

J.V.R. GOVERNAMENT DEGREE COLLEGE, SATHUPALLY

{AFFILIATED TO KAKATIYA UNIVERSITY,TS., ACCREDIATED BY NAAC " B" GRADE, ISO 9001 : 2015 CERTIFIED}

OPPOSITE GOVT. HOSPITAL, MAIN ROAD, SATHUPALLY, KHAMMAM (Dt.), 507303



GAMES & SPORTS

"THERE MAY BE PEOPLE THAT HAVE MORE TALENT THAN YOU, BUT THERE'S NO EXCUSE FOR ANYONE TO WORK HARDER THAN YOU DO."

"The Institute provides ample avenues for the development and nurturing of creative and other talents in the students through Department of physical Education. The prime bodies under physical education is activity centre and GYM, which provide avenues for various sports events, indoor and outdoor games. Students are also encouraged and facilitated to take part in similar events in other institutions the prime objective of inducting games and sports in our institution of repute is to provide ample facilities to the students to pursue at least one game of his/her choice and attain proficiency, derive pleasure and relax through this healthy medium, enabling competitive world of today."

Why is physical education important for youth?

Research shows that increasing circulation and blood flow to the brain can improve concentration and performance.

- 1. Teach youth the health benefits and importance of regular physical activity.
- 2. Help youth develop the knowledge, attitudes, and skills they need to adopt and maintain a physically active lifestyle.

Benefits of physical activity for Students

Regular physical activity can help adolescents: -

- ✓ Sports help in the all-round development of human personality.
- ✓ improve cardio respiratory fitness.

- ✓ Stronger bones. Children need to exercise to avoid losing bone density through inactivity.
- ✓ Reduced risk of becoming overweight or obese.
- ✓ Reduced risk of Type 2 diabetes.
- ✓ Lower blood pressure.
- ✓ A healthier heart.
- ✓ Reduced risk of cancer.
- ✓ Better emotional health.
- ✓ More energy.
- ✓ Reduce symptoms of anxiety and depression.

"EXERCISE TO STIMULATE, NOT TO ANNIHILATE"

Tips to exercise safely: -

Exercising regularly has wide-ranging physical, emotional and social health benefits. You need to exercise safely to remain healthy and injury-free. If it's safe and painless, you're more likely to stick to it! Safety is about using common sense, understanding basic techniques and listening to your body.

Here are some tips to stay safe and injury-free:

- **Be aware of your body**. Think about how the particular exercise is making you feel. If something doesn't feel right, stop immediately and seek medical advice.
- ➤ Warm up and cool down. Try slow stretches and go through the motions of your sport or activity before starting. Cool down with slow stretching.
- **Pace yourself.** Have at least one recovery day each week to rest. If you are experiencing pain, rest until the pain has gone.
- Mix it up. Try other sports and exercises to reduce the risk of overtraining.
- > Strap or tape. If a joint is prone to injury, consider strapping or taping it before exercising. Even better, see an exercise physiologist or physiotherapist to obtain a program to strengthen the injured area and get advice on proper taping techniques.

- > Stay hydrated. You can lose around one and a half liters of fluid for every hour of exercise; so, drink water before, during and after a session.
- **Be weather aware.** Take it easier in hot weather and wear clothing and sunscreen to protect yourself from the elements.
- > **Do it right**. Try to get the technique right from the beginning, to ensure you are using your muscles correctly.
- > Check your gear. Make sure your shoes and equipment fit properly and are right for the activity. Look after your equipment and check it regularly for safety.

GAMES & SPORTS COMMITTEE

CONVENER: Sri. **D.BANGARI**, Assistant Professor of English.

MEMBERS: Sri. **K.MADHU**, Assistant Professor of Hindi.

Smt. G.VIJAYA LAXMI, Lecturer in History.

Sri. K.RAVI KUMAR, Lecturer in Zoology.

Sri. T.NARASIMHA RAO, Office Subordinate.

STUDENT MEMBERS: P.NAGA RAJU, III B.A.

T.ANITHA, III B.A.

