

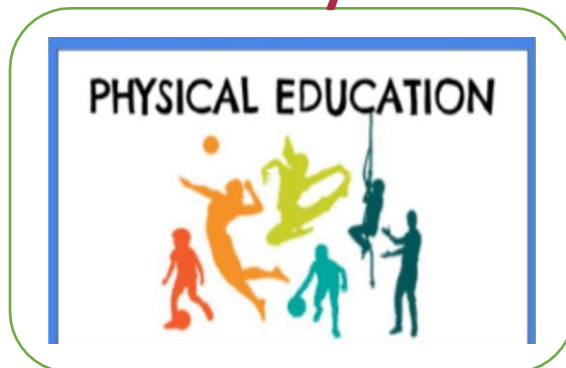
SRI A S N M GOVERNMENT COLLEGE (A), PALAKOL

West Godavari District, Andhra Pradesh- 534260

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Department of Physical Education



ACTIVITY REPORT

FROM

2017-18 TO 2021-22

SRI A.S.N.M. GOVERNMENT COLLEGE, PALAKOL, W.G.DT.
DEPARTMENT OF PHYSICAL EDUCATION
REPORT OF THE ACTIVITY

S. No	1
Name of the activity	International Yoga Day,
Date of conducting the activity	21/06/2017
Organized by Dept./Committee	Physical Education Department
Objective or nature of the activity curricular/Extension to community	To let people to know amazing health benefits of yoga To reduce health problems To spread peace in the world To promote good mental and physical health of people through yoga.
Level of the activity College/ Mandal / district/university	COLLEGE LEVEL
Name of the Resource Person	M.V.JayaPrakasam garu
No. Of students participated	39
Skills achieved	Students know the different types of asana ,pranayama, kriyas in yoga
Values achieved	Good health conditions, spiritual and intellectual thoughts develop by this yoga practices



Student's performing yoga asana on the occasion of international yoga Day
21.6.2017

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M. GOVERNMENT COLLEGE, PALAKOL, W.G.DT.
DEPARTMENT OF PHYSICAL EDUCATION
REPORT OF THE ACTIVITY

S. No	2
Name of the activity	INTRMURAL GAMES & SPORTS
Date of conducting the activity	12/08/2017to14/08/2017
Organized by Dept./Committee	Department of physical education
Objective or nature of the activity curricular/Extension to community	Playing various games and sports helps them teach life skills such as team work, leadership. accountability, patience, and, self-confidence and prepares them to face life changes students get a chance to work on their physical and mental abilities to achieve goals in their life
Level of the activity College/Mandal/ district/university	COLLEGE LEVEL
Name of the Resource Person	M.v.jayaprakasam garu
No. Of students participated	40
Skills achieved	Team spirit, leadership skills,. fair play focus strengths and abilities planning observation and analysis.
Values achieved	Games and sports have great value in human life. It makes us healthy and fit; it teaches us team spirit discipline brotherhood and co-ordination.



Conducted sports competitions on the occasion of Independence Day 12th TO 14th August 2017

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M. GOVERNMENT COLLEGE, PALAKOL, W.G.DT.
DEPARTMENT OF PHYSICAL EDUCATION
REPORT OF THE ACTIVITY

S. No	3
Name of the activity	GAMES & SPORTS
Date of conducting the activity	24/01/2018to25/01/2018
Organized by Dept./Committee	Department of physical education
Objective or nature of the activity curricular/Extension to community	Playing various games and sports helps them teach life skills such as team work, leadership accountability, patience, and, self-confidence and prepares them to face life changes students get a chance to work on their physical and mental abilities to achieve goals in their life
Level of the activity College/Mandal/district/university	COLLEGE LEVEL
Name of the Resource Person	k.sriramamurthy garu principal
No. Of students participated	45
Skills achieved	Team spirit, leadership skills, fair play focus strengths and abilities planning observation and analysis.
Values achieved	Games and sports have great value in human life. It makes us healthy and fit; it teaches us team spirit discipline brotherhood and co-ordination.



Conducted sports competitions for Boys and Girls students on the occasion of Republic Day
24th and 25th January 2018

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M. GOVERNMENT COLLEGE, PALAKOL, W.G.DT.
DEPARTMENT OF PHYSICAL EDUCATION
REPORT OF THE ACTIVITY

S. No	4
Name of the activity	International Yoga Day,
Date of conducting the activity	21/06/2018
Organized by Dept./Committee	Physical Education Department
Objective or nature of the activity curricular/Extension to community	To let people to know amazing health benefits of yoga To reduce health problems To spread peace in the world To promote good mental and physical health of people through yoga.
Level of the activity College/Mandal/district/university	COLLEGE LEVEL
Name of the Resource Person	k.sriramamurthy garu principal
No. Of students participated	60
Skills achieved	Students know the different types of asana, pranayama, kriyas in yoga
Values achieved	Good health conditions, spiritual and intellectual thoughts develop by this yoga practices



Staff & students performing yoga asana on the occasion of international yoga day 21-06-2018

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE, PALAKOL. W.G.DT.

