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Government Degree college, Karvetinagaram

Department of Physical Education

Sports committee

The following **sports committee** is constituted in the college for the academic year 2023-24

Objectives:

1. Committee provides all the necessary facilities in the college.
2. To plan & organise the cultural and sports activities in the college, on different occasions by encouraging the students for active participation.
3. To encourage the students to participate in competitions at state and national level.

S.No	Name of the Faculty	Position	Signature
1	Dr.S. Vijayulu Reddy	Chairperson	S.V.R.
2	Dr. M. Subba Rao	Convenor	M. Subba Rao
3	Mr. Jogi Prasad	Secretary	Jogi Prasad
4	Dr. V. Balasubramanyam Achari	Faculty Member	V. Balasubramanyam Achari
5	Dr. Dhanaajaya Reddy	Faculty Member	Dhanaajaya Reddy
6	Dr. C. N. Latha	Faculty Member	C.N. Latha
7	Dr. T. Hari Babu	Faculty Member	T. Hari Babu
8	Mr. T. Bhaskar- III BA	Student Member	T. Bhaskar
9	Ms. K.Anitha- III BA	Student Member	K. ANITHA
10	Mr. D. Shanmugam- II B.Com	Student Member	D. Shanmugam
11	Mr. P. Indrasena Reddy- II B.Com	Student Member	P. Indrasena Reddy
12	Mr. D. Palani – I B.Com	Student Member	D. Palani
13	Ms. V. Supriya – I B.Sc	Student Member	V. Supriya

Functions of the committee:

- To assist and encourage the students to participate actively in organizing and conducting indoor and outdoor games across various disciplines.
- To make sure smooth conduct of sports events within the college.
- To maintain record of sports and games events attended by students within the college, university and outside the region state.
- Coordinate with the principal for.

- Obtaining permission to hold sports events in college campus.
- To recommend students to participate in various inter-college tournaments
- To recommend sanction of registration fee to participate in various sports events.
- To recommend attendance for the students who have taken part in sports events outside college campus.

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**Government Degree College,
Karvetinagaram**



Department of Physical Education & NSS

International Yoga Day-2023



“Yoga For Vasudhaiva Kutumbakam”



Government Degree College, Karvetinagaram



Department of Physical Education



Report on International Yoga Day, 2023.

Jogi Prasad,
Lecturer in Physical Education

GDC/DPE/2022-23/

21.06.2023.

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.


Today, on 21st June 2023, in our college has celebrated 9th International Yoga Day. Theme of this year yoga day is "Yoga For Vasudhaiva Kutumbakam". It was attended by teaching and non teaching staff and students and local people with great enthusiasm. Association with ISHA foundation (Mr. Nanda Kumar , co-ordinator)

The event began with a brief introduction on Yoga Day by Mr. Jogi Prasad, Lecturer in Physical Education. Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with the speech of our Principal Dr. S. Vijayulu Reddy. He encouraged students to practice regular yoga to remain fit and improve concentration.

Dr. K. Vijayababu, OSD, CCE OFFICE, Vijayawada addressed the participants on the importance of yoga practice in our life and he has mentioned yoga is not related any religion so any one can practice yoga.

Dr. Vara Prasad, Academic Officer, CCE Office, Vijayawada has given suggestion to implement in your daily life. And also Dr. Murali Mohan Reddy, Lecturer in Computer Science, GDC, Nagari, has attended for this occasion.

All Faculties, Staff and children were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives. International Yoga Day celebrations ended with a huge success under the supervision of the NSS Co-ordinator, Dr. Dhananjaya Reddy. The function ended with a vote of thanks by Dr. M. Dhananjaya Reddy, NSS Coordinator.


Signature of the Lecturer



Government Degree College, Karvetinagaram



Department of Physical Education



Report on International Olympic day-2023

Jogi Prasad,
Lecturer in Physical Education

GDC/DPE/2023-24/

23.06.2023

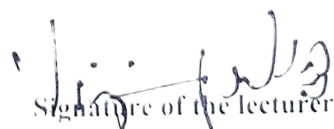
International Olympic Day 2023: Olympic Day is an international celebration held annually on June 23rd. The day commemorates the founding of the modern Olympic Games by Pierre de Coubertin. It aims to promote participation in sports and physical activities, as well as the Olympic values of excellence, friendship, and respect.

