

# **Department of Physical Education**

## SPORTS AND GAMES ACTIVITIES 2022-2023

## Sports and Games – Achievements for the Year 2022-2023

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# **National Sportsday**

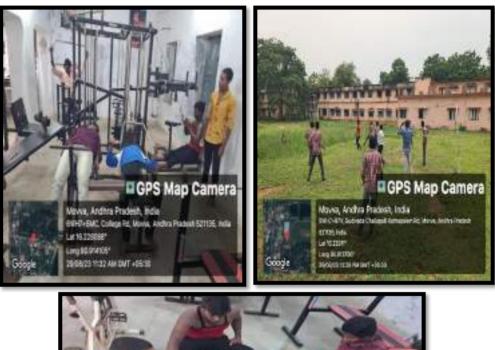
The National Sports Day in India is celebrated on 29 August every year. It is celebrated to commemorate the birth anniversary of hockey legend Major Dhyan Chand Singh. In recognition of his unparalleled contributions to the realm of sports, the Indian Government declared his birthdays National Sports Day in 2012, with the aim to inspire generations to come. This decision was also focused on promoting sports and physical fitness among the people in the country. The day also serves as a reminder for all of us to recall the contributions, determination and extraordinary achievements of the athletes and their influence in shaping societies. The first National Sports Day was celebrated on August 29, 2012 and hence this year marks the 12th anniversary of Rashtriya Khel Divas. The theme for this year's National Sports Day celebration is "Sports are an enabler to an inclusive and fit society". In tune with this thought, our college Physical Director, Sri V. Mani Prasad, conducted various sports activities like Volley ball, Caroms and weight training to encourage student participation in sports and fitness activities on 29 .8.2023.

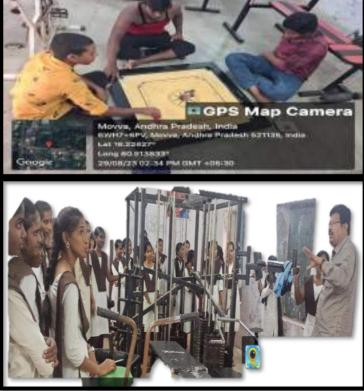
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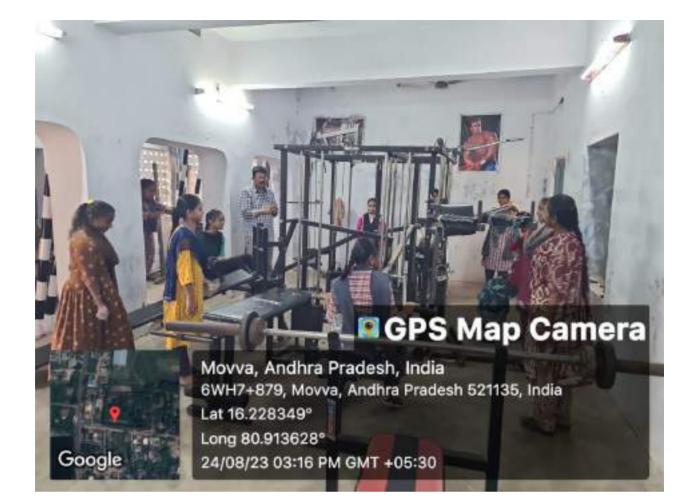
- To promote physical fitness among participants and highlight the importance of maintaining a healthy and active lifestyle.
- To foster a sense of teamwork and collaboration through team sports and promote cooperation and mutual support among participants.
- To instill the spirit of healthy competition among individuals and teams and emphasize the value of fair play, sportsmanship, and respect for opponents.

#### **Outcomes:**

- Physical activity has positive effects on mental health, helping to alleviate stress, improve mood, and enhance overall well-being.
- Participants have the opportunity to develop and showcase their sports-specific skills, contributing to their overall athletic development.
- Participants learn valuable life lessons about sportsmanship, integrity, and ethical conduct, which can be applied beyond the sporting arena.







