



**Department of  
PHYSICAL EDUCATION**

**GOVERNMENT DEGREE COLLEGE  
NANDIKOTKUR**

**Department Mail ID:** [gdcndkpd@gmail.com](mailto:gdcndkpd@gmail.com)

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# **GOVT. DEGREE COLLEGE, NANDIKOTKUR**

## **Department Profile**

**1. Inception of the college :  
(brief report in 500 words)**

**E mail ID : g d c n d k p d @ g m a i l . c o m**

### **HISTORY OF THE DEPARTMENT**

The Department of Physical Education is established in the year 1982. It is consisting adequate facilities for Games and Sports in 12.09 acres of land around the College building. The play fields Volleyball, Kabaddi, Kho-Kho, Ball Badminton and also 200 meters track is available for regular practice. Indoor Games like Caroms, Chess and Single station Gym for men and Fitness items for women are also available.

### **SCOPE OF THE PHYSICAL EDUCATION DEPARTMENT**

Government Degree College, Nandikotkur strives to be a leader in innovation and best practice in a range of aspects for sports development, fair play and ethics in sport for participants.

Government Degree College, Nandikotkur takes an important leaders role in working with provincial sports organizations to establish developing structures and policies that ensure a fair, safe, ethical and inclusive culture that pervades sport at all levels.

### **AIMS & OBJECTIVE OF THE PHYSICAL EDUCATION DEPARTMENT**

- ❖ To recognize and develop outstanding talent at Higher education level.
- ❖ To create opportunities for gifted learners.
- ❖ Provide leadership to ensure that our athletes remain at the forefront of provincial and international sport.
- ❖ Assist with researching and developing solutions to issue that emerge image in individual sport codes and the sports industry as a whole.
- ❖ To promote and advocate the best practice methods in high performance.
- ❖ To provide a balance and effective education in a safe and healthy environment by a professional team of experts.
- ❖ To demonstrate that sport achievements equal education.
- ❖ To encourage athletes to become National and International champions.

## ❖ **VISION STATEMENT**

- ❖ Government Degree College, Nandikotkur is committed to providing educational opportunities to select learners who are talented in sport and as an institution. We ensure quality education, development and coaching. We promise to deliver education sound and well-groomed sport ambassadors.
- ❖ As the college is committed to qualify education and sport development, we seek:
- ❖ To contribute to transportation in sport by maximizing opportunities for talented learners, particularly those who come from the previously disadvantaged communities.
- ❖ Provide excellent educational opportunities for learners and the college community, through a range of learning activities. Whilst fully developing their sporting and academic talents they will be empowered to pursue a chartered career path.
- ❖ Inculcate democratic processes and a culture of responsibility and accountability among all stakeholders to contribute towards a healthy nation and advancement of education through sport.

## **MISSION STATEMENT**

To extend and promote the concept of 'Sports for All, Sports for Health, Sports for Well-being, Sports for Excellence and Sports for World Peace'

## 2. Staff data :

No	Name of the Member of Faculty (Sri/Smt/Kum/Dr)	Educational Qualifications	Specialisations (If any)	D.O.J into Service	D.O.J into This College	Total Teaching Experience	Mail ID
1	Dr. L.C.S.KHANNA	M. P.ED., M.Phil., P.G.D.S.M., S.E.T., N.E.T., Ph.D.	ATHLETICS, KHO - KHO, KABADDI, BADMINTON, BALL BADMINTON	09-09-1992	28-05-2017	28 Years	khannalcs@gmail.com

## CURRICULUM VITAE

**Name** : Dr.L.C.S.KHANNA,  
M.P.Ed.,M.Phil., P.G.D.S.M, A.P.SET., NET (UGC), Ph.D.

**Present Designation & Address** : Physical Director,  
Government Degree College,  
Nandikotkur,  
Kurnool District  
Andhra Pradesh

**Date of Birth and Age** : 19<sup>th</sup> June 1965; 55 yrs completed

### EMPLOYMENT HISTORY:

1. Selected as Physical Education Teacher to Government Girls High School through D.S.C selection test in the year 1992 placed second in the test and served in school for **Eight Years**.
2. Promoted as Physical Director to Government Girls High School in the year 2000, and served up to 18<sup>th</sup> August 2003 ( **3 years of Service**)
3. On 19<sup>th</sup> August 2003, promoted on Recruitment by Transfer to Government Junior College, Gudur, Kurnool District, Andhra Pradesh.
4. On 22<sup>nd</sup> August 2013, promoted on Recruitment by Transfer to Government Degree College, Pattikonda, Kurnool District, Andhra Pradesh.
5. Transferred and posted to Government Degree College, Nandikotkur on 28-05-2017.

### SPORTS ACHIEVEMENTS:

- a. Represented South Zone Inter University Kho-Kho Tournament in the year 1986 -87 for Sri Venkateswara University held at Tirupathi.

