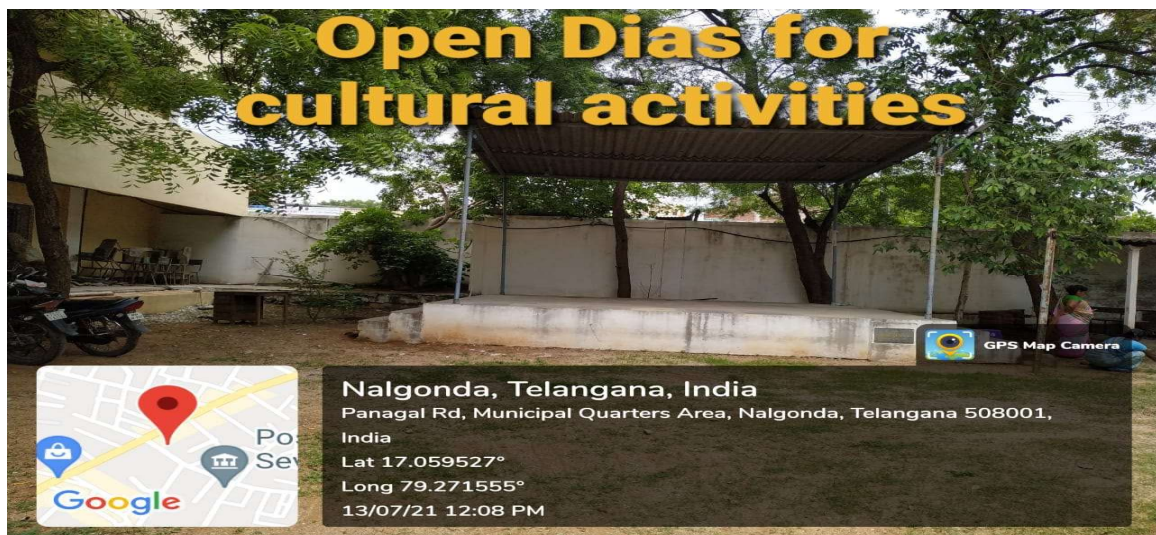


**4.1.2. The Institution has adequate facilities for cultural activities, sports, games(indoor,outdoor), gymnasium, yoga centre etc.**







## ACADEMIC YEAR 2015-16:

### 1. COLLEGE ANNUAL SPORTS DAY:

NOTICE

Date 25/2/2016

All the students are hereby informed that there will be a "SPORTS AND CULTURAL DAY" to be conducted on 10<sup>th</sup> March 2016 at our College Premises. Candidates those who are interested to participate in this Sports Games & Cultural should give their names to our college Physical Educator Mr. CH. Krishna Reddy on or before 5<sup>th</sup> March 2016.

Events to be conducted:

| S. NO | Name of the Game/Event |
|-------|------------------------|
| 1)    | Carroms                |
| 2)    | Shot put               |
| 3)    | Discus Throw           |
| 4)    | Kho-Kho                |
| 5)    | Kabaddi                |
| 6)    | Solo songs             |
| 7)    | Skit                   |
| 8)    | Kuchipudi              |
| 9)    | Solo dance             |
| 10)   | Group Dance            |
| 11)   | Ranga Valley           |

**SPORTS COMMITTEE :-**

- 1) P. Srinivas Kumar
- 2) Dr. O. Padmapriya
- 3) Dr. P. Pallavi
- 4) P. Vijayalakshmi
- 5) M. Vijayalakshmi
- 6) T. Vani

Principal  
Date 25/2/2016

**Cultural Committee**

- 1) P. Srinivas Kumar
- 2) Ch. Jagadamba Chela



## ACEDMIC YEAR 2016-17

### 1. INTERNATIONAL YOGA DAY:



NOTICE

Date: 20/06/2016

All the staff and students are hereby informed that there will be an International Day of Yoga to be conducted on 21st June at two o'clock provided at 10.30 AM till 2.00 PM.

