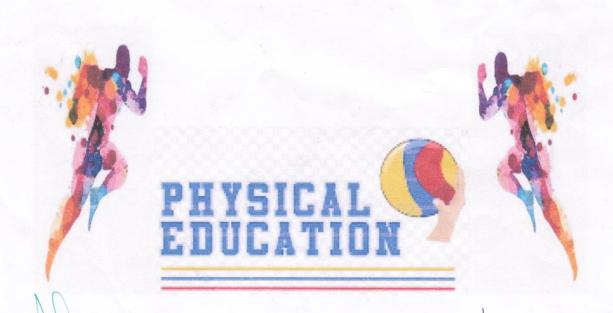


# GURU NANAK KHALSA COLLEGE FOR WOMEN GUJARKIHAN CAMPUS, MODEL TOWN, LUDHIANA

# **Report of Physical Education**

Session 2023-2024 (EVEN SEMESTER)



Dr. Maneeta Kahlon

Principal

Dr. MANEETA KAHLON Principal G.N.Kh. College for Women Gujarkhan Campus, Model Town, Ludhiana. 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	<b>Educational Qualification</b>
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	46
2.	B.A. Second Year	39
3.	B.A. Third Year	18

# **Teaching Faculty**



**Mrs. Parminder Kaur** Head of the Department

#### 12<sup>th</sup> January,2024

#### To National youth day celebrations at GNKCW

GNKCW National Youth day celebrations by the Department of Physical Education & NSS Unit As Per UGC guidelines regarding celebrations of National Youth day, the Department of Physical Education in collaboration with NSS Unit of Guru Nanak Khalsa College for Women organized Mass drill & Fitness Demonstrations on January 12, 2024. National Youth Day or Yuva Divas is observed every year on January 12 to commemorate the birth anniversary of Swami Vivekananda, one of India's greatest philosopher and spiritual leader. This activity was organized by Mrs. Parminder Kaur, Head of Physical Education Department.





















### 12<sup>th</sup> February,2024

The Department Of Physical Education Organized a Movie Screening Activity On The Life Of Padma Bhushan Awardee And The World Famous Boxer, MC Mary Kom.

GNKCW Under The Aegis Of The Internal Quality Assurance Cell, The Department Of Physical Education Organized a Movie Screening Activity On February 12, 2024. A Movie On The Life Of Padma Bhushan Awardee And The World Famous Boxer, MC Mary Kom Was Screened To Motivate The Students To Stay Focused, And Work Hard To Fulfill Their Dreams. The Activity Was Convened By Mrs. Parminer Kaur, Head Of Physical Education Department. The College Principal, Dr. Maneeta Kahlon Urged The Students To Take Inspiration From The Life Of The Talented Boxer Who Faced Many Hardships Before Achieving Her Dreams.



# 27th to 28th February,2024

#### The Department Of Physical Education Organized an annual athletic Meet

Annual Athletic Meet at GNKCW Under the aegis of Internal Quality Assurance Cell, Department of Physical Education of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town organized Annual Athletic meet at on February 27-28, 2024 in the college campus. The events included track and field events like 100m sprint, 200m sprint, 400m race, 800m race, 4 X 200m relay, long jump, shot put, Javelin throw, discus throw, Skipping Race, Three legged race, Spoon and Potato Race and Chatti Race. Rupinder Kaur of B.COM.II won the title of the best athlete 2023-24 and Pihu of B.A II was adjudged as the First runner up followed by Mananeet Kaur (BCOM II) as second runner up. Principal Dr. Maneeta Kahlon congratulated the winners and appreciated the efforts of the department for organizing this sports event for the students.



















#### ਸਾਲਾਨਾ ਅਥਲੈਟਿਕ ਮੀਟ 'ਚ ਰੁਪਿੰਦਰ ਕੌਰ ਬਣੀ ਸਰਬੋਤਮ ਅਥਲੀਟ

#### Ludhiana Kesari

Feb 29, 2024 (IST)

### पंजाब केसरी

#### जी.एन.के.सी.डब्ल्यू. में वार्षिक एथलैटिक्स मीट में रूपिंदर कौर बनी सर्वश्रेष्ठ एथलीट



#### **GURU NANAK KHALSA COLLEGE**

Department of Physical Education of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, organised its annual athletics meet. The events included track and field events such as 100m sprint, 200m sprint, 400m race, 800m race, 4x200m relay, long jump, shot put, javelin throw, discus throw, skipping race, three-legged race, spoon and potato race and chatti race, Rupinder Kaur of BCom II won the title of the best athlete and Pihu of BA II was adjudged the first runner-up followed by Mananeet Kaur (BCom II). Principal Dr Maneeta Kahlon congratulated the winners.

#### **Athletics meet** held at GNKCW

Under the aegis of internal quality assurance cell, department of physical education of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town organised its annual athletic meet on Feb 27 and 28. Students took part in various track and field events. Rupinder Kaur of BCom II was declared the best athlete 2023-24 and Pihu of BA II and Mananeet Kaur of BCom II were adjudged the first and second runners-up, respectively.

# जी.एन.के.सी.डब्ल्य. में वार्षिक एथलैटिक्स

क्या हैस बंदर राज निवास तक वजन संतेष पर दुन विस्तार वर्षिक व्यक्तिका ग्रंट में 10 物能, 10 和能, 10 के कि से हर हो हा हान के, विस्त है स्त्रिमित्त है स्त्रिम सहयों और अब ने सब दिना जितहों।

सहरेत मुन्दर होटी सकी बर्ट की बे.ए. डिटीव की बेह को फर्ट विवेताओं को स्थाई है और वार्ज से बीह कि समित है। सा और बेमी जिनको मन्तर के लिए उस तेन करेकर के बे समि देवेंकरी वर्षीया कीर की से बिंद ला उस चुन गया। जाने कर तेना विभाग के प्रथमें रेसक्षेठ एक्सेट वा विताब बीत । विसेश्ता ही स्मीत बहलों रे की सरहन की।

#### रूपिंदर कौर को चुना गया सर्वश्रेष्ठ एथलीट

कालेज फार वूमेन गुजरखान कैंपस माडल टाउन के शारीरिक शिक्षा विभाग ने कालेज परिसर में वार्षिक एथलेटिक मीट का आयोजन किया। आयोजन में

जैसे फील्ड कार्यक्रम शामिल रहे। बीकाम सेकेंड की रूपिंदर कौर ने सर्वश्रेष्ठ एथलीट 2023-24 का खिताब जीता और बीए सेकेंड की पीहू को फर्स्ट रनर अप चुना गया। मननीत कौर को सेकेंड रनर अप चुना गया। प्रिंसिपल डा. मनीता काइलों ने विजेताओं को बचाई दी।





#### ਸਾਲਾਨਾ ਅਥਲੈਟਿਕ ਮੀਟ 'ਚ ਰੁਪਿੰਦਰ ਕੌਰ ਬਣੀ ਸਰਬੋਤਮ ਅਥਲੀਟ