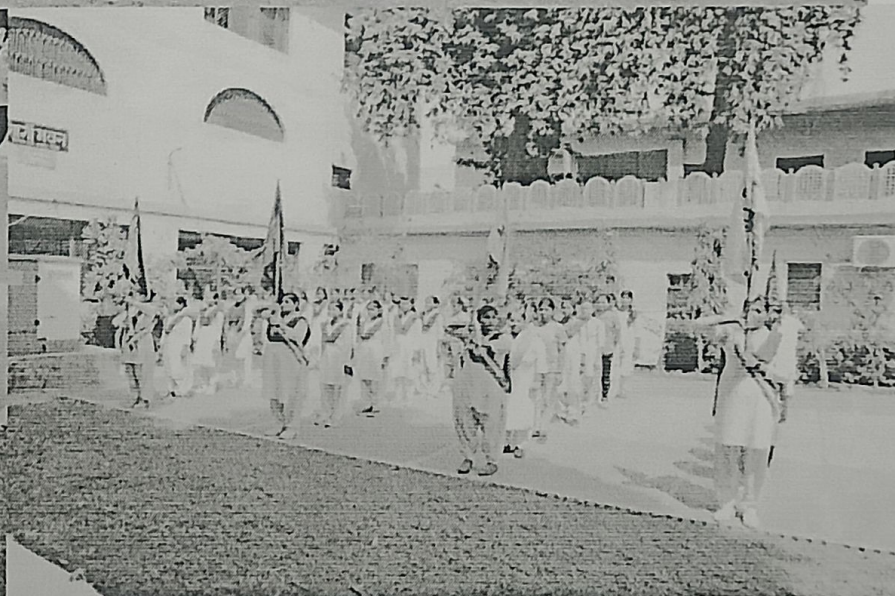
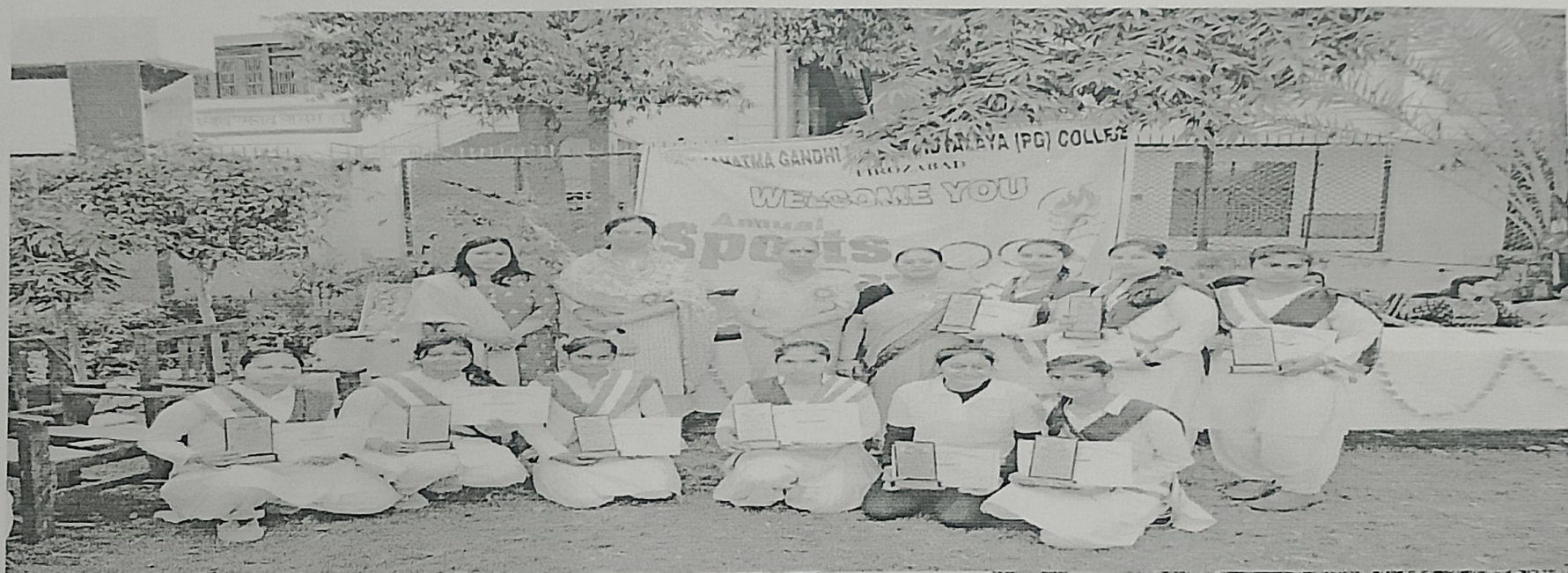