DEPARTMENT OF PHYSICAL EDUCATION

REPORT OF THE ACTIVITY

S. No	5
Name of the activity	GAMES & SPORTS COMPITITIONS
Date of conducting the activity	13/08/2018to14/08/2018
Organized by Dept./Committee	Department of physical education
Objective or nature of the activity curricular/Extension to community	Playing various games and sports helps them teach life skills such as team work, leadership accountability, patience, and, self-confidence and prepares them to face life changes students get a chance to work on their physical and mental abilities to achieve goals in their life
Level of the activity College/Mandal/ district/university	COLLEGE LEVEL
Name of the Resource Person	K. Sriramamurthy garu principal
No. Of students participated	114
Skills achieved	Team spirit, leadership skills, fair play focus strengths and abilities planning observation and analysis.
Values achieved	Games and sports have great value in human life. It makes us healthy and fit, it teaches us team spirit discipline brotherhood and co-ordination.



Participation of boys and girls students in the sports competitions conducted on the occasion of Independence Day 13th & 14thAugust 2018

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE, PALAKOL, W.G.DT.

DEPARTMENT OF PHYSICAL EDUCATION

REPORT OF THE ACTIVITY

S. No	6
Name of the activity	GAMES & SPORTS COMPITITIONS
Date of conducting the activity	24/01/2019to25/01/2019
Organized by Dept./Committee	Department of physical education
Objective or nature of the activity curricular/Extension to community	Playing various games and sports helps them teach life skills such as team work, leadership accountability, patience, and, self-confidence and prepares them to face life changes students get a chance to work on their physical and mental abilities to achieve goals in their life
Level of the activity College/Mandal/ district/university	COLLEGE LEVEL
Name of the Resource Person	k. sriramamurthy garu principal
No. Of students participated	115
Skills achieved	Team spirit, leadership skills, fair play focus strengths and abilities planning observation and analysis.
Values achieved	Games and sports have great value in human life. It makes us healthy and fit, it teaches us team spirit discipline brotherhood and co-ordination.



Conducted sports & Games competitions for both Boys & Girls students on the occasion of Republic Day 24th & 25th January 2019

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE, PALAKOL. W.G.DT.

DEPARTMENT OF PHYSICAL EDUCATION

REPORT OF THE ACTIVITY

S. No	7
Name of the activity	International Yoga Day
Date of conducting the activity	21/06/2019
Organized by Dept./Committee	Physical Education Department
Objective or nature of the activity curricular/Extension to community	<ul style="list-style-type: none">• To let people to know amazing health benefits of yoga• To reduce health problems• To spread peace in the world
Level of the activity College/Mandal/ district/university	COLLEGE LEVEL
Name of the Resource Person	K. Sriramamurthy garu principal
No. Of students participated	76
Skills achieved	Students know the different types of asana pranayama, kriyas in yoga
Values achieved	Good health conditions, spiritual and intellectual thoughts develop by this yoga practices



Principal speech on the importance of yoga & meditation on the occasion of international yoga day 21.6.2019

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE, PALAKOL, W.G.DT.

DEPARTMENT OF PHYSICAL EDUCATION

REPORT OF THE ACTIVITY

S. No	8
Name of the activity	GAMES & SPORTS COMPITITIONS
Date of conducting the activity	13/08/2019 to 14/08/2019
Organized by Dept./Committee	Department of physical education
Objective or nature of the activity curricular/Extension to community	Playing various games and sports helps them teach life skills such as team work, leadership accountability, patience, and, self-confidence and prepares them to face life changes students get a chance to work on their physical and mental abilities to achieve goals in their life
Level of the activity College/Mandal/district/university	COLLEGE LEVEL
Name of the Resource Person	K. Sriramamurthy garu principal
No. Of students participated	90
Skills achieved	Team spirit, leadership skills, fair play focus strengths and abilities planning observation and analysis.
Values achieved	Games and sports have great value in human life. It makes us healthy and fit; it teaches us team spirit discipline brotherhood and co-ordination.



Participation of Boys and Girls students in the sports and Games activities conducted on the occasion of Independence Day 15.8.2019

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE, PALAKOL, W.G.DT.

