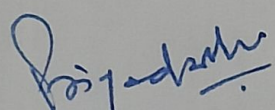
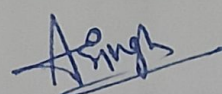


ANNUAL REPORT OF PHYSICAL EDUCATION AND SPORTS DEPARTMENT

SESSION -2024-2025




Principal
M.G.B.V. (P.G.) College
Firozabad


Dr. AMRITA SINGH
Assistant professor
PHYSICAL EDUCATION

The Sports and Physical Education Department of Mahatma Gandhi Balika P.G. College, Firozabad continues to play a pivotal role in promoting holistic development, physical fitness, and a spirit of healthy competition among students. The department is a vibrant and integral part of the institution, equipped with modern infrastructure, including a well-maintained sports ground and gymnasium. With a strong focus on nurturing talent, the department offers comprehensive academic and co-curricular opportunities through its B.A., B.Sc., and B.Com. Programs with options in Physical Education.

Annual Sports Day 2024-2025: A Celebration of Talent and Team Spirit

The Annual Sports Day was organized with great enthusiasm on 07–08 March 2025. The two-day celebration witnessed active participation from students across departments in various sporting events. The inaugural ceremony was graced by Principal Dr. Anju Sharma, with Associate Professor Rita Dixit as the chief guest and Dr. Rajyashree Mishra as the special guest. The event commenced with a soulful Saraswati Vandana and traditional lamp lighting, followed by an impressive march past and yoga display by students. Under the able leadership of Dr. Amrita Singh, Head of the Physical Education Department, a range of competitions were conducted including Kabaddi, Chess, Yoga, Sack Race, Tug of War, Lemon Spoon Race, and Badminton. On 07 March, the focus was on Kabaddi and fun races, while 08 March featured Yoga, Chess, and final matches. A Musical Chair competition was also held for faculty members, where Dr. Richa Singh won first prize. The sporting spirit was at its peak throughout the event, with great zeal and discipline.

Valedictory Ceremony and Prize Distribution

The closing ceremony on 08 March was attended by dignitaries including Dr. Anju Sharma (Principal), Mr. Satish Chandra Gupta (Secretary), Mrs. Shashi Sharma (Management Committee Member), and Mrs. Pushpa Gupta. Awards and medals were distributed to the winners of various competitions. Special honors were conferred upon students who represented the college in the All India Inter-University

Championships:

Megha Yadav (Kabaddi) Komal Gupta and Johnsy (Yoga) they were felicitated with tracksuits and gold medals for their exemplary performances. Dr. Amrita Singh extended heartfelt gratitude to all dignitaries, faculty, and students for their

active participation and support. She emphasized the importance of such events for the physical and mental well-being of students and expressed hope for more such initiatives in the future.

Games & Sports Activities throughout the Year:

The department engages students in a variety of sports and wellness activities, including:

Badminton

Badminton is a fast-paced racquet sport that captivates players with its energetic singles and doubles matches. Success on the court demands quick reflexes, agile footwork, and precise technique. From powerful smashes to delicate net shots, players develop a versatile skill set to outmaneuver opponents and secure victory.

Yoga

As part of our commitment to holistic well-being, Yoga plays a vital role in our physical education program. Students are introduced to its transformative benefits, enhancing both physical fitness and mental clarity. Sessions begin with energizing warm-ups and lead into a variety of Asanas, including Padmasana, Paschimottanasana, Halasana, Bhujangasana, and the calming Shavasana. The practice is further enriched by Pranayama techniques, fostering inner peace and supporting long-term wellness.

Chess

Chess, a timeless game of strategy and intellect, sharpens critical thinking and nurtures creativity. Through challenging matches and complex tactical play, students learn to plan ahead, think logically, and adapt to evolving scenarios. These mental exercises not only enhance problem-solving skills but also develop a disciplined and strategic mindset valuable in academics and beyond.

Kabaddi:

Kabaddi, a high-energy team sport rooted in tradition, blends strength, strategy, and agility. Players showcase their stamina and tactical acumen as they raid the opposing team's half, tagging opponents while holding their breath and chanting "Kabaddi." It fosters teamwork, quick reflexes, and physical endurance, offering students a thrilling experience of skillful coordination and spirited competition.

Sack Race:

The sack race is a delightful blend of fun and fitness that sparks joy and laughter. Participants hop to the finish line with determination and balance, all while

confined in a burlap sack. This engaging activity not only boosts leg strength and coordination but also encourages camaraderie and sportsmanship among students.

