

PSC & KVSC Government College

Nandyal, Nandyal Dt. A.P. – 518502



Department of Physical Education

Activities conducted in the Academic Year 2025-26

INDEX

S. No.	Date	Name of the Activity	Page No.
1	21-06-2025	International Yoga Day	1
2	19-07-2025	Swarna Andhra -Swachha Andhra (SASA) Programme	
3	13-08-2025	Nasha Mukth Bharath Abhiyaan Programme	
4	13-08-2025	Flag Hosting Part of Harghar Tiranga & Rally at Gandhi Chowk	
5	15-08-2025	79th Independence Day celebrations	
6	20-08-2025	SPORTS BOARD MEETING AT RU CAMPUS KURNOOL	
7	23-08-2025	Awareness programme on MONSOON HYGIENE in the part of SA&SA	
8	29-08-2025	National Sports day celebrations	
9	05-09-2025	Teachers Day	
10	09-09-2025	Appreciated by Principal to Marathon Winner	
11	16-09-2025	World Ozone Day & SASA program	
12	17-09-2025	Royalaseema University, Intercollegiate Badminton Tournament (MEN & WOMEN) held at SRK DC, Nandyal	
13	22-09-2025	SASA Program	
14	22-09-2025	Parent Teacher Meeting	
15	24-09-2025	Kabaddi Men Selections	
16	05-10-2025	Sports Achievement	
17	13-10-2025	Sports Achievement Appreciated by Principal	
18	25-10-2025	I Year Students Induction Program	
19	15-11-2025	Swarna Andhra Swachha Andhra	

20	19-12-2025	Awareness Program on Swarna Andhra Swachh Andhra December theme "Opportunities in Environment"	
21	19-12-2025	College level Athletics Selection Trails for Men and Women	
22	20-12-2025	Swarna Andhra Swachh Andhra December theme "Opportunities in Environment"	
23	27-12-2025	Rayalaseema University Intercollegiate Athletic Meet	
24	24-01-2026	Swarna Andhra Swachha Andhra	
25	26-01-2026	Republic Day Celebrations	
26	21-02-2026	Swarna Andhra - Swachha Andhra (SASA) - Theme - "Zero Litter Governance	

Name of the Activity: International Yoga Day

Date: 21-06-2025

Teaching Staff, Non-Teaching Staff and Students (Around 80 Participants)

The Department of Physical Education organized International Yoga Day on 21st June 2025 at the college premises with the objective of promoting awareness about the importance of yoga for physical and mental well-being.

The programme began in the morning with a brief introduction about the significance of yoga and its benefits for a healthy lifestyle. Various yoga asanas and pranayama exercises were demonstrated and practiced by the students and staff under the guidance of the Physical Director. All the participants actively performed the yoga practices with great enthusiasm.

On this occasion, the Principal addressed the gathering and emphasized the importance of practicing yoga regularly for maintaining physical fitness, mental peace and discipline in daily life. The Principal encouraged students to adopt yoga as a part of their daily routine.

The programme concluded successfully with a vote of thanks by the Department of Physical Education.



Name of the Activity: Swarna Andhra -Swachh Andhra (SASA)
July Month Theme: “Ending Plastic Pollution”
Date: 19-07-2025



A brief awareness program on **Ending Plastic Pollution** was conducted as part of *Swarna Andhra – Swachh Andhra* in Andhra Pradesh. The program highlighted the harmful effects of plastic on the environment and human health. Students were encouraged to reduce plastic use, adopt reusable alternatives, and practice proper waste segregation. Activities like awareness speeches and cleanliness drives were organized. Participants pledged to avoid single-use plastics and promote eco-friendly habits. The initiative aimed to create responsible citizens committed to maintaining a clean, green, and pollution-free environment for a sustainable future.

Name of the Activity: -Nasha Mukth Bharath Abhiyaan Programme

Date:13-08-2025

A brief awareness programme on **Nasha Mukth Bharat Abhiyaan** was conducted in our institution to educate students about the harmful effects of substance abuse. The session highlighted the dangers of drugs, alcohol, and tobacco on health, behavior, and society. Resource persons emphasized the importance of making responsible choices and staying away from addictions. Students actively participated in discussions and took a pledge to lead a drug-free life. The programme aimed to build awareness, strengthen moral values, and encourage youth to contribute towards a healthy and addiction-free India.