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## **International Yoga Day**

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The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India. The Indian Prime Minister, Shri Narendra Modi, in his UN address in 2014, had suggested the date of June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world. Our college Physical Education Department celebrated this day by organizing rallies and performing various Asanas. All the staff and students participated in this celebration with great enthusiasm. The theme selected for this year's International Day of Yoga 2023 is **"Yoga for VasudhaivaKutumbakam**," which represents our shared desire for "One Earth, One Family, One Future."

#### **Objectives:**

- To encourage people to adopt yoga as a holistic approach to maintaining physical health.
- To raise awareness about the role of yoga in reducing stress and promoting mental well-being.
- To provide tools and techniques for stress management through yoga and meditation.
- To disseminate information about different yoga practices and their specific benefits.

#### **Outcomes:**

- Greater awareness of the benefits of yoga leading to increased participation in yoga activities.
- > More individuals adopting yoga as part of their regular health and fitness routines.
- Establishment of a foundation for the long-term adoption of yoga practices for physical, mental, and spiritual well-being.
- Positive outcomes in terms of improved physical fitness, mental clarity, and emotional well-being among participants.

Conclusion: The International Day of Yoga celebration at our college was a resounding success, embodying the spirit of "Yoga for Vasudhaiva Kutumbakam." The collective participation, enthusiasm, and commitment to holistic well-being showcased the enduring impact of yoga on individuals and communities. As we reflect on this memorable day, we are inspired to continue integrating the principles of yoga into our daily lives, fostering a healthier, more harmonious, and interconnected world.















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## AWARENESS AND MOTIVATIONAL CLASS ON PERSONALITY DEVELOPMENT THROUGH YOGA&MEDITATION

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On August 4, 2023, our college's Internal Quality Assurance Cell (IQAC) in association with Physical Education Department organized a session focusing on Personality Development for final year students. The session featured Sri S. Srinivas Guruji from Dhyana Yoga Foundation, Movva, enlightening students on the significance of Yoga, Dhyana, and Meditation. Dr. Venu, an expert with an MBBS and MS from Australia, shared valuable insights on Health, Motivation, and Career Guidance. The event aimed to raise awareness and motivate students towards holistic personal growth, emphasizing the fusion of physical and mental well-being for a successful future.



## "Harmony Within: Yoga and Meditation Orientation Program for

## V.S.R. Govt Degree & P.G. College Staff"

Our V.S.R. Govt Degree & P.G. College, Movva believes in fostering not only academic excellence but also the well-being of our staff. To promote physical and mental wellness, the Department of Physical Education introduced "Harmony Within" orientation program in Yoga and Meditation. This program is designed from to empower our staff with tools and techniques for stress management, increased focus, and overall well-being.

The "Harmony Within" initiative recognizes the interconnectedness of mental and physical health and seeks to instil practices that promote a balanced lifestyle. By integrating elements of Yoga and Meditation, we aim to create an environment that not only nurtures academic growth but also cultivates a sense of inner harmony and resilience among our valued staff members. This program reflects our dedication to fostering a workplace that prioritizes both professional excellence and the flourishing well-being of our staff.

#### **Objectives :**

- To provide participants with a comprehensive understanding of the principles, history, and philosophy behind yoga and meditation.
- To teach techniques for stress reduction, relaxation, and mental clarity through yoga postures, breathing exercises, and meditation.
- To encourage the adoption of yoga postures and exercises to improve physical fitness, flexibility, and overall health.
- To cultivate mindfulness and present-moment awareness through guided meditation practices.

#### **Outcomes:**

- Participants gain a deeper awareness and understanding of the principles and benefits of yoga and meditation.
- Participants experience improved stress management skills and a greater ability to cope with life's challenges.
- Improved physical fitness, flexibility, and posture among participants who regularly practice yoga.
- Integration of mindfulness practices into daily life, leading to increased awareness and present-moment living.

These objectives and outcomes aim to create a positive and transformative experience for participants in the "Harmony Within: Yoga and Meditation Orientation Program." The ultimate goal is to empower individuals to cultivate a harmonious balance within themselves and incorporate these practices into their daily lives.









