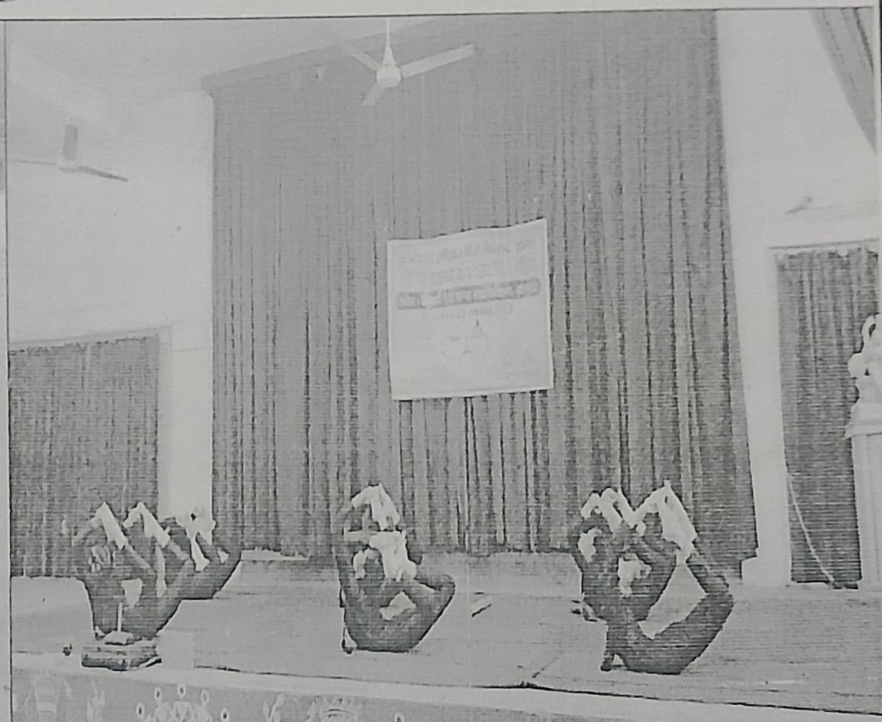
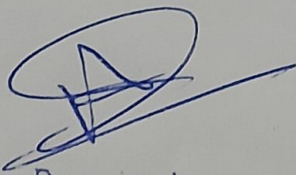
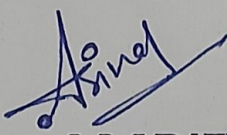


MAHATMA GANDHI BALIKA VIDHYALAYA P.G.
COLLEGE ,FIROZABAD, U.P.



SESSION: 2022-23
ANNUAL REPORT
PHYSICAL EDUCATION AND GAMES
DEPARTMENT


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


Dr. AMRITA SINGH
HOD
PHYSICAL EDUCATION

Annual Report of Physical Education Department Session 2022-2023

Mahatma Gandhi Balika Vidhyalaya P.G. College in Firozabad has a dedicated Physical Education and Sports Department that aims to promote physical fitness, wellness, and sportsmanship among the students. The department offers a range of programs and activities to help students develop their physical abilities and hone their skills in various sports.

The department is staffed by qualified and experienced teachers who are passionate about physical education and sports. They provide guidance and support to students who are interested in pursuing sports at a competitive level. The department is equipped with modern facilities such as a sports ground, gymnasium which are maintained to the highest standards.

The college offers a range of physical education and sports courses such as **B.A., B.SC., and B.COM. In Physical Education**. Students who enroll in these courses receive a well-rounded education that combines theory with practical training in various sports.

In addition to academic programs, the department also organizes various sports events and competitions throughout the year. These include inter-college competitions, district-level competitions, and state-level competitions. The college has a strong track record of producing talented athletes who have gone on to achieve great success at national and All India university levels.

Overall, the Physical Education and Sports Department at Mahatma Gandhi Balika Vidhyalaya P.G. College is dedicated to promoting physical fitness, sportsmanship, and excellence among its students. It provides a stimulating and supportive environment for students who are passionate about sports and physical education.

