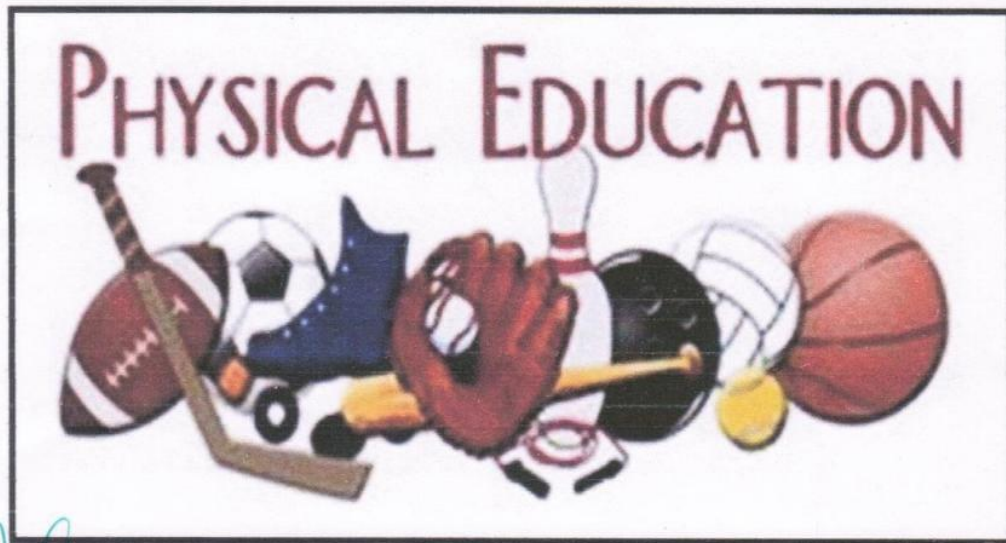




GURU NANAK KHALSA COLLEGE FOR WOMEN
GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA

Report of Physical Education
Session 2023-2024 (ODD SEMESTER)



Maneeta
Dr. Maneeta Kahlon

Principal

Dr. MANEETA KHLON
Principal

G.N.Kh. College for Women
Gujarkhan Campus, Model Town,
Ludhiana

Parminder Kaur
Mrs. Parminder Kaur

Assistant Professor

About the Department

The department of Physical Education offer physical Education as an elective subject in B.A. Physical Education makes the immunity of our body strong. It is usually taught during primary and secondary education and encourages psychomotor learning by using a play and movement exploration setting to promote health and physical fitness.

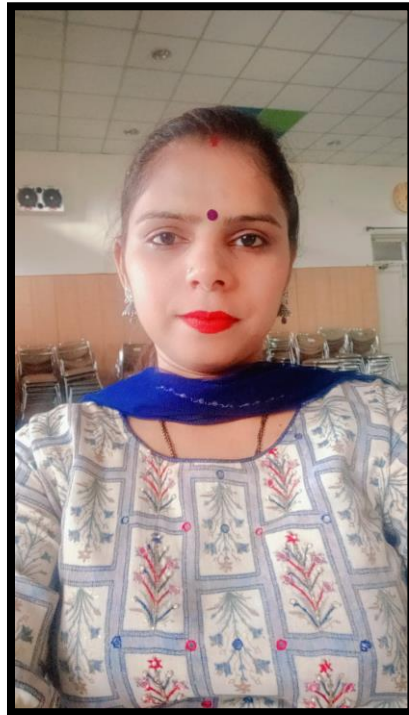
Teaching Faculty

S.No.	Name of the Faculty Member	Educational Qualification
1.	Mrs. Parminder Kaur	B.P. Ed, M.P. Ed

Student Strength

S.No.	Name of the Course	Student Strength
1.	B.A. First Year	48
2.	B.A. Second Year	39
3.	B.A. Third Year	18

Teaching Faculty



Mrs. Parminder Kaur
Head of the Department

24th August to 29th August 2023

To National sports day celebrations at GNKCW

Celebrations of National Sports Day from 21st August to 29th August, The department of physical education of Guru Nanak Khalsa College for Women is going to organize week long events starting from 24th August 2023. The national sports day is celebrated every year on 29th August to commemorate the birthday of Hockey legend major Dayan Chand. In 2019, the national sports day saw a grand launch of the Fit India mission by the humble Prime Minister of India to inculcate the culture of sports and fitness in the country. The theme for this year celebrations is "Sports as an enabler for fit and inclusive society."