- b. Stood first in District level Body building Championship held at Kadapa in the year 1985.
- c. Stood Third in District level Weight Lifting Championship held at Kadapa in the year 1985.
- d. Represented Inter school Tournaments for Five Years (1976-1980) in Volleyball, Football, Cricket, 800 mts and Broad jump.

## **ORGANIZATIONAL ACHIEVEMENTS:**

1. Organized Kurnool District Junior Colleges Athletic Association Inter-Collegiate Tournament for Boys in the year 2010-2011.
2. Organized Kurnool District Junior Colleges Athletic Association Inter-Collegiate Cricket Tournament for Boys in the year 2011-2012.
3. Organized Kurnool District Junior Colleges Athletic Association Inter-Collegiate Tournament for Girls in the year 2012-2013.
4. Acted as Coach and Selector for Badminton (Boys) team of Rayalaseema University Inter Collegiate Tournament for the year 2015-16.
5. Acted as Coach and Selector for Ball Badminton (Boys) team of Rayalaseema University Inter Collegiate Tournament for the year 2016-17.
6. Acted as Coach and Selector for Ball Badminton (Boys) team of Rayalaseema University Inter Collegiate Tournament for the year 2017-18.
7. Acted as Coach and Selector for Badminton (Boys & Girls) team of Rayalaseema University Inter Collegiate Tournament for the year 2017-18.
8. Acted as Coach and Selector for Badminton (Boys & Girls) team of Rayalaseema University Inter Collegiate Tournament for the year 2018-19.
9. Acted as Coach and Selector for Ball Badminton (Boys) team of Rayalaseema University Inter Collegiate Tournament for the year 2016-17.
10. Acted as Coach and Selector for Badminton (Boys & Girls) team of Rayalaseema University Inter Collegiate Tournament for the year 2019-20.
11. Acted as Coach and Selector for Ball Badminton (Boys) team of Rayalaseema University Inter Collegiate Tournament for the year 2019-20.

## **PROFESSIONAL PUBLICATIONS:**

### **INTERNATIONAL:**

The paper published in the following International Journal of Physical Education, "*Asian Journal of Physical Education and Computer Science in Sports*" Impact Factor 0.5190 Vol.8., No.2, Half yearly issue with ISSN 0975-7732.

1. [Asian Journal of Physical Education and Computer Science in Sports \(2013\)](#) in Association with (Indian Federation of Computer Science in Sports) Title of the Original research article: "Effect of Interval Training on selected Physiological Variables among Junior college Boys" P.29-31.

The paper published in the following International Journal of Physical Education, "[International Journal of Health, Physical Education and Computer Science in Sports](#)" Vol.15., No.1, Quarterly (July 2014 to September 2014) issue with ISSN 2231-3265.

2. [International Journal of Health, Physical Education and Computer Science in Sports \(2015\)](#) Title of the Original research article: "Effect of Transcendental Meditation and interval training on selected Bio-chemical and Physiological variables among inter district men athletes." P.587-588.

These papers published in the following International Journal of Physical Education, "[International Journal of Health, Physical Education and Computer Science in Sports](#)" Impact Factor 1.937 Vol.18., No.2, Quarterly (April 2015 to June 2015) issue with ISSN 2231-3265.

3. [International Journal of Health, Physical Education and Computer Science in Sports \(2015\)](#) Title of the Original research article: "Improving Cardiovascular Fitness Through Interval Training." P.139-140.
4. [International Journal of Health, Physical Education and Computer Science in Sports \(2015\)](#) Title of the Original research article: "A Study and Practice of Medical Principles Related to the Science of Sports." P.158-159.

The paper published in the following International Journal of Physical Education, "[International Journal of Law, Education, Social and Sports Studies](#)" Vol.2., S1 2015, with ISSN 2394-9724.

5. [International Journal of law, Education, Social and Sports Studies \(2015\)](#) Title of the Original research article: "Influence of Sports Psychology in Improving Sports Performance" P.37-40.

The paper published in the following International Journal of Physical Education, "[International Journal of Health, Physical Education and Computer Science in Sports](#)" Publication Impact Factor 12 OR 3.565 ISRA Journal Impact Factor 3.579 Vol.27., No.2, Quarterly (July 2017 to September 2017) issue with ISSN 2231-3265.

6. [International Journal of Health, Physical Education and Computer Science in Sports \(2015\)](#) Title of the Original research article: "Effect of Exercise and Diet on Fitness to Perform Regular Physical Activities." P.238-239.

## [INTERNATIONAL WORK SHOPS](#)

1. Attended Two day International workshop on YOGA & WELLNESS held at JECRC University, Jaipur on 6<sup>th</sup> & 7<sup>th</sup> January 2015.
2. Attended Two day International Workshop on RECENT TRENDS IN PHYSICAL EDUCATION AND SPORTS INDUSTRY-2016 organized by Indian Federation Of

Computer Science in Sports under the auspices of International Association of Computer Science in Sportsheld at Hyderabad on 26<sup>th</sup>& 27<sup>th</sup>June 2016.