The first International Olympic Day was celebrated on June 23, 1948. The idea of establishing Olympic Day originated from a proposal by the International Olympic Committee (IOC) in 1947. The IOC wanted to create an annual event that would promote Olympic ideals and encourage participation in sports worldwide.

The International Olympic Day was celebrated in our College on 23rd June with great enthusiasm and Sportsmanship attitudes. The College campus was beautifully decorated with flags and balloons to commemorate the day. All the students and teachers gathered in the College premises.

In the presence of a gleeful gathering, Olympic importance and this history has explained by Mr. Jogi Prasad, Lecturer in Physical Education, we must build the sportsman spirit and mingle with other plays and create friendly atmosphere in between players by the Vice Principal Dr. Balasubramanyam achari.

Dr. C.N Lath, Lecturer in English has given message to students through Olympics the world athletes get together platform for them, same as each and every tournament is the best platform for real sports men. The program ended by singing the National Anthem.


Signature of the lecturer

SVA



Government Degree College, Karvetinagaram



Department of Physical Education



Report on Independence Day, 2023

Jogi Prasad,
Lecturer in Physical Education


GDC/DPE/2023-24/

15.08.2023

The 77th Independence Day was celebrated in our College on 15th August with great enthusiasm and patriotic fervor. The College campus was beautifully decorated with flags and balloons to commemorate the day. All the students and teachers gathered in the College premises at 8.30 a.m.

In the presence of a gleeful gathering, the National flag was hoisted by the Principal Dr.V. Balasubramanyam Achari. A solemn speech was given by the Vice Principal to pay homage to the brave martyrs of the country.

After that, melodious patriotic songs were sung by the students. Cultural activities such as dance and music competitions, quizzes, debates, and speeches were organized by the College. The winners were given prizes at the end of the program. Sweets and chocolates were distributed to everyone. The program ended by singing the National Anthem.


Signature of the lecturer

41-501



Government Degree College, Karvetinagaram



Department of Physical Education



Report on National Sports Day, 2023

Jogi Prasad,
Lecturer in Physical Education

GDC/DPE/2023-24/

29.08.2023.

National Sports Day is celebrated in India on August 29th to commemorate the birth anniversary of hockey legend, Major Dhyan Chand. This year we are celebrating Major Dhyan Chand's 117th anniversary. The day is observed to spread awareness of the importance of sports and daily activities in everyone's life.

National Sports Day is also dedicated to the nation's sports heroes and champions, honoring their contribution and dedication towards bringing laurels to the country. The day is celebrated with the aim of raising awareness about the values of sports: discipline, perseverance, sportsman spirit, teamwork, and to encourage the public at large to take up sports and make it an integral part of their lives.

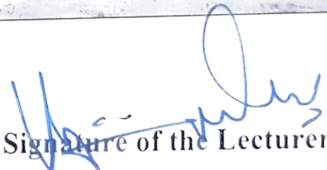
NATIONAL SPORTS DAY 2023: CELEBRATION

This year, on the National Sports Day, the Ministry of Youth Affairs & Sports (MYAS) and Fit India Mission asks the students, employees, staff of all the schools, colleges, ministries and Govt & Pvt Organisations to take part and participate in a grand manner in sports or fitness activities for at least 1 hour.

On occasion of Birth Anniversary of famous Hockey Player Major Dhyan Chand, in our college celebrated National Sports Day on 29th August, 2023. The program was organized by Department of Physical Education. Vice-Principal of the college Dr. V. Balasubramanyam Achari gave brief introduction of Major Dhyan Chand and said that if you want to be healthy and fit then you should do regular exercise and must include sports in your daily routine. On this occasion all the Heads of departments, other faculties and staff members were present. The entire program was conducted by the Mr. Jogi Prasad, Lecturer in Physical Education and vote of thanks was proposed.


