess and Well Equipped Gymnasium is also available.

The following have rendered the following services as In-charges

- B.Sathaiah (Physical Director) - 2004-2010
- P.Francis (Physical Director) - 2011-2018 (June)
- **K. Mallesh (Physical Director) - 30-06-2018 to**

INFRASTRUCTURE AVAILABLE

The department is located in the Library Building with an area of 160 Sft.

It has good infrastructure for the outdoor and indoor games and a multi stationed Gymnasium and the college has 15 acres of land for deferent play fields.

FACILITIES AVAILABLE FOR GAMES & SPORTS

The department of physical education is having huge play ground of 15 acres in which different games and sports are being played.

The following play courts are being maintained.

1. Volley Ball Court
2. Tennikoit
3. Badminton Court (Out Door)
4. Kho-Kho
5. Kabaddi
6. Table Tennis
7. Foot Ball Field
8. Hockey Field
9. 400 Mtrs Running Track (Non Standard)
10. Basket Ball Court
11. Indoor Games



The department of physical education is extending a Indoor games room for Chess and Carroms. The important asset for the department is **GYM and Fitness Point** for both Boys & Girls. As it is constructed in the top of the hill it has a pleasant surrounding and advantage for the body acclimatization.

AVAILABLE GYMNASIUM EQUIPMENT

- 1.Motarized Treadmill
- 2.Eleptical Trainer commercial
- 3.Spine bike commercial
- 4.Cable cross over
- 5.Smith machine
- 6.45 leg cross
- 7.Let pull
- 8.Pec fly
- 9.Assisted chin-up
- 10.Multi adjustable bench
- 11.Multi adjustable leg developer
- 13.Multi adjustable sit-up bench
- 14.Peacher cury bench
- 15.Round rubber dumbbells
- 16.Rubber weigh plates
- 17.Olympic curi bar with spring collar 5t
- 18.Machine rope
19. Chrome bar with cast iron
- 20.Multi Exercise bar21.Leg massage



DETAILS OF TEACHING STAFF

Name	Qualification	Designation	Experience	Specialization
KADARI MALLESH	MA., M.P.Ed., SET	PHYSICAL DIRECTOR	14 YEARS	Boxing and Athletics

GAMES AND SPORTS ADVISORY COMMITTEE:

Games and Sports committee of the college comprises of principal and lecturers which facilitates the smooth conduct of the activities. The following members constitute the present games and sports committee.

CHAIRPERSON:	Dr. S. Upendar	Principal
CONVENOR:	K. Mallesh	Physical Director
MEMBERS:	Sri. D.Nagaraju,	Asst.Prof of Mic.Bio
	Sri.M.Venkat Reddy	Asst.Prof of Physics
	Sri.E. Yadagiri Reddy	Asst.Prof of Pol. Sci
	Sri. A. Mallesham	Asst.Prof of Pol. Sci
	Sri. CH. Sudhakar	Asst. Prof of English

YEAR PLAN & ACTION PLAN

YEARLY TRAINING PROGRAMME:

The Department of Physical Education conducts Games and Sports activities throughout the academic year in this college. To install comparative spirit, inter class competition are conducted in various Games and Sports. Students are encouraged to participate in inter collegiate competitions. Usually the Mahatma Gandhi University, Nalgonda conducts.

Yearly training program with salient points for each period carried as follows.

PREPARATORY PERIOD:

15th July to 31st July less emphasis is given on Physical fitness, Individual techniques, weight training, skills and tactics are given more importance.

COMPETITION PERIOD:

1st August to 15th February intensive coaching- more emphasis will be given on speed, agility exercises tactical plan of the team and analysis of the skill of each player etc.

TRANSITION PERIOD:

15th February to 15th July less intensity of work load will be given in this period the Physical fitness and skills are maintained. So that the player can begin his new academic year with a higher

AIM OF THE PHYSICAL EDUCATION

The Aim of physical Education in this college is not only an integral part of the general education but also promotes harmonious growth and development. The whole curriculum of physical education should be developed with certain aims in mind, physically, mentally and emotionally fit and also develop personal



and social qualities as well helps to a live happily with others and build him up as a good citizen.

The aim of Physical Education is to provide activities through which the fullest development of man is attained, so that he may live on enriched radiant and abounded life.

The aim of physical education is the optimum development of the physically socially and mentally integrated and adjusted individual through guided instruction and participation in selected total-body sports, rhythmic and gymnastic activity conducted according to social and hygienic standards.



MISSION:

The mission of the department of physical education is to train all the students the basics of all games and sports, Yoga and Meditation, health and fitness. And provide a strong and healthy mind.

OBJECTIVES OF THE PHYSICAL EDUCATION

There are numerous factors that affect the achievement and maintenance of a health and active life style.

- To help students move in a skillful and effective manner in all the physical education programmes.
- To develop an understanding and appreciation of movement between the youth so that their lives may become more meaningful, purposive and productive.
- To develop an understanding and appreciation of certain scientific principles concerned with movements.
- To develop through the medium of games and sports, interpersonal relationships.
- To develop the various organic systems of the body so that they will expand in a healthy way to the increased demands place to them.
- Mental health and efficiency
- Social moral character
- Emotional expression and control
- Interpretive development



Physical Education develops Health, Recreation, Idealism, Naturalism, Realism and Humanism

HEALTH

Any combination of learning experiences that promote voluntary actions and informed decisions conducive health. Concerned with the health behavior of individuals and with the living and working conditions that influence their health. Empowering, as it, encourages people to take control over their personal, Community and environment health and well-being.



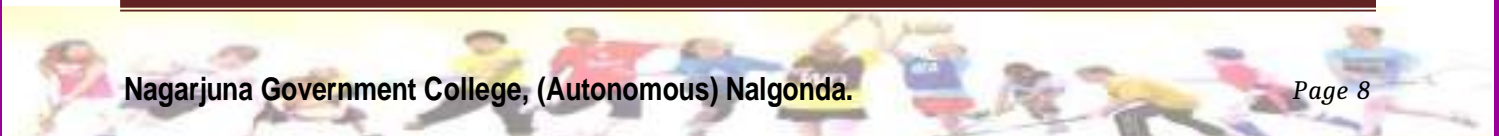
RECREATION:

This aspect of recreations can be defined as physical activity undertaken through casual or organized participation, often requires physical effort or skills for the purpose of relaxation or enjoyment, expressing or improving physical fitness or mental well-being forming social relationship or obtaining results in competition at all levels.

