

Sri A.S.N.M. GOVT.COLLEGE (A) PALAKOL

DEPARTMENT OF PHYSICAL EDUCATION

2024-2025

conducted Games and Sports on the Part of Independence Day Celebrations

Brief report:

The Department of physical Education has conduct games & sports on the part of Independence Day celebrations. On 13/08/2024 cricket game was launched by principal Dr. T. Raja Rajeswari, T. Krishna vice principal, K. Badrachalam I.Q.A.C coordinator other staff members, students were participated in this program.



Principal Dr. T. Raja Rajeswari Inaugurated the cricket game



conducted Games and Sports on the Part of National Sports Day Celebrations

Brief report:

The Department of physical Education has conduct games & sports on the part of National Sports Day celebrations. On 27/08/2024 to 28/08/2024 Kho-Kho game was launched by Dr. T. Raja Rajeswari, Principal, T. Krishna vice principal, K. Badrachalam I.Q.A.C coordinator and Physical Education in Charge Dr. M. Rama Krishna other staff members, students were participated in this program.in this part conducted below games and sports both boys' and girls' students

S.No	Name of the game	Name of the Team
1	Kho -Kho	Rudrama devi
		Jansi Lakshmi Bhai
		Sarojini Naidu
2	Volley ball	Bhagat Singh
		Sardar Vallabha Patel
		Subhas Chandra Bose
3	100 mts running race	Men and women
4	Chess	Men and women

Principal



Sports & Games Inauguration by Principal Dr. T. Raja Rajeswari on 27-08-2024
As a Part of National Sports Day Celebration



Our College Girl Students Participated in Kho-Kho Game



Boys & Girls Participated in Chess Game



Boys & Girls Participated in 100mts Running Race

conducted Games and on the Part of Sankranthi Sambaralu Celebrations

Brief report:

As part of the *Sankranthi Sambaralu* celebrations at Sri ASNM Government College, Palakol, a spirited kabaddi tournament was organized on 03-01-2025. Students showcased remarkable energy, teamwork, and skill, making the event highly competitive and entertaining. Teams displayed impressive defensive formations and strategic raids, keeping the audience engaged. The event not only celebrated sportsmanship but also reinforced the cultural essence of kabaddi, inspiring students to embrace traditional games and physical fitness.



ఏఎస్ఎన్ఎంలో సంక్రాంతి ఆటల పోటీలు ప్రారంభం

పాలకొల్లు అర్బన్, జనవరి 3 (ఆంధ్ర జ్యోతి): స్థానిక ఏఎస్ఎన్ఎం ప్రభుత్వ డిగ్రీ కళాశాలలో సంక్రాంతి సందర్భంగా ఈ నెల 10వ తేదీ వరకూ విద్యార్థులకు నిర్వహించే పలు పోటీలను శుక్రవారం ఘర్ష విద్యార్థి, వ్యాపారవేత్త గాదె వెంకట సుబ్బారావు, ప్రెస్నిపాల్ డాక్టర్ టి. రాజరాజేశ్వరితో కలిసి ప్రారంభించారు. ఈ సందర్భంగా ప్రెస్నిపాల్ మాట్లాడుతూ 4న జూనియర్ కళాశాల విద్యార్థి, విద్యార్థులకు క్రీడల పోటీలు 6న ఉభయ గోదావరి జిల్లాలో పరిధిలోని డిగ్రీ కళాశాల విద్యార్థి, విద్యార్థులకు సాంస్కృతిక కార్యక్రమాల పోటీలు, 7న మెహంద్ డిజైనింగ్ పోటీలు, 8న సాంప్రదాయ పత్రదారణ, రంగోలి పోటీలు, 9న పుడ్ పెన్స్, హేండ్ క్రాఫ్ట్, 10న సంక్రాంతి సంబంాలు గుంగిరెడ్డులు, హరిదాసు, భోగి మంటలు, ముగింపు సభ ఏర్పాటు, విజేతలకు బహుమతి ప్రధానం ఉంటుందన్నారు.

SRI A.S.N.M GOVT COLLEGE (A) PALAKOL, WEST GODAVARI
DEPARTMENT OF PHYSICAL EDUCATION
GYMNASIUM



12 stations Multy Gymnasium



4-pairs of Dumbles



Shoulder rods with weight plates -1 , bicep rods-2, power lifting set -1.

SRI A.S.N.M GOVT COLLEGE (A) PALAKOL, WEST GODAVARI
DEPARTMENT OF PHYSICAL EDUCATION
PLAYING COURTS



KABADDI COURT



VOLLEY BALL COURTS -2



THROW BALL COURT-1,TENNIKOIT COURT-1, SHUTTLE BADMINTON COURT-1



200 mts RUNNING TRACK



SHOT PUT SECTOR

Sri A.S.N.M. GOVT.COLLEGE (A) PALAKOL

DEPARTMENT OF PHYSICAL EDUCATION

Important Days -2024-2025

Name of the activity	International Yoga Day
Date of conducted	21/06/2024
Organized by	Physical Education Department
Resource person	Dr. T. Raja Rajeswari principal
Number of students attended	80
Objective or nature of the activity curricular/Extension to community	To let Students to know amazing health benefits of yoga to reduce health problems To spread peace in the college To promote good mental and physical health of Students through yoga.
Skill achieved	Students know the different types of asanas, pranayama, kriyas in yoga
Values achieved	Good health conditions, spiritual and intellectual thoughts develop by this yoga practices

Brief report:

International Yoga Day was celebrated on 21st June 2024 in Sri A.S.N.M Govt. College (A), Palakol. Dr. T. Raja Rajeswari, Principal of this college invited as Chief guest and Yoga Trainer Sri. Kalidindi Narashimha Raju, students and staff participated in this program me. As Chief Guest Principal Dr. T. Raja Rajeswari addressed in this program the importance of yoga and how it will be help full to health, mental stress and improve activeness in human body and also ascertain that why did the 21st June declared at international Yoga Day. Yoga trainer Sri. K. Narashimha Raju addressed in this program keeping in view of health every human being should practice regularly.