Signature of the Lecturer




Signature of the Lecturer



Government Degree College, Karvetinagaram
Department of Physical Education



Awareness Programme for Faculty
On
Health & Hygiene
Report

Jogi Prasad,
Lecturer in Physical Education

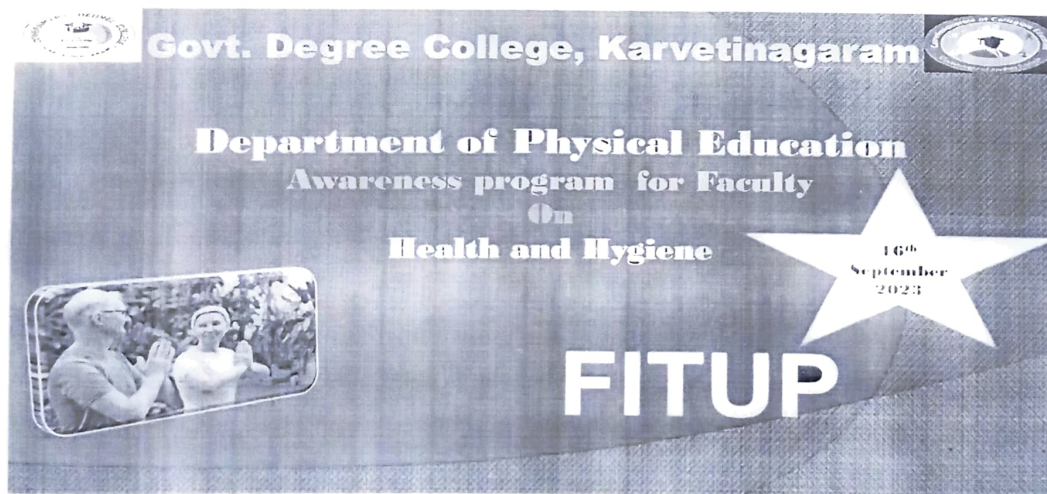
GDC/DPE/2023-24/

16.09.2023.

An Awareness programme on Health and Hygiene was organized by the Departments of Physical Education on 16th Sep 2023.

Programme objective:

- To create awareness and educate the faculty.
- To educate the various nuances of health and hygiene
- To raise awareness on the nutritional needs and maintain better health





A Health and Hygiene Awareness programme was organized on 16/09/2023 at GDG Karvetnagar. They conducted the awareness program upon Health and Hygiene in an engaging session of Mr. Jogi Prasad, Lecturer in Physical Education, GDG, Karvetnagar. The interactive session was regarding the awareness of Health and Hygiene.

What is Health and Hygiene?

According to the World Health Organisation, health is defined as 'the state of complete physical, social and mental well-being and not merely the absence of disease or infirmity'.

Good health is more important than being free from disease. Healthy people are more efficient, productive and live longer than unfit people. Important factors that contribute to good health are:

1. **Balanced Diet-** To maintain a healthy life, one should take a proper well-balanced diet and plenty of water.
2. **Personal Hygiene-** A person should live in a clean environment and must follow good personal hygiene. There should be proper disposal of wastes. Clean surroundings prevent the spread of diseases.
3. **Regular Exercise-** Along with good food and hygiene exercise is also very important in maintaining good health. Regular exercise and good sleep help a person to remain fit, healthy, and active.

Hygiene

The practices that we follow in our day-to-day lives to maintain good health are known as hygiene. This includes

- Personal hygiene
- Community hygiene

Personal Hygiene- The following practices should be followed every day to remain Healthy.

- Washing hands before and after eating
- Regular toilet habits
- Cleaning teeth
- Bathing on a regular basis
- Wearing clean and comfortable clothes
- Drinking clean water
- Keeping house clean and insect free
- Cooking in clean utensils

Community Hygiene- The environment in which we live plays a very important role in keeping us healthy. The practices to keep our surroundings clean should include:

- Proper disposal of household wastes
- Cleaning of roads and streets
- Keeping house clean
- Covering dustbins
- Spraying insecticides at regular intervals to ward off insects

Disease

Sometimes the human body gets affected due to some environmental, physiological or psychological factors which disturb the normal functioning of the body organs. This malfunctioning of the human body is called disease. A disease may affect a person not only physically but also emotionally and mentally.