3. Attended Two day International Workshop on LEVERAGING HIGHER ORDER SPORTS ACHIEVEMENTS-PHYSICAL EDUCATION organized by Chaitanya Bharathi Institute of Technology, in association with National Association of Physical Education and Sports Science (NAPESS)held at Hyderabad on 23<sup>rd</sup>& 24<sup>th</sup>January 2017.
4. Attended three day International workshop on YOGA held at MANIPAL University, Jaipurfrom 09-01-2020 to 11-01-2020.

### **NATIONAL & INTERNATIONAL PRESENTATIONS**

- 1) Presented a paper in the UGC Sponsored National Seminar on the topic “EFFECT OF YOGIC PRACTICES ON HEALTH RELATED BODY MASS INDEX OF OBESE COLLEGE BOYS” at The Bapatla College of Arts & Science,Bapatla,Guntur District from 13-07-2012 to 14-07-2012.
- 2) Presented a paper in the UGC Sponsored National Seminar on the topic “EFFECT OF INTERVAL TRAINING ON SELECTED PHYSIOLOGICAL VARIABLES AMONG JUNIOR COLLEGE BOYS” at Government Degree College,Nandikotkur,Kurnool District from 03-06-2013 to 04-06-2013.
- 3) Presented a paper in the 25<sup>th</sup> PAN ASIAN CONFERENCE OF SPORTS & PHYSICAL EDUCATION on the topic “Effect OF Transcendental Meditation and Interval Training on certain Physiological and Bio-Chemical Variables among Inter District Men Athletes” at Osmania University,, Hyderabad,Telangana from 08-08-2014 to 10-08-2014 Organised by INDIAN FEDERATION OF COMPUTER SCIENCE IN SPORTS and PAN-ASIAN SOCIETY OF SPORTS & PHYSICAL EDUCATION.
- 4) Presented a paper in the International Conference on Physical Education & Sports Science, on the topic “Health Promotion with the Transcendental Meditation Programme and Maharishi Consciousness based Health Care- A Review” at JECRC University,Rajasthan from 06-01-2015 to 07-01-2015 Organized by Department of Physical Education,JECRC University,Rajasthan.
- 5) Presented a paper in the International Conference on Physical Education & Sports Science, on the topic “Video Gaming and Young Children: Making a Case for it.” at JECRC University,Rajasthan from 06-01-2015 to 07-01-2015 Organized by Department of Physical Education,JECRC University,Rajasthan.
- 6) Presented a paper in the UGC Sponsored National Seminar on the topic “NUTRITION IN SPORTS :SPORTS AS A PATHWAY FOR BUILDING HEALTHY NATION” at Kasireddy Venkata Reddy Government College for Women , Kurnool from 18-02-2015 to 19-02-2015.
- 7) Presented a paper in the UGC Sponsored National Seminar on the topic “State reorganization- history of India” at S.K.P. Government College, Guntakal, Anantapuramu District on 24-02-2015.



- 8) Presented a paper in the UGC Sponsored National Seminar on the topic “Influence of Sports Psychology in improving Sports Performance” at K.B.N. College, VIJAYAWADA on 12-03-2015 and 13-03-2015.
- 9) Presented a paper in the UGC Sponsored National Seminar on the topic “Improving Cardiovascular fitness through Interval Training” at Government Degree College, Nandikotkur, Kurnool district on 03-07-2015 and 04-07-2015.
- 10) Presented a paper in the UGC Sponsored National Seminar on the topic “Part of student in making healthy India.” at Silver Jubilee Government College, Kurnool on 11-12-2015.
- 11) Presented a paper in the International Conference on Physical Education & Sports Science, on the topic “Talent Identification – The Pathway and Barriers to World Class Performance of a Sports Person.” at Kakatiya Medical College, Warangal, Telangana, from 27-01-2017 to 29-01-2017.
- 12) Presented a paper in the UGC Sponsored National Conference on the topic “Comparison of explosive strength among Sepak Takra players and Foot ball players of Kurnool district in Andhra Pradesh.” at Sri Padmavati Mahila Visvavidyalayam, Tirupati, Andhra Pradesh, India on 22-03-2017 and 23-03-2017.
- 13) Presented a paper in the International Conference on Physical Education, Fitness and Sports Science 2017, on the topic “effect of exercise and diet on Fitness to perform regular Physical Activities.” at Osmana University, Hyderabad, Telangana on 19-08-2017 and 20-08-2017 Organized by Department of Physical Education, Osmana University, Hyderabad, Telangana.
- 14) Presented a paper in the International Conference on Physical Education & Sports Science, (ICPESS 20 ) on the topic “Exercise Prescription - an activity for host of debilitating diseases and enhancement of Physical Fitness.” at Manipal University, Rajasthan from 09-01-2020 to 11-01-2020 Organized by Department of Arts(Physical Education), Manipal University, Rajasthan.