Principal, Dr. T. Raja Rajeswari attended as Chief Guest Yoga Day Celebrations

Name of the activity	Independence Day celebrations
Date of conducted	15/08/2024
Organized by	Physical Education Department
Resource person	Dr. T. Raja Rajeswari, principal
Number of students attended	220
Skill achieved	Leadership: Organizing events fosters planning and decision-making abilities. Cultural Awareness: Engaging with diverse traditions promotes understanding and appreciation of heritage.
Values achieved	Patriotism: Fostering a sense of pride in their country and its history. Unity: Emphasizing the importance of coming together for a common cause. Responsibility: Encouraging civic duty and community engagement.

Brief report: Report on 78th Independence Day Celebrations at Sri A.S.N.M Govt college(A), Palakol

Date: August 15, 2024

Venue: Sri A.S.N.M Government College

Organized by: Department of Physical Education

The 78th Independence Day was celebrated with great enthusiasm and patriotism at Sri A.S.N.M Government Degree College. The celebrations commenced with the esteemed Principal, Dr. T. Raja Rajeswari, hoisting the tricolor flag, symbolizing the freedom and unity of our nation. In her address to the gathering, Dr. Rajeswari paid homage to the sacrifices made by freedom fighters, emphasizing the importance of their contributions to our independence. She inspired the students to embody the same spirit of dedication, urging them to contribute their physical, intellectual, and emotional strengths for the betterment of the nation. Following the flag hoisting and address, the college hosted various sports and games in honor of Independence Day. Prizes were awarded to winners and runners-up, celebrating the spirit of competition and camaraderie among students. The celebrations concluded with the distribution of sweets to all students, fostering a sense of unity and joy among the college community. Overall, the event was a fitting tribute to the ideals of freedom and service, inspiring students to carry forward the legacy of our freedom fighters.



Name of the activity	National Sports Day celebrations
Date of conducted	29/08/2024
Organized by	Physical Education Department
Resource person	Dr. T. Raja Rajeswari principal
Number of students attended	150
Objective or nature of the activity curricular/Extension to community	To Create awareness on sports and Games and promoting sports and physical fitness among the students in the college
Skill achieved	Team spirit, leadership skills, fair play focus strengths and abilities planning observation and analysis.
Values achieved	Team work, Discipline, and playing fair

Brief report: On the occasion of National Sports Day, the Department of Physical Education Sri A.S.N.M Government College Palakollu has conducted outdoor and Indoor games as per the schedule given by C.C.E AP from 27th August to 28th of August. The teams were named on freedom fighters such as Rudramadevi, Jhansi Lakshmi Bai and Sarojini Naidu for Kho-Kho game, for volleyball Sardar Vallabha Patel team, Subhash Chandra Bose and Bhagat Singh team, along with this chess competition both men and women, 100 mts running competition were conducted both men and women. On 29th of August 2024 the National Sports Day was grandly celebrated at the college by the Physical Education Department. The principal Dr. T. Raja Rajeshwari attended as Chief Guest T. Krishna, Vice Principal attended as special invitee and staff and students of Sri A.S.N.M Govt college attended to this program. The principal address to the students about the importance of Sports Day celebration particularly on Major Dhyan Chand is victory and services for very much helpful to the Indian Nation particularly in sports and in memory of Major Dhyan Chand birthday the Government of India declared has National Sports Day to conduct 29th of August every year in this program prizes distribution on Major Dhyan Chand trophy and medals, certificates were given to the winners and runners.



Name of the activity	Republic day celebrations
Date of conducted	26/01/2025
Organized by	Physical Education Department
Resource person	Dr. T. Raja Rajeswari principal
Number of students attended	130
Skill achieved	<p>Patriotism and National Pride: Students develop a deeper sense of national identity and pride by participating in the celebrations and understanding the significance of the day.</p> <p>Discipline and Responsibility: The preparations for Republic Day events, like rehearsals for marches, dances, or speeches, teach students discipline, punctuality, and the ability to follow instructions.</p>
Values achieved	Enlighten this spirit of united India

Report: The Department of Physical education and college students Council has organized 76th Republic Day celebration on 26/01/25. In this celebration Principal Dr. T. Raja Rajeswari Principal Addepalli Mohandas Grandson of Addepalli Satyanarayana Murthy Garu and Gade Subbarao Garu attended. Chief Guest Dr. T. Raja Rajeswari Principal unfurled the national flag addressing the students the chief guest Dr. T. Raja Rajeswari emphasized on Developing patriotic spirit and dedication to nation in all the fields. She also uploaded the architects of Indian constitution. later on, prizes were given to the winners who won in various competitions. The celebration came end with distributing sweets to all the participants. in this celebration teaching and non-teaching staff and students was participated



Principal Dr.T.Raja Rajeswari unfurled the National Flag



SRI A.S.N.M GOVERNMENT COLLEGE (A) PALAKOL

DEPARTMENT OF PHYSICAL EDUCATION

Yoga facilities

