

DEPARTMENT OF PHYSICAL EDUCATION

INDIRA PRIYADARSHINI

GOVT . COLLEGE FOR WOMEN

NAAC ACCREDITED (2ND CYCLE) WITH “ B” GRADE

NAMAPALLY HYDERABAD (T.S)



DEPARTMENT PROFILE



INTRODUCTION

Department of Physical Education Was established in the year 1981.

PHYSICAL EDUCATION

The MOTTO of Physical Education is “Health and Fitness For All”

Physical Education is education through Physical Activity . It aims to develop students’ physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students’ confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in PE, provide a good foundation for students’ lifelong and life-wide learning.

OBJECTIVES

To improve physical fitness and stamina.

To give specialized coaching in respective sports discipline according to students choice.

To identify talented students and give them training to excel in State, National and International level tournaments.

AIMS

The aims of physical education are to enable the student to:

- appreciate and understand the value of physical education and its relationship to a healthy, active lifestyle
- work to their optimal level of physical fitness
- become aware of movement as a creative medium connected to communication, expression and aesthetic appreciation
- develop the motor skills necessary to participate successfully in a variety of physical activities
- experience enjoyment and satisfaction through physical activity
develop social skills that demonstrate the importance of teamwork and cooperation in group activities
- demonstrate a high level of interest and personal engagement showing initiative, enthusiasm and commitment
- show knowledge and understanding in a variety of physical activities and evaluate their own and others' performances
- demonstrate the ability to critically reflect upon physical activity in both a local and intercultural context
- demonstrate the ability and enthusiasm to pass on to others in the community the knowledge, skills and techniques that have been learned.

PHYSICAL EDUCATION ACTIVITIES

Physical education plays a vital role in the overall development of the personality of a student. The various sports activities not only impart physical fitness but also gives the student a more healthy and fit outlook towards life.

➤ **Fitness programme**

We have a full fledged gym. Students work out daily from morning to evening to keep fit.

➤ **Recreational Games**

Students for relaxation whenever they are free, come and play the following games

- Table tennis
- Chess
- Carrom
- Tennikoit
- Kho-kho
- Kabbadi

- Badminton

➤ **In-house competitions**

Keeping in view the aim of physical education, to have mass participation rather than the performance, the In - house competitions are conducted and the response from the students was wonderful.

The events are.

- Chess
- Kho-kho
- Cross country race
- Volleyball
- Table Tennis,
- Carom
- Tennikoit

Three Prizes are awarded for each event

➤ **Coaching Camps**

Coaching Camps are organized for the students by the specialized Coaches

- Table Tennis
- Chess
- Carrom
- Tennikoit
- Cross Country Race
- Badminton
- Kho-Kho
- Kabbadi
- Carroms

➤ **Osmania University Inter College Tournaments**

Students Participated in the osmania University Inter college Tournaments in the Following Games

- Cross country
- Kho-kho
- Chess
- Table Tennis
- Badminton
- Kabbadi
- Athletics

- Tennikoit
- Carrom

➤ **Yuvatarang –**

Inter College Competitions

(City Level, Disrict Level , State Level)

Government of Telangana Conducts inter college tournaments for Government Colleges Known as Yuvatrang in the following levels
City Level, Disrict Level , State Level

And our students participated in the following competitions

- Kho-Kho
- Kabbadi
- Athletics
- Chess
- Tennikoit

➤ **Achievements of Students**

Year	Name of the award/ medal	National/ International	Sports/ Cultural	Name of the student	class

2019-2020	Senior National Arunachal Pradesh	National	Football	D.Bhavani	B.S.C-I
	All India Football Federation – cuttact				
2019-2020	Inter University	National - Participation	Kho-Kho -	A.Sushmitha	B.Com-1
2019-2020	10 th National house- Modi Samaj Bhavan, Gandhinagar , Gujart	National - Gold	Muay thai	Saba Begum	B.Com-II
2019- 2020	Naresh Surya Classic Fitness Expo 2019	State - Gold Category -45	Muay thai	Saba Begum	B.Com-II
2019- 2020	Naresh Surya Classic Fitness Expo 2019	State - Gold Category -47	Muay thai	Saba Begum	B.Com-II
2019-2020	United Amateur muaythai Association India (Uamai)	State -Second	Muay thai	Saba Begum	B.Com-II
2018-2019	Uamai National Muaythai Championship -2019	State	Muay thai	Saba Begum	B.Com-1
2017-2018	National Wrestling - Haryana	National - Bronze	Wrestling	K. Bhavana	B.Com-II

➤ **Felicitatation For Prize winners**

All the Sports prize winners are felicitated on the “Annual day”.