### **3.Work load Particulars**

Sports Actively Participating by Players :

KABADDI, BADMINTON, BALL BADMINTON, TABLE TENNIS, CHESS, CRICKET AND ATHLETICS

#### **YEAR PLAN AND ACTION PLAN**

##### **YEARLY TRAINING PROGRAMME**

The Department of Physical Education conducts games and sports activities throughout the academic year in this college. Usually the Rayalaseema University, Kurnool conducts Inter College and Inter Zonal tournaments in Four phases between September and December every year. 1<sup>st</sup> phase of tournament consists the events like Basketball, Volley Ball, Kabaddi, Football and Table Tennis. 2<sup>nd</sup> phase consists the events like Ball Badminton, Kho-Kho, Handball, Tennikoit, Chess etc. 3<sup>rd</sup> Phase Athletic (Men & Women) and in 4<sup>th</sup> Phase Cricket.

Yearly training programme with salient points for each period carried as follows:

##### **PREPARATORY PERIOD:**

15<sup>th</sup> July to 31<sup>st</sup> July less emphasis is given on physical fitness, Individual techniques weight training, skills and tactics are given more importance.

##### **COMPETITION PERIOD:**

1<sup>st</sup> August to 15<sup>th</sup> February, intensive coaching – more emphasis will be given on speed agility exercises tactical plan of the team and analysis of the skill of each player etc.

##### **TRANSITION PERIOD:**

15<sup>th</sup> February to 15<sup>th</sup> July, less intensity of work load will be given in this period during this period the physical fitness and skills are maintained. So that the player can begin his new academic year with a higher workload.

## **DAY WISE WORK SCHEDULE**

**15<sup>th</sup> July to 31<sup>st</sup> July**

**Work Load: Time (Morning / Evening)**

### **1. Monday:**

- a. General Exercise : 2 to 2.30 hours morning and evening.
- b. Concerned Game skills practice  
With warming – up session

### **2. Tuesday:**

- a. General Exercise and warming-up : 2 to 2.30 hours morning and evening.
- b. Weight training, short runs and jumps  
Exercises.

### **3. Wednesday:**

- a. General warming up : 2 to 2.30 hours morning and evening.
- b. Concerned game warming up
- c. Concerned game skills involved  
Exercise friendly matches.

### **4. Thursday:**

- a. General Exercise and warming-up: 2 to 2.30 hours morning and evening.
- b. Cross Country
- c. Two side game/game type of exercises Repetition.

### **5. Friday:**

- a. General warming up : 2 to 2.30 hours morning and evening.
- b. Skills of concerned game or event
- c. Game and game type exercise
- d. Tactical combination

### **6. Saturday:**

- a. General warming – up : 2 to 2.30 hours morning and evening.
- b. Shorts sprints and circuit training
- c. Individuals skill exercises and games Practices

### **7. Sunday:**

- a. Rest.

## DAY WISE TRAINING PROGRAMME FOR PREPARATORY PERIOD

**1<sup>st</sup> August to 15<sup>th</sup> February**

### **1. Monday:**

a. General Exercise, Massage and hot  
Water bath after vigorous practices: 1.00 to 1.30 Hrs morning & Evening or match.

### **2. Tuesday:**

a. General warming-up, concerned  
Game exercise with skills: 1.00 to 1.30 Hrs morning & Evening

b. Games tactics, positional play Practice.

### **3. Wednesday:**

a. Real competitions match: 1.00 to 1.30 Hrs morning & Evening

### **4. Thursday:**

a. General and game type warming up: 1.00 to 1.30 Hrs morning & Evening

b. Individual techniques practice

### **5. Friday:**

a. General and game type warming-up: 1.00 to 1.30 Hrs morning & Evening

b. Tactics and concerned game practice

### **6. Saturday:**

a. General and game warming-up and  
Game skills practice : 1.00 to 1.30 Hrs morning & Evening

### **7. Sunday:**

a. Real Competition match : 1.30 hours evening

## 4.Results :

### MEDAL TALLY OF COLLEGE IN INTER-UNIVERSITY/INTER-COLLEGE EVENTS AND ABOVE FOR LAST FIVE YEARS:

YEAR	GAME & SPORT	LEVEL OF PARTICIPATION	MEDALS
<b>2019-20</b>	<b>KABADDI(M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>SEMI FINALS</b>
	<b>BALL BADMINTON(M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>QUARTER FINALS</b>
	<b>BADMINTON(M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>QUARTER FINALS</b>
	<b>TABLE TENNIS (M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>QUARTER FINALS</b>
	<b>ATHLETICS-JAVELIN THROW</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>BRONZE MEDAL</b>

YEAR	GAME & SPORT	LEVEL OF PARTICIPATION	MEDALS
<b>2018-19</b>	<b>KABADDI (M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>SEMI FINALS</b>
	<b>BALL BADMINTON (M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>QUARTER FINALS</b>
	<b>BADMINTON(M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>QUARTER FINALS</b>
	<b>TABLE TENNIS (M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>QUARTER FINALS</b>