| S.No | Name of the Teaching staff | Sig. | S.No | Name of the Non-teaching staff |
|------|----------------------------|------|------|--------------------------------|
| 1    | End. Ramakrishna           |      | 1    | NO-teaching                    |
| 2    | V. J. N. S. S. A.          |      | 2    |                                |
| 3    | P. V. Jagannathan          |      | 3    |                                |
| 4    | M. V. Jagannathan          |      | 4    |                                |
| 5    | P. R. Ramesh               |      | 5    |                                |
| 6    | P. R. Ramesh               |      | 6    |                                |
| 7    | Dr. P. Ramesh              |      | 7    |                                |
| 8    | Ch. J. J. J. J. J.         |      | 8    |                                |
| 9    | Dr. V. J. J. J. J.         |      | 9    |                                |
| 10   | Dr. P. Ramesh              |      | 10   |                                |
| 11   | Dr. O. Padmaja             |      | 11   |                                |
| 12   | Y. Suresh Kumar            |      | 12   |                                |
| 13   | S. J. J. J. J.             |      | 13   |                                |
| 14   | Dr. J. J. J. J. J.         |      | 14   |                                |
| 15   | S. J. J. J. J.             |      | 15   |                                |
| 16   | G. N. J. J. J.             |      | 16   |                                |
| 17   | K. J. J. J. J.             |      | 17   |                                |
| 18   | B. J. J. J. J.             |      | 18   |                                |
| 19   | K. J. J. J. J.             |      | 19   |                                |
| 20   | P. J. J. J. J.             |      | 20   |                                |
| 21   | P. J. J. J. J.             |      | 21   |                                |
| 22   | P. J. J. J. J.             |      | 22   |                                |
| 23   | P. J. J. J. J.             |      | 23   |                                |

M. J. J. J. J.  
S. J. J. J. J.

## 2. COLLEGE LEVEL KABADDI SELECTIONS:

12

### NOTICE

All the UG & PG students of our college are hereby informed that our college is going to conduct "INTER COLLEGIATE KABADDI (W) - TOURNAMENT" for the colleges under the Jurisdiction of M.G.U. for the year 2016-2017.

Those who are interested to participate in our college Kabaddi Team, give your names to our College Physical Director Dr. Ch. Krishna Reddy on or before 07-11-2016.

Note: - Team selection trials will be on 8-11-2016

| Class                         | Sig of Incharge | Sl. No | Class                       | Sig of Incharge |
|-------------------------------|-----------------|--------|-----------------------------|-----------------|
| MA. Eng.                      |                 | 17     | B.com(G) I                  |                 |
| M.com.                        |                 | 18     | B.com(G) II                 |                 |
| MA. Eco.                      |                 | 19     | B.A. EPP II                 |                 |
| BSC MPC II                    |                 | 20     | BA EPP II                   |                 |
| BSC MPC II                    |                 | 21     | BA EPP I - V. Sankar        |                 |
| BSC MPC I (T/M) K. Rajeshwari |                 | 22     | B.A. EDC(U)                 |                 |
| BSC MPC II                    |                 | 23     | B.A. EDC (E/M) I & II       |                 |
| BSC MPC II                    |                 | 24     | MBC II                      |                 |
| BSC MPC I N. Sudha            |                 | 25     | MBC II                      |                 |
| BSC BZC II                    |                 | 26     | MBC I E. Srinija            |                 |
| BSC BZC II                    |                 | 27     | BA (Com) I                  |                 |
| BSC BZC I                     |                 | 28     | BSC MPC E/M I               |                 |
| B.com (CA) II                 |                 | 29     | BSC BZC E/M I               |                 |
| B.com (CA) II                 |                 | 30     | BA EHP E/M + TM - Pravalika |                 |
| B.com (CA) I                  |                 | 31     | BSC MPC I                   |                 |
| B.com (Gen) II                |                 | 32     | BSC MPC T/M I               |                 |
| SC (MPC) E/M I P. Hanu Prasad |                 | 33     | B.A. (E.P. CA) E/M G.       |                 |
|                               |                 | 34     | BSC MPC I (E.P.) - hant     |                 |

Principal

### **3.COLLEGE LEVEL CHESS SELECTIONS:**

Notice  
 Dt. 26/8/2016.

All the students are hereby informed that there will be an Interzonal & Inter University "Kabaddi", "Kno-Kno" and Chess" selection trials 2016-2017 Academic year to be conducted by the MCA University Sep-Oct 2016 in this connection with our college team prepared on 26/8/2016, 2:30 pm, our college play grounds, so those who are interested candidates contact our college Physical Director Dr. Ch. Krishna Reddy on or before 31/8/2016.