Name of the Activity: Flag Hosting Part of Harghar Tiranga & Rally at Gandhi Chowk
Date: 13-08-2025



A flag hoisting programme was conducted as part of the **Har Ghar Tiranga** initiative. The event began with the hoisting of the National Flag, followed by the singing of the national anthem. Students and staff participated enthusiastically, expressing patriotism and unity. A rally was organized from the Market Yard, Tekke, Nandyal to Gandhi Chowk, Nandyal spreading awareness about national pride and civic responsibility. Participants carried flags and raised patriotic slogans throughout the rally. The programme concluded with a message to respect the National Flag and uphold the values of India.

Name of the Activity: Flag Hosting on 15-08-2025 on INDEPENDENCE DAY celebrations.

Principal, Teaching Staff, Non-Teaching Staff and Students (Around 100 Participants)

The 79th Independence Day was celebrated with great patriotism and enthusiasm in our college on 15th August 2025. The programme was organized in the college premises by the Department of Physical Education.

The celebrations began with the hoisting of the National Flag by the Principal, followed by the singing of the National Anthem. Students and staff assembled to pay tribute to the great freedom fighters who sacrificed their lives for the freedom of our nation.

On this occasion, the Principal addressed the gathering and spoke about the importance of unity, discipline and responsibility among the youth in building a strong nation. The programme created a sense of patriotism and national pride among the students.

The celebration concluded successfully with a vote of thanks.



Name of the Activity: SPORTS BOARD MEETING AT RU CAMPUS KURNOOL
Date: 20-08-2025



Name of the Activity: National Sports day celebrations

Date: 29-08-2025

Principal, Teaching Staff, Non-Teaching Staff and Students (Around 90 Participants)

The Department of Physical Education organized National Sports Day on 29th August 2025 in the college playground to commemorate the birth anniversary of hockey legend Dhyan Chand and to promote the importance of sports and physical fitness among students.

On this occasion, various sports activities and physical fitness demonstrations were conducted for the students. The programme began with a brief introduction about the importance of sports in developing discipline, teamwork and a healthy lifestyle. Students actively participated in the events with great enthusiasm.

The Principal addressed the gathering and highlighted the importance of sports and physical activities in the overall development of students. The Principal encouraged the students to actively participate in sports and maintain physical fitness along with academic excellence.

The programme concluded successfully with a vote of thanks by the Department of Physical Education.



Name of the Activity: Teachers Day
Date:05-09-2025



The institution celebrated Teachers' Day with great enthusiasm to honor the contributions of teachers. The program began with a tribute to Dr. Sarvepalli Radhakrishnan. Students organized cultural activities, speeches, and games to express their gratitude. Some students took on the role of teachers, making the event lively and engaging. Teachers were felicitated for their dedication and service. The celebration highlighted the importance of teachers in shaping the future and concluded with a message of respect, appreciation, and commitment to learning.

Name of the Activity: -World Ozone Day & Awareness Program on SASA Activity
Date:16-09-2025

The Departments of Physical Education, Physics, Chemistry and Swarna Andhra & Swachh Andhra Team successfully conducted World Ozone Day and create Awareness program on Swarna Andhra & Swachh Andhra activity.



World Ozone Day & SASA Awareness Program highlighted the importance of protecting the ozone layer and preserving the environment in Andhra Pradesh. Students and staff participated in awareness sessions discussing the causes of ozone depletion, its effects on health and climate, and the role of individuals in conservation. Activities included poster presentations, discussions, and eco-friendly demonstrations. Participants pledged to adopt sustainable practices, reduce pollution, and promote environmental responsibility. The program successfully educated students on the significance of the ozone layer and encouraged active participation in creating a cleaner, greener, and safer environment.

Name of the Activity: -Rayalaseema University, Intercollegiate Badminton Tournament (MEN & WOMEN) held at SRK DC, Nandyal on 17-09-2025

The tournament witnessed enthusiastic participation from men's and women's teams of various colleges affiliated with Rayalaseema University. Matches were conducted in singles and doubles categories with competitive spirit and sportsmanship. Students displayed skill, determination, and teamwork throughout the event. Winners were awarded medals and certificates, and all participants were appreciated for their efforts. The event promoted physical fitness, healthy competition, and intercollegiate camaraderie, making it a successful and memorable sporting occasion.