ANNUAL REPORT OF PHYSICAL EDUCATION AND SPORTS DEPARTMENT SESSION -2023-2024



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

Dr. AMRITA SINGH
Assistant professor
PHYSICAL EDUCATION

Mahatma Gandhi Balika Vidhyalaya P.G. College in Firozabad stands as a beacon of excellence in nurturing physical fitness, wellness, and sportsmanship among its students through its dedicated Physical Education and Sports Department. This department is not merely a segment of the institution but rather a vibrant hub that fosters holistic development.

At the helm of this department are qualified and experienced educators, driven by their passion for physical education and sports. Their guidance empowers students, igniting their potential and nurturing their talents, particularly those inclined towards competitive sports. The department boasts modern facilities, including a well-maintained sports ground and gymnasium, ensuring students have access to top-notch resources to support their journey.

The college offers a spectrum of courses in physical education and sports, ranging from B.A., B.Sc., to B.Com. These programs offer a comprehensive blend of theoretical knowledge and hands-on training across various sports disciplines, equipping students with a robust foundation for their future endeavors.

Complementing the academic curriculum are numerous sports events and competitions organized throughout the year. From inter-college to state-level competitions, the college provides platforms for students to showcase their prowess and unleash their potential. The institution takes pride in its history of nurturing talented athletes who have carved a niche for themselves at national and All India university levels.

In essence, the Physical Education and Sports Department at Mahatma Gandhi Balika Vidhyalaya P.G. College is a nurturing ground for physical fitness, sportsmanship, and excellence. It cultivates a stimulating and supportive environment, empowering students to embrace their passion for sports and physical education while striving for greatness.

Enrollment:

In the academic year of 2023, the enrollment figures at Mahatma Gandhi Balika Vidhyalaya P.G. College paint a vivid picture of student engagement and academic pursuits:

- Within the B.A. 5th semester cohort, all 5 students who were enrolled successfully completed their B.A. 4th semester, showcasing a commendable achievement rate and dedication to their studies.
- The Major B.A. 3rd semester witnessed a cohort of 14 students, indicating a substantial interest in specialized studies and a commitment to delving deeper into their chosen field.
- At the inception of their academic journey, the Major B.A. 1st semester welcomed 22 students, illustrating a promising start for these aspiring scholars.
- A significant cohort of 233 students opted for physical education as a minor subject in their B.A., B.Sc., B.Com. 3rd semester, reflecting a growing recognition of the importance of holistic education and physical well-being.
- In the Major B.A. 1st semester, 18 enthusiastic learners embarked on their educational voyage, while an impressive 185 students chose physical education as a minor subject in their B.A., B.Sc., B.Com. 1st semester highlighting the widespread interest in incorporating physical education into their academic curriculum.

These enrollment trends not only indicate the college's dedication to providing diverse educational opportunities but also underscore the students' keen interest in pursuing holistic learning and personal development.

Games & Sports Activities of our esteemed institution

Games & Sports Activities at our esteemed institution encompass a diverse range of pursuits aimed at fostering physical fitness, mental agility, and holistic well-being:

Badminton:

Badminton, a dynamic racquet sport, engages players in thrilling singles or doubles matches, where strategic strokes and agile footwork are paramount. From powerful smashes to deft net returns, players master a repertoire of techniques to outmaneuver their opponents and claim victory on the court.

Yoga:

In our commitment to promoting holistic wellness, Yoga takes center stage. Through dedicated sessions, students are introduced to the transformative power of Yoga, which not only enhances physical and mental health but also nurtures a harmonious social life. Starting with invigorating warm-ups and stretches, students delve into a series of Asanas, including Padmasana, Paschimottasana, Halasana, Bhujangasana, culminating in the serene relaxation of Shavasana. Additionally, students learn the art of Pranayama for longevity, further enriching their yoga journey.

Chess:

Chess, the timeless strategy board game, stimulates intellectual prowess and creative thinking. With its intricate maneuvers and tactical depth, chess challenges players to think critically and adapt swiftly, enhancing problem-solving skills and igniting creativity. By engaging in strategic duels on the chessboard, students sharpen their minds and cultivate a strategic mindset essential for success in various facets of life.