There are Mainly Two Types of Diseases:

1. Infectious diseases.
2. Non-infectious diseases.

Impact of the Event

The awareness campaign, which was the intervention in this event, was effective in increasing the awareness of the participants present at the programme on 16.09.2023. However, as the topic and concept of life style diseases, especially the procedures of the care are although old yet the response was high. There were some participants who had doubts. The attitudinal change requires more than the persistent efforts.

Health and Hygiene awareness Programme consisting of interactive sessions, man-to-man discussion and imparting of information can increase the awareness of people in the many parts rural parts of the care. But, to improve the attitude of the community about delivery of palliative care services, more sustained efforts are required to make them believe that palliative care can be provided by community volunteers also and not necessarily only by professionals.

OUTCOME

For all these, participants at the programme were encouraged to incorporate healthy habits and also take various preventive measures so that in the upcoming times they can stay safe and sound. In addition, people present there are also spurred to boost up their daily nutrition intake. They are also given information on how to integrate and maintain hygiene in their lifestyle. This programme is focused towards addressing issues of personal health care, vaccination, hygiene, and illness prevention. The key challenges in the health care domain are poor accountability, low-quality care, lack of health awareness and limited access to health facilities.

FURTHER SUGGESTIONS

- A health awareness programme should be organized in a frequent interval. The knowledge should be parted amongst all. There should be awareness of health care among the mob.
- A health awareness programme is not only informative but also provides great opportunity to learn many health related information.
- Plan a programme which helps to develop a momentum that results in action. Empowering the audience and igniting the strong convey of message through the awareness campaign.
- It is right now the cost-effective as well as efficient way of spreading the message by reaching out to the mass. It is only through awareness campaign that can reinforce the message in a continued exposure.


Signature of the Lecturer

SUN



Government Degree College, Karvetinagaram



Department of Physical Education



Report on Republic Day, 2024

Jogi Prasad,
Lecturer in Physical Education

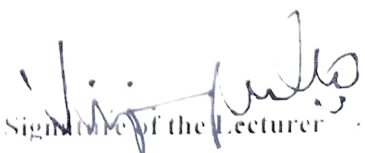
GDC/DPE/2023-24/

26.01.2024

India marks January 26 as its Republic Day every year. In 2024, the country is celebrating its 75th Republic Day. While India gained independence from the British Raj in 1947, it wasn't until January 26, 1950, that the Indian Constitution came into effect, and India became a sovereign state, declaring it a republic. Dr. BR Ambedkar headed the Drafting Committee of the Constitution. Additionally, Constitution Day is celebrated in India on November 26 every year, as on November 26, 1949, the Constituent Assembly of India adopted the Constitution of India.

The day was celebrated in our College with great eclat. The College building was tastefully decorated with flowerpots and national flags. We were beside ourselves with joy. Loudspeakers were fitted. Everyone was feeling very patriotic and happy because it was a matter of great pride for all of us. After all, on this day the constitution of India came into force and our country became a republic.

On this day, the college principal Dr. S. Vijiyulu Reddy hoists the flag. The main attraction of Republic Day celebrations is singing a patriotic song, speech on freedom fighters, and dance on republic day theme by students as well as faculty members at the Government Degree College, Karvetinagaram. This event begins with flag hosting by principal Sir then he speaks a few words about freedom fighters and corona warriors. Then the vice principal has given a speech on how our freedom fighters fought again British Raj. Some students were some very inspiring national songs sung in chorus. These were followed by stirring speeches by the students, teachers, and some prominent citizens. In the end, the program was concluded by distributing sweets and snacks to all the students after the National anthem.


Signature of the Lecturer



Government Degree College, Karvetinagaram
Department of Physical Education



Report on 29th Annual Sports Meet

26.04.2024

The most awaited college 29th annual sports meet was conducted on 22.04.2024.