Name of the Activity : Swarna Andhra Swachh Andhra

SASA September Month Theme: “Green AP”

Date: 22-09-2025



As part of SASA, a special programme was organized to promote the theme “Green AP” in Andhra Pradesh. Students and staff participated in tree planting, awareness campaigns, and eco-friendly activities to encourage environmental conservation. The importance of greenery, reducing carbon footprint, and maintaining clean surroundings was highlighted. Educational sessions and interactive demonstrations motivated participants to adopt sustainable practices. Everyone pledged to contribute to a greener, cleaner Andhra. The programme successfully inspired the campus and community to take active steps toward environmental protection and a healthier future.

Name of the Activity: PARENT TEACHER MEETING

Date: 22-09-2025



The College conducted a Parent-Teacher Meeting to discuss the academic progress and overall development of students. Lecturers are provided detailed feedback on performance, attendance, behavior, and co-curricular participation. Parents actively engaged in discussions, shared suggestions, and sought guidance on supporting their children's learning at home. The meeting also highlighted the importance of discipline, time management, and personal development. Teachers and parents collaborated to set future goals for students. The session fostered strong communication between the institution and families, ensuring a supportive environment for student growth, and concluded successfully with mutual understanding and commitment to academic excellence.

Name of the Activity: Kabaddi MEN Selections at our college play field

Date: 24-09-2025

The Department of Physical Education conducted Kabaddi (Men) Selection Trials on 24-09-2025 to select the college team for upcoming inter-collegiate competitions. The trials were organized on the college playground under the supervision of the Physical Director.

A good number of students participated in the trials and displayed their skills in raiding, defending, teamwork, and game strategy. Based on their performance, a team of talented players was selected to represent the college in forthcoming tournaments. The activity helped in encouraging sportsmanship, physical fitness, and competitive spirit among the students.



Name of the Activity: Appreciation to State level Dragon Boat event Medal Winners
Date: 13-10-2025

Achievements of College Students in State-Level Dragon Boat Competitions

D. Mohammed Shareef, a third-year degree student, and A. Guru Vardhan and S. Yesu Raju, second-year degree students of PSC and KVSC Government Degree College, Nandyal, participated in the State-Level Canoeing and Kayaking competitions held on the 4th and 5th of this month at Kurnool. They displayed excellent performance and won medals in various events.

D. Mohammed Shareef secured a **Silver Medal** in the **Senior Dragon Boat 500 meters** event. **S. Yesu Raju** also secured a **Silver Medal** in the **Senior Dragon Boat 500 meters** event. **A. Guru Vardhan** achieved **Third place** in the **Junior category** in the 200 meters, 500 meters, and Mixed 500 meters events.

On this occasion, the Principal of the college, Dr. N. Sasikala, the Vice-Principal V. J. Shailaja Rani, and the members of the Sports Committee, including P.E. Vijayanand, Lecturer in Botany, congratulated the students for their achievements. The Principal also appreciated the Physical Director, K. Srinivasulu, for his dedicated efforts in training the students and guiding them towards success.

Sports Achievements



4 కేటగిరీలలో భారతీయుల విజయాలు Lokal App

సంద్యాల విద్యార్థిని రాష్ట్రస్థాయి మారథాన్ లో పాల్గొననుంది

సంద్యాల ప్రభుత్వ డిగ్రీ కళాశాలలో చదువుతున్న ప్రస్తుత అనే విద్యార్థిని, ఈనెల 10వ తేదీన విజయవాడలో జరిగే రాష్ట్రస్థాయి మారథాన్ పోటీల్లో పాల్గొననుంది. గత నెలలో జరిగిన జిల్లా స్థాయి మారథాన్ పోటీల్లో ఆమె అత్యంత ప్రతిభ కనబరిచినట్లు కళాశాల ప్రెస్సిపల్ శశికళ తెలిపారు. రాష్ట్రస్థాయి పోటీల్లో కూడా ప్రస్తుత రాణిచాలని ఆమె ఆకాంక్షించారు. ఈ విజయానికీ