IDEALISM:

It emphasizes the reality of self, it asserts that mind or spirits as each, individual experience it in him it's fundamentally real and totality of the universe is somehow mind or spirit in its essence.

The idealist believes that the world about him is a spiritual order that is capable of interpretation, the ultimate reality is a self, Evil is not a real existent value. The individual self has all the freedom necessary to self-determination.



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Thus, Idealism when applied to physical education postulated teacher as a role model for the students and physical factor but also consists of those experiences which full fill needs of the individual's nature and brings him to sense of satisfaction or well-being.

HUMANISM:

Describe man as the centre of all activities rather than as part of larger group. Emphasis on being creative and independent. Encouraging total involvement and participation in all threat is going around one.

BENEFIT OF PHYSICAL EXERCISE

The benefit of exercises goes far beyond its effects on the body. Regular exercises have an outlook on life that is generally more positive and they are able to confront the daily hassles of life more positively then sedentary folk. Not only direct psychological benefits of exercise, the Physical benefits crate indirect psychological benefits as well.

Exercise in an investment in our physical and psychological health in order to maintain the fitness gains, activity must continue on a regular basis.

- One can expects from regular exercise
- Decreases rating heart rate
- Improves recovery time
- Decreases resting blood pressure
- Increases efficiency of heart (heart pumps more blood with
Each stroke)
- Decreases muscle tension
- It maintain weight
- Increases endurance
- Better quality of sleep



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- Reduces fatigue
- Better appetite regulation
- Increases resistances to cold and other illness
- Decreases cholesterol and triglycerides
- Decreases body fat
- Increases muscle bulk and tone
- Decreases bone demineralization
- Increases tolerance to heat and cold

PHYSICAL EDUCATION AS SPORTS MEDICINE

Sports medicine is a distinct specialty forming an essential component of the sports sciences. This specialty is not well known even among the professional medical men.

Sports medicine evolved as a specialty to guide the performances potential of the competitive athlete. The knowledge and the findings from the different discipline Medicine are utilized in the field of sports and games with adequate and appropriate alterations. The International Federation of Sports Medicine (FIMS) was founded in 1920 with 52 permanent members. The Indian association of sports

Medicine (IASM) was duly constituted as the national body of sports Medicine in 1971 IASM was affiliated to FIMS as a member. All India Council Of Sports (AICS) board the Indian Medical Association (IMA) has recognized the Sports Medicine



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CURRICULUM VITAE

Name : **KADARI MALLESH**
Designation : Physical Director,
Nagarjuna Government College (Autonomous)
Nalgonda, Telangana.



QUALIFICATION:

M.P.Ed : Acharya Nagarjuna University, Guntur, AP
M.A (Pub Ad) : Dr. BRAOU, Hyderabad.
A.P SET : Qualified, 2012
QUALIFIED : Federation State Technical Officials Examination, Athletic Federation of India
on 10-03-2012 at Guntur.

ACADEMIC EXPERIENCE: 13 years

2009 to 2013 : Physical Education Teacher
2013 to Present : Physical Director
Date of Appointment : 19-10-2009

- Received Certificate of Excellence in 2016-17 and 2018-19 for Conduct of State Level Tournaments from Commissioner of Collegiate Education , Telangana.
- Received Appreciation Certificate from District Collector as Best Physical Director on the occasion of 71st Republic Day Celebrations.
- Received State Best Teacher Award from Gandhi Global Family & Gandhi Gyan Prathisthan on the occasion of Teachers Day 2020.

RC/OC/FDP/TRAINING PROGRAMMES ATTENDED:

- UGC Sponsored Short Term Course on Physical Education & Sports Science held on from 14-02-2023 to 21-02-2023 in OU, Hyderabad .
- Online Inter Disciplinary Two Week Refresher Course on Managing Online Classes & Co-creating MOOCS 18.0 from 04-09-2022 to 21-09-2022 from Ramanujan College University of Delhi in Collaboration with Nagarjuna Government College(A) Nalgonda.
- Paid FDP on Moodle Learning Management System from 21-09-2021 to 26-09-2021 Organised by SR & BGNR Government Arts and Science College (A) Khammam with course material provided by Spoken Tutorial Project, IIT Bombay.
- Paid FDP on HTML from 24-03-2022 to 31-03-2022 Organised by SR & BGNR Government Arts and Science College (A) Khammam with course material provided by Spoken Tutorial Project, IIT Bombay
- UGC – HRDC – RUSA Sponsored One Week Online FIP Short – term Course on ICT Tools in Higher Education from 20-08-2020 to 26-08-2020 organised by Osmania University Hyderabad.
- UGC Sponsored Orientation Programme held on from 06-02-2017 to 04-03-2017 in JNTU, Hyderabad .
- UGC Sponsored Refresher Course (Multi Culturalism) held on from 06-09-2017 to 26-09-2017 in MANUU, Hyderabad .
- NIPUNA- Nurturing Young leaders in Higher Education TWO- Day training programme held on 16th and 17th May 2016 in Hyderabad.

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- BHAGYA- Health Initiatives and Adolescence THREE DAY Training Program held on 3rd to 5th may,2016 in Hyderabad .
- Seven Days Online FDP on Sports Coaching & Sports Science from 23-06-2022 to 29-06-2020 organised by Swarnim Gujarat Sports University.
- One Week Faculty Development Programme on Futuristic approach and Professional Preparation in Physical Education from 27-06-2020 to 03-07-2020 organised by YMCA College of Physical Education, Chennai, Tamilnadu.
- Online Five Days Faculty Development Programme on Human Kinetics from 09-07-2020 to 13-07-2020 Organised By Dr.MGR Educational and Research Institute, Maduaravoyal, Chennai.