వశారాంధ్ర-మాచిపూడి : మొక్క పీరెసంర్ ధర్రకర్త డిగ్రీ మరియు పీడ కళాశాలలో 10 రోజులు పాటు నిర్మహించే యోగ ఓరియంటేషన్ (పోగ్రాం నోమనారం ప్రొరంభమైంది ఈ కార్యక్రమానికి అవృత్తర వహించిన ధన్నపాల్ డాక్టర్



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#### **YOUTH FESTIVAL**

#### **Brief Report of the Event:**

On February 10, 2023, our college's Physical Education Department collaborated with the Bhoomi Foundation to organize an energetic Youth Festival, graced by notable guests. Sri Kaile Anil Kumar, the Honourable MLA of Pamarru Constituency, adorned the event as the Chief Guest, alongside distinguished figures like ZP Chairperson Smt. Uppala Harika, Sri. Juvvanapudi Vasu Babu, Founder of the Bhoomi Foundation, and Sri. Kakumanu Rajasekhar, Chairman of Leed Cap. The festival became a platform for recognizing and honouring exemplary individuals. Among them were P. Vani, a state-level CSP award winner in the Biological stream, and accomplished All India Inter University Players, including G. Usha Rani, K. SanthiPriya, L.N.V.D. Kiran, Pushpa Raju, M. Vamsi, K. Naga Navya, P. Abhishek, and S. Chandu. This felicitation celebrated their remarkable achievements and significant contributions to both academics and sports, fostering an environment of appreciation and encouragement within the college community.

#### **Detailed Report of the Event:**

Date: 10th February 2023

**Introduction:** The Youth Festival organized by the Physical Education Department of VSR GDC MOVVA in collaboration with Bhoomi Foundation on 10th February 2023 was a grand success. The event aimed to celebrate the vibrant spirit of the youth, recognizing their achievements in academics, sports, and community service.

**Distinguished Guests:** The event was graced by esteemed personalities, including the Honorable MLA of Pamarru Constituency, Sri Kaile Anil Kumar, who presided as the Chief Guest. Other dignitaries present included ZP Chairperson, Smt. Uppala Harika, Sri. Juvvanapudi Vasu Babu, Founder of Bhoomi Foundation, Sri. Kakumanu Rajasekhar, Chairman of Leed Cap, and several other notable figures from the community.

Recognition of Achievers: The highlight of the Youth Festival was the felicitation of outstanding individuals who had excelled in various fields. State level CSP award winner from the Biological stream, P. Vani, a third-year BSc student, was honored for her remarkable achievement. She was accompanied by her mentor, Smt. M. Naga Parameswari, Lecturer in Chemistry.

In addition, the ceremony recognized the exemplary performances of All India Inter University Players, namely G. Usha Rani, K. SanthiPriya, L.N.V.D.Kiran, Pushpa Raju, M. Vamsi, K. Naga Navya, P. Abhishek, and S. Chandu. Their dedication and hard work in the field of sports were acknowledged, contributing to the pride of the college. **Guest Speeches:** The event featured inspiring speeches from the chief guest, Sri Kaile Anil Kumar, and other dignitaries, emphasizing the importance of youth in shaping the future of the nation. They commended the college for fostering a holistic environment that encourages academic excellence, sportsmanship, and community engagement.

Cultural and Sports Activities: Apart from the awards ceremony, the Youth Festival showcased the diverse talents of the students through cultural performances and sports activities. The lively atmosphere resonated with energy as participants and spectators alike enjoyed the vibrant displays of talent.

**Conclusion:** The Youth Festival at [College Name] was a testament to the college's commitment to nurturing well-rounded individuals. The recognition of academic achievers and sports enthusiasts, coupled with the presence of esteemed guests, made the event a memorable and inspiring occasion for all attendees. The festival not only celebrated the achievements of the youth but also served as a platform to encourage and motivate them to strive for excellence in all aspects of life.





