



GURU NANAK KHALSA COLLEGE FOR WOMAN

GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA

REPOST OF PHYSICAL EDUCATION

SESSION 2024-25 (ODD SEMESTER)



PHYSICAL EDUCATION

Dr. Maneeta kahlon

Principal
Maneeta
Dr. MANEETA KAHLON
Principal
G.N.Kh. College for Women
Gujarkhan Campus, Model Town,
Ludhiana

Mrs. Parminder Kaur

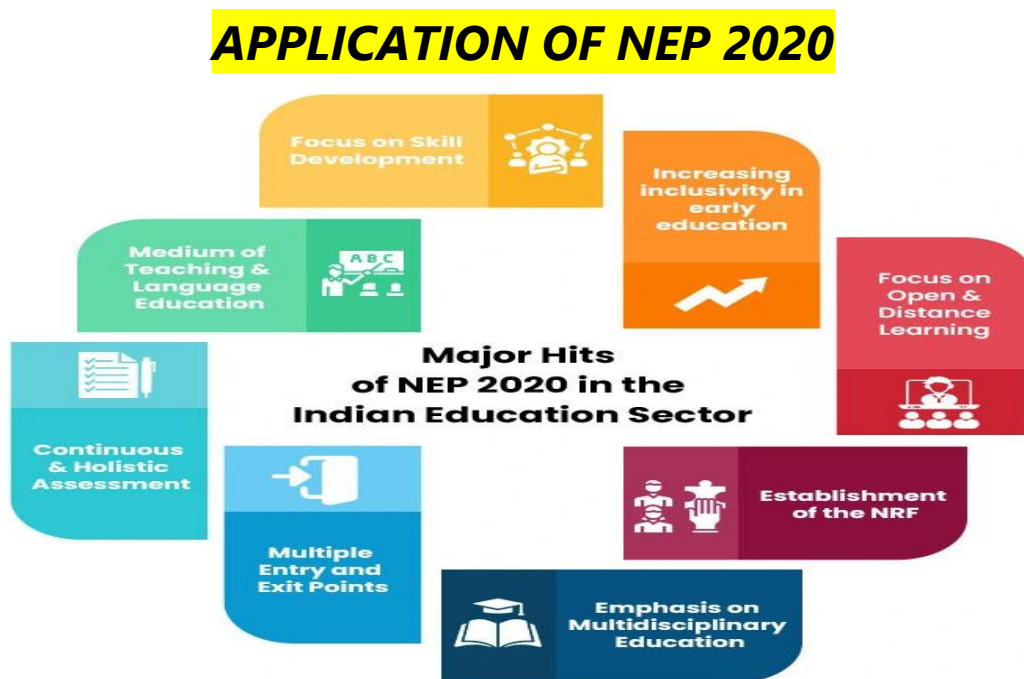
Assistant Professor

PROMINENT PLAYER IN OUR INDIA



About the Department

The Department of Physical Education offers Physical Education as a core subject, along with VAC (Health & Wellness), MDC, and SEC courses in the B.A. Physical Education program. These courses aim to strengthen the body's immunity, promote overall health, and enhance physical fitness. Taught primarily at the primary and secondary levels, they emphasize psycho-motor learning through play and movement exploration, fostering a holistic approach to wellness.



NEP Policy For Sports And Physical Education?

The NEP 2020 advocates the integration of sports through a cross-curricular pedagogical approach while utilising physical activities to develop essential life skills. It envisions a future where fitness becomes a lifelong pursuit and cognitive abilities are enhanced through sports-integrated learning..

PHYSICAL EDUCATION IN NEP 2020?

The National Education Policy (NEP) 2020 places significant emphasis on the importance of physical education (PE) and sports in the overall development of students. Here are the key points related to physical education in the NEP 2020:

- 1. Physical education is an integral part of the curriculum at all educational levels.**
- 2. NEP 2020 promotes holistic development, including physical, mental, and emotional well-being.**
- 3. Physical education and sports are mandatory, with at least 45 minutes of activity daily.**
- 4. The policy emphasizes inclusive physical education for all students, including those with disabilities.**
- 5. Traditional and indigenous sports are promoted alongside global sports.**
- 6. Teacher training for physical education professionals is a priority.**
- 7. School-sports partnerships are encouraged to improve facilities and foster competitive sports.**
- 8. The policy links physical education with mental health and overall student well-being.**

Student Strength

S.No.	Name of the Course	Student Strength
1.	B.A. First Year CORE subject	75
2.	B.A. Second Year	32
3.	B.A. Third Year	39