The events list:

1. 100 Mtrs for Men and Women
2. 4X 30 Mtrs for Men, Women and Mixed
3. Cricket.
4. Volleyball

List of Winner and Runners

100 Mts

MEN

1. T.V THULASI RAM - I B.COM (CA)
2. M. SAI KUMAR - I B.A
3. T. BHASKAR - III B.A

WOMEN

1. B. POORNIMA - I B.COM (CA)
2. P. MUNEMMA - I B.COM (CA)
3. K. ANITHA - III B.A

4X 30 METERS RELAY

MEN

I

1. T.V THULASI RAM - I B.COM (CA)
2. D. SHANMUGAM - II B.COM (CA)
3. K. YUVARAJ - I B.COM (CA)
4. P. MUNISEKHAR - II B.A

III

1. V. KISHORE - II B.COM (CA)
2. D. PRADEEP KUMAR - I B.COM
3. N. TEJA - III B.SC (MPCS)
4. V. GOPI - III B.A

II

1. T. BHASKAR - III B.A
2. C. PURUSOTHAM - II B.A
3. M. SAIKUMA - I B.A
4. A. GUNASEKHAR - III B.A

WOMEN

I

1. K. ANITHA - III B.A
2. J. MOHANA II B.COM (CA)
3. M. RUKMINI - I B.A
4. V. JEEVITHA - II B.COM (CA)

II

1. P. MUNEMMA - I B.COM (CA)
2. B. POORNIMA - I B.COM (CA)
3. B. MAMATHA - I B.COM (CA)
4. V. JYOTHI - II B.COM (CA)

III

1. N. DEEPA - III B.A
2. S. DEEPA - III B.A
3. P. PRIMAATHA - III B.A
4. T. ANUSHKA - III B.A

4X 30 METERS MIXED RELAY

I

1. K. ANITHA - III B.A
2. D. SHANMUGAM - II B.COM (CA)
3. P. MUNEMMA - I B.COM (CA)
4. V. KISHORE - II B.COM (CA)

II

1. T. BHASKAR - III B.A
2. M. RUKMINI - I B.A
3. J. MOHANA II B.COM (CA)
4. A. GUNASEKHAR - III B.A

III

1. V. KISHORE - II B.COM (CA)
2. V. JYOTHI - II B.COM (CA)
3. M. SAIKUMAR - I B.A
4. C. PURUSOTHAM - II B.A

CRICKET

WINNERS		RUNNERS	
1.	D. SHANMUGAM - II B.COM (CA)	1.	K. DILLI PRASAD - II B.COM (CA)
2.	D. BHARGAV RAM - III B.SC	2.	P. GUNASEKHAR - III B.COM (CA)
3.	C. CHANDU - III B.COM (CA)	3.	T. DEVADAS - III B.COM (G)
4.	T. BALAJI - II B.COM (CA)	4.	G. L. CHATHANYA - III B.COM (CA)
5.	A. KUMAR - II B.COM (CA)	5.	V. PRABHASH - I B.COM (CA)
6.	G. PAYAJI - III B.SC (MPCS)	6.	P. RAJU - II B.COM (CA)
7.	D. HAMID - II B.COM (CA)	7.	T. BHASKAR - I B.A
8.	P. SHYAM - I B.SC (CS)	8.	V. KISHORE - II B.COM (CA)
9.	J. MAHESH - III B.COM (CA)	9.	K. DINESH - II B.SC (MPCS)
10.	P. SANKAR - III B.SC (MPCS)	10.	N. LAKSHMPATHI - II B.SC (MPCS)
11.	P. GANAPATHI - II B.COM (CA)	11.	N. DEEPA - III B.SC (MPCS)
12.	T. DEVA - I B.COM (CA)	12.	A. GUNASEKHAR - III B.A
13.	K. RAJGORA - I B.SC (CS)	13.	K. MOHAN KUMAR - III B.SC (MPCS)

VOLLEYBALL

WINNERS

1. V. KISHORE - IBCOM (CA)
2. P. SHYAM - IBCO (CS)
3. J. MAHESH - IBCOM (CA)
4. P. GUNASEKHAR - IBCOM (CA)
5. TA. THILASE RAM - IBCOM (CA)
6. J. BHASKAR - IBCA