Annual Sports & Games Meet:

To celebrate the spirit of sportsmanship and assess students' progress, we organize an exhilarating Annual Sports & Games Meet. This event serves as a platform for students to showcase their athletic prowess and competitive spirit. Recognizing their dedication and achievements, the principal and management bestow certificates and medals, motivating students to strive for excellence continually.

Outline of Activities Conducted in the Games Department:

- Regular Badminton sessions focusing on skill development and match practice.
- Structured Yoga sessions encompassing Asanas, Pranayama, and relaxation techniques.
- Chess tournaments and practice sessions to hone strategic thinking and problem-solving abilities.
- Annual Sports & Games Meet featuring a variety of athletic events and competitions to encourage participation and healthy competition among students.

These activities reflect our unwavering commitment to nurturing well-rounded individuals equipped with physical prowess, mental acuity, and a spirit of sportsmanship.

YOGA 14/12/2023

2023-24	NISHITHA	B.A.5 th sem	YOGA	INTER COLLEGIATE THIRD PLACE	OBC
2023-24	SANDHYA	B.com.5th sem	YOGA	INTER COLLEGIATE THIRD PLACE	SC
2023-24	Nisha	b.sc.4 th sem	YOGA	INTER COLLEGIATE THIRD PLACE	SC
2023-24	KOMAL GUPTA	B.sc.4th sem	YOGA	INTER COLLEGIATE THIRD PLACE	GEN
2023-24	RAKHI BAGHEL	B.a. 5th sem	YOGA	INTER COLLEGIATE THIRD PLACE	OBC
2023-24	ANUSHKA	B.A.5 th sem	YOGA	INTER COLLEGIATE THIRD PLACE	SC

YOGA 25/12/2022

2023-24	Anushka	B.A.5 th sem	YOGA	ALL INDIA UNIVERSITY	sc
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Date -19.03.2024**Events Name- Sack Race****No.of Participants- 34**

S No	Participant (In Capital Letter)	Class	Position
1.	ASHA		<u>I</u>
2.	MEGHA YADAV		<u>II</u>
3.	KALPNA		<u>III</u>

Event- Tug Of War**No of Participants- 48**

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

Events Name- Lemon & Spoon Race**No.Of Participants- 54**

S No	Participant (In Capital Letter)	Class	Position
1.	HINA	M.A 1 ST YEAR	<u>I</u>

2.	VERSHA	B.A. 1 ST YEAR	<u>II</u>
3.	KAJAL RATHOUR	B.COM 3 RD YEAR	<u>III</u>

Events Name- KABBADI

No.Of Participants-48

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

Day Second (20.03.2024)

Events Name- Yoga Competition

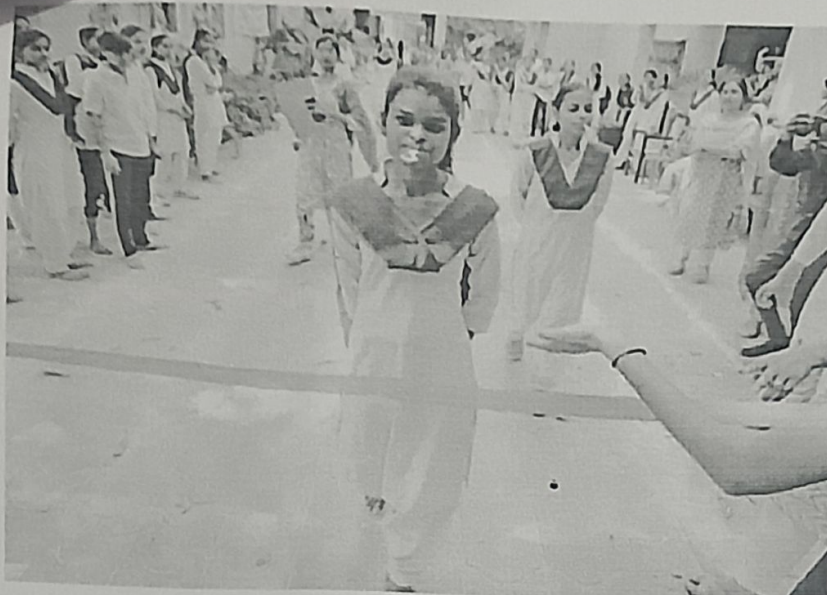
No.Of Participants- 24

S No	Participant (In Capital Letter)	Position
1.	TEAM B	<u>I</u>
2.	TEAM C	<u>II</u>
3.	TEAM A	<u>III</u>