<b>YEAR</b>	<b>GAME &amp; SPORT</b>	<b>LEVEL OF PARTICIPATION</b>	<b>MEDALS</b>
<b>2017-18</b>	<b>KABADDI (M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>QUARTER FINALS</b>
	<b>BALL BADMINTON (M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>QUARTER FINALS</b>
	<b>KABADDI (W)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>QUARTER FINALS</b>
	<b>TABLE TENNIS (M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>QUARTER FINALS</b>

<b>YEAR</b>	<b>GAME &amp; SPORT</b>	<b>LEVEL OF PARTICIPATION</b>	<b>MEDALS</b>
<b>2016-17</b>	<b>KABADDI (M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>WINNERS</b>
	<b>BALL BADMINTON (M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>RUNNERS</b>

<b>YEAR</b>	<b>GAME &amp; SPORT</b>	<b>LEVEL OF PARTICIPATION</b>	<b>MEDALS</b>
<b>2015-16</b>	<b>KABADDI (M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>QUARTER FINALS</b>
	<b>KHO-KHO (M)</b>	RAYALASEEMA UNIVERSITY INTER COLLEGIATE LEVEL	<b>QUARTER FINALS</b>

**COLLEGE STUDENTS ACHIEVEMENT IN SOUTH ZONE INTER UNIVERSITY / ALL INDIA INTER UNIVERSITY LEVELS 2019-20**

S.NO	NAME OF THE GAME	CATEGORY	LEVEL OF THE TOURNAMENT	NUMBER OF PLAYERS
1	KABADDI	MEN	SOUTH ZONE INTER UNIVERSITY	01
2	BALL BADMINTON	MEN	ALL INDIA INTER UNIVERSITY	01
3	BADMINTON	MEN	SOUTH ZONE INTER UNIVERSITY	01

**COLLEGE STUDENTS ACHIEVEMENT IN SOUTH ZONE INTER UNIVERSITY / ALL INDIA INTER UNIVERSITY LEVELS 2018-19**

S.NO	NAME OF THE GAME	CATEGORY	LEVEL OF THE TOURNAMENT	NUMBER OF PLAYERS
1	KABADDI	MEN	SOUTH ZONE INTER UNIVERSITY	01
2	BALL BADMINTON	MEN	ALL INDIA INTER UNIVERSITY	01



**COLLEGE STUDENTS ACHIEVEMENT IN SOUTH ZONE INTER UNIVERSITY / ALL INDIA INTER UNIVERSITY LEVELS 2017-18**

S.NO	NAME OF THE GAME	CATEGORY	LEVEL OF THE TOURNAMENT	NUMBER OF PLAYERS
1	KABADDI	WOMEN	SOUTH ZONE INTER UNIVERSITY	01
2	BALL BADMINTON	MEN	ALL INDIA INTER UNIVERSITY	01

**COLLEGE STUDENTS ACHIEVEMENTS IN SOUTH ZONE INTER UNIVERSITY / ALL INDIA INTER UNIVERSITY LEVELS 2016-17**

S.NO	NAME OF THE GAME	CATEGORY	LEVEL OF THE TOURNAMENT	NUMBER OF PLAYERS
1	KHO-KHO	WOMEN	SOUTH ZONE INTER UNIVERSITY	01
2	KABADDI	MEN	SOUTH ZONE INTER UNIVERSITY	03
3	BALL BADMINTON	MEN	ALL INDIA INTER UNIVERSITY	03

**COLLEGE STUDENTS ACHIEVEMENT IN SOUTH ZONE INTER UNIVERSITY / ALL INDIA INTER UNIVERSITY LEVELS 2015-16**

S.NO	NAME OF THE GAME	CATEGORY	LEVEL OF THE TOURNAMENT	NUMBER OF PLAYERS
1	KABADDI	MEN	SOUTH ZONE INTER UNIVERSITY	01
2	KHO-KHO	MEN	SOUTH ZONE INTER UNIVERSITY	01

## 5.Co-curricular Activities :

Academic Year	S.No	Activity Conducted					No.of students	
		Nature	Class	Title/Topic	Date	Venue	Involved	Part`ted
2015-16	1	Peer Teaching	Kabaddi Team, Kho-Kho Team	Skills and Game plan	Aug'15-Feb'16	College grounds	40	30
	2	Field Trip	Kabaddi Team, Kho-Kho Team	Inter University Tournament	Oct'15-Dec'15	SKU	24	24
2016-17	1	Peer Teaching	Kabaddi Team, Kho-Kho women Team Ball badminton Team Cricket Team	Skills and Game plan	Aug'16-Feb'17	College grounds	90	50
	2	Field Trip	Kabaddi Team, Kho-Kho women Team Ball badminton Team Cricket Team	Inter University Tournament	Oct'16-Dec'16	RU	35	35
2017-18	1	Peer Teaching	Kabaddi(M) Team, Kabaddi women Team, Ball badminton(M) Team	Skills and Game plan	Aug'17-Feb'18	College grounds	50	40
	2	Field Trip	Kabaddi(M) Team, Kabaddi women Team, Ball badminton(M) Team	Inter University Tournament	Oct'17-Dec'17	GDC MEN, KURNOOL	27	27
	3	Project work	B.Com	Kabaddi	Jan'18	GDC NDK	01	01
	4	Group Discussions	Kabaddi(M) Team, Kabaddi women Team, Ball badminton(M) Team	Strategy, Strengths and weakness	Aug'17 - Sep'17	Dept. Of Phy.Edn.	40	30
2018-19	1	Peer Teaching	Kabaddi(M) Team, Ball	Skills and Game plan	Aug'18-Feb'19	College grounds	30	30