J.V.R. GOVERNAMENT DEGREE COLLEGE, SATHUPALLY

2016-17 to 2021-22 GAMES AND SPORTS NATIONAL/ STATE /UNIVERSITY LEVEL ACHIEVEMENTS

Year	Name of the award/ medal	Team /Individual	University/ State/ National/ International	Sports/ Cultural	Name of the student
2020-21	SHAHEED BHAGAT SING INDO- NEPAL INTERNATIONAL TOURNAMENT-WINNERS	TEAM	NATIONAL	ROCKBALL	UKE SRIRAM
2020-21	ALL INDIA NATIONAL CHAMPIONSHIP 2021-22- WINNERS	TEAM	INTERNATIONAL	SPORTS (CRICKET)	Y. ARUN KUMAR
2020-21	5TH NATIONAL YOU TH GAMES CHAMPIONSHIPS 2021	INDIVIDUAL	NATIONAL	VOLLEYBALL	G LAXMAN SWAMY
2020-21	INTER COLEGIATE ATHLETIC CHAMPIONSHIP-2021-SILVER MEDAL	INDIVIDUAL	UNIVERSITY	DISCUSS THROW	K. VAMSHI
2020-21	INTER COLEGIATE ATHLETIC CHAMPIONSHIP-2021-BRONZE MEDAL	INDIVIDUAL	UNIVERSITY	TRIPLE JUMP	M. PARVATHI
2020-21	INTER COLEGIATE ATHLETIC CHAMPIONSHIP-2021-BRONZE MEDAL	INDIVIDUAL	UNIVERSTY	HIGH JUMP	M. PARVATHI
2020-21	ALL INDIA SD TREKKING EXPEDITION AP TREK-1(2021)	INDIVIDUAL	NATIONAL	TREKKING	B.SRIHARI
2020-21	ALL INDIA SD TREKKING EXPEDITION AP TREK-1(2021)	INDIVIDUAL	NATIONAL	TREKKING	B.CHINTU
2020-21	ALL INDIA ROCK CLIMBING TRAINING CAMP 2021-2022	INDIVIDUAL	NATIONAL	TREKKING	B.BHOJYA

2020-21	ALL INDIA TREKKING EXPEDITION BELGAUM TREK	INDIVIDUAL	NATIONAL	TREKKING	V.RAJESH
2019-20	INTER UNIVERSITY PARTICIPATION	INDIVIDUAL	INTER UNIVERSITY	SPORTS(VOLLEYBALL TEAM)	V SAI KRISHNA
2019-20	ALL INDIA COASTAL TREK-2020	INDIVIDUAL	NATIONAL	TREKKING	MD.ABDUL REHMAN
2019-20	INTER UNIVERSITY PARTICIPATION	INDIVIDUAL	INTER UNIVERSITY	SPORTS(FOOT BALL)	K VINEET BABU
2018-19	SELECTED FOR INTER UNIVERSITY TEAM	INDIVIDUAL	NATIONAL	SPORTS(FOOT BALL) GOAL KEEPER FOR UNIVERSITY	K.VINITH BABU
2018-19	ALL INDIA TREKKING EXPEDITION CAMP-I-2018	INDIVIDUAL	NATIONAL	TREKKING	P.ESWAR NARAYAN
2018-19	SELECTED FOR INTER UNIVERSITY TEAM	INDIVIDUAL	NATIONAL	SPORTS(VOLLEYBALL)	D.HARISH
2018-19	INTER COLLEGIATE TOURNMENTS FOR MEN 2018- 19(WINNERS)	TEAM	UNIVERSITY	SPORTS (VOLLEY BALL)	S.NAGA SESHU BABU(CAPTAIN) (TEAM - 12 MEMBERS)
2017-18	YUVATHARANGAM 2017 STATE LEVEL (WINNERS)	TEAM	STATE	SPORTS (VOLLEY BALL)	K.NAGARATNAM BABU(CAPTAIN) (TEAM - 12 MEMBERS)
2017-18	ALL INDIA INTER UNIVERSITY TOURNMENTS 2017-18	INDIVIDUAL	NATIONAL	SPORTS(ARCHERY)	P.LAXMAN RAO
2017-18	ALL INDIA INTER UNIVERSITY TOURNMENTS 2017-18	INDIVIDUAL	NATIONAL	SPORTS(ARCHERY)	K.SURESH
2016-17	YUVA THARANGAM 2016 STATE LEVEL (WINNERS)	TEAM	STATE	SPORTS (VOLLEY BALL)	G. RAMA KRISHNA BABU(CAPTAIN)(TEAM - 12 MEMBERS)