CONFERENCES ATTENDED:

- International Conference (Blended Mode) on Academic Research in Developing Countries held from 29-08-2022 to 30-08-2022 organised by Nagarjuna Government College(A) Nalgonda
- International Conference on Recent Trends in Multi Disciplinary Research on 09-07-2022 organised by Prashas Research Consulting Pvt. Ltd Hyderabad.
- International Conference on Physical Education Sports and Fitness held on 27th to 29th January, 2017 in Kakathiya Medical College, Warangal,Telanga .
- International Conference on Physical Education Fitness and Sports Sciences 2017 held on 19th and 20th August, 2017 in Osmania University, Hyderabad.
- Global Conference on Physical Education and Sports Sciences -2018 held on 11th to 13th October,2018 in Acharya Nagarjuna University, Guntur,AP

SEMENARS ATTENDED:

- National Seminar on Inclusive Growth in India on 27-08-2022 organised by Nagarjuna Government College(A) Nalgonda .
- National Seminar on Electronic Information Resources for Higher Education in India on 22-08-2022 organised by Nagarjuna Government College(A) Nalgonda.
- WBC Asian Boxing Council Ring officials Seminar and Workshop from 19-12-202 to 20-12-2020 organised by WBC Asian Boxing Council.
- UGC National Seminar on FITNESS-A WAY OF LIFE held on 3rd and 4th February,2016 in SVD Degree College For Women,Nidadavole, W.G Dt AP .
- UGC National Seminar on PHYSICAL EDUCATION 21ST CENTURY-RESEARCH PERSPECTIVE held on 11th and 12th july,2015 in Government Degree College, Nandikotkur Kurnool ,AP.

PUBLICATIONS

- International Journal of Innovative Research in Technology – Publication in e-Journal Volume 9 Issue 2 July 2022 – Paper ID 156141 ISSN 2349-6002 – The Effect of Yoga Practices on Anxiety among Boxers of Mahatma Gandhi University, Nalgonda, Telangana, India.
- International Journal of Health,Physical Education & Computer Science in Sports ISSN 2231-3265 –Effect of Interval Training on Selected Physiological Variables Among Junior College Boys
- Journal of National Association of Physical Education & Sports Sciences ISSN 2229-7049 -A Comparative Study of Abdominal Strength Among Boxers and Judo Players of Mahatma Gandhi University,Nalgonda,Telangana.
- Indian Journal of Physical Education and Allied Sciences ISSN 2395-6895 – The Injuries in Combative Sports and Preventional Methods.
- Indian Federation of Computer Science in Sports Journal of Physical Education & Sports Sciences ISSN 2229-7049 – Comparative Study of Agility Among Foot Ball and Hand Ball

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Players of Mahatma Gandhi University, Nalgonda, Telangana.

WORKSHOPS ATTENDED

- National Level Online Workshop on Tournament Fixtures on 17-08-2022 Organised By Chaitanya Bharathi Institute of Technology(A) Hyderabad.
- International Workshop on Yoga ,Physical Education & Sports Science - 2019, at Nizam College,Osmania University,Hyderabad Telangana . on 29th and 30th June - 2019
- International One Day Workshop on Individual Fitness at Kakathiya Medical College, Warangal,Telanga . on 26th January - 2017
- International One Day Workshop on Talent Identification at Kakathiya Medical College, Warangal,Telanga . on 26th January - 2017
- International One Day Workshop on Physical Activities in Schools and Exercise Science- 2017 at Osmania university Hyderabad,.
- International Workshop on Resent Trends in Physical Education and Sports Industry – 2016 at FTAPCCI Bhavan,Red Hills,Hyderabad. On 26th and 27th June 2016.
- National Workshop of Physical Education yoga and Sports management- 2015 at Osmania university Hyderabad, on 27th and 28th December 2015.
- One Day work on Innovations in IT Enabled Services (MANA TV) Organized by CCE, Hyderabad 2015

WEBINARS ATTENDED

- One Day National Webinar on Azadi Ka Amrit Mahotsav 75 Years of Independence Day Celebrations on 19-08-2022 organised by Government Degree College for Women Jagtial, Telangana.
- 3Day Nationa Webinar on Latest Competition and Technical rules in athletics from 01-08-2022 to 03-08-2022 Organised By Chaitanya Bharathi Institute of Technology(A) Hyderabad.
 - National Webinar on E-Resources N-List & NDLI for Higher Education on 31-05-2022 Organised by Nagarjuna Government College(A) Nalgonda .
- National Webinar on Teaching of Fundamentals in Athletics on 21-04-2021 Organised by Pingle Government College for Women Warangal.
- Indian Webinar on Sport as an Active and Healthy Lifestyle for a Fit Nation on 19-09-2020 Organised By Indian Premier academy of Sports Sciences and Physical Education.
- National Webinar on Professional Management of University Sports on 05-09-2020 Organised By Indian Premier academy of Sports Sciences and Physical Education
- National Level Webinar on Fitness and Career in Fitness on 04-06-2020 Organised By GTN Arts College ,Dindigul.
- National Webinar on Essence of Physical Fitness During Lockdown on 30-05-2020 Organised By Dr.MGR Educational and research Institute Chennai.
- International webinar on Latest Horizons in Physical Education and Sports on 20-05-2020 Organised By ST.Francis College for Women, Hyderabad.
- International Webinar on Impact of COVID 19 on Physical Education & Sports Business Management.

ADDITIONAL CURRICULAR RESPONSIBILITIES

- Member Sports Board Committee Mahatma Gandhi University Nalgonda .
- Member Board of Studies (MPed) Mahatma Gandhi University Nalgonda.