First day highlights

Rope jumping, walk race, 100mtr race, lemon race were conducted in the college playground. Following students won the prizes in various races

1).Walk Race Competition

First Prize Name: Shivani Class: B.A 2nd year

Second prize Name: Sukhwinder Class: B.Com 3rd year

Third prize Name: Muskan Class: B.A 3rd year





2).100mtr Race Competition

First Prize Name: Rupinder Kaur Class: B.com 2nd year

Second prize Name: Nitya Class: B.Com 1st year

Third prize Name: Neha Class: B.A 2nd year



3).Lemon Race Competition

First Prize Name: Usha Class: B.A 2nd year

Second prize Name: Neetu Yadav Class: B.A 3rd year

Third prize Name: Neetu Class: B.A 2nd year

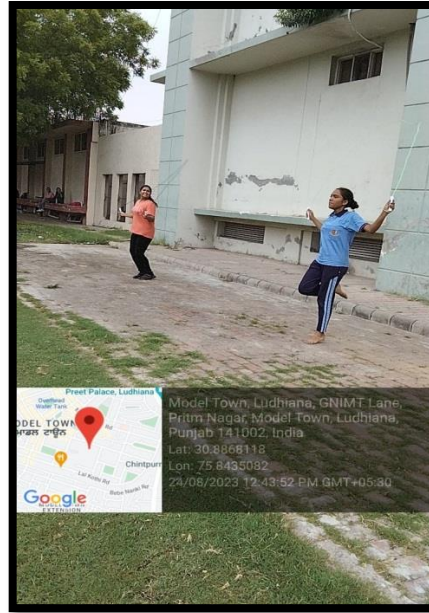


4).Rope Jumping Competition

First Prize Name: Neha Class: B.A 2nd year

Second prize Name: Tanisha Class: B.A 2nd year

Third prize Name: Anita Class: B.com 3rd year



2nd day Highlights

Basketball Competition

First place

Harbind, Shalini, Neetu, Daman, Jyoti, Preet



Second Place

Kanchan, Sneha, Harneet, Pinky, Hashmeet, Rupinder

Third place

Kajal, Preeti, Kavita, Mehak, Palak, Anjali

Third day highlights

Badminton competition

First Prize

Name: komal Class: B.com 3rd year Roll no. 211137

Name: Shivani Class: B.A 2nd year Roll no. 22314

Second prize

Name: Muskan Class: B.A 3rd year Roll no. 21208

Name: jyoti Class: B.A 3rd year Roll no. 21234

Third prize

Name: Neelam Class: B.A 2nd year Roll no. 22234

Name: Rupindeep Kaur Class: B.B.A 3rd year Roll no. 212742





4th day Highlights

Kho-kho competition

First place

Palvi,

**Shivani,Kumkum,Preeti,Soni,Neelam,Shalini,Payal,Pihu,Neetu,Son
ali.**



Second Place

**Muskan,
Jyoti,Pinky,Kanchan,Mehak,Palak,Preeti,Rubin,Aman,Kavita**

Fifth day highlights

Chess competition



First Prize

Name: Harshdip Kaur

Class: B.B.A 3rd year

Second prize

Name: Shalini Kumari

Class: B.Com 3rd year

Third prize

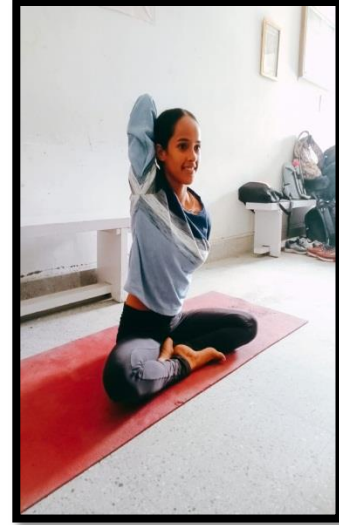
Name: Soni Verma

Class: B.A 2nd year

Last day Highlights

Yoga and Tug of war competition





One week National Day celebration successfully completed thanks to all students who's participate in this week events. The college Principal Dr. Maneeta Kahlon appreciated the efforts of the department to encourage students to participate in sports and fitness events and instill positivity and harmony in society. The whole activity was organized by Mrs. Parminder Kaur, head department of physical education .