Events Name- CHESS

No.Of Participants-06

S No	Participant (In Capital Letter)	Class	Position
1.	SAKSHI YADAV	B.SC. I ST YEAR	<u>I</u>
2.	ISHIKA AGRWAL	B.COM 3 rd YEAR	<u>II</u>
3.	GARGI TIWARI	B.A. I ST YEAR	<u>III</u>



**ANNUAL SPORTS MEET
LEMMON SPOON COMPETITION
(SESSION 2023-2024)
M.G.B.V. PG COLLEGE
FIROZABAD**



**ANNUAL SPORTS MEET
TUG OF WAR COMPETITION
(SESSION 2023-2024)
M.G.B.V. PG COLLEGE
FIROZABAD**



**ANNUAL SPORTS MEET
SACK RACE COMPETITION
(SESSION 2023-2024)
M.G.B.V. PG COLLEGE
FIROZABAD**

**ANNUAL SPORTS MEET
KABBADI COMPETITION
(SESSION 2023-2024)
M.G.B.V. PG COLLEGE
FIROZABAD**





**ANNUAL SPORTS MEET
YOGA COMPETITION
(SESSION 2023-2024)
M.G.B.V. PG COLLEGE
FIROZABAD**

**ANNUAL SPORTS MEET
CHESS COMPETITION
(SESSION 2023-2024)
M.G.B.V. PG COLLEGE
FIROZABAD**

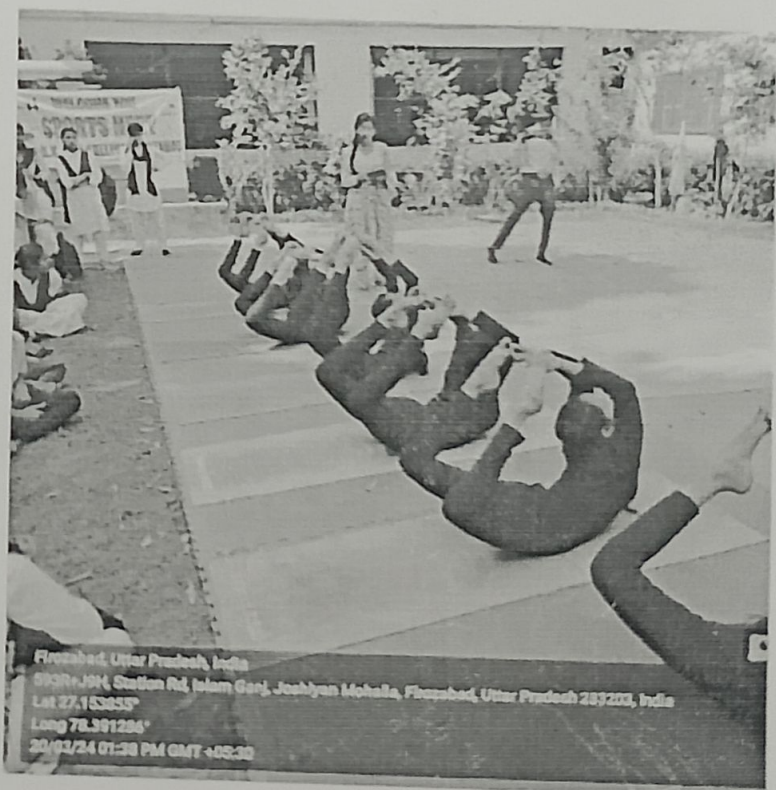
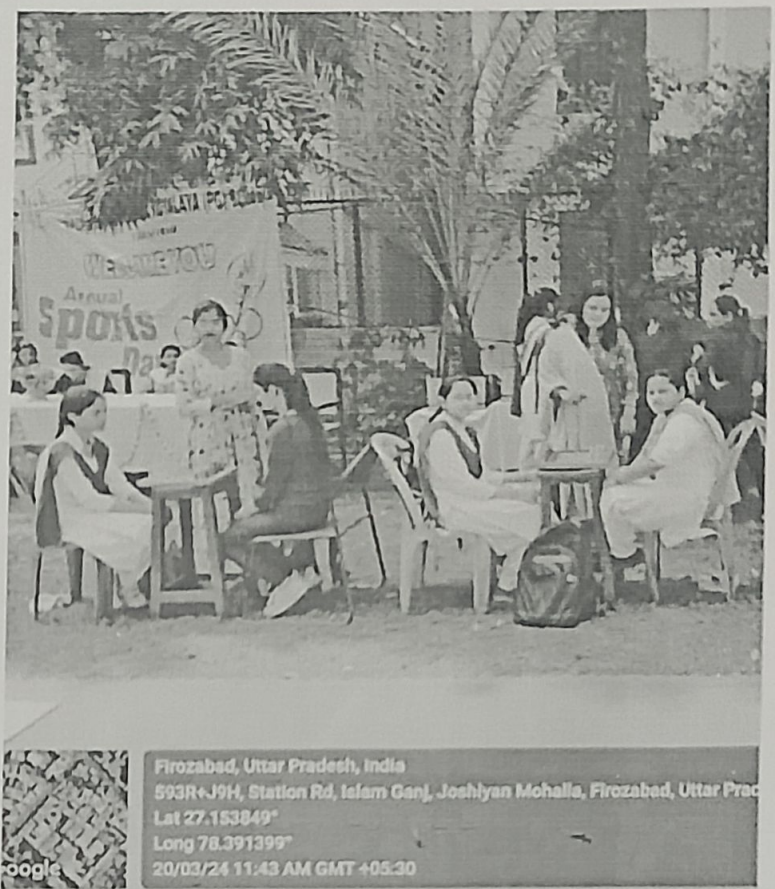
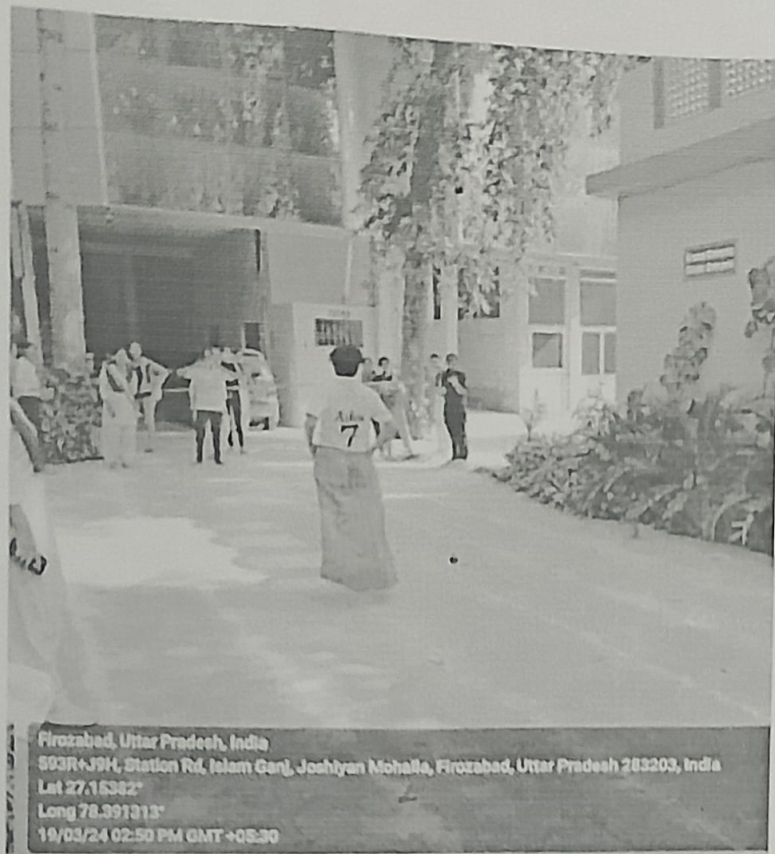