Lemon Spoon Race:

The lemon spoon race is a test of focus, patience, and steady movement. Balancing a lemon on a spoon held in their mouth, participants race carefully toward the finish line, learning the value of control and precision. It's a fun-filled event that enhances concentration and balance while fostering a cheerful spirit of friendly competition.

Enrollment Highlights (Academic Year 2024-25)

B.A. 5th Semester: 6 students successfully continued from the 4th semester. Major B.A. 3rd Semester: 18 students enrolled. Major B.A. 1st Semester: 8 new students joined. Minor Physical Education (3rd Semester): 233 students from B.A., B.Sc., and B.Com. Minor Physical Education (1st Semester): 185 students enrolled. These figures reflect the growing interest among students in physical education, both as an academic pursuit and a personal development tool.

Vision and Commitment

The Physical Education and Sports Department remains committed to: Developing students' physical potential Promoting leadership, teamwork, and discipline Encouraging excellence in both academic and co-curricular pursuits the overwhelming participation and achievements during the annual sports meet reaffirm the department's role in nurturing well-rounded individuals. The college administration has pledged continued support for expanding and enhancing sports infrastructure and activities in the coming years.

Conclusion

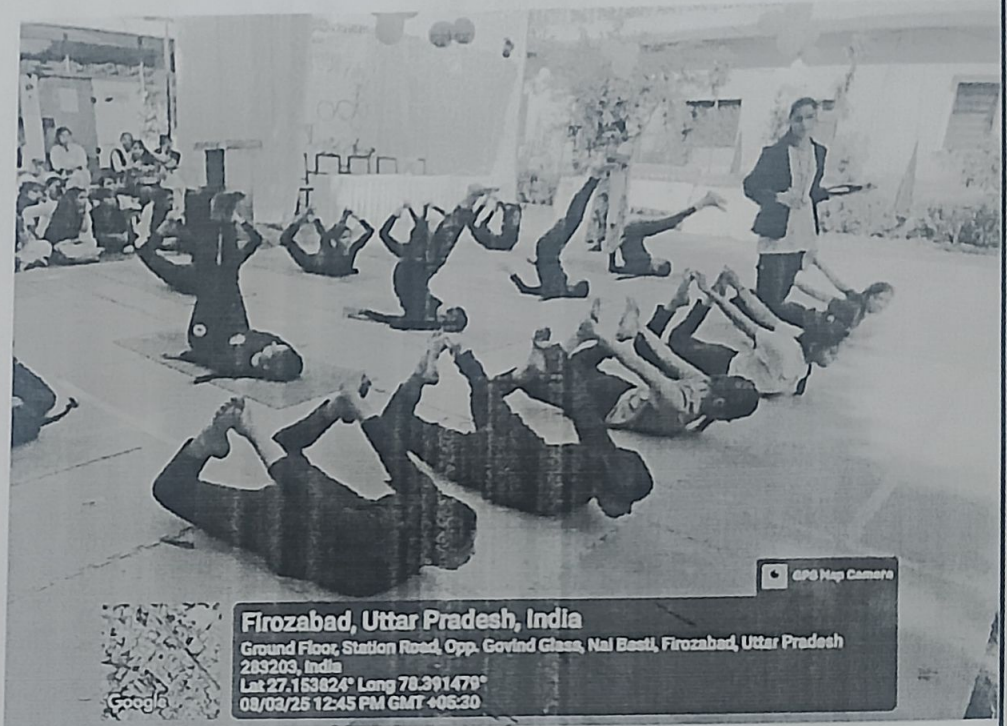
The Sports and Physical Education Department at Mahatma Gandhi Balika P.G. College continues to foster a dynamic environment where physical fitness, leadership, discipline, and teamwork are deeply embedded in the student experience. The success of the Annual Sports Day 2025 is a testament to the college's unwavering commitment to nurturing excellence through sports.



ANNUAL SPORTS MEET
LEMMON SPOON COMPETITION
(SESSION 2024-2025)
M.G.B.V. PG COLLEGE
FIROZABAD

Firozabad, Uttar Pradesh, India
 Ground Floor, Station Road, Opp. Govind Glass, Nai Basti, Firozabad, Uttar Pradesh
 283203, India
 Lat 27.154014° Long 78.311354°
 07/03/25 01:31 PM GMT +05:30