September 28-30, 2023

GNKCW players to participate in Punjab University Taekwondo Championship

Members of Taekwondo Team of our College brought laurels to the college by participating at PU Taekwondo Championship held at **Panjab University Gymnasium Hall, Chandigarh** from **September 28, 2023- September 30, 2023**. **Neetu** participated in **weight up to +67 category** while **Harshpreet Kaur** participated in **weight up to 67 category**.

The college Principal **Dr. Maneeta Kahlon** appreciated the efforts of the department in encouraging students for participation in such prestigious competitions.



15 November 2023

Fit India week at GNKCW

Celebrations of Fit India week by selecting any one week from November 15 to

15 December 2023, the Department of Physical Education of Guru Nanak Khalsa College for Women organized week long events starting from November 15, 2023.

Ms. Parminder Kaur, Head of the Department of Physical Education, organized many fitness activities including, yoga and meditation, and indigenous games. In addition, students also installed Fit India mobile app in their mobile phones.



The poster is yellow with a pattern of small white dots. It features the GNW logo on the top left and the G20 logo on the top right. The text is centered and reads: "Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana". Below this, it says "Under the aegis of IQAC" and "DEPARTMENT OF PHYSICAL EDUCATION celebrates". The "FIT INDIA" logo is prominently displayed in the center, with the letters F, I, and T in large, colorful fonts. To the right of the logo, the dates "15th November to 15th December, 2023" are written. Below the logo, there is a small illustration of people running. At the bottom, the text reads "To promote a Healthy and Active Lifestyle by indulging in various activities". The names of the Principal, Dr. Maneeta Kahlon, and the Organizer, Mrs. Parminder Kaur, are listed at the bottom.

Guru Nanak Khalsa College for Women
Gujarkhan Campus, Model Town, Ludhiana

Under the aegis of IQAC

DEPARTMENT OF PHYSICAL EDUCATION
celebrates

FIT INDIA 15th November to 15th December, 2023

To promote a Healthy and Active Lifestyle by indulging in various activities

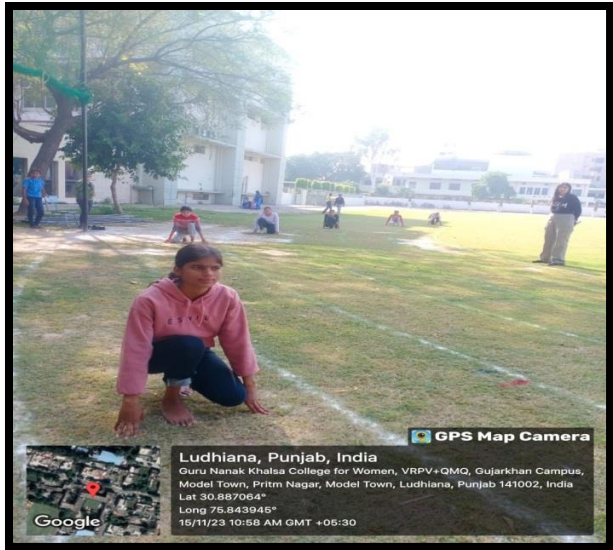
Principal
Dr. Maneeta Kahlon

Organizer
Mrs. Parminder Kaur





Ludhiana, Punjab, India
Guru Nanak Khalsa College for Women, VRPV+QMQ, Gujarkhan Campus, Model Town, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India
Lat 30.887064°
Long 75.843945°
17/11/23 11:33 AM GMT +05:30



Ludhiana, Punjab, India
Guru Nanak Khalsa College for Women, VRPV+QMQ, Gujarkhan Campus, Model Town, Pritm Nagar, Model Town, Ludhiana, Punjab 141002, India
Lat 30.887064°
Long 75.843945°
15/11/23 10:58 AM GMT +05:30



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Long 75.843945°
17/11/23 11:36 AM GMT +05:30

November 24-27, 2023

Students to participate in Panjab University Inter College Annual Athletic Meet

Panjab University Annual Athletic Meet was held at PU Campus Chandigarh from November 24 to November 27, 2023. Following students of the college participated in this meet:

1. Seema Khan (BA Semester 5th) in 110 M. Hurdles & 400 M. Hurdles events.
2. Kumkum (BA Semester III) in 800 Meter. race & 1500 meter race.
3. Neelam Yadav (BA Semester III) in 400 Meters race & 20KM Walk.
4. Rupinder Kaur (B.Com Semester III) in 200 Meters & Discus throw events

All the students participated in 4×100 meter relay race and also 4×400 meter relay race.



