

# Annual Report of Physical Education Department

## Session 2021-2022

Physical education is defined as "Education through the Physical". It aims to develop one's 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 overall healthy lifestyle.

Games and sports plays a prominent role in all round development of a student's life. Along with traditional academic pursuit, students should spend time engaging in games and sports too.

A curriculum which reflects physical education as a subject would be an additional benefits to the student in students future endeavours. During COVID -19 outbreak, the whole world is facing many challenges, in the same context, cognitive problems were faced by people as well as the institutions. The department of physical education and sports of Mahatma Gandhi Balika PG college College empowers itself with rich and wide curriculum and activities. Teacher of Physical education should be considering essential health professionals during this pandemic period because they can give their guidance in the field of physical health and use their expertise for societal benefits towards healthy India.

Considering the concept of being "physically fit" in the pandemic session, Yoga classes were organized, conducted from 1<sup>st</sup> July 2020 and is still in progress. Not only for students even for the staff (teaching or non-teaching) also for coping with the health issues pertaining to pandemic.

During this ongoing covid-19 pandemic and to live through this lockdown period, yoga is one of the best thing to adopt as a lifestyle habit. It also helps us build a strong physical, mental and spiritual health system.

To update the staff about the lifestyle and weight management as well as nutrition and immunity ason important tool for overall health.

Total 02 students were enrolled in B.A first year in 2020 and all two students were promoted to B.A Second year. In 2021 total 10 students enrolled in physical education. All the theoretical as well as practical classes run as per UGC regulation.

Games & sports activities also comes in Physical education Department. Following works and achievement were achieved in this calendar year.

### **Games & Sports Activities of our esteemed institution**

The rationale underpinning games Opportunities is that players are provided with a schedule of age appropriate meaningful games – pre-planned and varied – which have regard for their developmental needs and differing levels of competitive ability as determined on the basis of maturational readiness. The games are complemented by a series of Skill Development initiatives, whereby players' needs are met, on an incremental basis, through a series of activities which are organized and promoted through colleges.

Since last five year the Games Department of Mahatma Gandhi Balika Vidhyalaya (P.G) college has been introducing new activities and games and sports like we have introduced Yoga Classes for spiritual moral intellectual and over all development, Taekwondo which strengthens our body and improves our health through physical exercise and a number of indoor and outdoor games.

**Badminton:**

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side).

To win in badminton, players need to employ a wide variety of strokes in the right situations. These range from powerful jumping smashes to delicate tumbling net returns. Often rallies finish with a smash, but setting up the smash requires subtler strokes.

**Yoga:**

An Endeavour to participate actively in the Yoga the students was educated on the importance of Yoga. They are explained that yoga helps in maintaining not only physical and mental health but also a healthy social life.

The students are taught various Asanas starting with warming up and stretching followed by the series of Padmasana, Paschimottasana, Halasana, Bhujangasana and ending with Shavasana.

After Asanas session students are also taught the Pranayama – For Longevity.

**Chess:**

Chess is a two-player strategy board game played on a chessboard, a checkered gameboard with 64 squares arranged in an 8×8 grid. The game is played by millions of people worldwide.

**Sparks your creativity:** Playing chess helps unleash your originality, since it activates the right side of the brain, the side responsible for creativity.

**Increases problem-solving skills:** A chess match requires fast thinking and problem-solving on the fly because your opponent is constantly changing the parameters

The Games department Mahatma Gandhi Balika Vidhyalaya (P.G) College started with few types of equipment and limited sports and games activities but now it has a fully well equipped Gym hall with latest Games and Gym equipments.

For physical fitness we have introduced latest gym Equipment like body vibrater, twister, upright bike and Aerobic stepper.

Apart from these we conduct annual Sport & Games meet to judge student's progress; Students are motivated by principal & management by giving certificate and medals.

**Outline of activities conducted in games department –****Indoor Games –**

1. Badminton
2. Table – Tennis
3. Chess
4. Carom board
5. Yoga
6. Health and fitness class
7. Aerobic class

**Outdoor Games –**

1. Kho – Kho
2. Kabaddi
3. Tug of war
4. Volley ball
5. Athletics
6. Lemon & spoon race

**MAHATMA GANDHI BALIKA VIDHYALAY (P.G.) COLLEGE FIROZABAD  
INTER UNIVERSITY & COLLEGIATE 2021-22**

Participation in Inter University Tournament

2021-22	SHIVANI	B.A.3rd	YOGA	Inter Collegiate THIRD PLACE
2021-22	ANURADHA	B.A.3rd	YOGA	Inter Collegiate THIRD PLACE
2021-22	CHARU KATARA	M.SC.1st	YOGA	Inter Collegiate THIRD PLACE
2021-22	MANVI	B.A.3rd	YOGA	Inter Collegiate THIRD PLACE
2021-22	SHIVANI KUMARI	B.COM.3rd	YOGA	Inter Collegiate THIRD PLACE
2021-22	ANUSHKA	B.A.1st	YOGA	Inter Collegiate THIRD PLACE
2021-22	SIDRA PARVEEN	B.A.3rd	Lawn tennis	INTER UNIVERSITY PARTICIPATION
2021-22	PARUL SHARMA	B.A.3rd	Lawn tennis	INTER UNIVERSITY PARTICIPATION
2021-22	SIDRA PARVEEN	B.A.3rd	Table tennis	Inter Collegiate participation
2021-22	PARUL SHARMA	B.A.3rd	Table tennis	Inter Collegiate participation
2021-22	CHARU KATARA	M.SC.1st	Table tennis	Inter Collegiate participation
2021-22	MANU YADAV	M.SC(F)	Table tennis	Inter Collegiate participation

Participation in north zone University Tournament

2021-22	SIDRA PARVEEN	B.A.3rd	LAWN TENNIS	INTER UNIVERSITY PARTICIPATION
2021-22	PARUL SHARMA	B.A.3rd	LAWN TENNIS	INTER UNIVERSITY PARTICIPATION



Participation in INTER  
COLLEGIATE YOGA  
TOURNAMENT  
SESSION 2021-2022  
S.R.D.A. Girls P.G.  
College HATHRAS

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S.R.D.A. Girls P.G. College  
HATHRAS



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INTER COLLEGIATE  
YOGA TOURNAMENT  
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S.R.D.A. Girls P.G.  
College HATHRAS

Participation in  
INTER COLLEGIATE  
TABLE TENNIS  
TOURNAMENT  
SESSION 2021-2022  
B.D.K. P.G.  
COLLEGE AGRA



Participated in north zone inter  
university tournament  
Session 2021-2022  
D.C. Ram University of science  
& technology Sonipat ,Haryana

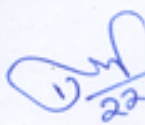
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Session 2021-2022  
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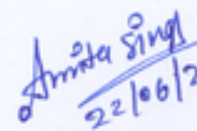
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22/6/2022

Dr. Nirmala Yadav  
Principal

  
22/06/22

Dr. Amrita Singh  
Head of the department  
(Physical Education)