			badminton(M) Team, Badminton(M) Team, TT(M) Team					
	2	Field Trip	Kabaddi(M) Team, Ball badminton(M) Team, Badminton(M) Team, TT(M) Team	Inter University Tournament	Oct'18- Dec'18	AAS ADONI, SRKDC NANDYA L	25	25
	3	Project work	B.Com	Badminton	Jan'19	GDC NDK	01	01
	4	Group Discussions	Kabaddi(M) Team, Ball badminton(M) Team, Badminton(M) Team, TT(M) Team	Strategy, Strengths and weakness	Aug'18 - Sep'18	Dept. Of Phy.Edn.	25	25
2019-20	1	Peer Teaching	Kabaddi(M) Team, Ball badminton(M) Team, Badminton(M) Team, TT(M) Team	Skills and Game plan	Aug'19- Feb'20	College grounds	32	32
	2	Field Trip	Kabaddi(M) Team, Ball badminton(M) Team, Badminton(M) Team, TT(M) Team	Inter University Tournament	Oct'19- Dec'19	GDC ATMAKUR, RU KURNOOL	23	23
	3	Project work	B.A	Ball Badminton	Jan'19	GDC NDK	01	01
	4	Group Discussions	Kabaddi(M) Team, Ball badminton(M) Team, Badminton(M) Team, TT(M) Team	Strategy, Strengths and weakness	Aug'18 - Sep'18	Dept. Of Phy.Edn.	32	32

## 6.Extra-curricular Activities :

Academic Year	S.No	Activity Conducted					No.of students	
		Nature	Class	Titile/Topic	Date	Venue	Involved	Part`ted
2017-18	1	Clean & Green	all	Campus cleaning	4 <sup>th</sup> saturday	College campus	100	100
	2	Swatch Bharath	all	Campus cleaning	24-09-17	College campus	100	100
	3	Plantation	B.A	Plantation	04-01-2018	College campus	50	50
2018-19	1	Clean & Green	all	Campus cleaning	09-01-2019	College campus	100	100
	2	Swatch Bharath	all	Campus cleaning	4 <sup>th</sup> saturday	College campus	100	100
2019-20	1	Clean & Green	all	Campus cleaning	4 <sup>th</sup> saturday	College campus	100	100
	2	Swatch Bharath	all	Campus cleaning	25-02-2020	College campus	100	100
	3	Ek Bharath Sresht Bharath	all	Awareness programme	29-02-2020	Digital Class room	100	100

### Clean & Green Programme



Plantation on 04-01-2018



EK BHARATH SRESHTH BHARATH AWARENESS PROGRAMME ON 29-02-2020



## 7. Staff Achievements

S.No	Name of the Members of Faculty ( Sri/Smt/Dr/Kum)	Date	Venue	Name of the Activity				Reference
				Con d'd	Involved	Presention	Recognition	
1	Dr LCS KHANNA	09-08-2020	Online Connectivity	NA	Yes	Participated in Performing Fitness Workout via Online	ASIA BOOK OF RECORDS	True and Digital Health Media, Chennai

## 8. Student's Achievements

Participation of College students in South Zone / All India Inter University Games /Sports during last Five years:

S.NO	SPORTS	YEAR	NUMBER OF STUDENTS PARTICIPATED FOR INTER UNIVERSITY
<b>2019-20 SOUTH ZONE /ALL INDIA INTER UNIVERSITY</b>			
1	BALL BADMINTON	2019-20	1 MEN SECTION
2	KABADDI	2019-20	1 MEN SECTION
3	BADMINTON	2019-20	1 MEN SECTION
<b>2018-19 SOUTH ZONE /ALL INDIA INTER UNIVERSITY</b>			
1	KABADDI	2018-19	1 MEN SECTION
2	BALL BADMINTON	2018-19	1 MEN SECTION
<b>2017-18 SOUTH ZONE /ALL INDIA INTER UNIVERSITY</b>			
1	KABADDI	2017-18	1 WOMEN SECTION
2	BALL BADMINTON	2017-18	1 MEN SECTION
<b>2016-17 SOUTH ZONE / ALL INDIA INTER UNIVERSITY</b>			
1	KHO-KHO	2016-17	1 WOMEN SECTION
2	KABADDI	2016-17	1 MEN SECTION
3	BALL BADMINTON	2016-17	1 MEN SECTION
<b>2015-16 SOUTH ZONE / ALL INDIA INTER UNIVERSITY</b>			
1	KABADDI	2015-16	1 MEN SECTION
2	KHO-KHO	2015-16	1 MEN SECTION