ANNUAL SPORTS MEET
YOGA COMPETITION
(SESSION 2024-2025)
M.G.B.V. PG COLLEGE
FIROZABAD



Firozabad, Uttar Pradesh, India
 Ground Floor, Station Road, Opp. Govind Glass, Nai Basti, Firozabad, Uttar Pradesh
 283203, India
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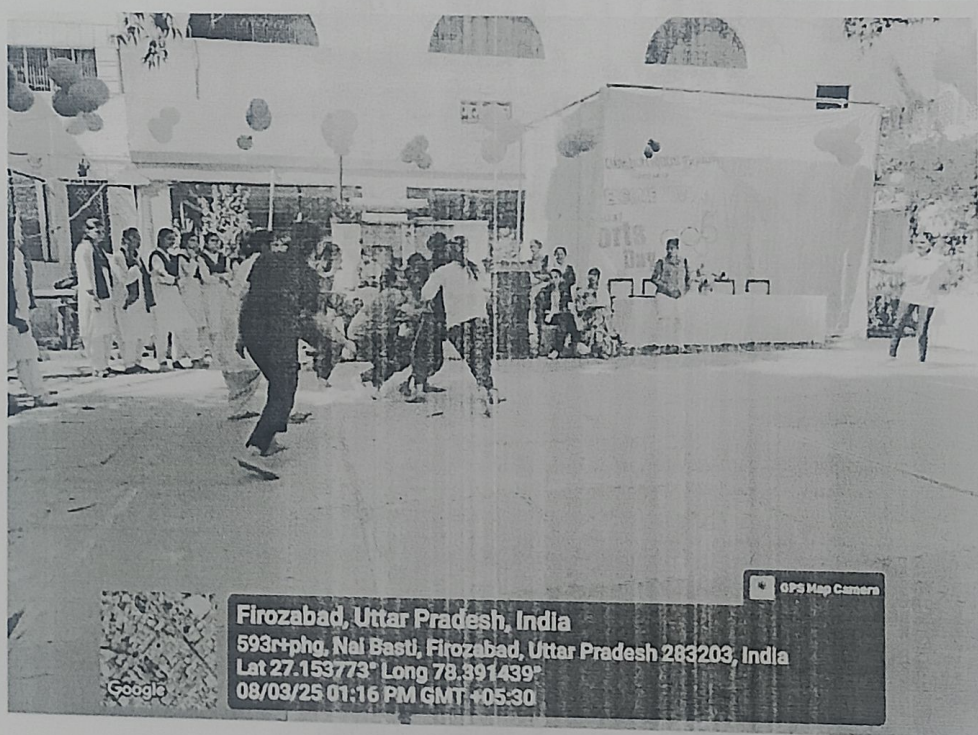
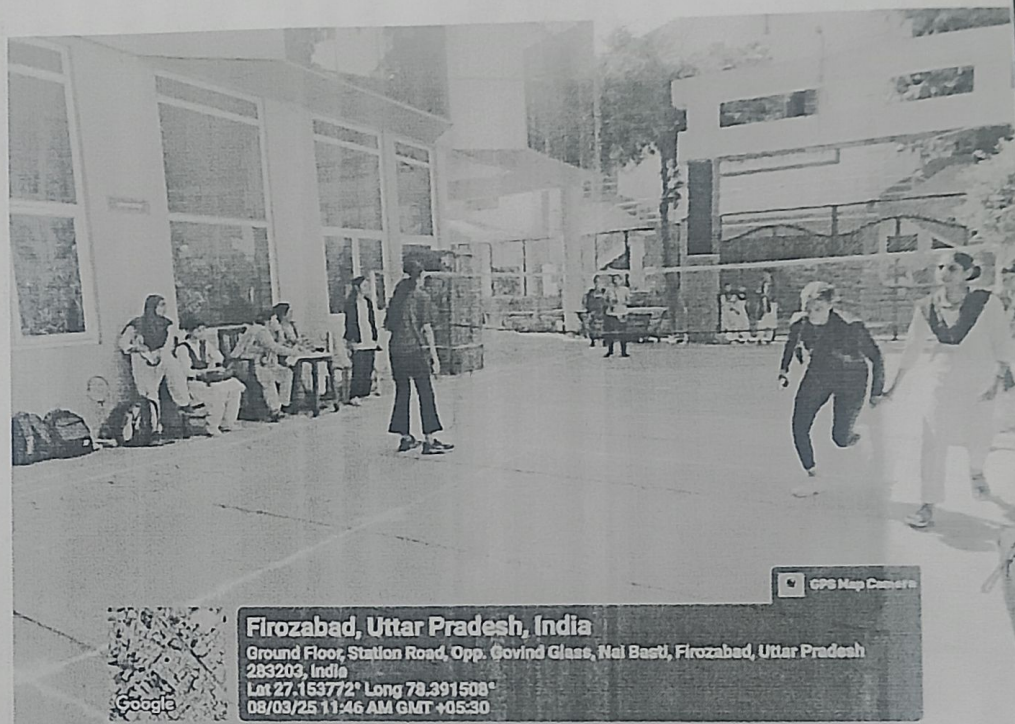
ANNUAL SPORTS MEET
CHESS COMPETITION
(SESSION 2024-2025)
M.G.B.V. PG COLLEGE
FIROZABAD