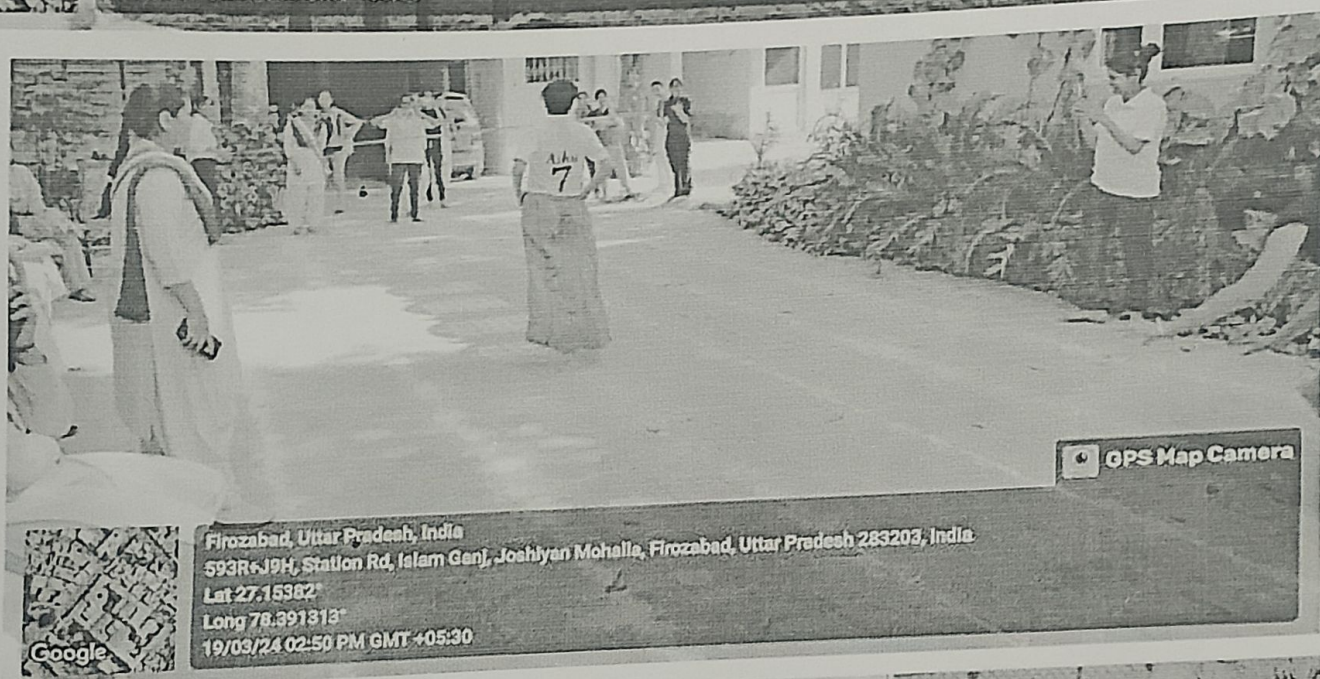
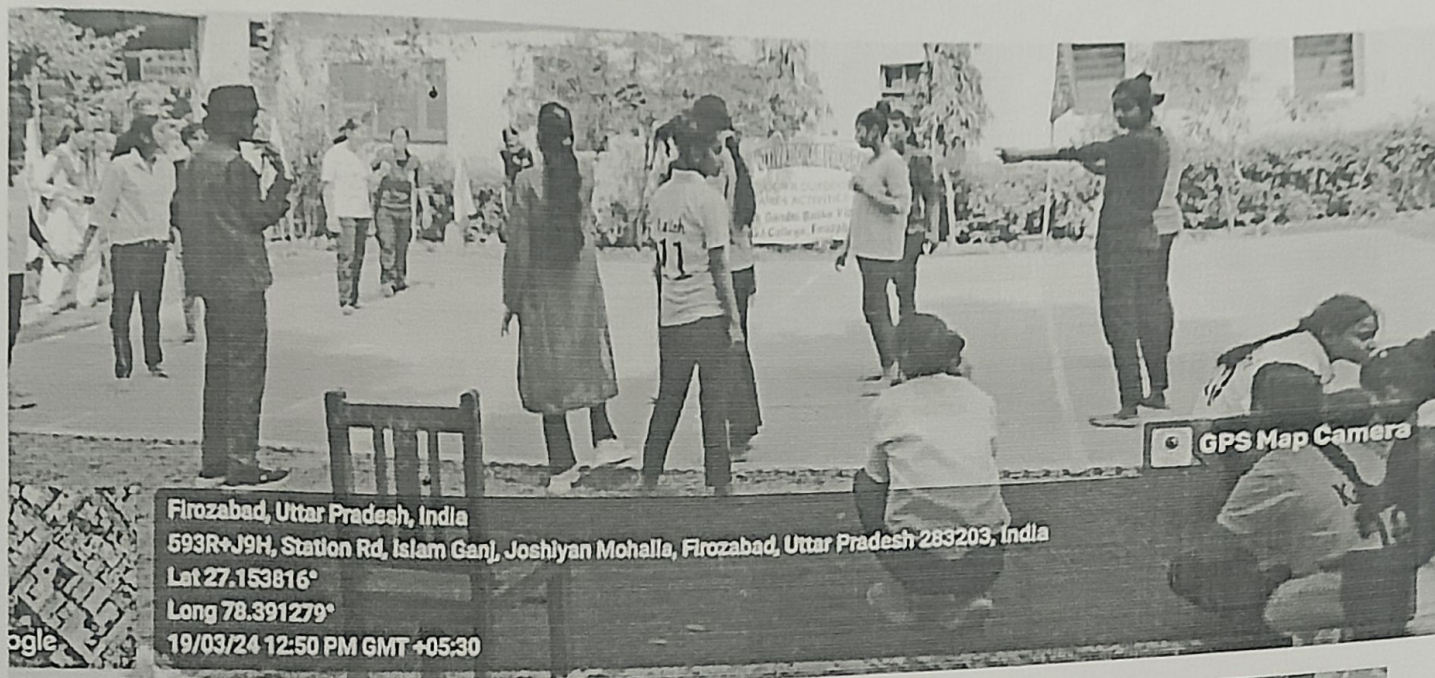
**ANNUAL SPORTS MEET
PRIZE DISTRIBUTION
(SESSION 2023-2024)
M.G.B.V. PG COLLEGE
FIROZABAD**