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- Attended as Coach and Manager Various Tournaments at Inter University and State Levels
- Convenor College Discipline and Anti Ragging Committee
- Member College Compliance Committee

PARTICIPATED ACTIVITIES

- Clean and green,
- Harithaharam,
- Swatch Bharat/Swatch Telangana programmes in the college campus,
- AIDS Day rallies of awareness and importance of vote in Voter Day rallies,

CONDUCTED ACTIVITIES

- Conducted State, Cluster, District and Intercollegiate level tournaments
- Organized National Sports Day
- Organized International Day of Yoga
- Organized Unarmed Combative techniques for Women(Self Defence Training)
- Organized Anti Ragging Campaigns
- Coaching for Physical Efficiency Test ;for Constable and Departmental jobs
- Conducted Intercollegiate, District, Cluster and State Level Sports Tournaments



ANNUAL ACTION PLAN FOR THE YEAR 2022-23

MONTH	TEACHING/ TRAINING/COACHING	ACTIVITIES TO BE CONDUCTED
June 2022	Introduction and importance of physical education fitness. Preparation of Grounds and Proposal for Conduct of ICT&IZT Orientation to the students Conduct of Yoga Day	Volley ball, Kabaddi , Kho-Kho, Basket ball, Tenni-koit, Badminton, Table tennis, Athletics Yoga
July 2022	Selection of Players and Practicing the skills	Volley ball, Kabaddi, Basket ball, Tenni-koit & Table tennis
August 2022	Teams selections	Kabaddi, Volley ball, Basket ball, Tenni-koit, Table tennis
September 2022	Participation in ICT& IZT	Kabaddi, Volley ball, Basket ball,

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		Tenni-koit, Chess, Kho-Kho, Table tennis
November 2022	Coaching and Practicing the Skills for Woman Students & Selections & Participating in ICT & IZT	Volley ball, Kabaddi, Kho-Kho, Basket ball Tenni-koit, & Table tennis
December 2022	Coaching and Practicing the Skills for woman Students & Selections for ICT&IZT	Kho-kho, Badminton, Carroms, Chess.
January 2023	Conduct of Intramurals (inter Class completions) Men and Woman	Volley ball, Kabaddi, Kho-Kho, Basketball, Shuttle, Indoor Games Tennis-Kiot, Table tennis, Track And Field Events Badminton
February 2023	Conduct of Annual Sports day	
April/May 2023	Conduct of Summer coaching camp	For selective Events

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ANNUAL ACTION PLAN FOR THE YEAR 2023-24

MONTH	TEACHING/ TRAINING/COACHING	ACTIVITIES TO BE CONDUCTED
June 2024	Conduct of YOGA awareness programmes and practice the yoga and conduct the Yoga Quiz	International Day of Yoga Volley ball, Kabaddi , Yoga Badminton, Track and Field Events
July 2023	Introduction and importance of physical education fitness, Preparation of Play Grounds , Proposal for Conduct of ICT Orientation to the First Year Students. Selection of Players and Teaching and Training For Selective Events to participation of ICT	Badminton, Kabaddi, Basket ball, Chess, Foot Ball
August 2023	Conduct National Sports Day Sports Competitions Practice and Team Selections for ICT	National Sports Day, Cross Country, Kho-Kho Badminton Hand Ball, Boxing.
September 2023	Practicing the skills to Participate ICT	Volley ball, Basket ball, Foot Ball Kabaddi, Track and Field events
October & November 2023	Coaching and Practicing the Skills, And Team Selections to Participate ICT	All Events
December 2023	Coaching and practicing the skills for SZ AIU Selected students. Team Selections and Practice the skills to participate Cluster Level YUVATARANGAM Games and Sports	Conduct of College Level and Cluster Level Yuvatarangam Games and Sports Chess Volleyball,

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		Kabaddi, Kho-Kho, track and Field Events.
January 2024	Conduct of Intramurals (inter class completions) for Men and Women and Participation to State Level YUVATARANGAM Games and Sports	Conduct of State Level Yuvatarangam Selected Event Volleyball, Kabaddi, Kho-Kho, track and Field Events
February 2024	General Fitness to all the Students	For selective Events
March 2024	Conduct of Annual Sports day Conduct of International Women Day Sports Meet	For selective Events
April/May 2024	Conduct of summer coaching camps	For selective Events

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STUDENT SUPPORT AND PROGRESSION:

Students participated in various All India Level, State Level & District Level tournaments.

Students attended sub inspector, Constable and Physical Education Teacher entrance test and some of them were selected.

BEST PRACTICES:

- Students are motivated to achieve their goals.
- Students are provided TA and DA and sports kits.
- Students are encouraged to involve in social activities
- Students also involved in Yoga and Meditation with guidance of an expert
- As a self defense program for women practice Boxing and Karate by Physical Director.

FUTURE PLAN:

The students of this college will be designed to participate in Inter University, state and national level events of games and sports.

- Planning to Construct a **INDOOR STADIUM** in College ground.



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ACHIVEMENTS

2021-22

ALL INDIA / NATIONAL LEVEL PRIZES/PARTICIPATION

S.No	Tournament/ Event & Venue	Date	Name of the Participants &Place	Class & Roll No
1	22 nd Senior National Women Beach Volley Ball Championship Chennai, Tamilnadu.	20 th to 22 nd May 2022	V. Aishwarya First Place	BA EHP III 20044028129560
2	23 rd Youth National Volley Ball Championship, at Rudrapur, Uttarakhand.	11 th to 16 th April 2022	V. Aishwarya	BA EHP III 20044028129560
3	47 th Junior National Volley Ball Championship at Burdwan, West Bengal	25 th to 30 th December 2022	V. Aishwarya (Telangana Team Captain)	BA EHP III 20044028129560
4	50 th Senior National Hand Ball Championship at Jaipur, Rajasthan	20 th to 25 th March 2022	Shaik Yusaf Baba	BA EHP II 20044028129125
5	All India Inter University Athletics Championship,(Men) Mangalore University, Mangalore.	4 th to 7 th Jan 2022	M. Vignesh Yadav K. Srikanth	B.Sc (MPCs) I 210440284681157 BA(EHP) I 210440281291057
6	All India Inter University Boxing Championship,(Men) Lovely Professional University, Jalandar, Panjab.	Dec 25 th to 1 st Jan 2022	K. Srikanth V.Vijay Kumar P.Ganesh V.Srinivas P. Vignesh N. Anil	B.Com(CA) II 20044028405153 BA(EHP)III 19044028129118 B.A (EHP)III 19044028129101 B.A (EHP)II 20044028129140 B.A9EHP)III 19044028129590 B.Sc(MPC)II 20044028441055
7	All India Inter University Boxing Championship,(Women) Lovely Professional University, Jalandar, Panjab.	Dec 17 th to 22 nd 2021	P. Sujitha B. Akhila	BA (EHP) I 210440281291089 B.Sc(MZBt) I 210440284591001
8	All India Inter University Athletics Championship,(Women)		K.Anjali	B.Sc(MPCs) I 210440284681093
9	All India Inter University Taekwondo Championship,(M) University of Kerala	21 st March – 23 rd March, 2022	G. Sai Ram	B. Com CA II 20044028405110