Enrollment:

In 2022, a total of 02 students were enrolled in B.A third year, and all two students passed in B.A Second year. 08 students were enrolled in Major B.A. II nd semester. 340 students were enrolled in **B.A., B.SC., B.COM. II nd semester** in physical education as a minor subject. 18 students were enrolled in major B.A. Ist Semester, and 126 students were enrolled in **B.A.B.SC.B.COM. Ist Semester** of physical education as a minor subject.

Academic Performance:

All students who were enrolled in B.A II nd Semester in physical education as a minor subject successfully passed the semester. Similarly, all students who were enrolled in Major

B.A. II nd Ist Semester passed the semester. All theoretical as well as practical classes were conducted in accordance with UGC regulations.

All students who were enrolled in the Second semester passed their courses. Overall, the department had a successful academic year with a significant number of students enrolling in both major and minor programs. All students performed well and successfully passed their courses, which is a testament to the quality of education provided by the department. The department aims to continue this trend of academic excellence and provide students with an exceptional educational experience in the upcoming years. Games & sports activities also come in Physical education Department. Following works and achievement were achieved in this calendar year.

Games & Sports Activities of our esteemed institution

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 game board 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

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
8. Judo

Outdoor Games –

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

Mahatma Gandhi Balika vidhyalaya (P.G.) College in Firozabad organized its annual sports festival by physical education department on February 24, to 25, 2023, at Seth Kundan lal Hall. The event began with the lighting of the lamp and the administration of the oath by the student sports captain. The chief guest emphasized the importance of sports in life. The festival included six sports, and college students participated enthusiastically. The first day's events included sack race, tug of war, lemon spoon, balancing ball race, and yoga. The chief guest was thanked by organizer Dr. Amrita Singh (HOD Physical Education) at the end of the first & second day. On the closing day, the badminton competition was held, and the prize distribution ceremony was organized, where the winning students were awarded medals and certificates. The event was a success, and the organizers thanked the principal, guests, teachers, and students for their support.

YOGA 21/11/2022

2022-23	NISHITHA	B.A.3 rd sem	YOGA	INTER COLLEGIATE SECOND PLACE	OBC
2022-23	SANDHYA	B.com.3 rd sem	YOGA	INTER COLLEGIATE SECOND PLACE	SC
2022-23	CHARU KATARA	M.SC.final	YOGA	INTER COLLEGIATE SECOND PLACE	GEN
2022-23	KOMAL GUPTA	B.sc.3 rd sem	YOGA	INTER COLLEGIATE SECOND PLACE	OBC
2022-23	RAKHI BAGHEL	B.a. 3 rd sem	YOGA	INTER COLLEGIATE SECOND PLACE	OBC
2022-23	ANUSHKA	B.A.3 rd sem	YOGA	INTER COLLEGIATE SECOND PLACE	SC

JUDO 15/12/2021

2022-23	TANU SHARMA	B.COM.3 rd SEM	JUDO	INTER UNIVERSITY SECOND PLACE	GEN
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YOGA 25/12/2022

2022-23	CHARU KATARA	M.SC.final	YOGA	ALL INDIA UNIVERSITY	GEN
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Date -24.02.2023**Events Name- Sack Race****Judge- Dr. Richa Singh & Pragya kesarwani****No.of Participants- 27**