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 283203, India
 Lat 27.153823° Long 78.391409°
 08/03/25 11:57 AM GMT +05:30



**ANNUAL SPORTS MEET
TUG OF WAR COMPETITION
(SESSION 2024-2025)
M.G.B.V. PG COLLEGE
FIROZABAD**

**ANNUAL SPORTS MEET
BADMINTON COMPETITION
(SESSION 2024-2025)
M.G.B.V. PG COLLEGE
FIROZABAD**

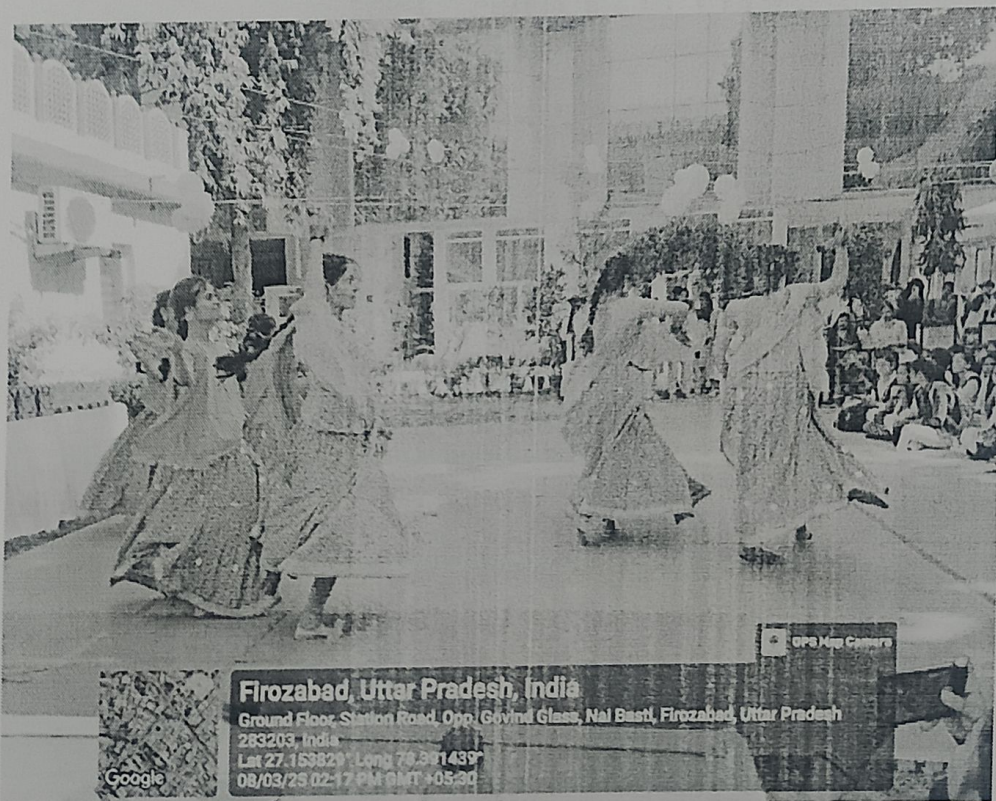


**ANNUAL SPORTS MEET
KABADDI COMPETITION
(SESSION 2024-2025)
M.G.B.V. PG COLLEGE
FIROZABAD**



**ANNUAL SPORTS MEET
SACK RACE COMPETITION
(SESSION 2024-2025)
M.G.B.V. PG COLLEGE
FIROZABAD**

**ANNUAL SPORTS MEET
PRIZE DISTRIBUTION
(SESSION 2024-2025)
M.G.B.V. PG COLLEGE
FIROZABAD**



**ANNUAL SPORTS MEET
DANCE PRESENTATION
(SESSION 2024-2025)
M.G.B.V. PG COLLEGE
FIROZABAD**

PHOTOS



Priyadarshini
07/05/25

PROF. PRIYADARSHINI UPADHYAYA

PRINCIPAL

M.G.B.V. (P.G.) College
Firozabad

Amrita Singh

Dr. AMRITA SINGH

Assistant professor
PHYSICAL EDUCATION &
SPORTS