

Government Degree College for Women, Begumpet, Hyderabad

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





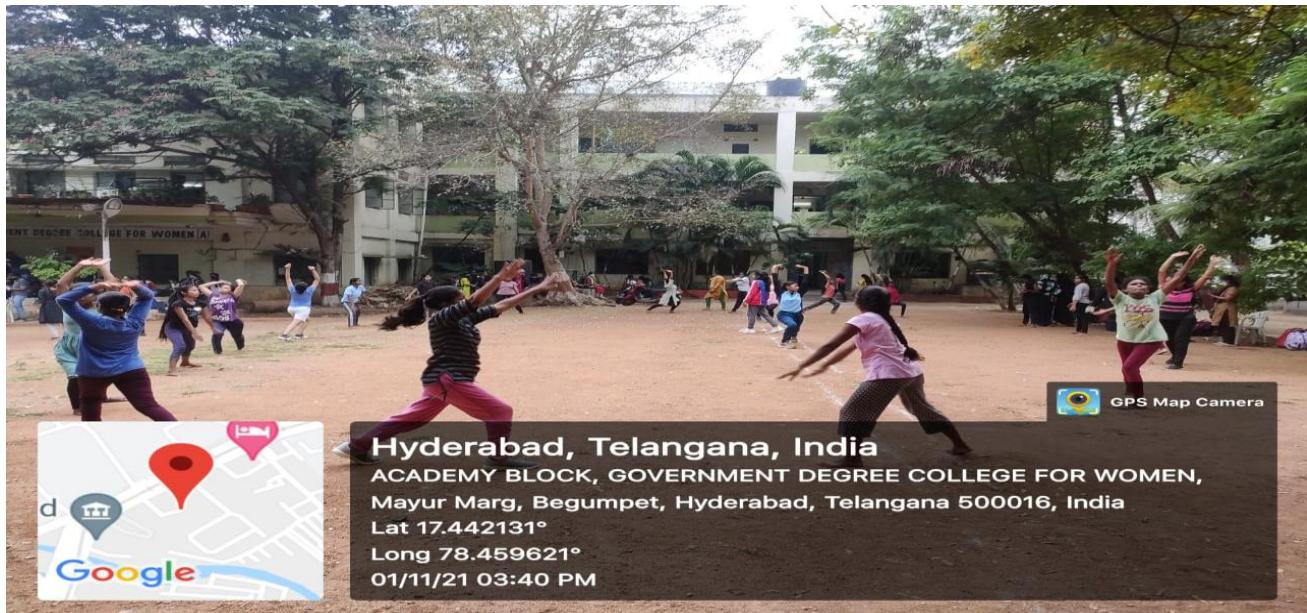
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CARROMS



BASKET BALL



ATHLETICS



KABADDI



CHESS



SELF DEFENCE



KHO-KHO



BADMINTON

HAND BALL



GYM AND CONDITIONNING