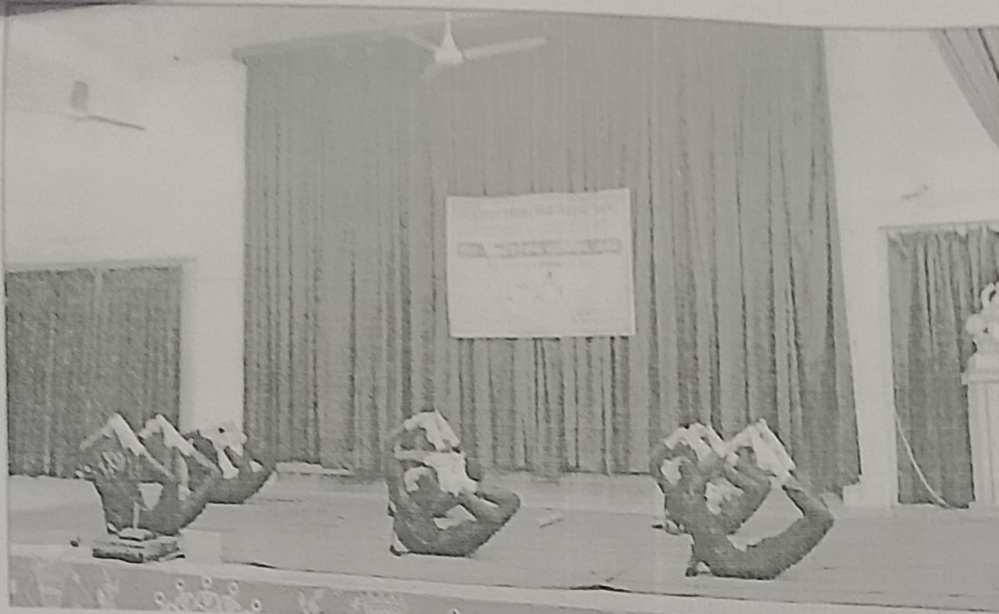
S No	Participant (In Capital Letter)	Class	Position
1.	RENU KUMARI		<u>I</u>
2.	ISHA		<u>II</u>
3.	KSHAMA		<u>III</u>

Event- Tug Of War**Judge- Ankita Thakur & Maya Madhur****No of Participants- 50**

S No	Participant (In Capital Letter)	Class	Position
1.	TEAM B		<u>I</u>
2.	TEAM D		<u>II</u>

Events Name- Lemon & Spoon Race**Judge- Anita Chaurasia & Pragya Kesarwani****No.Of Participants- 84**

S No	Participant (In Capital Letter)	Class	Position
1.	PAYAL KUMARI		<u>I</u>
2.	ANNU		<u>II</u>



**SECOND PLACE IN INTER
COLLEGIATE YOGA
TOURNAMENT
SESSION 2022-2023
B.D K.P.G. College AGRA**

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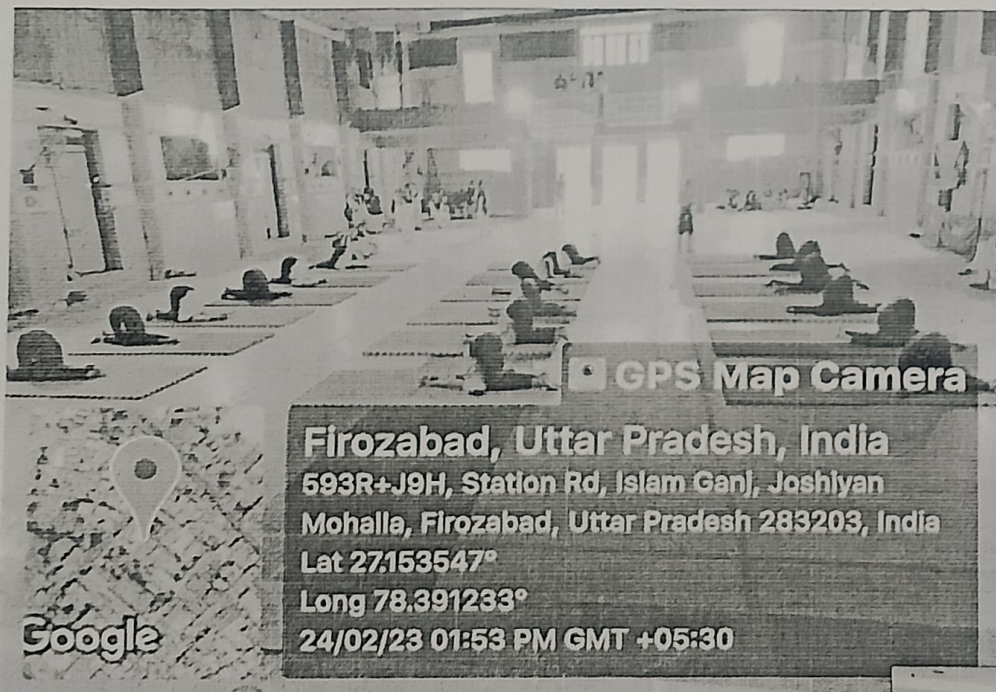
**SECOND PLACE IN INTER
COLLEGIATE YOGA
TOURNAMENT
SESSION 2022-2023
B.D K.P.G. College AGRA**