SOUTH ZONE INTER UNIVERSITY LEVEL PRIZES/PARTICIPATION

1	South Zone Inter University Kho-Kho (Men) Championship, Christ College North University,Bangalore.	11 th march to 14 th march 2022	B.Manohar	B.Com(CA)III 19044028405041
2	South Zone Inter University Badminton Championship,(M) KLEF University, Guntur.AP	6 th to 10 th Dec 2021	K. Vijay	B.Sc(MPCs) II 20044028468128

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3	South Zone Inter University Volley ball Championship,(M) SRM University, Tamilnadu.	18 th -22 nd Dec 2021	S. Hanumanthu	B.Sc(MPCs)III 19044028468023
4	South Zone Inter University Hockey Championship,(M) Bangalore University, Bangalore.	26 th to 30 th Dec 2021	MD. Jakeer	B.Sc(MPCs) I 210440284681155
5	South Zone Inter University Basket Ball Championship,(Men) Christ University,Bangalore.	30-12-2021 to 04-01-2022	J.Pavan SK. Wasig M.Yashwanth MD.Sharzil S.Yashwanth	B.Sc(BZCs)I 210440285791009 B.A(EHPs)II 20044028129124 B.Sc(BZC)III 19044028445120 B.Sc(BtBZ)I 210440283421010 B.Com(CA) I 210440285381019
6	South Zone Inter University Kabaddi Championship, (Women) At Alagappa University, Tamilnadu.	22 nd Feb to 26 th Feb 2022	R. Triveni R.Sali R.Anusha CH.Akhila M.Swathi	B.Sc(BZC) II 200440284685172 BA(HPP)I 2104402811561012 BA(EHP) I 210440281291101 B.Sc(BZC)I 2104402851047 BA(HPML)I 210440282581009
7	South Zone Inter University Kabaddi Championship, (Men) Bharathidasan University,Tamilnadu	23 rd to 27 th Dec 2021	R. Ashok	B.Sc (BZCs)II 20044028603022
8	South Zone Inter University Volley ball Championship,(Women) SRM University, Tamilnadu.	4 th – 7 th Jan 2022	V. Aishvarya K.Ramadevi	B.A (EHP) II 20044028129560 B.Sc(MPCs)II 20044028441042
9	South Zone Inter University Hand Ball Championship, (Men) University of Calicut, Kerala.	18 th to 22 nd Mar 2022	SK. Yusuf M.Sandeep T.Yugendar	BA(EHP)II 20044028129125 BA(EHP) I 210440281292057 B.Sc(MPC)II 20044028441069

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10	South Zone Inter University Hand Ball Championship, (Women) Bharathidasan University, Tamilnadu.	15 th -18 th Feb 2022	T. Krishnaveni B.Mounika	B.Sc(BZC)II 20044028445190 B.Com(CA) I 210440284051028
11	South Zone Inter University Foot Ball Championship, (Men) MGU, Kottayam.	5 th -9 th Jan 2022	R.Kumar J.Shiva krishna B.Sai Ram Furquan Ahmad	BBA III 19044028366036 B.Com(CA) II 20044028405127 BA(HECA)III 18044028353010 BBA II 20044028366011
12	South Zone Inter University Chess Championship, (Men) SRM Tamilnadu.	1 st April to 3 rd April 2022	B.Shivaji	B.Com(CA) III 19044028405029
13	South Zone Inter University Chess Championship, (Women) SRM Tamilnadu.	1 st April to 3 rd April 2022	R.Anusha	BA (EHP) I 210440281291101

DISTRICT/INTERCOLLEGIATE LEVEL PRIZES/PARTICIPATION

1	Mahatma Gandhi University Intercollegiate Badminton Championship, MGU Campus, Nalgonda	1 st Dec 2021	K. Vijay	B.Sc (MPCs) II 20044028468128
2	Mahatma Gandhi University Intercollegiate Boxing Championship, (M) at LB Stadium, Hyderabad.	2nd Dec 2021	Got Overall Championship with 8 Gold and 2 Silver Medals	
3	Mahatma Gandhi University Intercollegiate Basket Ball Championship, (M) at SLNS Degree College, Bhongir.	3rd Dec 2021	Winners J.Pavan SK. Wasiq M.Yashwanth MD.Sharzil S.Yashwanth	B.Sc(BZCs)I 210440285791009 B.A(EHPs)II 20044028129124 B.Sc(BZC)III 19044028445120 B.Sc(BtBZ)I B.Com(CA) I
4	Mahatma Gandhi University Intercollegiate Volley Ball (W) Championship, MGU Campus, Nalgonda	7 th & 8 th Dec 2021	Winners	

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5	Mahatma Gandhi University Intercollegiate Foot Ball (M) Championship, MGU Campus,Nalgonda	10 th Dec 2021	Winners	
6.	Mahatma Gandhi University Intercollegiate Kabaddi (W) Championship, MGU Campus,Nalgonda	13 th & 14th Dec 2021	Winners	
7.	Mahatma Gandhi University Intercollegiate Athletics Championship, MGU Campus,Nalgonda	20 th & 21 st Dec 2021		
8.	Mahatma Gandhi University Intercollegiate Chess Championship, MGU Campus,Nalgonda	28 th & 29 th Dec 2021	B.Shivaji,	B.Com(CA) III 19044028405029

ACHIVEMENTS

2022-23

INTERNATIONAL LEVEL PRIZES AND PARTICIPATION

S.No	Tournament/ Event & Venue	Date	Name of the Participants &Place	Class & Roll No
1	21 st AVC Beach Tour Samila Open Held in Songkhla, Thailand.	21 st to 25 th September 2022	<u>V. Aishwarya</u>	<u>BA EHP III</u>

