



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

**Report of Physical Education
Session 2023-2024 (EVEN SEMESTER)**



**PHYSICAL
EDUCATION**



Dr. Maneeta Kahlon
Principal

Dr. MANEETA KHLON
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	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	46
2.	B.A. Second Year	39
3.	B.A. Third Year	18

Teaching Faculty



Mrs. Parminder Kaur
Head of the Department

12th January,2024

To National youth day celebrations at GNKCW

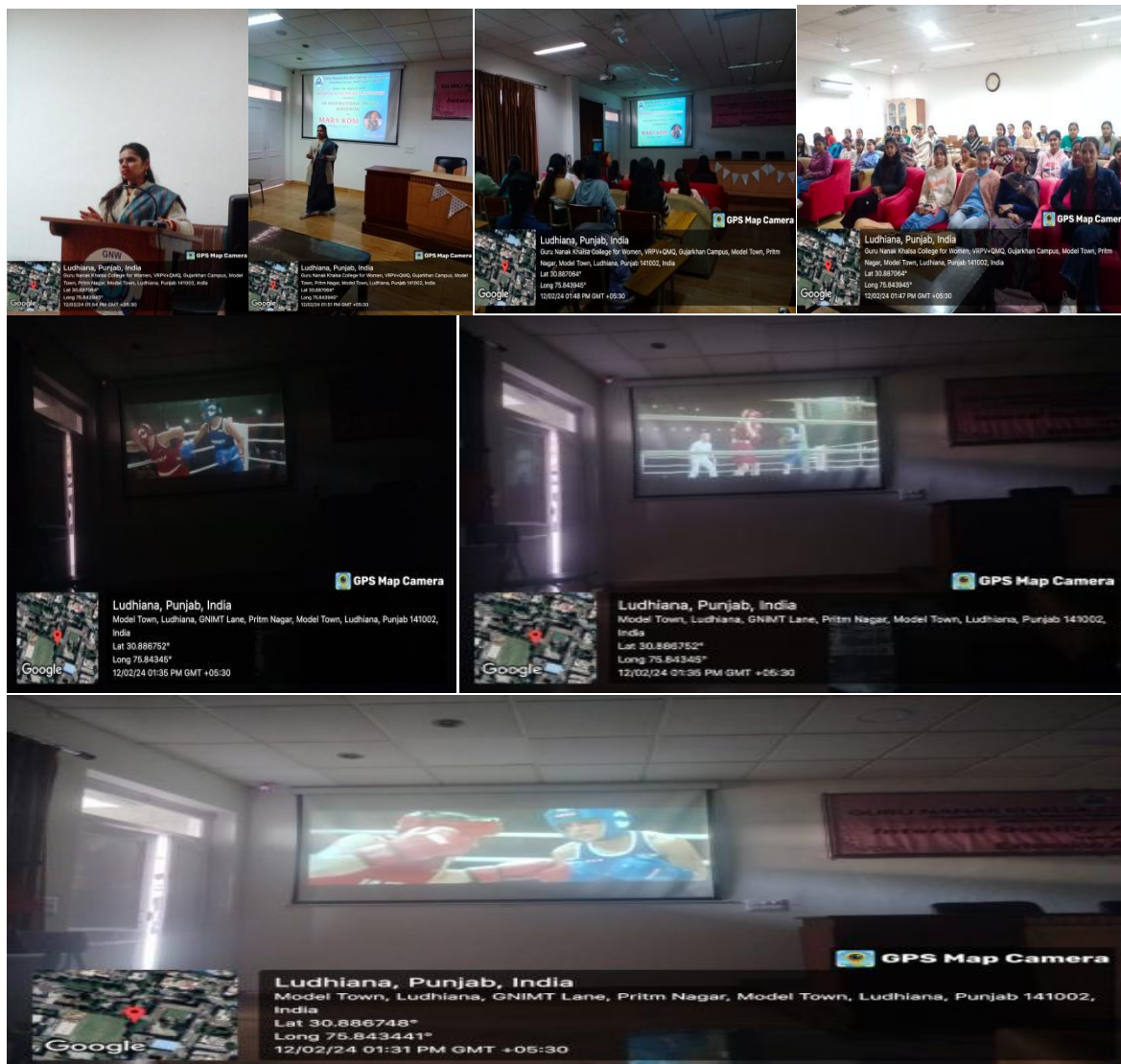
GNKCW National Youth day celebrations by the Department of Physical Education & NSS Unit As Per UGC guidelines regarding celebrations of National Youth day, the Department of Physical Education in collaboration with NSS Unit of Guru Nanak Khalsa College for Women organized Mass drill & Fitness Demonstrations 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.



12th 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 Maneet 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.