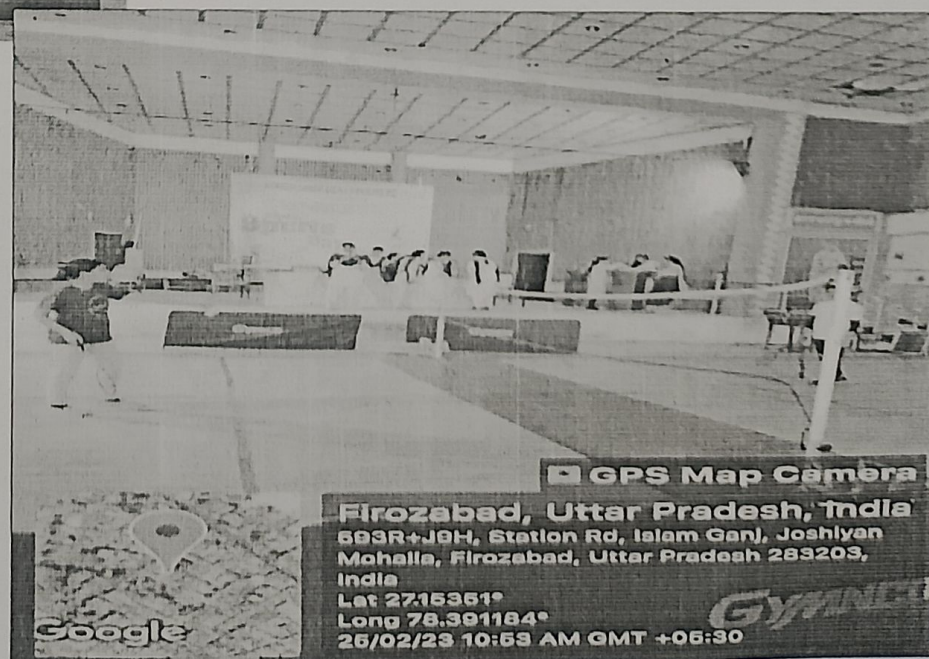
ALL INDIA INTER
UNIVERSITY
CHAMPIONSHIP
SESSION 2022-2023
KIIT UNIVERSITY
BHUBANESWAR