Dr. Ch. Krishna Reddy

MPCA 1st year  
 MPCA 2nd year  
 MPCA 3rd year  
 MPCA 4th year  
 MPCA 5th year  
 MPCA 6th year  
 MPCA 7th year  
 MPCA 8th year  
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 MPCA 97th year  
 MPCA 98th year  
 MPCA 99th year  
 MPCA 100th year



#### 4.MGU INTER COLLEGIATE KABADDI(W)- TOURNAMENT:

Our college kabaddi team participated in MGU INTER COLLEGIATE (W)TOURNAMENT & got **FIRST** place.







# 5. MGU INTER COLLEGIATE CHESS TOURNAMENT AT GDCW NALGONDA

Our college chess team participated in tournament & our college student G.Aruna (I BSC) selected to nationals.







## **7.COLLEGE LEVEL INTRAMURALS:**

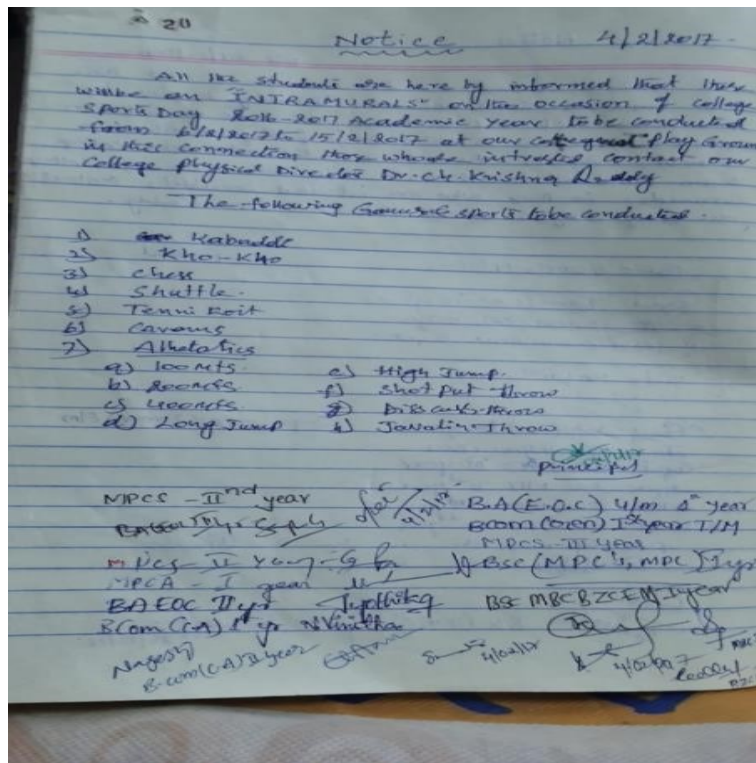
On the occasion of SPORTS DAY-2016 -17 department of physical education conducted following sports & games in our college grounds.

List of sports & games:

- 1.KABADDI
2. KHO-KHO
3. CHESS
- 4.TENNIEKOIT
- 5.SHUTTLE 6.CARROMS.

**ATHLETICS:**

100M,200M,400M RUNNING  
LONG JUMP,HIGH JUMP SHORT  
PUT.



## **8.CERTIFICATE COURSE IN YOGA:**

The Department of Physical Education of Govt. Degree college for Women, Nalgonda organized a Certificate Course in YOGA & our 100 college students are participated in course. Certificates are distributed to the participated students.

















తళనాడు 9/2/2017

**మహిళా కళాశాలలో విద్యార్థినులకు యోగా శిక్షణ**

విశ్వంశ టీవీ, మ్యాన్ టుడే: విశ్వంశ టీవీ టీవీ ప్రసారం మహిళా కళాశాలలో గురువారం విద్యార్థినులకు యోగా శిక్షణ కార్యక్రమం చేపట్టారు. యోగా శిక్షణకు సంబంధించి అవ్వర్షంలో విద్యార్థినులకు యోగా పాఠాలు.

