

PSC & KVSC GOVERNMENT COLLEGE

Nandyal, Nandyal Dt. Andhra Pradesh - 518502

Affiliated to Rayalaseema University

Re-Accredited by NAAC with B Grade



Department of Physical Education

Games and Sports Report

For the Academic Year

2024-25



PSC & KVSC GOVERNMENT COLLEGE, NANDYAL



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DEPARTMENT OF PHYSICAL EDUCATION

ANNUAL GAMES & SPORTS REPORT FOR THE YEAR 2024–2025

Introduction:

This report highlights the achievements and developments in Games and Sports at PSC & KVSC Government College, Nandyal, during the academic year 2024–2025. It covers various aspects such as student participation, competitions, infrastructure development, and notable achievements in sports and physical education.

Vision:

“To foster a culture of physical activity, health, and wellness, empowering individuals to lead active and fulfilling lives.”

Mission:

“To provide high-quality physical education programs, services, and facilities that promote lifelong learning, fitness, and sports excellence.”

Department Overview:

The Department of Physical Education is committed to providing opportunities for students, faculty, and staff to engage in physical activities, sports, and wellness programs. The department strives to promote physical literacy, health, and well-being while fostering teamwork, leadership, and a sense of community among students.

Programs And Services:

The department offers a wide range of programs and services to support the physical and mental well-being of students:

1. Physical Education Classes
2. Intramural Sports
3. Intercollegiate (Varsity) Sports
4. Association Competitions
5. Wellness Initiatives
6. Sports Camps and Coaching Clinics

Facilities:

- ❖ Gymnasium
- ❖ Fitness Centre
- ❖ Athletic Fields
- ❖ Games Fields



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DEPARTMENT OF PHYSICAL EDUCATION

International Yoga Day Celebration (21-06-2024) – Online Mode

International Yoga Day Report

College Name: PSC & KVSC Government College, Nandyal

Date: 21 June 2024

Mode: Online

Introduction:

PSC & KVSC Government College, Nandyal celebrated International Yoga Day on 21 June 2024 with great enthusiasm and active participation. The event was organized jointly by the Departments of Commerce, Computer Applications, and Physical Education. The primary objective of the program was to create awareness about the importance of yoga in maintaining physical health, mental well-being, and overall lifestyle balance.

An international webinar on yoga was conducted, attracting participants from various regions. The sessions focused on the role of yoga in promoting global health, harmony, and unity.

Program Highlights

Session – I (5:00 AM – 6:00 AM)

- A live **Yoga Demonstration and Practice Session** was conducted.
- The session was led by **Dr. Sridevi K. J.**, a highly qualified yoga expert and gold medalist in Yoga studies.
- Participants actively engaged in practicing standard yoga protocols, focusing on flexibility, breathing techniques, and relaxation.

Session – II (11:00 AM – 12:30 PM)

- The session began with opening remarks by the Principal.
- A **Guest Lecture and Webinar** was delivered by **Dr. Yuva Dayalan**, an eminent yoga practitioner and award-winning personality.
- The lecture focused on:
 - Yoga for physical and mental wellness
 - Importance of yoga for women and sportspersons
 - Role of yoga in modern lifestyle and fitness
- An interactive **Q&A Session** followed, where participants clarified their doubts and shared their experiences.

- The program concluded with a **Vote of Thanks**, and participants provided positive feedback on the sessions.

Conclusion:

The celebration of International Yoga Day was highly successful and beneficial for all participants. It created awareness about the importance of yoga and encouraged students and staff to adopt a healthier lifestyle. The program reflected the institution’s commitment to promoting holistic development and well-being.

Activities Photographs





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2024-25





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2024-25



Dr. Yuva Dayalan,

**M.Sc Comp, M.Sc Yoga, M.B.A, P.G Dip in Fitness Management, Sports & Exercise
Nutrition(Hong Kong) N.I.S, Ph.D, Pride of India Awardee & Five Guinness World
Records in Yoga.**



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Principal and staff

Conclusion:

The International Yoga Day celebration at [College Name] was a resounding success, promoting the benefits of yoga and encouraging students to adopt a healthy lifestyle.