ALL INDIA INTER
UNIVERSITY
CHAMPIONSHIP
SESSION 2022-2023
KIIT UNIVERSITY
BHUBANESWAR



ANNUAL SPORTS MEET
YOGA COMPETITION
(SESSION 2022-2023)
M.G.B.V. PG COLLEGE
FIROZABAD

ANNUAL SPORTS MEET
BADMINTON COMPETITION
(SESSION 2022-2023)
M.G.B.V. PG COLLEGE
FIROZABAD





**ANNUAL SPORTS MEET
LEMMON SPOON
COMPETITION
(SESSION 2022-2023)
M.G.B.V. PG COLLEGE
FIROZABAD**

**ANNUAL SPORTS MEET
SACK RACE
COMPETITION
(SESSION 2022-2023)
M.G.B.V. PG COLLEGE
FIROZABAD**



**ANNUAL SPORTS MEET
BALANCING BALL RACE
COMPETITION
(SESSION 2022-2023)
M.G.B.V. PG COLLEGE
FIROZABAD**

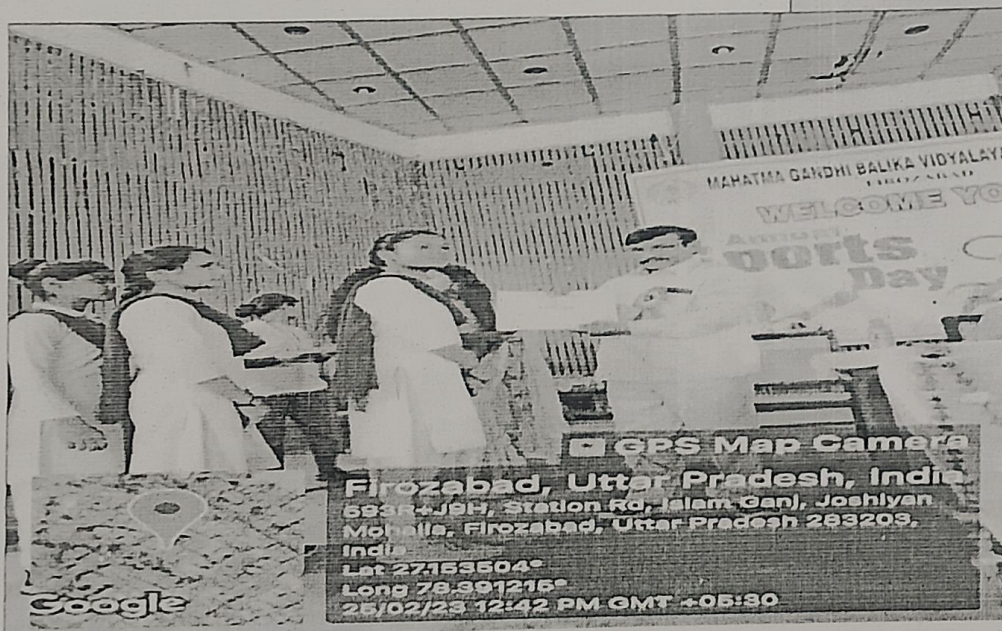
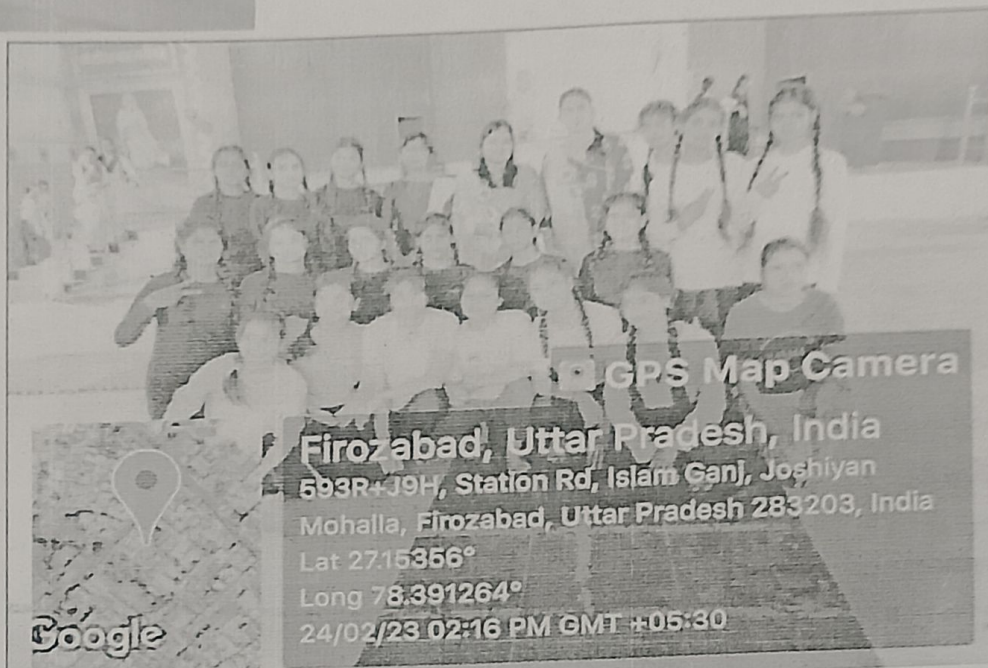
**SECOND PLACE IN INTER
COLLEGIATE JUDO
TOURNAMENT
SESSION 2022-2023
A.K.P.G. COLLEGE
SHIKOHABAD**