By Vasu Kutty 09 అక్టో. 25

Lokal App డౌన్లోడ్ చేసుకోండి Google Play

క్రీడాకారులకు అభినందన

సంద్యాల పట్టణం, న్యూస్టుడె: రాష్ట్రస్థాయి కనోయింగ్, కయాక్ కింగ్ పోటీల్లో తమ విద్యార్థులు ప్రతిభ కనబరిచినట్లు సంద్యాల ప్రభుత్వ డిగ్రీ కళాశాల ప్రెస్సిపల్ డా.ఎన్.శశికళ తెలిపారు. ఈ నెల 4, 5 తేదీలలో కర్నూలులో నిర్వహించిన పోటీల్లో తమ కళాశాల విద్యార్థులు మహ్మద్ హరీష్, ఎన్.ఏ.సురాజు, ఎ.పి.గురువర్ధన్ పలు విభాగాల్లో పతకాలు సాధించినట్లు సోమవారం వెల్లడించారు. విద్యార్థులతో పాటు వ్యాయామ అధ్యాపకులు శ్రీనివాసులును ప్రెస్సిపల్ శశికళ, వైస్ ప్రెస్సిపల్ వీజే శైలజారాణి అభినందించారు.

ప్రతిభ కనబరిచిన విద్యార్థులతో ప్రెస్సిపల్ శశికళ



రాష్ట్రస్థాయి పోటీల్లో విద్యార్థుల ప్రతిభ

సంద్యాల హాస్పిటల్, అక్టోబరు 13 (ఆంధ్రజ్యోతి): సంద్యాల కీవీఎస్ అండ్ కేవీసీ ప్రభుత్వ డిగ్రీ కళాశాల విద్యార్థులు రాష్ట్ర స్థాయి కనోయింగ్, కయాక్ కింగ్ పోటీల్లో పతకాలు సాధించినట్లు ప్రెస్సిపల్ శశికళ తెలిపారు. సీనియర్ డ్రాగన్ బోట్ 500మీటర్లలో మహ్మద్ హరీష్, ఏ.సురాజు, ఎ.పి.గురువర్ధన్ విభాగాల్లో 200, 500మీటర్ల, మిక్స్డ్ 500మీటర్లలో గుణవర్ధన్ ద్వితీయ స్థానం సాధించారు. పతకాలు సాధించిన విద్యార్థులను వ్యాయామ అధ్యాపకుడు శ్రీనివాసులును ప్రెస్సిపల్, వైస్ ప్రెస్సిపల్ వీజే శైలజారాణి, సీన్స్ కమిటీ సభ్యుడు విజయవాడను అభినందించారు.

Name of the Activity: Student Induction Programme

Date: 25-10-2025



A **Student Induction Programme** was conducted to welcome new students and help them transition smoothly into college life. The programme included orientation sessions about academic curriculum, campus facilities, and code of conduct. Senior students and faculty guided the newcomers on co-curricular and extracurricular opportunities, time management, and career planning. Motivational talks emphasized discipline, responsibility, and personal growth. Ice-breaking activities helped students interact and build friendships. The programme concluded with a pledge to uphold the values of the institution and actively participate in academic and community activities, ensuring a confident and enthusiastic start to their college journey.

Name of the Activity: Swarna Andhra – Swachh Andhra Program
November Month Theme: Personal and Community Hygiene
Date: 15-11-2025



The programme focused on promoting hygiene practices among students and the local community in Andhra Pradesh. Resource persons conducted sessions on personal cleanliness, handwashing, safe drinking water, and maintaining clean surroundings. Students actively participated in demonstrations, discussions, and awareness campaigns within the campus. Emphasis was placed on the collective responsibility of individuals to keep their homes and communities clean. Participants pledged to adopt hygienic practices and encourage others to do the same. The programme successfully raised awareness, fostering healthy habits and a cleaner, safer environment for everyone.

Name of the Activity: Awareness Program on Swarna Andhra – Swachh Andhra activity

December Month Theme: “Opportunities in Environment” Date: 19-12-2025



The SASA program focused on creating awareness about environmental conservation and the career and entrepreneurial opportunities it offers in Andhra Pradesh. Students participated in sessions highlighting sustainable practices, waste management, renewable energy, and eco-friendly initiatives. Interactive activities and discussions encouraged innovative thinking and responsibility toward the environment. Participants pledged to adopt green practices and explore environmental opportunities in their future careers. The program successfully motivated students to contribute to a cleaner, sustainable, and greener Andhra Pradesh while recognizing the potential of environmental stewardship for personal and professional growth.