**ANNUAL SPORTS MEET
PERFORMANCE
(SESSION 2023-2024)
M.G.B.V. PG COLLEGE
FIROZABAD**



GEO TAG PHOTO GRAPH





एमजी बालिका महाविद्यालय में खेल उत्सव पर हुई प्रतियोगिताएं, 20 मार्च

बोरी दौड़ में हंसी के ठहाके

फिरोजाबाद, हिन्दुस्तान संवाद। मंगलवार को महात्मा गांधी बालिका विद्यालय में अलग ही नजारा था। कहीं पर छात्राएं मूक में चम्मच दबाए धीरे-धीरे लक्ष्य की तरफ बढ़ रही थीं। सबसे पहले पहुंचने की होड़ थी, लेकिन उससे पहले चम्मच में रखे नींबू का संतुलन बनाए रखना जरूरी था। टेंशन भरी नजर चम्मच में रखे नींबू पर जमी हुई थी तो कदम धीरे-धीरे लक्ष्य की तरफ बढ़ रहे थे। वहीं दूसरी तरफ चोरी में दोनों पैर रखकर छात्राएं कूद-कूद कर जीत के लिए प्रयास कर रही थीं। अक्सर था एमजी महाविद्यालय में आयोजित खेल उत्सव का।

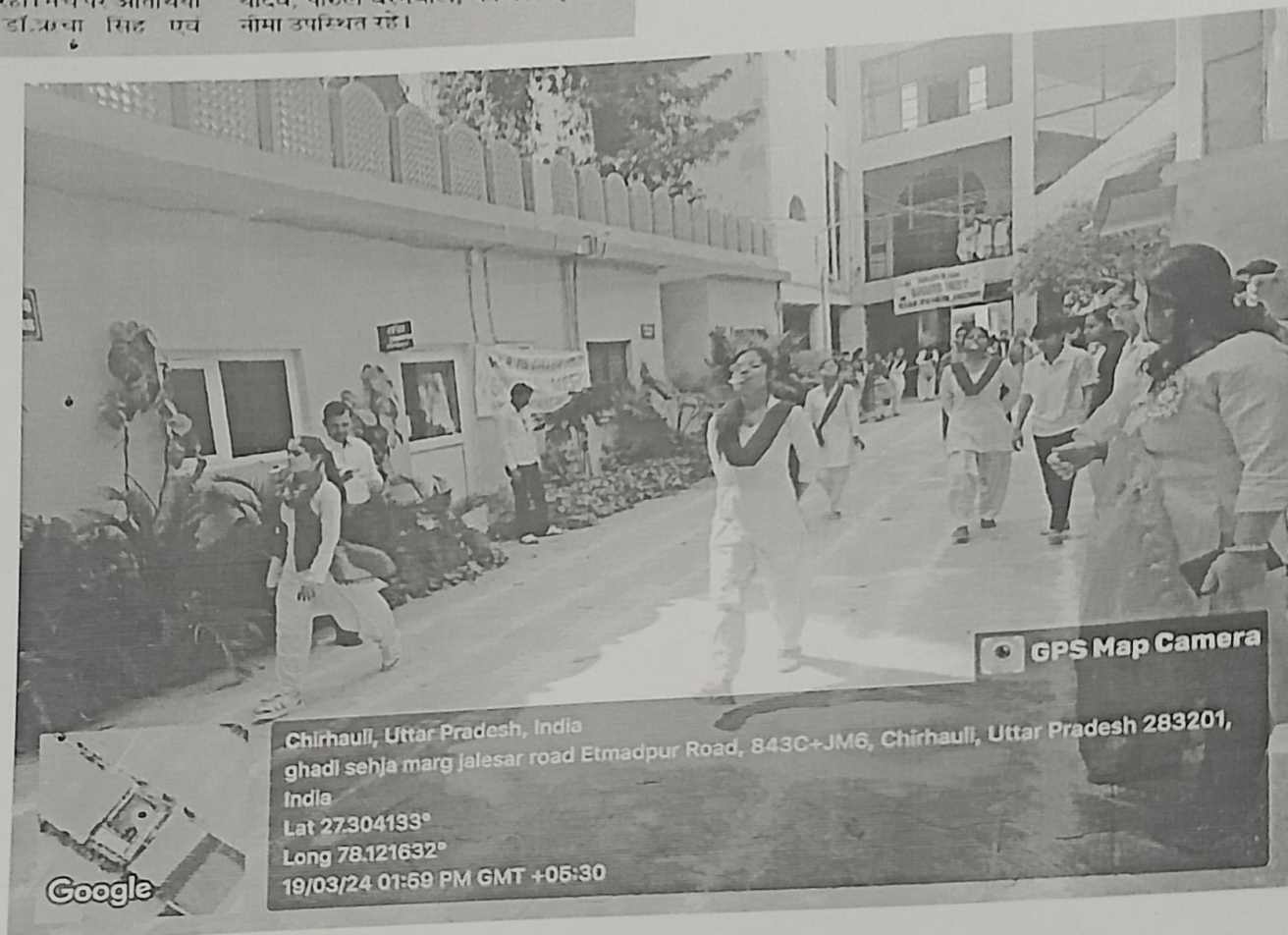
महात्मा गांधी बालिका महाविद्यालय में 20 मार्च तक चलने वाले वार्षिक खेल दिवस उत्सव का शुभारंभ मंगलवार को हुआ। शारीरिक शिक्षा और खेल विभाग की प्रमुख डॉ. अमृता सिंह के कुशल के निर्देशन में कॉलेज में कबड्डी, शतरंज, योग, बोरी दौड़, रस्साकस्मी से लेकर नींबू और चम्मच दौड़ तक कई प्रतियोगिताएं होंगी। उन्होंने कहा कि कौशल और खेल