# యువత చేతిలోనే దేశ భవిష్యత్

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మొద్ద(పాడుడు): యువత దేతిలోనే దేశ భవిషంత్ ఉందని, యువత కుల, మత, ప్రాంత ఏ ఇతర రుగృతలకు లోను కాకుండా నరైన మార్గంలో నడ వాలని ఎమ్మెల్యే కైలే అనిలేకుమార్ సూచిందారు భూమి అర్ధనైజేషన్ అర్వర్యంలో యూత్ ఫెస్టివెల్ కార్యక్రమాన్ని శనివారం మండల కేంద్రం మొవ్వ గ్రామంలోని వేమూరి గుందరరామయ్య ప్రభుత్వ డిగ్రీ పీజీ కళాశాలలో నిర్వహిందారు. ఈ సందర్భం గా వారీదాల్, మ్యూజికల్ రైర్స్ ఇతర పోటీలను కళాశాల పీడీ దాళ్లర్ వి సంగతరావు పర్మవేక్రణలో నిర్వహించాడు. గెలుపొందిన విద్యార్థులకు ఎమ్మెల్యే రైలే చేతుల మీదగా బహుమతులను అందరేశాడు. అనంతరం ఏరాటు తేసిన సమావేశంలో ఎమ్మెల్యే మాట్లాడుతూ.. యువత ఒత్రిడికి లోను కావద్ద న్నారు. చదుప్రతో పాటు ఆటలు, పాటలు, ఇతర కార్యకరాపాలకు సమాన ప్రాధాన్యత ఇవ్వాలని. సూచిందారు. విద్యార్శలను ఉత్తమ పారులుగా తీరి దిద్రాల్సిన ఆవశ్వకత అధ్యాపకులపై ఉందన్నాడు. కార్యకమంలో ఎంపీపీ కొండేటి ఇందిర, జెడ్సీటీసీ రాజులపొటి పార్పతి, రెడ్డిక కార్పొరేషన్ రైర్మన్ కే రాంబాలు, భూమి ఆర్థనేజీషన్ వ్యవస్థాపకుడు వాసుబాయి. కళాశాల ప్రస్తేషాల్ డాక్టర్ ఎస్.మా థవి, జియో జీఎం అనూప్ పాల్గొన్నారు.



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పేద వాది సొంతింటి కల తీర్చిన సీఎం శివారు సోమారాడు గ్రామంలో శనివారం రాత్రి దాయరీ కార్యదర్తి సాగరరాజీ పాల్గొన్నారు.

### టిడిపీ రాజ్యాంగం చెల్లదు

ఎమ్మెల్వే చేతుల మీదగా ఇక్ర పట్టాలు పంపిణీ దేశారు. ఎన్నికల సమయంలో ఇచ్చిన వాగ్రానాల్తో సోమార్పాడు(పదపారుపూడి): రాష్ట్రంలో ఉన్న ప్రతి 90 శాతంపైగా హామీలు నెరవేర్పామన్నాడు. పేదవాడి సాంతింటి కల తీర్చిన ఏకైక ముఖ్యమం తెలుత గ్రామంలో నూతనంగా నిర్మించిన చేతి పం త్రిగా వైఎస్ జగన్మోహన్రోడికి దక్కుతుందని పును ప్రారంభించారు. కార్యక్రమంలో సర్సంచ్ విమ్మెల్వే అన్నారు. మండలంలోని నాగాపురం నాగదేళి సుబ్రహ్మణ్యం ఎంపీపీ గోగం సురేష్, పం

థ్ వీధిలైట్లు, రాగునీటి సరఫరా నిరిపివేసి ప్రజలను ఇబ్బందులకు గురి చేసిన విషయం తోట్లవల్లారు: రాష్ట్రంలో టీడీపీ రాజ్యాంగం చెల్ల ఎంపీటీసీ రోజారాణి సమావేశం దృష్టికి తీసు

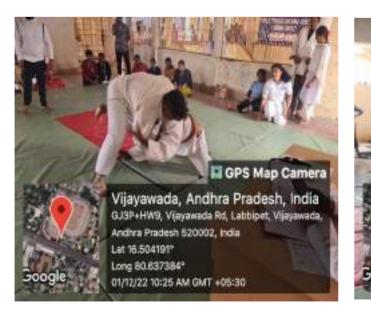
KRISHNA UNIV	ERSITY JUDO (MEN&WOMEN) TEAM 2022-23
Champersonship of the Dr P.V.D Sreed Chamber on Dt. 01-12-2022 at 3 pm. F	en & Women Team Selection Committee met under the evi , Principal Saptagiri Degree college, Vijayawada in the Principal ollowing resolutions are made in the meeting. Judo players were provisionally and
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	SAPTAGIRI DEGREE COLLEGE
	VIIANAL COLLEGA
	VILAYAWADA













#### Our College Principal Dr.S.Madhavi Nominated As A Sports Board Member for the Year 2022-2023





#### Our College Physical Director Mr.V. MANIPRASAD Nominated As A Sports Board Member And Attended Sports Board Meeting For The Year 2022-2023



nominated as Member, Sports Board of Krishna University, Machilipatnam. Further I am directed to inform that the sports board meeting is scheduled to be held on 08th November, 2022 at 1100 hrs in the Senate hall of the University as per the approved guidelines and regulations of the University. Hence you are requested to make it convenient to attend the meeting.