### Students` Progression:

Academic Year	S.No	Name of the Student	Class/Year	Higher Education/Employment	Name of the institute/agency	Any Other Information
2017-18	1	SANJEEV	B.A	B.P.Ed	A.N.U. GUNTUR	
2018-19	1					
2019-20	1	N. VEERA BABU	B.A	B.P.Ed	S.V.U. TIRUPATHI	
	2	S.Md. RAFI	B.Sc	B.P.Ed	S.V.U. TIRUPATHI	
	3	S.NAVYA SREE	B.Sc	M.Sc (BOT)	S.V.U. TIRUPATHI	

## 9.National / International Seminars / Workshops / Symposiums Attended

### Refresher Course Details

S.No	Year	Name of the Faculty	University conducted and address	Title of the Course	Duration From to	Grade Awarded
1	2014	Dr. L.C.S.KHANNA	UGC-ASC OSMANIA UNIVERSITY HYDERABAD	REFRESHER COURSE	05-03-2014 to 26-03-2014 22 days	A
2	2018	Dr. L.C.S.KHANNA	HRDC SV UNIVERSITY TIRUPATI	REFRESHER COURSE	12-11-2018 to 01-12-2018 20 days	A

## Orientation Course details

S.No	Year	Name of the Faculty	University conducted and address	Title of the Course	Duration From to	Grade Awarded
1	2016	Dr. L.C.S.KHANNA	HRDC  SV UNIVERSITY  TIRUPATI	ORIENTATION PROGRAMME	16-11-2016 to 13-12-2016  28 days	A

## Workshops attended and participated details

S.No	Title/Subject	Date and Days	Held address	Title of the Workshop	No.of Days attended
1	YOGA & WELLNESS	06-01-2015 & 07-01-2015	JECRC UNIVERSITY JAIPUR RAJASTHAN	International Workshop	02 DAYS
2	RECENT TRENDS IN PHYSICAL EDUCATION AND SPORTS INDUSTRY-2016	26-06-2016 & 27-06-2016	IFCSS HYDERABAD	International Workshop	02 DAYS
3	LEVERAGING HIGHER ORDER SPORTS ACHIEVEMENTS -PHYSICAL EDUCATION	23-01-2017 & 24-01-2017	CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY HYDERABAD	International Workshop	02 DAYS
4	YOGA	09-01-2020 TO 11-01-2020	MANIPAL UNIVERSITY JAIPUR RAJASTHAN	International Workshop	03 DAYS



## Workshops Conducted details **NIL**

S.No	Date and Year	Sponsored	Held Address	Title of the Workshop and organised by	No of Students attended	No of Lecturers attended	No of Days held	Name of the Lecturers involved

## National Seminars – Paper Presented details

S.No	Subject	Date and Days	Sponsored by	Address	No. of Days attended	Name of the Lecturer participated
1	PHY. EDN	13-07-12 & 14-07-12	UGC	BAPATLA, GUNTUR	02	Dr LCS KHANNA
2	PHY. EDN	03-06-13 & 04-06-13	UGC	NANDIKOTKUR, KURNOOL	02	Dr LCS KHANNA
3	PHY. EDN	18-02-15 & 19-02-15	UGC	KVRGDC KURNOOL	02	Dr LCS KHANNA
4	PHY. EDN	24-02-15	UGC	GUNTAKAL ANANTHAPUR	01	Dr LCS KHANNA
5	PHY. EDN	12-03-15 & 13-03-15	UGC	VUJAYAWADA	02	Dr LCS KHANNA
6	PHY. EDN	03-07-15 & 04-07-15	UGC	NANDIKOTKUR, KURNOOL	02	Dr LCS KHANNA
7	SWATC H BHARATH	11-12-15	UGC	SJGDC KURNOOL	01	Dr LCS KHANNA
8	PHY. EDN	22-03-17 & 23-03-17	UGC	SPMV TIRUPATHI	02	Dr LCS KHANNA

## International Conferences attended and Paper Presented

S.No	Subject	Date and Days	Held Address	Title of the Seminar	No. of Days attended
1	PHY. EDN	08-08-14 to 09-08-14	HYDERABAD	25 <sup>th</sup> PAN ASIAN CONFERENCE OF SPORTS & PHY.EDN.	03
2	PHY. EDN	06-01-15 & 07-01-15	JECRC JAIPUR	INTERNATIONAL CONFERENCE ON PHY.EDN. & SPORTS SCIENCE	02
3	PHY. EDN	06-01-15 & 07-01-15	JECRC JAIPUR	INTERNATIONAL CONFERENCE ON PHY.EDN. & SPORTS SCIENCE	02
4	PHY. EDN	27-01-17 To 29-01-17	KMC WARANGAL	INTERNATIONAL CONFERENCE ON PHY.EDN. & SPORTS SCIENCE	03
5	PHY. EDN	19-08-17 & 20-08-17	OU HYDERABAD	INTERNATIONAL CONFERENCE ON PHY.EDN., FITNESS & SPORTS SCIENCE 2017	02
6	PHY. EDN	09-01-20 To 11-01-20	MANIPAL UNIVERSITY JAIPUR	INTERNATIONAL CONFERENCE ON PHY.EDN. & SPORTS SCIENCE 2020	03