एमजी कॉलेज में खेल दिवस उत्सव के शुभारंभ पर चम्मच में नींबू लेकर लक्ष्य तक पहुंचने का प्रयास करते हुए छात्राएं। • हिन्दुस्तान

कौशल को निखारने के लिए यह जरूरी है, क्योंकि छात्राओं में जीतने के लिए स्वच्छ प्रतिस्पर्द्धा का भाव होना जरूरी है। विजेताओं को 20 मार्च को सम्मानित किया जाएगा। मुख्य अतिथि कॉलेज प्राचार्य डॉ. अंजु शर्मा ने भी खिलाड़ियों का होसला बढ़ाया। विशिष्ट अतिथि प्रो. प्रियदर्शनी उपाध्याय और डॉ. निम्डा शर्मा रही। मंच पर अतिथियों का स्वागत डॉ. रोना सिंह एवं

डॉ. अंकिता ठाकुर ने किया। पहले दिन कबड्डी, नींबू और चम्मच, चोरी दौड़ और रस्साकस्मी प्रतियोगिताएं हुईं। खेल समिति सदस्य डॉ. अनीता चौरसिया, डॉ. अंकिता ठाकुर, डॉ. जेम्मा फास्की सहित अन्य शिक्षक डॉ. ब्रह्मा सिंह, डॉ. दीपा कन्नोजिया, डॉ. दीपांशी जायसवाल, पूजा जादोन, आकांक्षा यादव, पारुल वरनवाल, काजल एवं नोमा उपस्थित रहे।



[Signature]
Principal
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