NATIONAL LEVEL PRIZES AND PARTICIPATION

S.No	Tournament/ Event & Venue	Date	Name of the Participants &Place	Class & Roll No
1	48 th Junior National Kabaddi Championship,Rishikesh Uttarakhand from_	17 th to 20 th November 2022	<u>K. Kotes</u>	<u>BA EHP II</u>

ALL INDIA INTER – UNIVERSITY LEVEL PRIZES AND PARTICIPATION

S.No	Tournament/ Event & Venue	Date	Name of the Participants &Place	Class & Roll No
1	All India Inter-University Cross Country Championship Held at Precedence University, Bangalore	12 th February 2023	V. Dhanush	BA EHP I

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2	All India Inter-University Boxing Championship (Men) Held at MD University, Haryana		A.Nikhil, K. Sai pranay, G. Shiva Prasad, A. Vamshi Krishna, N. Anil Kumar, MD. Siddik Ali,	B.Sc BZC III BBA III BA EHP III B.Sc MPCs II B.Sc MPC III BA HPP I
3	All India Inter-University Boxing Championship (Women) Held at MD University, Haryana	26 th Dec 2022 to 1 st Jan 2023.	P. Sujitha B. Indu,	B.A EHP II B.Sc MPCs II
4	All India Inter-University Athletics Championship (Men) Held at Tamilnadu Physical Education and Sports University, Tamilnadu.	9 th to 12 th January 2023	M. Vignesh Yadav, K. Lokesh, R. Gopi Krishna, P. Sitaram,	B.Sc MPCs II B.Com CA III BA EHP II BA HPG III
5	All India Inter-University Taekwondo Championship (Men) Held at CND University, Amritsar.	3 rd to 6 th January 2023	K. Sampath Kumar	BA HPP II
6	All India Inter-University Judo Championship (Men) Held at LP University, Jalandar.	6 th to 12 th January 2023	SK. Anees,	BBA I
7	All India Inter-University Yoga Championship (Men) Held at KIIT, Bhubaneshwar.	26 th to 29 th December 2022	N. Prem Sai, M. Adithya, B. Maheshwari	B.Sc MSCS I BA EHP II , B.Sc BZC II

SOUTH ZONE INTER – UNIVERSITY LEVEL PRIZES AND PARTICIPATION

S.No	Tournament/ Event & Venue	Date	Name of the Participants & Place	Class & Roll No
1	South Zone Inter-University Hockey Championship (Men) Held at Bengaluru City University.	11 th to 16 th December 2022	R. Lingaswamy	B.Sc BZC I
2	South Zone Inter-University Basket Ball Championship (Women) Held at University of Madras Chennai.	4 th to 8 th January 2022	CH. Tanuja, B.Akhila,	B.Com CA III B.Sc MZBt II
3	South Zone Inter-University Basket Ball Championship (Men)	27 th to 31 st December 2022	J. Pavan, S. Yaswanth, M. Karthik,	B.Sc BZCs II B.Com BA II B.Sc BZC I

Department of Physical Education

	Held at SRM University Chennai.		MD.Sharzil,	B.Sc BTBZ II
4	South Zone Inter-University Badminton Championship (Men) Held at Jain University Bengalure.	27 th to 30 th November 2022	L. Karthikeya,	B.Sc MPCs I
5	South Zone Inter-University Kabaddi Championship (Men) Held at Bengalure City University Bengalure.	7 th to 10 th December 2022	R. Ashok, K. Kotesch, CH. Raviteja,	B.Sc BZCs III BA EHP II BA EHP II
6	South Zone Inter-University Foot Ball Championship (Men) Held at University of Calicut, Kerala.	23 rd Dec 2022 to 2 nd Jan 2023	S. Sagar, P. Mahendar, SK. Lathif Hussain,	B.Sc MSDS I B.Sc I BBA III
7	South Zone Inter-University Volley Ball Championship (Men) Held at SRM University Chennai.	23 rd to 27 th Dec 2022	S. SK. Yusaf Baba, CH. Govardhan, M.Radha Krishna,	BA III BA EHP II B.Com CA I
8	South Zone Inter-University Foot Ball Championship (Men) Held at Annamali University, Tamilnadu.	29 th Dec 2022 to 1 st Jan 2023	M. Lavanya, R. Triveni,	B.Sc MSDS I B.Sc BZC III
9	South Zone Inter-University Volley Ball Championship (Women) Held at MG University, Kottayam.	27 th to 31 st Dec 2022	V.Aishwarya, K. Ramadevi,	BA EHP III B.Sc MPC III
10	South Zone Inter-University Hand Ball Championship (Women) Held at MG University, Kottayam.		T. Krishnaveni, B. Mounika,	B.Sc BZC III B.Com CA II
11	South Zone Inter-University Kho-Kho Championship (Women) Held at Alliance University, Bangalore,	23 rd to 26 th Jan 2023.	G. Mounika,	B. Com CA I

Department of Physical Education

12	South Zone Inter-University Kho-Kho Championship (Men) Held at JNTU Kakinada, AP	9 th to 12 th Jan 2023.	L. Sriram, B. Anil, SK. Hafeez,	B.Com CA III B.Sc MPCs I B.Sc BZC I
13	South Zone Inter-University Kabaddi Championship (Women) Held at AMET University, Chennai.	21 st to 24 th December 2022.	R. Triveni, K. Anjali M. Swathi, P. Sujitha, R. Anusha,	B.Sc BZC III B.Sc MPCs II BA HPML II BA EHP II BA EHP II
14	South Zone Inter-University Hand Ball Championship (Men) Held at Periyar University, Tamilnadu	Jan 2023.	SK. Yusuf Baba, M. Sandeep, M. Mahesh, T. Yugendar,	BA EHP III BA EHP II B.Com CA III B.Sc MPc III
15	South Zone Inter-University Chess Championship (Women) Held at Reva University, Bangalore.	15 th to 17 th Dec 2023.	S. Shivani,	B.Sc MPCs III