2016-17	YUVA THARANGAM 2016 STATE LEVEL (PARTICIPATION)	TEAM	UNIVERSITY	SPORTS (VOLLEY BALL)	K.NAGARATNAM BABU(CAPTAIN)(TEAM - 12 MEMBERS)
2016-17	INTER COLLEGIATE TOURNMENTS 2016-17 FOR MEN & WOMEN (WINNERS)	TEAM	UNIVERSITY	SPORTS (VOLLEY BALL)	P.ANUSHA(CAPTAIN) (TEAM -12-MEMBERS)
2016-17	INTER COLLEGIATE TOURNMENTS 2016-17 FOR MEN & WOMEN (RUNNERS)	TEAM	UNIVERSITY	SPORTS (KHO-KHO)	A.ANUSHA(CAPTAIN) (TEAM -15-MEMBERS)
2016-17	INTER COLLEGIATE TOURNMENTS 2016-17 FOR MEN & WOMEN (III PLACE)	INDIVIDUAL	UNIVERSTY	SPORTS(DISCUSS-THROUGH)	P.ANUSHA



SHUTTLE-COURT

KHO-KHO COURT





VOLLEY BALL-COURT

CRICKET-GROUND



GAMES & SPORTS 2020-21

Games as sports Report.
yuvala rangement were not conductor, but individual selections are held at university level. The defails are as
forlows. I Two of JUR. college, girl Andrey Selected for interview to tour named, held of SRM, university chenani- tre Adult defoile— K- Renuka, FUBA, A Jyothi Ka DZC
The brys are also selected for 10 tes consiversity tolly Ball, tournament held at SRD, waives sity, Chemai. The defails of few Browns are as forthers. Punem Sommers I BA. Sai Kunne — I BA.
Whe Sor Ram, DPSP, Probuty in the Rock Bell event, passipator and won the First place of that mand Nepal; The team Won Fold Cop.
proflet Andert To latch aromeniancy production of National Volley Ball meet event held at Goa:

SELECTED FOR SOUTH INDIA VOLLEY BALL TOURNMENT

సౌంత్ ఇండియా వాలీ బాల్ జట్టుకు ఎంపికైన జేవిఆర్ విద్యార్థులు

పత్తువల్లి, నవంబర్ 30, ప్రభాతవార్తి:



సత్తుపల్లి జేవీఆర్ బ్రభుత్వ డిగ్రీ కళాశాలకు చెందిన ఇద్దరు విద్యార్థినులు సౌత్ ఇండియా వాలీబాల్ జట్టుకు ఎంపికైనట్లు కళాశాల బ్రిన్సి పల్ పానెం రామచం దర్రావు

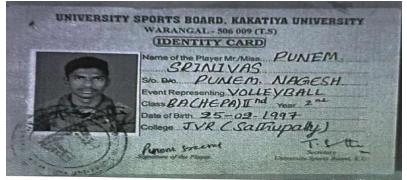
మంగళ వారం తెలిపారు. ఈనెల 27 నుంచి 28 వరకు కాకతీయ విశ్వ విధ్యాలయం పరిధిలో భాగంగా జరిగిన వాలీబాల్ ఎంపికలు జేవీఆర్ కళాశాలకు చెందిన కె. రేణుక థర్డ్ బిఎ, ఎ. జ్యోతిక సెకండ్ బిజెడ్సి నుంచి ఎంపికైనట్లు తెలిపారు. ఎంపికైన విద్యార్థినులకు ట్రిన్సి పల్ రామచందర్రావు ఆధ్వర్యంలో గేమ్స్ ఇంచార్జిలు బంగారి, కె. మధు,కె. రవికుమార్, కె. విజయలక్ష్మీ, టీమ్ మేనేజర్ బి. అశోక్ కుమార్ మరియు అధ్యాపక బృంధం విద్యార్థులకు అభినందనలు తెలిపారు.

SHAHEED BHAGAT SING INDO-NEPAL INTERNATIONAL TOURNAMENT-WINNER -UKE SRIRAM(II BA)



PUNEM SRINIVAS (II BA), Represented from

KAKATIYA UNIVERSITY Volley Ball Team South Zone



Lakshman Swamy (I BA) Represented International Volley Ball Tournaments

అంతర్జాతీయ స్థాయిలో గిలిజన విద్యార్థుల సత్తా

అక్వారావుపేటరూర లే: అంతర్వాతీయ స్థాయి డ్రీడా పోటేల్లో అక్వారావుపేట గిరిజన విద్యార్థులు సత్తా బాటారు గోవా రాష్ట్రంలో గత నెల 20 నుంచి ఈ నెల 22 తేదీ వరకు అంత