Enclosed: 1. Agenda of the Sports Board meeting

Thanking You,

Yours Sincerely,

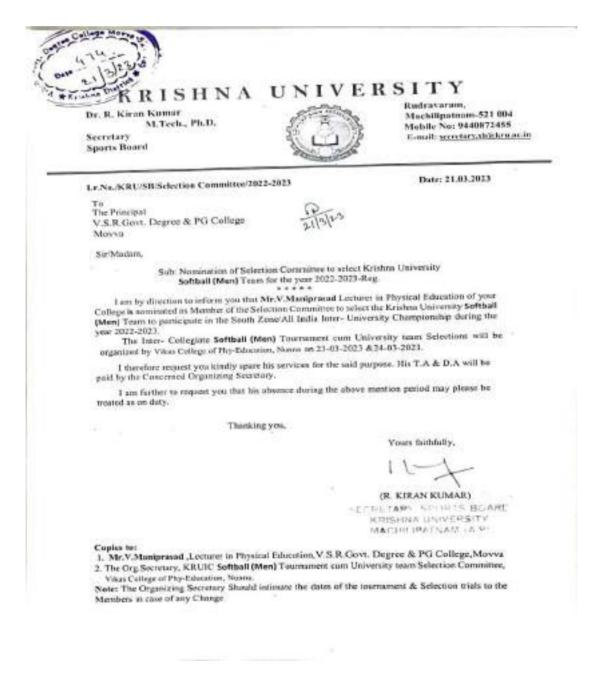
(R. KIRAN KUMAR)

<u>Our college physical director Mr. V. Mani Prasad was</u> nominated as selection committee member for the games.

#### 1.Fencing,

- 2.Soft ball.
- **3.Ball badminton**

Attend the tournaments and select Krishna University team to participate in all India inter university tournaments or the year 2022-2023.



## KRISHNA UNIVERSITY

Dr. R. Kiran Kumar

M.Tech., Ph.D.

Secretary Sports Board



Rudravaram, Muchilipatnam-521 004 Mobile No: 9440872455 E-mail: sceretary.sbic.krw.ac.in

Lr.No./KRU/SB/Selection Committee/2022-2023

To The Principal V.S.R.Govt. Degree & PG College Movva

Sir/Madam,

Sub: Nomination of Selection Committee to select Krishna University Ball badminton (Women) Team for the year 2022-2023-Reg.

I am by direction to inform you that Mr.V.Maniprasad Lecturer in Physical Education of your College is nominated as Member of the Selection Committee to select the Krishna University Ball badminton (Women) Team to participate in the South Zone/All India Inter- University Championship during the year 2022-2023.

The Inter- Collegiate Ball badminton (Women) Tournament cum University team Selections will be organized by YVNR GDC, Kaikaluru on 19-01-2023.

I therefore request you kindly spare his services for the said purpose. His T.A & D.A will be paid by the Concerned Organizing Secretary.

I am further to request you that his absence during the above mention period may please be treated as on duty.

Thanking you,

Yours faithfully,

1-1

Copies to:

 Mr.V.Maniprasad ,Lecturer in Physical Education, V.S.R.Govt. Degree & PG College, Movva
 The Org.Secretary, KRUIC Ball badminton (Women) Tournament cum University team Selection Committee, YVNR GDC, Kaikaluru.