INTER – COLLEGIATE LEVEL PRIZES

S.No	Tournament/ Event & Venue	Date	Name of the Participants & Place	Class & Roll No
1	Mahatma Gandhi University Intercollegiate Badminton Championship, held at SV College Suryapet,	4 th and 5 th November 2022.	L. Karthikeya, - Pool Winner	B.Sc MPCs I
2	Mahatma Gandhi University Intercollegiate Basket Ball Championship, Held at MGU Anneparthi,	10 th and 11 th November 2022.	MEN Team Winners	---
3	Mahatma Gandhi University Intercollegiate Basket Ball Championship, Held at MGU Anneparthi,	10 th and 11 th November 2022.	WOMEN Team Winners	---
4	Mahatma Gandhi University Intercollegiate Kabaddi Championship, Held at MGU Anneparthi,	22 nd and 23 rd November 2022.	MEN Team Winners	----
5	Mahatma Gandhi University Intercollegiate Kabaddi Championship, Held at MGU Anneparthi,	22 nd and 23 rd November 2022.	WOMEN Team Winners	----

Department of Physical Education

6	Mahatma Gandhi University Intercollegiate Hand Ball Championship, Held at MGU Anneparthi,	2 nd and 3 rd December 2022.	MEN Team Winners
7	Mahatma Gandhi University Intercollegiate Kho-Kho Championship, Held at MGU Anneparthi,	29 th and 30 th November 2022.	Men Team Runners
8	Mahatma Gandhi University Intercollegiate Yoga Championship, Held at MGU Anneparthi	8 th December 2022.	Men Team Overall Championship Winners	
9	Mahatma Gandhi University Intercollegiate Yoga Championship, Held at MGU Anneparthi,	8 th December 2022.	Women Team Overall Championship Runners	
10	Mahatma Gandhi University Intercollegiate Boxing Championship, Held at MGU Anneparthi,	5 th December 2022.	Men - Overall Championship Winners GOLD MEDALS – 7 SILVER MEDALS – 4 BRONZE MEDALS - 1	
11	Mahatma Gandhi University Intercollegiate Boxing Championship, Held at MGU Anneparthi,	5 th December 2022.	Women GOLD MEDALS – 2 SILVER MEDALS – 2 BRONZE MEDALS – 1	
12	Mahatma Gandhi University Intercollegiate Weight Lifting Championship, Held at Mr. Wolrd Gym, Nalgonda,	24 th November 2022.	V. Badrinath GOLD MEDAL R. Gopi Krishna SILVER MEDALS	B.Sc BZCs III BA EHP II
13	Mahatma Gandhi University Intercollegiate Taekwondo Championship, Held at MGU Anneparthi, Nalgonda	26 th November 2022.	K. Sampath Kumar -- GOLD MEDAL SK. Anees -- SILVER MEDAL	BA HPP II BBA I
14	Mahatma Gandhi University Intercollegiate Judo Championship, Held at MGU Anneparthi, Nalgonda,.	9 th December 2022	SK. Anees, GOLD MEDAL MD. Zakeer, - SILVER MEDAL J. Jayanth, - BRONZE MEDAL	BBA I B.Sc MPC II BA EHP II

Department of Physical Education

15	Mahatma Gandhi University Intercollegiate Cross Country Championship, Held at MGU Anneparthi, Nalgonda,	13 th December 2022.	Men - Overall Championship Runners V. Dhanush, GOLD MEDAL	BA EHP I -
16	Mahatma Gandhi University Intercollegiate Athletics Championship, Held at MGU Anneparthi, Nalgonda,	15 th and 16 th December 2022.	MEN - Overall Championship Winners GOLD MEDALS – 5 SILVER MEDALS – 6 BRONZE MEDALS – 3	-----
17	Mahatma Gandhi University Intercollegiate Athletics Championship, Held at MGU Anneparthi, Nalgonda, Women:	15 th and 16 th December 2022.	K. Anjali, – 800 Mtrs – SILVER Long Jump – Bronze High Jump - Bronze G. Mounika, – 200 Mtrs - BRONZE	B.Sc MPCs II B. Com CA I
18	Mahatma Gandhi University Intercollegiate Chess Championship, Held at MGU Anneparthi, Nalgonda,	6 th and 7 th December 2022.	S. Shivani, Second Place	B.Sc MPCs III

Department of Physical Education

ACHIVEMENTS

2022-23

INTERNATIONAL LEVEL

21st AVC Beach Tour Samila Open

Held on 21st to 25th September 2022 in Songkhla, Thailand.

V. Aishwarya , BA EHP III

Participated



Department of Physical Education

NATIONAL LEVEL

**48th Junior National Kabaddi Championship, Rishikesh Uttarakhand
from 17th to 20th November 2022**

K. Kotesh BA EHP II

Participated



Department of Physical Education

STATE LEVEL

7th Telangana State Senior Volley Ball Championship,
at Vemulavada, Rajanna Sirisilla, Dist.

From 27th to 30th November 2022.

V. Aishwarya BA EHP III

First Place



Department of Physical Education

STATE LEVEL

**48th Junior Inter District Kabaddi Championship,
held at Rajanna Sirisilla, Dist. From 9th to 12th April 2022.**

K. Kotesb BA EHP II

Second Place



Department of Physical Education

STATE LEVEL

51st Senior Women Telangana State Level Hand Ball Championship 2022-23
Held at Mangalapally, Nalgonda from 18th to 20th Nov 2022

Participants :

B. Akhila B.Sc MZBt II

B. Indu, b.Sc MPCs II

M. Nagalaxmi, B.Sc MPC II

B.Mounika, B. Com CA II

Third Place



Department of Physical Education

STATE LEVEL

**Telangana State Elite Men Boxing Championship,
held at Adilabad from 10th and 11th December 2022.**

MD. Siddik Ali – BA HPP I – 80-86 Kg Bronze Medal

P. Sai Ram – BA EHP III – 92+ Kg Bronze Medal



Department of Physical Education

STATE LEVEL

**Telangana State Junior Athletics Championship,
held at Hanumakonda.**

From 22nd and 23rd October 2022.