DEPARTMENT OF PHYSICAL EDUCATION

REPORT OF THE ACTIVITY

S. No	9
Name of the activity	GAMES & SPORTS COMPITITIONS
Date of conducting the activity	23/01/2020to24/01/2020
Organized by Dept./Committee	Department of physical education
Objective or nature of the activity curricular/Extension to community	Playing various games and sports helps them teach life skills such as team work, leadership accountability, patience, and, self-confidence and prepares them to face life changes students get a chance to work on their physical and mental abilities to achieve goals in their life
Level of the activity College/Mandal/ district/university	COLLEGE LEVEL
Name of the Resource Person	K.Sriramamurthy garu principal
No. Of students participated	85
Skills achieved	Team spirit, leadership skills, fair play focus strengths and abilities planning observation and analysis.
Values achieved	Games and sports have great value in human life. It makes us healthy and fit; it teaches us team spirit discipline brotherhood and co-ordination.



Conducted sports and games competitions to the Boys & Girls students on the occasion of Republic Day 23 & 24th Jan2020

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE,PALAKOL.,W.G.DT.
DEPARTMENT OF PHYSICAL EDUCATION
REPORT OF THE ACTIVITY

S. No	10
Name of the activity	Yoga certificate course inauguration
Date of conducting the activity	30-04-2022
Organized by Dept./Committee	Physical education department
Objective or nature of the activity curricular/Extension to community	To let people know the amazing and natural benefits of yoga.
Level of the activity College/Mandal/district/university	COLLEGE LEVEL
Name of the Resource Person	Dr.T.Raja Rajeswari principal
No. Of students participated	20
Skills achieved	Students know the different types of asana, pranayama, and kriyas in yoga.
Values achieved	Good health conditions, spiritual and intellectual thoughts develop by this yoga practices.



Yoga certificate course Inauguration by Principal Dr.T.Raja Rajeswari garu



Students performing the YOGA asana.

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE, PALAKOL, W.G.DT.
DEPARTMENT OF PHYSICAL EDUCATION
REPORT OF THE ACTIVITY

S. No	11
Name of the activity	INTERNATIONAL YOGA DAY
Date of conducting the activity	21/06/2022
Organized by Dept./Committee	Physical Education Department
Objective or nature of the activity curricular/Extension to community	To let people to know amazing health benefits of yoga To reduce health problems
Level of the activity College/Mandal/district/university	COLLEGE LEVEL
Name of the Resource Person	Dr.T.Raja Rajeswari principal
No. Of students participated	101
Skills achieved	Students know the different types of asana, pranayama, kriyas in yoga
Values achieved	Good health conditions, spiritual and intellectual thoughts develop by this yoga practices



International yoga day was conducted on 21-6-2022 in college Seminar hall Principal Dr .T. Raja Rajeswari attended as a chief guest and inspire the students with her yoga



Students and staff performing the asana



Signature of the Incharge

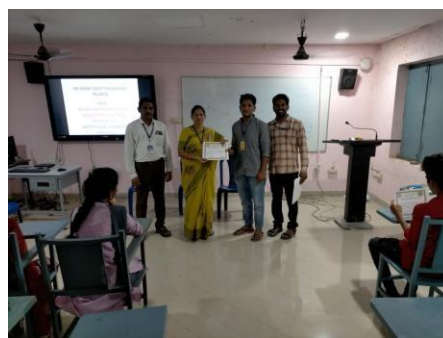
Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE, PALAKOL. W.G.DT.
DEPARTMENT OF PHYSICAL EDUCATION
REPORT OF THE ACTIVITY

S. No	12
Name of the activity	Yoga certificate course valedictory function
Date of conducting the activity	24-08-2022
Organized by Dept./Committee	Department of physical education
Objective or nature of the activity curricular/Extension to community	To promote good mental and physical health of people through yoga. To connect people through international yoga day. To connect people to the nature by practicing yoga. To make people get used of mediation through yoga.
Level of the activity College/Mandal/ district/university	COLLEGE LEVEL
Name of the Resource Person	Dr.T.Raja Rajeswari principal
No. Of students participated	<u>20</u>
Skills achieved	Students know the different types of asanas, pranayama, and kriyas in yoga.
Values achieved	Good health conditions, spiritual and intellectual thoughts develop by this yoga practices.



**Addressing to the Students by Principal
Dr T.Raja Rajeswari garu**



Certificates receiving to the students

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE,PALAKOL.,W.G.DT.
DEPARTMENT OF PHYSICAL EDUCATION
REPORT OF THE ACTIVITY

S. No	13
Name of the activity	INTRAMURAL GAMES & SPORTS COMPITITIONS
Date of conducting the activity	12-08-2022 to 13-08-2022
Organized by Dept./Committee	Department of physical education
Objective or nature of the activity curricular/Extension to community	Playing various games and sports helps them teach life skills such as team work, leadership accountability, patience, and, self-confidence and prepares them to face life changes students get a chance to work on their physical and mental abilities to achieve goals in their life
Level of the activity College/Mandal/ district/university	COLLEGE LEVEL
Name of the Resource Person	Dr.T.Raja Rajeswari principal
No. Of students participated	194
Skills achieved	Team spirit, leadership skills, fair play focus strengths and abilities planning observation and analysis.
Values achieved	Games and sports have great value in human life. It makes us healthy and fit; it teaches us team spirit discipline brotherhood and co-ordination.