RUNNERS

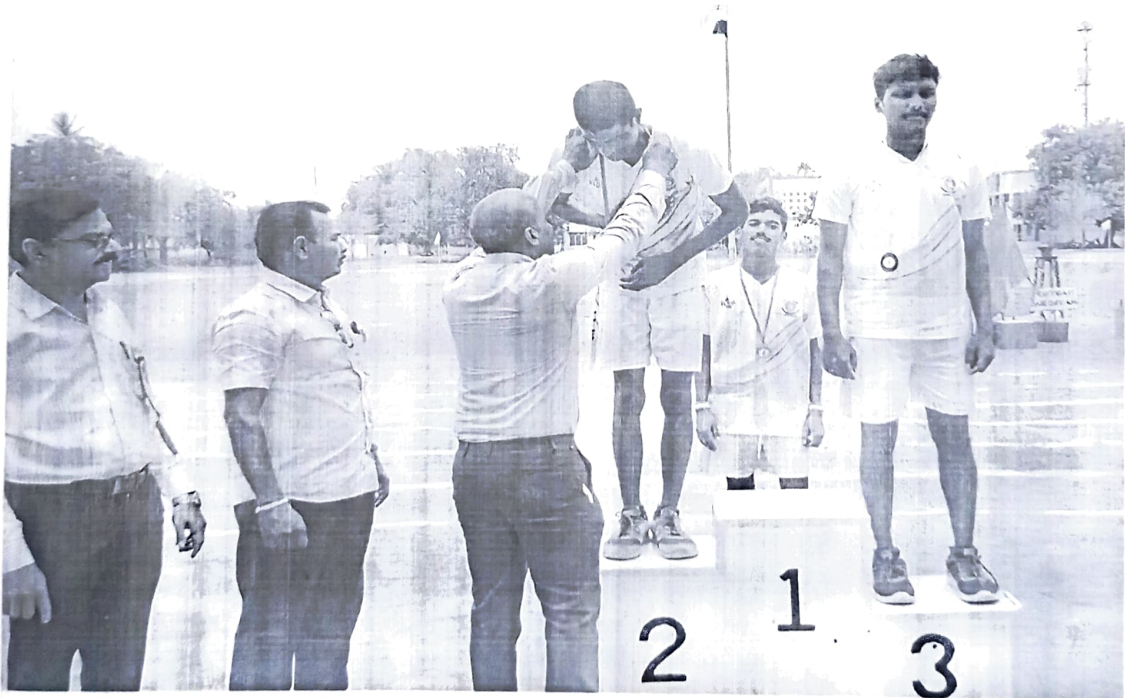
1. A. PRABHAKH - IBCOM (CA)
2. K. DILEEPRAJAD - IBCOM (CA)
3. K. MOHAN, J. MADH - IBCO (MPCO)
4. D. BHARGAV, PAMU - IBCO
5. K. YENYARAJ - IBCOM (CA)
6. M. SAIKUMAR - IBCA



Shiraj

Sun

External-for Annual Sports meet-2024 Alagappa University as a Track Judge on 23.04.2024.



raj kumar

SVU

Students Participation and Achievements-2023-24

This academic year students are participated different tournaments and get achievements.



Mr. Goutham and Mr. Lokesh , who have studying I B.Sc (CS) has participated in National level Pencak silat tournament at Jimmy Jorge Indore Stadium , Trivendram in Kerala and they got Gold medals in different weight categories.



D. Pradeep Kumar I B.Com (CA) has participated in SV University Intercollegiate tournament and secured 1st position and qualified for All Inida Inter University Tournament. All India Inter University tournament held at GuruNanak Dev University, Amritsar, on 05.02.2024.

Government Degree College, karvetinagaram
Department of Physical Education



Mr. Bhaskar, Who has studying III BA has participated S.V University Intercollegiate softball tournament and he has shown his individual talent and he got an opportunity to participate All India Inter University softball tournament which will be held at Bangalore University, Bangalore. On 13.05.2024.

Vijayendra

No: 2023242



SRI VENKATESWARA UNIVERSITY, TIRUPATI

Department of Physical Education

CERTIFICATE OF MERIT

This is to certify that Mr. / Ms. T. BHASKAR.
S/o T. Ravi Class III B.A.
of Government Degree college. Karvetinagar was a member of
the SOFTBALL Team of this University which
Participated in the ~~South Zone~~ / **All India Inter - University Tournament**
held at Bangalore University. Bangalore.
during the year 2023/2024