**R. Gopi Krishna – BA EHP II – High Jump - Silver Medal
Shot Put - Bronze Medal**



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Badminton Championship,
held at SV College Suryapet, From 4th and 5th November 2022.**

L. Karthikeya, B.Sc MPCs I - Pool Winner



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Basket Ball Championship,
Held at MGU Annaparthi, From 10th and 11th November 2022.**

MEN Winners



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Basket Ball Championship,
Held at MGU Annaparthi, From 10th and 11th November 2022.**

Women Winners



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Kabaddi Championship,
Held at MGU Annaparthi, From 22nd and 23rd November 2022.**

Men - Winners



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Kabaddi Championship,
Held at MGU Annaparthi, From 22nd and 23rd November 2022.**

Women - Winners



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Hand Ball Championship,
Held at MGU Anneparthi, From 2nd and 3rd December 2022.**

Men - Winners



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Kho-Kho Championship,
Held at MGU Annaparthi, From 29th and 30th November 2022.**

Men - Runners



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Yoga Championship,
Held at MGU Anneparthi, on 8th December 2022.**

Men - Overall Championship Winners



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INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Yoga Championship,
Held at MGU Anneparthi, on 8th December 2022.**

Women - Overall Championship Runners



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Boxing Championship,
Held at MGU Annaparthi, on 5th December 2022.**

Men - Overall Championship Winners

GOLD MEDALS – 7

SILVER MEDALS – 4

BRONZE MEDALS - 1



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Boxing Championship,
Held at MGU Anneparthi, on 5th December 2022.**

Women

**GOLD MEDALS – 2
SILVER MEDALS – 2
BRONZE MEDALS – 1**



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Weight Lifting Championship,
Held at Mr. Wolrd Gym, Nalgonda, on 24th November 2022.**

MEN

**V.Badrinath – B.Sc BZCs III - GOLD MEDAL
R. Gopi Krishna – BA EHP II - SILVER MEDALS**



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Taekwondo Championship,
Held at MGU Anneparthi, Nalgonda, on 26th November 2022.**

MEN

K. Sampath Kumar – BA HPP II - GOLD MEDAL

SK. Anees – BBA I - SILVER MEDAL



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Judo Championship,
Held at MGU Anneparthi, Nalgonda, on 9th December 2022.**

MEN

SK. Anees, BBA I - GOLD MEDAL

MD. Zakeer, B.Sc MPC II - SILVER MEDAL

J. Jayanth, BA EHP II - BRONZE MEDAL



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Cross Country Championship,
Held at MGU Annaparthi, Nalgonda, on 13th December 2022.**

**Men - Overall Championship Runners
V. Dhanush, BA EHP I - GOLD MEDAL**



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Athletics Championship,
Held at MGU Anneparthi, Nalgonda, on 15th and 16th December 2022.**

MEN - Overall Championship Winners

GOLD MEDALS – 5

SILVER MEDALS – 6

BRONZE MEDALS – 3



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Athletics Championship,
Held at MGU Anneparthi, Nalgonda, on 15th and 16th December 2022.**

Women:

K.Anjali, B.Sc MPCs II – 800 Mtrs - SILVER MEDAL

Long Jump – Bronze Medal

High Jump - Bronze Medal

G. Mounika, B. Com CA I – 200 Mtrs - BRONZE MEDAL



Department of Physical Education
INTERCOLLEGIATE LEVEL

**Mahatma Gandhi University Intercollegiate Chess Championship,
Held at MGU Annaparthi, Nalgonda, on 6th and 7th December 2022.**

**Women:
S. Shivani, B.Sc MPCs III – Second Place**



ACTIVITIES

GYM WORKOUTS FOR FITNESS



CROSS COUNTRY TEAM SELECTIONS FOR ICT



ICT PARTICIPATION



KHO-KHO TEAM SELECTIONS FOR ICT &



KABADDI TEAM SELECTIONS FOR ICT



BOXING COACHING AND TRAINING FOR ICT



KHO&KHO TEAMS PARTICIPATED ICT MGU



BASKET BALL MEN Team PARTICIPATED ICT MGU



FOOT BALL MEN TEAM PARTICIPATED ICT MGU



NATIONAL SPORTS DAY CELEBRATIONS



NATIONAL SPORTS DAY & FIT INDIA MOVEMENT

On 29th august 2019

Conducted 2K Run for the Students and Conducted Fit India Rally





FOOT BALL TEAM SELECTIONS FOR ICT



BOXING COACHING AND TRAINING FOR ICT



BASKET BALL TEAM SELECTIONS FOR ICT



HOCKEY TEAM SELECTIONS FOR ICT



ICT PARTICIPATION



KABADDI TEAM SELECTIONS FOR ICT



Department of Physical Education



KHO-KHO TEAM SELECTIONS FOR ICT &



Department of Physical Education



MEN & WOMEN TEAMS PARTICIPATED IN ICT



GAME PRACTICE



GYM WORKOUTS FOR FITNESS



CHESS TEAM SELECTIONS FOR ICT

6



)Na



ICT PARTICIPATION



RASHTRIYA EKTHA DIVAS (NATIONAL UNITY DAY)

On 31ST OCTOBER 2019

Conducted **RUN FOR UNITY** (1K Run)



Awareness program on eve teasing and social media

On 6th November 2019

Conducted by She Team Nalgonda.

Organized By College Anti Raging Committee and ICC



COLLEGE CROSS COUNTRY TEAM PARTICIPATED IN ICT



COLLEGE HAND BALL TEAM PARTICIPATED IN ICT



TABLE TENNIS FACILITY ARRANGEMENT AND PRACTICE



AIR FORCES JOB Awareness program

On 15th November 2019

**Conducted by District Sports Authority and Air Force Department, Hyd
Organized By College Dept.of Physical Education and NCC**

Attended Officials

Sri.K.Chandra Shekar Principal

Sri Jogendar Singh Warrant Officer

Sri.Patil Govind Corporal

Sri Md.Maqbool Ahmad,DYSO



**Awareness program ON MEDITATION, MEDICATION AND
YOGA**

On 22ND November 2019

Conducted by Sri Sathya Sai Dhyana Mandali, Nalgonda.

Organized By College Dept. of Physical Education Games and Sports

Attended Officials

Sri.K.Chandra Shekar Principal

Sri Prasad Guruji, Yoga Guru



INTERNATIONAL DAY OF YOGA CELEBRATIONS

On 21ST JUNE 2019

Organized By College Dept.of Physical Education Games and Sports and NSS



Department of Physical



THANK YOU