Note: The Organizing Secretary Should intimate the dates of the tournament & Selection trials to the Members in case of any Change

Date: 18.01.2023

## **STUDENT INDUCTION PROGRAMME 2023-2024**

24/8/23 . Day-13 61 Department of physical Education. Activities As part of student induction programme, the destantment of physical education organised awareness on Studenty about Health, wealth, Sports and games. And given instructions to use malti hymana silium. And also given awareaus How phy sical education programe conduct in University lever and mandal Lever and District level and State Level and wational herely. And given what My the Impartempe of participation in games and sparty, How it useful to greidents. Studentis are participated 14 hym. How to use 12 Station. Eym. How many reles of exercises Basic and Fundamonths. And algo explain Basic and Fundamentaly in phy sical education V.M. procendy Torics Le crure on phy-edy Efistory at Phy-edm Fundamental of Phy-en Warminon eiter gener and glarly





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## **Department of Physical Education**

## SPORTS AND GAMES ACTIVITIES 2023-2024

## Sports and Games – Achievements for the Year 2023-2024

V.S.R GDC got 4<sup>th</sup> Place in Krishna university volley Ball (W)Intercollegiate tournament.







Sports, culture, creativity, counselling and welfare activities pursued by the institution

## SIP Student Induction Programme 24-08-2023



Awareness about the institutional mechanism that exists regarding anti-ragging, Inclusive Centre, NSS, WEC, RRC, NCC, Games and Sports, Swachh Bharat Abhiyaan and other initiatives and best practices by departments and college

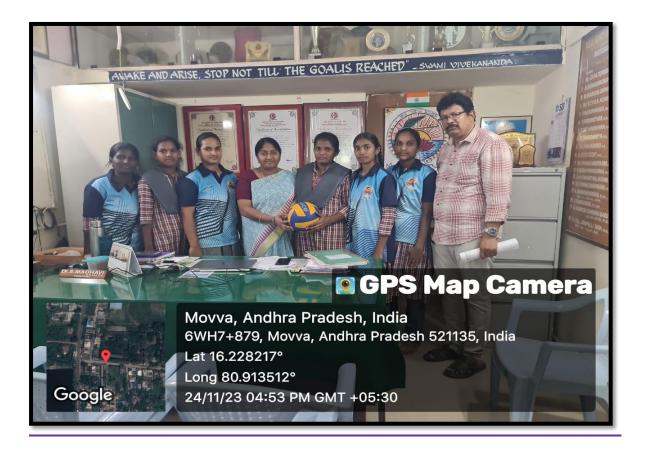


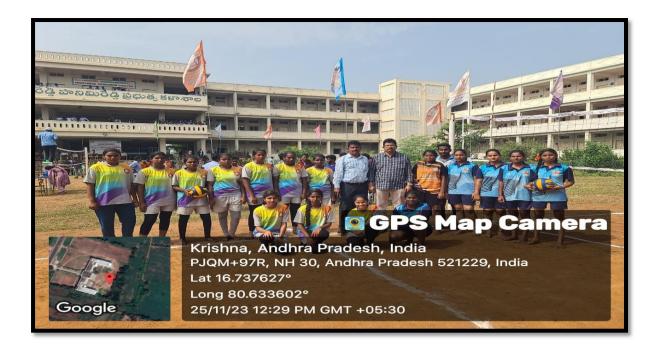
25-08-2023

## KRISHNA UNIVERSITY VOLLEYBALL (W) INTER COLLEGIATE SELECTION TRAILS

As per the KRUIC Sports Board Colander 2023-24, Krishna University Volleyball (W) Inter Collegiate Selection Trails will be organized by the Dr.L.H.R. Government Degree College, Mylavaram on 25-11-2023 & 26-11-2023.

In this regard Our College Volleyball (W) Team participated and stood 4<sup>th</sup> place in league matches. Ms.K.SanthiPriya got selected to Krishna University Team to participate in All India Inter University Tournament at Tamilnadu.