ర్జాతీయస్వాయి క్రీడా పోటీలు నిర్వహించగా.. మం డలంలోని మల్లాయిగూడెం గ్రామ పందాయతీ పరిధి పండువారిగూడెం గ్రామానికి చెందిన కొల్లి జగదీష్. మదకం లక్ష్ముడ్ స్వామి, కొండతోగు గ్రామానికి చెందిన తుర్సం నాగదుర్వారావు జాతీయ జట్ల తరప్పన పాల్గొన్నారు. లక్ష్ముడ్స్పామి. కొల్లి జగ దీష్ వాలీటాల్ పోటీల్లో, తుర్సం దుర్గారావు అందర్ -17విభాగం నుంచి 100 మీటర్ల పరుగు పండెం పోటీల్లో ద్వితీయ స్వానంలో సలిచారు. సిల్వర్ మెద ల్ తోపాటు ప్రకలసా పత్రాలు అందుకున్నారు. పరుగు పందెం పోటీల్లో సర్వాదాటిన దుర్యారావు అక్కారా కేటి కార్యాలు మండి కారాలు టర్ ప్రథమ సంవత్సరం విద్యనభ్యసిస్తున్నాడి కార్రి జగదీష్ సత్తపల్లి జీవీఆర్ కళాశాలలో డీ ఫస్ట్ ఇయర్. లక్ష్మణ్ స్వామి ఖమ్మంలో ప్రభు స డిగ్రీ కళాశాలలో ఫస్టియర్ రదువుతున్నారు

Mon, 03 January 2022 https://epaper.sakshi.com/c/65350784

GAMES AND SPORTS REPORT 2019-20

J.V.R. GOVERNMENT COLLEGE, SATHUPALLY

Games & sports Annual report for the

Academic Year 2019 - 2020

selected for Inter University tournaments. K.Vinith Babu 3^{rd} B.com. selected for University team goal keeper.

At Yuvatharangam cluster level JVR students participated in different events and got 100 m, 800 m, 2nd and 3rd places.

J.V.R. GOVT. COLLEGE SATHUPALLY, KMM DT.

international level (award for a team event should be counted as one) during the last five years.(20)

Year	Name of the award/ medal	Team / Individual	University/State/Nationa // International	Sports/ Cultural	Name of the student
0606-P10	Inter Univercity	Individual	National	Sports (Foot	K. Vineeth Babu
٨	Ywatharangan	Team	State	Sports (volky Ball)	M. Munni Ccaptai
3)	(Runners) Yuvatharangan	Individual	State		#. M. shiva prasa
				(Manning)	

K.VINEETH BABU(II B.Com) REPRESENTED FOR KAKATIYA UNIVERSITY FOOTBALL TEAM(2019-20) AS GOAL KEEPER





UNIVERSITY SPORTS BOARD KAKATIYA UNIVERSITY Vldyaranyapuri Warangal-506 009

Telangana State, India OIT: 0870-2438945, (M) 90324 57528

Data: 14.11.12019

No.2025 /USB/KU/2019

Diegre College (6,000.

Univ. Sports Board, K'1 - Fock Ball (M) Team Coaching Camp information - Reg.

The following students have been provisionally selected for Probable's coaching camp of Kakatiya University Foot Ball (M) Team for the year 2019-2020.

SLNo	Name of the student	Name of the studying college	Ph.No.
Y	K. Vineeth Babu(GK)	JVR College, Sathupalli	8790769695
2	J.Sampath	Vangdevi D.College, Mancherial	6302354335
3	Rahul Kumar	Kakatiya Govt. D.College, HNK	9133250784
4	Ch.Vinod	SR&BGNR College, Khammam	7569180919
5	P.Luxman	TTWRDC(M), Adilabad	7032591176
6	T.Shubham	KITS, Wgl.	6302720596
7	K.Sairam -	K.M. D.C, Khammam	9515165162
8	R.Prudvendra	KJTS, Wgl.	6300540460
9	B.Venkataratnam	WCPE, K.U., Wgl.	8897213204
10	- Panisi Panis	MILES Submin HNK	18142913938
11	Md.Salik	KITS, Wgl.	3686069010
12	N.Bharath(GK)	KITS, Wgl.	7981443583
13	Shaik Mubeen	Masterji D&PG College, HNK	9030868242
14	M.Dinesh Reddy	KITS, Wgl.	8247542027
15	N.Naveen	UASC, Subedari, HNK	9701845394
16	N.Veera Babu	SR&BGNR College, Khammam	9398133070
17	V.Teja	UASC, Subedari, HNK	7337427076
18	T.Mohan	UASC, Subedari, HNK	9177539077
19	N.Vinay Kumar	SR&BGNR College, Khammam	6300907200
20	V.Chandashekar	UASC, Subedari, HNK	7893364937
Stan	d Bye:		
1	Ch.Anjaneyulu(GK)	KITS, Wgl.	9183741164
2	P.Vinay	UASC, Subedari, HINK	9701162538
3	K.Naveen Kumar	SR&BGNR College, Khammam	9182984375
4	V.Yeshwanth	KITS, Wgl.	7993130410
5	K.Kiran Kumar	J.V.R. College, Sathupalli	9110363795
6	V.Bansilal	KITS; WgL	8309943325