యోగా శిక్షణ పొందుతున్న విద్యార్థినులు

నేర్పించారు. ఈ సందర్భంగా కళాశాల ప్రధాన అధికారి వేలు మంగమ్మ మాట్లాడుతూ విద్యార్థినులకు యోగా పాఠాలను ఎంతో అవసరమని సూచించారు. యోగా ద్వారా పూర్తి ఆరోగ్యకరంగా ఉండవచ్చన్నారు. యోగా ద్వారా ఎన్నో రాజ్యాలు ఉన్నాయని, ప్రతి ఒక్కరూ యోగాకు ప్రాధాన్యం ఇవ్వాలని కోరారు. ఈ కార్యక్రమంలో కళాశాల అధ్యాపకులు కృష్ణారెడ్డి, రాజారామ్, పల్లవి, జమీన్, తదితరులు పాల్గొన్నారు.

భండ్ర చాన్సెల్ 9/2/2017

**యోగాను సద్వినియోగం చేసుకోవాలి**

నల్లగొండ విద్య: విద్యార్థినులు యోగా తరగతులను సద్వినియోగం చేసుకోవాలని యోగా మాస్టర్ శంకరయ్య సూచించారు. జిల్లా శ్రేణులలోని మహిళా డిగ్రీ కళాశాలలో విద్యార్థినులకు ఏర్పాటు చేసిన వారం రోజుల యోగా సర్టిఫికేట్ శిబిరాన్ని ఆయన ప్రారంభించి శిక్షణ ఇచ్చారు. ఈ సందర్భంగా ఆయన మాట్లాడుతూ యోగాతో సంపూర్ణ ఆరోగ్యం చేరుతుందన్నారు. కార్యక్రమంలో పీడీ కృష్ణారెడ్డి, అధ్యాపకులు సుంకరి రాజారాం, పల్లవి, జమీన్, విద్యార్థినులు తదితరులు పాల్గొన్నారు.

ధ్యానం చేస్తున్న విద్యార్థినులు



[illegible]

## 10.CLUSTER LEVEL YOVATHARANGAM:

Our college KABADDI team participated in cluster level KABADDI competition & got first place.

## 11.STATE LEVEL YUVATHARANGAM:

Our college kabaddi team participated in state level yuvatharangam at khammam & got first place.





## 12.COLLEGE ANNUAL SPORTS DAY:



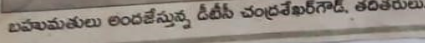
### **13.SOUTH ZONE INTER UNIVERSITY KABADDI TOURNAMENT:**

Our college students M.Vanitha & M.Nagamani participated in the south zone inter university kabaddi tournament at coimbotore, TamilNadu.





Our college students G.Aruna participated in the south zone inter university chess tournament at chennai, TamilNadu.



## ACADEMIC YEAR 2018-19

### 1.INTERNATIONAL YOGA DAY:



### 2.CLUSTER LEVEL YUVATHARANGAM COMPETITIONS:

#### **A. KABADDI:**

Our college VANITHA & TEAM participated in cluster level yuvatharangam got second place.



## B. CHESS:

Our college MAHALAKSHMI & TEAM participated in cluster level yuvatharangam got second place.

## C.KHO-KHO:

Our college D.HARITHA & TEAM participated in cluster level yuvatharangam got second place.





### D.LONG JUMP:

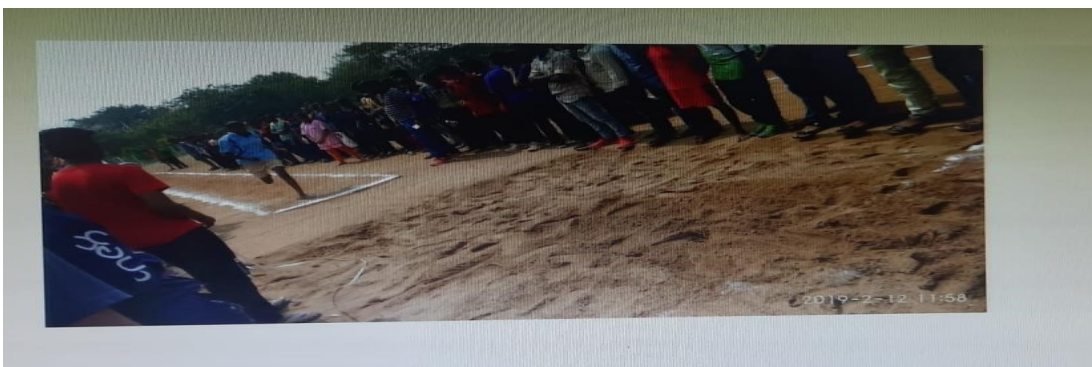
Our college M.SANDYA participated in cluster level yuvatharangam got FIRST place in LONG JUMP.