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DEPARTMENT OF PHYSICAL EDUCATION

78th INDEPENDENCE DAY CELEBRATION ON 15-08-2024

The 78th Independence Day was celebrated with great enthusiasm and patriotic spirit at PSC & KVSC Government College, Nandyal, on 15th August 2024. The event was organized by the Department of Physical Education under the leadership of the Principal, Dr. N. Shashikala. Students and staff members actively participated in the celebration.

Brief report of the event Independence Day celebrations

Introduction:

The 78th Independence Day was celebrated with great enthusiasm and patriotic fervour at PSC & KVSC Government College, Nandyal on 15th August 2024. The event was organized by the Department of Physical Education under the leadership of the Principal Dr.N.Shashikala, students, faculty, and staff members participated in this event.

Flag Hoisting Ceremony:

The event commenced with the traditional flag hoisting ceremony at 8:30 AM. The National Flag was hoisted by the Principal, Dr.N.Shashikala accompanied by the Physical Director, Sri K.Sreenivasulu and other teaching and non-teaching staff. The national anthem echoed throughout the campus, instilling a sense of pride and unity among all present.

Principal's Address:

“Principal of the college delivered an inspiring speech, reminding everyone of the sacrifices made by our freedom fighters and the importance of upholding the values of democracy and unity. She encouraged the students to contribute positively to society and emphasized the role of education in building”.

Conclusion

The 78th Independence Day celebration at KVSC Government College, Nandyal success, fostering a sense of patriotism and camaraderie among the participants. The event concluded with a vote of thanks by the Physical Director, Sri K.Sreenivasulu, and distribution of sweets and arrangement of breakfast.

PHOTOGRAPHS



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DEPARTMENT OF PHYSICAL EDUCATION



Brief Report on National Sports Day

Conducted by Department of Physical Education

On 29-08-2024

Introduction:-

PSC & KVSC Government College Nandyal celebrated National Sports Day on 29th 2024, to commemorate the birth anniversary of hockey legend Major Dhyan Chand. The event aimed to promote sportsmanship, fitness and teamwork among students and staff.

Participants:-

1. Students (in all departments)
2. Faculty Members

Principal's Massage:-

Honourable Principal Dr. N. Shashikala Madam, spoke on this special occasion of National Sports Day, I am thrilled to extend my heartfelt greetings to each one of you. Today, we come together to celebrate not just the spirit of sports, but also the values they instil in us—discipline, perseverance, teamwork, and resilience.

“Sports play a vital role in our lives. They teach us the importance of hard work and dedication, and they remind us that success is often the result of persistent effort and a positive mind-set. As we commemorate this day, let us reflect on the incredible achievements of our athletes, both past and present, who have brought honour and pride to our nation through their remarkable performances”.

I encourage everyone to take part in today's activities with enthusiasm and sportsmanship. May the spirit of National Sports Day inspire us to push our limits, embrace teamwork, and continue striving for excellence in all aspect of life.

“ The National Sports Day celebration is an opportunity to recognize the achievements of our college student-athletes. I congratulate the winners and participants, and encourage everyone to adopt sports as a way of life”

Prize Distribution ceremony

The prize distrubution ceremony was held to filicitae the winners of various sports events organised on the occasion of National Sports Day.



PHOTO GALLERY







The National Sports Day prize distribution ceremony in our college was a grand success, recognizing the achievements of students – athletes and promoting sportsmanship and fitness among students and staff.

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NANDYAL DISTRICT – WIDE MARATHON

ORGANISED BY THE RED RIBON CLUB ON 06-09-2024

Report On Red Ribbon Run

The DM&HO of Nandyal, Nandyal District Organised a district – wide marathon in Nandyal to promote awareness about HIV/AIDS and encourage health living among the youth.

Objectives:-

- To create awareness about HIV/AIDS and its prevention.
- To promote health living and fitness among the youth.
- To foster community engagement and social responsibility.

PHOTOGRAPHS

Marathon run starting point





Our college students and Physical Director and NSS PO



Conclusion:-The Nandyal District-wide Marathon Organised by DM&HO of Nandyal District was a resounding success, promoting awareness about HIV/AIDS and encouraging healthy living among the youth.