The coaching camp will be held from 23.11.2019 at 10.00 a.m at University grounds, Kakatiya University, Warangal. The team leaves for South Zone Inter University Foot Ball (M) Tournament to be held at VIT University, Vellore from 09th to 18th Dec, 2019. Kindly inform your students to attend the final selections and also advice them to bring Eligibility form, Identity Card, Two passport size photographs, Medical Certificate, SSC memo and Intermediate memo.

Thanking you,

Yours faithfully, SECRETARIAN SPORTS ROAD

GAMES AND SPORTS REPORT 2018-19

Games & sports Annual report for the Academic Year 2018 – 2019 In the Academic year 2018 – 2019 our students participated in different sports and games events. Intercollegiate tournament held at Kakatiya University, Warangal. In the Volley ball event boys team won 2nd place at University level. Yuvatharangam tournaments conducted by CCE our team won the 1st place at state level. Yuvatharangam at cluster level in the Shot-put event Sk.Vali, 2nd B.com got 2nd place. 100 m run, K.Balu, 1st B.A. got 3rd place. In the Volley Ball event D.Harish 1st B.A selected for Inter University tournaments. K.Vinith Babu 2nd B.com. selected for University team goal keeper. In this way J V R students participated different events at National, State and University level brought laurels to the institution.

5.3.1 Number of awards interdals for outstanding performance in special international level (award for a team event should be counted as one) during the last five years.(20)

Year	Name of the award/ medal	Team / Individual	University/State/Nationa		Name of the student
4)	All India Inter	Individual.	National	Sports	K. Swiesh.
, ,	University Tournam-			(Archou)	
	ents held at			V	
	KIIT Bhuvanesuan			*	
	26-12-2017 to 31-12-201				
018-20197	Vuvatharangam	Team	State	sports (volley	5. Nagaseshu Babutropto
, '	(Inlinnex)				Team - 12 members).
2)	University	Team	University	- 1	S. Nagaseshu Babu (capto
	(Runners).		•		(Team-12 members)
119-2003 3)	Inter University	Individual.	National	A .1	k-vinith Babu
	Participation			(Groat Keeper)	
	ļ		-	for university	
	1	1		leam.	2 11-15
4)	Inter university	Individual.	National.	Sports Cvolley	Detravity.
	Parlicipation			Ball).	

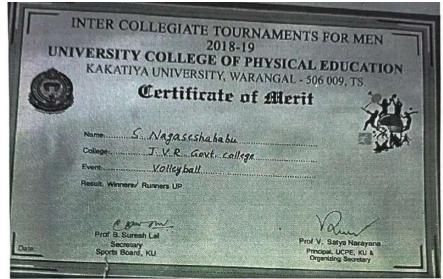
YUVATHARANGAM(2018-19) VOLLEYBALL CLUSTER LEVEL WINNERS



2018-19 VOLLEYBALL KAKATIYA UNIVERSITY WINNERS







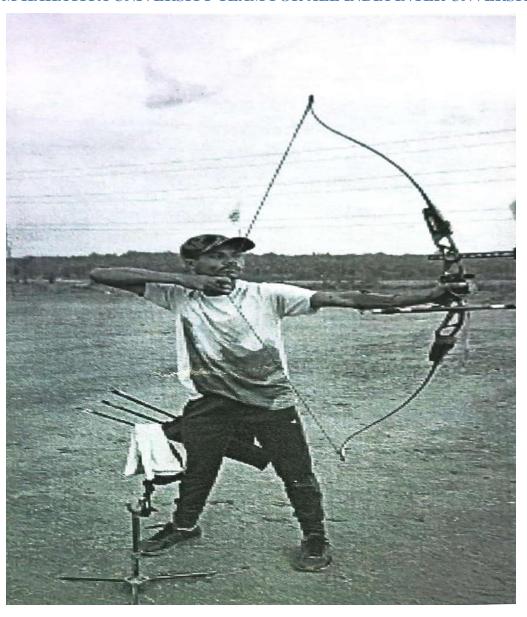
D.HARISH(I BA)