DIRECTOR OF PHYSICAL EDUCATION


REGISTRAR


VICE-CHANCELLOR



SRI VENKATESWARA UNIVERSITY, TIRUPATI

DEPARTMENT OF PHYSICAL EDUCATION

Certificate of Merit

This is to Certify that D. PRADEEP KUMAR, I B.com
representing G.D.C Karvetinagoram
was a member of the Winner / Runner-up Team in JUDO (+100 Kg)
in the Annual Inter - Collegiate Tournaments held at S.V. university
Tirupati
during the year 2023 - 2024



Murthy
DIRECTOR OF PHYSICAL EDUCATION

[Signature]
VICE-CHANCELLOR

2023/24



SRI VENKATESWARA UNIVERSITY, TIRUPATI

Department of Physical Education

CERTIFICATE OF MERIT

This is to certify that Mr. / Ms. D. Pradeep Kumar
S/o D. Selva Kumar Class I. B. Com
of Government Degree College, Karvelinagar as a member of
the JUDO Team of this University which
Participated in the WEST South Zone / [REDACTED] Inter - University Tournament
held at Gurukulam Deo University, Amritsar
during the year 2023/2024

[Signature]
DIRECTOR OF PHYSICAL EDUCATION

[Signature]
REGISTRAR

[Signature]
VICE-CHANCELLOR

Government Degree College, Karvetinagaram

Number of sports and cultural events/competitions in which students of the Institution participated during the year organized by the institution /other institution 2023-24

Date of event	Name of the Event and Place	Name of the student Participated
28/10/23	Softball, S.V University, Tirupathi	<ol style="list-style-type: none"> 1. T. Bhaskar III BA 2. T. Dinesh II B.Sc(CS) 3. A. Sankar III B.Sc(M.P.Cs) 4. P. Raju II B.Com 5. D. Shanmugam IIB.Com (CA) 6. D. Bhargava Ram III B.Sc (M.P.Cs) 7. V. Prabash I B.Com (CA) 8. C. Chandhu III B.Com 9. Muni Guru Prasad III BA
1/11/23	Hockey, S.V Arts College, Tirupathi	<ol style="list-style-type: none"> 1. D. Shanmugam IIB.Com (CA) 2. A. Guna Sekhar III BA 3. T. Bhaskar III BA 4. S. Naveen B.Sc (M,P.CS) 5. G. Lakshmi Chaithanya III B.Com(CA) 6. V. Prabash I B.Com (CA) 7. D. Bhargava Ram III B.Sc (M.P.Cs) 8. C. Chandhu III B.Com (CA) 9. T. Devadas III B.Com (CA) 10. T. Ganapathi II B.Com (CA)
15/11/23	Volley Ball, S.V University, Tirupathi.	<ol style="list-style-type: none"> 1. D. Bhargava Ram III B.Sc (M.P.Cs) 2. T. Hemachandhra I B.Sc(CS) 3. V. Prabash I B.Com (CA) 4. G. Payani III B.Sc(M.P.Cs) 5. G. Ajith III B.Sc(M.P.Cs) 6. P.Gunasekar III B.Com (CA) 7. T. Balaji II B.Com (CA)
19/11/23	Judo, S.V University, Tirupathi	<ol style="list-style-type: none"> 1. Pradeep Kumar I B.Com (CA)
20/11/23	Kabaddi, S.V University, Tirupathi	<ol style="list-style-type: none"> 1. T. Bhaskar III BA 2. V. Kishore II B.Com 3. B. Ganesh II B.Com 4. T. Balaji II B.Com (CA) 5. G. Venkatesh I BA 6. G. Payani III B.Sc(M.P.Cs)

01/12/23

Cricket, S.V University,
Tirupathi

1. A. Kumar II B.Com (C.A)
2. T. Balaji II B.Com (C.A)
3. D. Bhargava Ram III B.Sc (M.P.Cs)
4. V. Prabash I B.Com (C.A)
5. D. Shanmugam II B.Com (C.A)
6. C. Chandhu III B.Com
7. P. Gunasekar III B.Com (C.A)
8. G. Ajith III B.Sc (M.P.Cs)
9. G. Payani III B.Sc (M.P.Cs)
10. G. Lakshmi Chaithanya III B.Com (C.A)
11. T. Dev Das III B.Com
12. D. Hameed II B.Com (C.A)

27/11/2023.

Athletics, S.V University,
Tirupathi

1. G. Venkatesh I BA
2. K. Anitha III BA





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