### 3.STATE LEVEL YUVATHARANGAM:

#### A. LONG JUMP:

Our college M.SANDYA participated in state level yuvatharangam .



#### **4.COLLEGE INTRAMURALS COMPETITIONS:**

On the occasion of SPORTS DAY-2018 -19 department of physical education conducted following sports & games in our college grounds.

List of sports & games:

- 1.KABADDI
2. KHO-KHO
3. CHESS
- 4.SHUTTLE 5.CARROMS.

ATHLETICS:

100M,200M,400M RUNNING  
LONG JUMP,HIGH JUMP SHORT  
PUT.









**5. CERTIFICATE COURSE IN YOGA DAY:**

**DEPARTMENT OF PHYSICAL EDUCATION**  
**GOVERNMENT DEGREE COLLEGE FOR WOMEN**  
**NALGONDA**



**CERTIFICATE COURSE IN YOGA**  
**FROM 01-02-2019 TO 11-02-2019**

The department of physical education of Government Degree College for Women, Nalgonda organized a certificate course in Yoga from 01-02-2019 to 11-02-2019.

The schedule and time table for this certificate course as follows.

**Daily 12-00 to 1-00 pm Theory class Daily**

**3-30 to 5-30 pm Practical session.**

**Venue: College Play Ground**

**YOGA GURU : Y.SHANKARAIHAH.**

**Chief Guest: - Dr. GHANASHYAM.**

**Organising Secretary: Dr.T.KALYANI,Physical Director**

## 6.SOUTH ZONE INTER UNIVERSITY TOURNAMENT:

Our college students M.Vanitha & S.POOJA participated in the south zone inter university kabaddi tournament at BANGLORE,KARNATAKA.





## ACADEMIC YEAR 2017-18:

### 1. CLUSTER LEVEL YUVATHARANGAM:

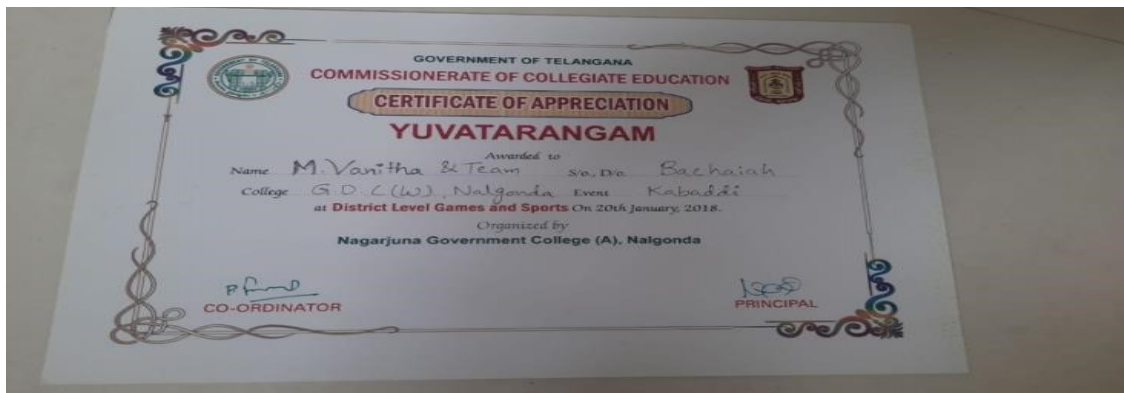
#### A. CHESS:

Our college MAHALAKSHMI & TEAM participated in cluster level yuvatharangam got FIRST place.



#### B. KABADDI:

Our college M.VANITHA & TEAM participated in cluster level yuvatharangam got SECOND place.



## 2. STATE LEVEL YUVATHARANGAM:

### A. CHESS:

Our college MAHALAKSHMI & TEAM participated in cluster level yuvatharangam got FIRST place.



## 3. SOUTH ZONE INTER UNIVERSITY KABADDI TOURNAMENT:

Our college students M. Vanitha participated in the south zone inter university kabaddi tournament at Mangalore, Karnataka.