Name of the Activity: College level Athletic Selection Trails for Men and Women
Date: 19-12-2025



The Department of Physical Education organized athletic selection trials to identify talented male and female athletes for upcoming competitions. Students participated enthusiastically in various track and field events, including sprints, long-distance races, jumps, and throws. The trials assessed skill, speed, endurance, and sportsmanship. Coaches and faculty carefully evaluated the performance of each participant. Outstanding performers were selected to represent the college in intercollegiate and university-level competitions. The event promoted fitness, discipline, and healthy competition among students, making it a successful initiative in encouraging sports talent within the institution.

Name of the Activity: Swarna Andhra – Swachh Andhra Program

December Month Theme: “Opportunities in Environment”

Date: 20-12-2025



The SASA program emphasized the importance of environmental conservation and the opportunities it offers for careers and sustainable development in Andhra Pradesh. Students and staff actively participated in awareness sessions, discussions, and demonstrations on eco-friendly practices, renewable energy, and waste management. The initiative encouraged innovative thinking, responsible behavior, and community involvement. Participants pledged to adopt sustainable habits and explore environmental opportunities in their academic and professional lives. The program successfully inspired students to contribute to a greener, cleaner, and more sustainable Andhra Pradesh while recognizing the value of environmental stewardship for future growth.

Name of the Activity: Rayalaseema Inter-College Athletic Meet
Date: 27-12-2025

Dr. N. Shashikala, Principal of GDC Nandyal, is delighted to announce that the college successfully hosted the Rayalaseema Inter-College Athletic Meet 2025–2026 on 27-12-2025. The event was graced by the esteemed presence of the Chief Guest, Sri Prof. V. Venkata Basava Rao, Hon'ble Vice-Chancellor, Rayalaseema University, Kurnool, along with Prof. B. Vijaya Kumar Naidu, Registrar, Rayalaseema University, Kurnool, and Dr. K. V. Siva Kishore, Assistant Director of Physical Education & Sports, Rayalaseema University, Kurnool. Their distinguished presence added immense prestige and encouragement to the occasion. The meet witnessed outstanding athletic performances by our students, who brought great pride to the institution by securing multiple medals, achieving an impressive tally of 5 Gold Medals, 1 Silver Medal, and 7 Bronze Medals.



Name of the Activity: Swarna Andhra – Swachh Andhra Program
November Month Theme: “Zero – Gap Sanitation Andhra Program”
Date: 24-01-2026

The Swarna Andhra – Swachh Andhra program emphasized improving sanitation and achieving zero gaps in hygiene across Andhra Pradesh. Students and staff participated in awareness sessions on proper toilet usage, waste management, and maintaining clean public and private spaces. Demonstrations highlighted practical steps to eliminate sanitation gaps in homes and communities. Participants actively engaged in discussions, pledged to follow hygienic practices, and encouraged others to do the same. The initiative successfully promoted collective responsibility for a clean environment, reinforcing the vision of a healthier and sanitation-secure Andhra Pradesh.



Name of the Activity: 79th Republic Day Celebrations
Date: 26-01-2026

The Department of Physical Education organized the 79th Republic Day celebrations with great enthusiasm. The event began with the flag hoisting and national anthem. Students actively participated and displayed sportsmanship and unity. Principal of the college Dr. N. Shashikala emphasized the importance of health, teamwork, and national values. Winners of various competitions were awarded prizes and certificates. The program concluded with a message encouraging students to stay active and contribute to building a strong and healthy India.



Name of the Activity: Swarna Andhra – Swachh Andhra Program
November Month Theme: “Zero Litter Governance”
Date: 21-02-2026



Swarna Andhra - Swachha Andhra (SASA) - Theme - "Zero Litter Governance"

Dr. N. Shashikala, Principal Speech about **Zero Litter Governance** under *Swarna Andhra – Swachh Andhra in Andhra Pradesh*. keeping our surroundings completely free from litter, Cleanliness is not only the government’s duty but everyone’s responsibility. As students, we must use dustbins, avoid plastic, and spread awareness. Small habits create big change. A clean environment ensures better health and a brighter future. Let us promise to never litter and inspire others to do the same. Together, we can build a clean, green, and proud Andhra.