**ANNUAL SPORTS MEET
TUG OF WAR
COMPETITION
(SESSION 2022-2023)
M.G.B.V. PG COLLEGE
FIROZABAD**

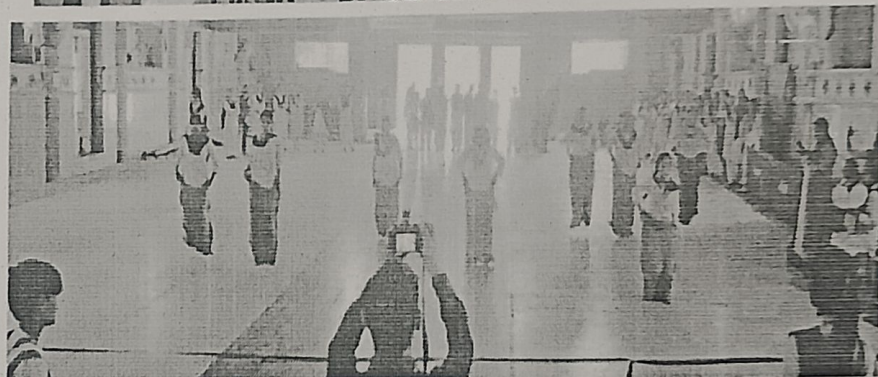
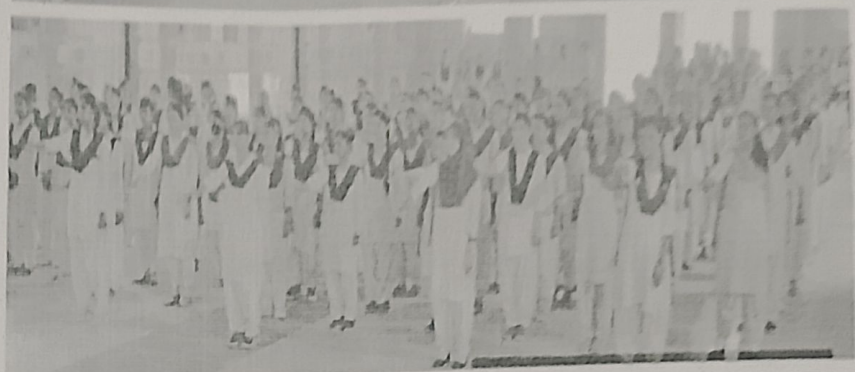
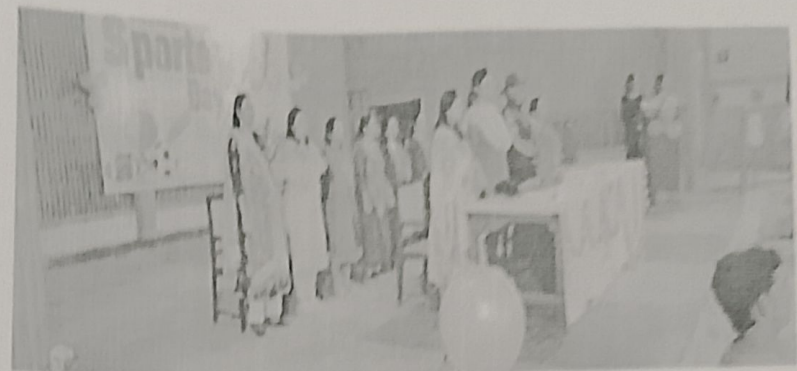
**ANNUAL SPORTS MEET
YOGA COMPETITION
(SESSION 2022-2023)
M.G.B.V. PG COLLEGE
FIROZABAD**



**ANNUAL SPORTS MEET
PRIZE DISTRIBUTION
(SESSION 2022-2023)
M.G.B.V. PG COLLEGE
FIROZABAD**

**ANNUAL SPORTS MEET
PRIZE DISTRIBUTION
(SESSION 2022-2023)
M.G.B.V. PG COLLEGE
FIROZABAD**





On the occasion of International Yoga Day, an online quiz competition was organized by the Department of Physical Education, Mahatma Gandhi Balika Vidyalaya PG College, Firozabad under the leadership of Dr. Amrita Singh (Assistant Professor Department of Physical Education). 337 students of Mahatma Gandhi Balika Vidyalaya PG College and District Education Training Institute Kilaghat, Darbhanga, Bihar had participated in this competition.

This competition was held on 21 June 2023 and 25 questions related to yoga were asked in it. 45 seconds time was supplied for each question. The main objective of the competition was to create awareness among the students by

presenting the importance of Yoga and motivate them to lead a healthy and active lifestyle.

The program of the competition was completed under the supervision of the principal of the college



Principal
A.B.V. (B.G.) College
Bareilly



Dr. AMRITA SINGH

Assistant professor
**PHYSICAL EDUCATION
& SPORTS**