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INTER-COLLEGIATE GAMES AND SPORTS PARTICIPATION

1st Phase Rayalaseema University Inter Collegiate Tournament for Shuttle Badminton for Boys and Girls on 30-09-2024.

PSC & KVSC Government College Nandyal actively promotes sports and games as an integral part of the curriculum. This report highlights our student's participation in inter-college games and sports events.

Our Boys and Girls Students participated in shuttle badminton singles and doubles both men and women in Rayalaseema University Inter Collegiate Shuttle Badminton Tournament held at S.R.K.D.C Nandyal on 30-09-2024. In this tournament 07 students participated, and one student selected for probable.

Participation Details: -

1. Shuttle Badminton Men & Women

PHOTO GALLERY





RAV J Nandya Andhra Pradesh Sep 29, 2024, 11:32



RAV J Nandya Andhra Pradesh Sep 30, 2024, 11:56

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DEPARTMENT OF PHYSICAL EDUCATION

RAYALASEEMA UNIVERSITY INTERCOLLEGIATE KABADDI TOURNAMENT FOR BOYS FOR THE YEAR 2024-2025

Our college students Participated in Rayalaseema University Inter Collegiate Kabaddi Tournament held at Rayalaseema University campus, Kurnool from 02-10-2024 to 02-10-2024



12 Students participated from our college in Rayalaseema University Intercollegiate Kabaddi tournament held at University campus Kurnool From 01-10-2024 to 02-10-2024.

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REPUBLIC DAY CELEBRATIONS ON 26-01-2025

Republic Day Celebration Report

College Name: P.S.C & K.V.S.C Government College Nandyal

Date: January 26, 2025

Introduction:

P.S.C & K.V.S.C Government College Nandyal celebrated the 76th Republic Day with great enthusiasm and patriotism. The event aimed to commemorate the adoption of the Indian Constitution and promote national unity.

Principal's Message:

"On this momentous occasion, I extend my warmest greetings to all students, staff, and faculty members. As we celebrate our nation's 76th Republic Day, let us reaffirm our commitment to upholding the values enshrined in our Constitution. Let us strive to become responsible citizens, promoting unity, justice, and equality for all. Jai Hind!"

Program Highlights:

- **Flag Hoisting Ceremony:** The national flag was hoisted by the Chief Guest Dr. Shashikala, Principal, in the presence of college staff and students.
- **Patriotic Songs and Dance Performances:** Students showcased their talents through soulful renditions of patriotic songs and mesmerizing dance performances.
- **Speeches:** Students and faculty members delivered inspiring speeches highlighting the significance of Republic Day and the importance of national unity.
- **Prize Distribution:** Winners of various events, including essay writing, poster making, and slogan writing competitions, were felicitated with prizes.

PHOTO GALLERY





Conclusion:

The Republic Day celebration at P.S.C & K.V.S.C Government College Nandyal was a grand success, fostering patriotism, unity, and national pride among students and staff.

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PARTICIPATED NATIONAL LEVEL DRAGON BOAT CHAMPIONSHIP

From 06-01-2025 To 09-01-2025



The Principal, Dr. N. Shashikala conveyed heartfelt appreciation to the students during the felicitation ceremony, acknowledging their achievements and dedication.

It gives me immense pleasure to appreciate Mr. Anand and Mr. Arun, students of PSC & KVSC Government College, Nandyal, for their participation in the National Level Dragon Boat Championship held from 06-01-2025 to 09-01-2025.

Their representation at the national level is a matter of great pride for our institution. Participation in such a prestigious event reflects their dedication, discipline, and strong sporting spirit. Competing at this level requires not only physical strength but also teamwork, perseverance, and commitment, all of which they have commendably demonstrated.

I congratulate both the students for their sincere efforts and for bringing recognition to the college. Their achievement serves as an inspiration to other students to actively participate in sports and strive for excellence.

The college encourages and supports such talents and looks forward to many more accomplishments from our students in the future.

Thank You!