Games and sports inaugurated by Principal Dr T.Raja Rajeswari garu



Girls Students Participated in Shot put Throw Event

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE,PALAKOL.,W.G.DT.
DEPARTMENT OF PHYSICAL EDUCATION
REPORT OF THE ACTIVITY

S. No	14
Name of the activity	Independence day celebration
Date of conducting the activity	15-08-2022
Organized by Dept./Committee	Department of physical education
Objective or nature of the activity curricular/Extension to community	To Create Freedom spirit
Level of the activity College/Mandal/ district/university	COLLEGE LEVEL
Name of the Resource Person	G. Srinivas Rao., vice principal
No. Of students participated	60
Skills achieved	It's a day to commemorate the sacrifices of our freedom fighters.
Values achieved	Enlighten this spirit of united India.



Vice principal G.Srinivasrao garu who was the chief Guest hoisted the National flag



Independence Day was celebrated on 15-08-2022 in our college G SRINIVASRAO Vice Principal delivered his message on the importance of Independence Day

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE,PALAKOL.,W.G.DT.

DEPARTMENT OF PHYSICAL EDUCATION

REPORT OF THE ACTIVITY

S. No	15
Name of the activity	Annual games and sports COMPITITIONS
Date of conducting the activity	26-08-2022 to 29-08-2022
Organized by Dept./Committee	Department of physical education
Objective or nature of the activity curricular/Extension to community	Playing various games and sports helps them teach life skills such as team work ,leadership accountability ,patience, and, self confidence and prepares them to face life changes students get a chance to work on their physical and mental abilities to achieve goals in their life
Level of the activity College/Mandal/ district/university	COLLEGE LEVEL
Name of the Resource Person	Dr.T.Raja Rajeswari Garu principal
No. Of students participated	200
Skills achieved	Team spirit, leadership skills, fair play focus strengths and abilities planning observation and analysis.
Values achieved	Games and sports have great value in human life. It makes us healthy and fit, it teaches us team spirit discipline brotherhood and co-ordination.



Boys Volley ball match between the B.com Vs B.A



Boys Kabaddi game between the II B.sc Vs I B.sc



Girl's tennikoit competition between the II B.sc Vs I B.com



Girls Participated in 100 mts running race

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE, PALAKOL, W.G.DT.
DEPARTMENT OF PHYSICAL EDUCATION
REPORT OF THE ACTIVITY

S. No	16
Name of the activity	National sports day
Date of conducting the activity	29-08-2022
Organized by Dept./Committee	Department of physical education
Objective or nature of the activity curricular/Extension to community	To Create awareness On sports and Games
Level of the activity College/Mandal/ district/university	COLLEGE LEVEL
Name of the Resource Person	Dr.T.Raja Rajeswari principal
No. Of students participated	60
Skills achieved	To Develop sportsmen Spirit
Values achieved	Games and sports have great value in human life. It makes us healthy and fit; it teaches us team spirit discipline brotherhood and co-ordination.



Principal Dr T.RajaRajeswari Attend as a chief Guest to the national sports day on 29-08-2022 B.sc digital class room rememberd Major Dyan chand with a Garland



Principal Dr.T. Raja rajeswari garu addressed to the students

Signature of the Incharge

Signature of the Principal

SRI A.S.N.M.GOVERNMENT COLLEGE, PALAKOL. W.G.DT.
DEPARTMENT OF PHYSICAL EDUCATION
REPORT OF THE ACTIVITY

S. No	17
Name of the activity	Chess competition
Date of conducting the activity	24-09-2022
Organized by Dept./Committee	Department of physical education
Objective or nature of the activity curricular/Extension to community	To Improve Intelligence Quotient (IQ)
Level of the activity College/Mandal/district/university	COLLEGE LEVEL
Name of the Resource Person	Mr.Ramadas Garu Alumni
No. Of students participated	10
Skills achieved	Problem Solving. In its most simplistic form.
Values achieved	Through chess, we learn how to analyze a situation by focusing on important factors.



**Chess Tournament Inaugurated by chief Guest
Mr.Ramadas garu Alumni of our college**



Students participated in chess tournament

Signature of the Incharge

Signature of the Principal