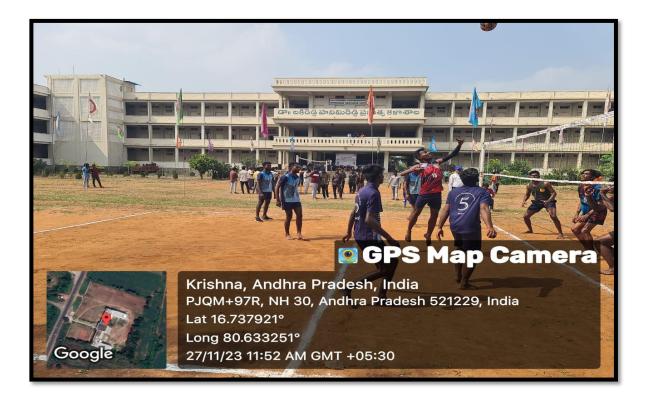
## KRISHNA UNIVERSITY VOLLEYBALL (M) INTER COLLEGIATE SELECTION TRAILS

As per the KRUIC Sports Board Calander 2023-24, Krishna University Volleyball (M) Inter Collegiate Selection Trails will be organized by the Dr.L.H.R. Government Degree College, Mylavaram on 27<sup>th</sup>& 28<sup>th</sup>November.

In this regard, our college Volleyball (M) Team participated in the Inter Collegiate Selection Trails.

<u>INVITATION</u>
DEPARTMENT OF PHYSICAL EDUCATION
Dr. LAKIREDDY HANIMIREDDY GOVERNMENT DEGREE COLLEGE,
MYLAVARAM
Cordially invites you to the Inaugural function and valedictory of the
Volleyball (Men & Women)
KRISHNA UNIVERSITY INTER COLLEGIATE TOURNAMENTS
Chief Guest
Sri Lakireddy Jaya Prakash Reddy
Chairman LBRCE
Guest of Honor
Sri G. Srinivasa Reddy
President LBCT CPDC Member Dr. LHR GDC, Mylavaram
Women Tournament on 25-11-2023 (Saturday at 10.00 A.M)         Men Tournament on 27-11-2023 (Monday at 10.00 A.M)         Prize Distribution on 28 <sup>th</sup> November 2023 at 4 P.M         Venue : Dr. Lakireddy Hanimireddy Government Degree College, Mylavaram
ajor Manne Swami Dr. Illa Ravi





# "Dynamic Leadership: Sri V. Mani Prasad's Technical Role in All India Inter University Tennis Tournament"

During the All India Inter University Tennis Tournament (South Zone) at Andhra Loyola College, Vijayawada, from December 24 to December 30, 2023, our college Physical Director, Sri V. Mani Prasad, played a crucial role as a Technical Official. In the event, organized by Krishna University, showcased his dedication and expertise in overseeing the tournament's technical aspects, contributing to the overall success of the competition.



Inaugural Session of All India Inter University Tennis Tournament (South Zone) at Andhra Loyola College, Vijayawada, on December 24, 2023



Paper Clipping of Inaugural Session All India Inter University Tennis Tournament (South Zone) at Andhra Loyola College, Vijayawada, on December 24, 2023

## **REPUBLIC DAY CELEBRATIONS 26 Jan 2024**

Republic Day is celebrated in India every year on the 26th of January. It marks the day when the Constitution of India came into effect in 1950, replacing the Government of India Act (1935) as the governing document of India. Republic Day is a national holiday and is celebrated with great enthusiasm and pride throughout the country. On 26th January 2024, the Republic Day celebrations at VSR GDC, Movva were made even more special by the presence and active participation of the NCC cadets. VSR GDC, Movva, conducted various activities and events to commemorate this significant day.

The day began with the hoisting of the national flag by Dr.S.Madhavi, the principal of VSR GDC, Movva, followed by the singing of the National Anthem by the entire gathering. The NCC cadets, dressed immaculately in their uniforms, lined up in formation and saluted the flag with utmost respect. Their discipline and unity were evident from the way they marched and performed drills flawlessly.

Overall, the Republic Day celebrations on 26th January 2024 at VSR GDC, Movva were made remarkable by the active participation of the NCC cadets. Their discipline, dedication, and enthusiasm were commendable, leaving a lasting impact on everyone present. The event served as a reminder of the significance of this day and the responsibility we have towards our nation.

The physical director Sri V. Mani Prasad assisted in the smooth conduct of the flag hoisting ceremony, coordinated parade participants, maintained orderliness, and oversee safety protocols symbolizing national unity and pride.



Flag hoisting by our Principal Dr.S.Madhavi, on the occasion of Republic Day on 26th of January, 2024



Republic Day Speech by our Principal Dr.S.Madhavi, on 26th of January, 2024