REPRESENTED KAKATIYA UNIVERSITY SOUTH ZONE TEAM

UNIVERSTIY SPORTS BOARD KAKATIYA UNIVERSITY Vidystanyaputi, Warengal-506 009 Telangana State, India. Off: 0870-2438945, (M) 9032457528 Prof. B. Suresh Lall acress with Lall acress with Ph. D. M. Ser St. Secretary, Univ. Sports Board & Director of Physical Education secretary sports to @gmail.com No. 1740/USB/RU/2018 Date: 08.10.2018 To. The Principal, and JUN College Chammen Sub: Univ. Sports-Board, KU - Volley Ball (M) Team Coaching Camp Information - Reg. The following students have been provisionally selected for Probable's coaching camp of Relative University Voltey Ball (M) Team for the year 2018-19. Name of the student Name of the studying college No B.Rajesh (Centre Blocker) Govi. SRAS College, Kothagudem 9866868210 K.Vinod (Spiker) Govt SRAS College, Kothagudem 7893971844 K.Sunll (Setter) Kakatiya Govt. D.C., HNK 8500584952 G.Naveen (Centre Blocker) TTWRDC, Roalts Af Addition 9381526816 K.Bhavan Shyam (Spiker) UCPE, K.U., WgL 8790411850 6 D.Arjun (Spiker) TTWRDC, Book at Adilahad 7095483675 K.Gowtham (Centre Blocker) UCPE, K.U., Wgl. 8500596794 TTWRDC, Manugur T.Venkateshwarlu (Spiker) 6303495712 B.Ganesh (Centre Blocker) SR & BONR College, Khammam 9106634695 10 L.Raju Chaitanya D.C., Mancherial 6302087349 11 Pavan Teja (A.R) 12 Bhanu chandar Kavitha D.C., Khammam Govi. SRAS College, Kothagudem | 8309560080 Stand Bye: M.Surender (Seller) SR & BGNR College, Khammam | 9701938621 D. Premkumar (Spiker) Chaitanya D.C., Mancherial 9676137747 A.Sambasiva Rao (Spiker) TTWRDC, Maripeda Govt, JVR College, Sathupalli D.Harish (Spiker) 7997619987 This is for your information and preparation of players. Kindly inform your students to get ready to attend the final selections and also advice them to bring Eligibility form, Identity Card, Two passport size photographs. Medical Certificate, SSC memo and Intermediate memo. Thanking you, Yours faithfully, ow It show myent com SECRETARY Secretary

UNIVERSITY SPORTS BOARD KAKATIYA UNIVERSITY WARANGAL - 506 009 (T.S)

P.LAXMAN(II B.Com) REPRESENTED FROM KAKATIYA UNIVERSITY TEAM FOR ALL INDIA INTER UNVERSITY TOURNMENTS



GAMES AND SPORTS REPORT 2017-18

J.V.R. GOVERNMENT COLLEGE, SATHUPALLY

Games & sports Annual report for the

Academic Year 2017 - 2018

In the Academic year 2017 – 2018 our students participated in different sports and games events. Intercollegiate tournament held at Kakatiya University, Warangal. In the Volley ball event boys team won the 1st place at University level. Yuvatharangam tournaments conducted by CCE our team won the 1st place at state level. In the Archery event K.Suresh 2nd B.sc. participated All India Inter University tournaments held at KIIT, Bhubaneshwar, Orissa from 26-12-2017 to 31-12-2017. Another student D.Laxman Rao 2nd B.com participated All India Inter University tournaments held at KIIT, Bhubaneshwar, Orissa from 26-12-2017 to 31-12-2017.

In this way J V R students participated different events at National, State and University level brought laurels to the institution.





KAKATIYA UNVERSITY (2017-18) VOLLEY BALL WINNERS

YUVATHARANGAM (2017-18) VOLLEY BALL WINNERS