## Training Programmes Attended details **NIL**

S.No	Subject	Dates	Held Addresses	Title of the Training Programme	No. of Days attended	Name of the Lecturer Participated

## **Student Study Project Details**

S.No	Academic Year	Dates	Name of the Students involved	Title of the Study Project	Details of the Lecturer
1	2017-18	DEC 2017	SIVARAMU	Ball badminton	Dr. L.C.S.KHANNA
2	2018-19	DEC 2018	K. KULLAYI SWAMY	Kabaddi	Dr. L.C.S.KHANNA
3	2019-20	DEC 2019	RAJ KUMAR	Badminton	Dr. L.C.S.KHANNA

## **Minor/Major Research Project Details **NIL****

S.No	Type of Project and details	Date and duration and date of submission	Funding agency and amount	Title of the Project	Details of the Lecturer

## **Other Activities**

S.No	Type of activity	Sponsored	Participated/acted	Dates	Name of the Lecturer involved
1	Infra Structure Development	RUSA	COORDINATOR	2018 To Till date	Dr. LCS KHANNA
2	Culture Exchange Programme	Ek Bharath Sreshth Bharath	COORDINATOR	2019 to Till date	Dr. LCS KHANNA

## **Medals and Awards **NIL****

S.No	Name of the Lecturer	Medal/Award	Reason	Year	Received from	Venue

# Online

**NIL**

## FDP/NATIONAL/INTERNATIONAL/STATE LEVEL SEMINARS/WORKSHOPS

S.NO	NAME OF THE PROGRAMME	Subject	Date and Days	Held Address	Title	No. of Days attended

# Online

## ARPIT/SWAYAM/NPTEL ETC

S.NO	Name of the programme	Subject	Date and Days	Title	No. of Days attended	Grade
1	NPTEL Online Certification	MANAGEMENT	JULY-AUGUST 2019	LEADERSHIP	4 WEEKS	62% ELITE

## PUBLISHED PAPERS IN UGC REFERED JOURNALS/MAGAZINES/CONFERENCE PROCEEDINGS

S.No	TITLE OF THE ARTICLE	DATE/YEAR	NAME OF THE REFERED JOURNAL	NAME OF THE CONFERENCE PROCEEDINGS	R.A.FACT OR	ISSN/ISBN	PAGES NO
1	“Effect of Interval Training on selected Physiological Variables among Junior college Boys.	2013	Asian Journal of Physical Education and Computer Science in Sports (2013)	UGC Sponsored National Seminar	0.5190 Vol.8., No.2, Half yearly issue	0975-7732.	29-31

2	Effect of Transcendental Meditation and interval training on selected Bio-chemical and Physiological variables among inter district men athletes.	2015	International Journal of Health,Physical Education and Computer Science in Sports (2015)	25 <sup>th</sup> PAN ASIAN CONFERENCE OF SPORTS & PHY.EDN.	Vol.15., No.1, Quarterly( July 2014 to September 2014)	2231-3265.	587-588
3	Improving Cardiovascular Fitness Through Interval Training.	2015	International Journal of Health,Physical Education and Computer Science in Sports (2015)	UGC Sponsored National Seminar	1.937	2231-3265	139-140
4	A Study and Practice of Medical Principles Related to the Science of Sports.	2015	International Journal of Health,Physical Education and Computer Science in Sports (2015)	INTERNATIONAL CONFERENCE ON PHY.EDN. & SPORTS SCIENCE	1.937	2231-3265	158-159
5	Influence of Sports Psychology in Improving Sports Performance	2015	International Journal of Law, Education, Social and Sports Studies (2015)	UGC Sponsored National Seminar	Vol.2., S1 2015,	2394-9724.	37-40
6	Effect of Exercise and Diet on Fitness to Perform Regular Physical Activities.	2017	International Journal of Health,Physical Education and Computer Science in Sports 2017	INTERNATIONAL CONFERENCE ON PHY.EDN. & SPORTS SCIENCE	3.579	2231-3265	238-239

7	Exercise Prescription - an activity for host of debilitating diseases and enhancement of Physical Fitness.	2020	International Journal of Physical Education and Sports Science (2020)	INTERNATIONAL CONFERENCE ON PHY.EDN. & SPORTS SCIENCE 2020	January 2020	978-81-944149-9-9	180-183
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**EDITED BOOKS/CHAPTERS** **NIL**

S.No	TITLE OF THE BOOK/CHAPTER	DATE/YEAR	NAME OF THE BOOK	RECOMENDED BY	PAGES NO

**10. National / International Seminars / Workshops / Symposiums Conducted**

**NIL**

**11. SWOC ANALYSIS**

HIGH LIGHTS OF THE DEPARTMENT

- 1.
  - 2.
- ETC

In-charge of the Department