UNDER NEP PHYSICAL EDUCATION RELATED COURSES IN COLLEGE

- **MULTI DISCIPLINARY SPECIFIC COURSE (MDC)- MODERN LIFESTYLE IN PHYSICAL EDUCATION**
- **VALUE ADDED COURSE(VAC)- HEALTH AND WELLNESS**
- **SKILL ENHANCEMENT COURSE (SEC)- FITNESS AND CONDITIONING**

Student Strength

S.No.	Name of the Course	Student Strength
1.	B.A. First Year VAC	62

Vision

- The vision of physical education is to promote holistic development through physical activity.
- It aims to enhance physical fitness and encourage a healthy lifestyle.
- Physical education helps in developing motor skills, coordination, and strength.
- It fosters teamwork, discipline, leadership, and sportsmanship.
- The vision emphasizes inclusivity, offering opportunities for all individuals to participate.
- It aims to create pathways for students to pursue careers in sports and fitness.

- Physical education contributes to mental well-being by reducing stress and anxiety.
It encourages global citizenship by promoting understanding and respect through sports.

Mission

The mission of sports and physical education is to foster a culture of physical activity and sportsmanship that promotes the holistic development of individuals, encompassing physical, mental, emotional, and social well-being. It aims to instill lifelong habits of health, fitness, and wellness through structured physical activities, encouraging participation at all levels—whether recreational or competitive. The mission also focuses on nurturing talent, providing opportunities for skill development, and creating pathways for careers in sports and fitness. Additionally, it seeks to promote inclusivity, discipline, teamwork, leadership, and respect for others, while emphasizing the positive impact of sports on character development and global citizenship.



Dr. Maneeta Kahlon

PRINCIPAL

Teaching Faculty



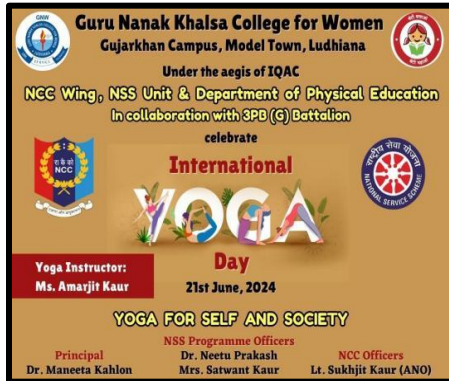
Mrs. Parminder Kaur
Head of the Department

Educational Qualification
B.P. Ed, M.P. Ed, International Player Of Baseball

21 JUNE 2024

Celebrate International Yoga Day

Under the auspices of the Internal Quality Assurance Cell, NCC Wing, NSS Wing, and the Department of Physical Education, Guru Nanak Khalsa College for Women, Ludhiana, in collaboration with the 3 PB Girls Battalion and Indian Bank Ludhiana, celebrated International Yoga Day on campus. The event, aligned with the Ministry of Education and DGNCC's theme "Yoga for Self and Society," aimed to raise awareness about yoga's physical, mental, and spiritual benefits. Over 305 participants, including representatives from Indian Bank and local schools, actively engaged in the session led by experienced yoga instructor Amarjeet. The event was meticulously coordinated by Mrs. Satwant Kaur (NSS), Lt. Sukhjot Kaur (NCC), Mrs. Parminder Kaur (Physical Education), and NCC Unit Staff. Dr. Maneeta Kahlon, Principal, emphasized the health benefits of yoga, including stress reduction, improved heart health, and overall well-being.





27TH August to 30th August 2024

To National sports day celebrations at GNKWCW

The Department of Physical Education, in collaboration with the NSS Unit, organized a week-long celebration of National Sports Day at Guru Nanak Khalsa College for Women, Ludhiana, from August 27 to 30, 2024, in line with UGC guidelines. The theme for this year's celebration was "Sports as an Enabler for a Fit and Inclusive Society." Under the leadership of Mrs. Parminder Kaur, Assistant Professor, various events such as rope jumping, walk race, sack race, lemon race, tug-of-war, langadi competition, table tennis, and plank challenge were held.

On the first day, events like the Lemon Race, Walk Race, Sack Race, and Skipping Rope competition were conducted on the college playground. Winners included:

First Day Highlights

Lemon Race:

1st - Kaksi (BA 1st Year), 2nd - Simranjeet (BA 1st Year), 3rd - Kashish (B.Com 3rd Year)

Walk Race:

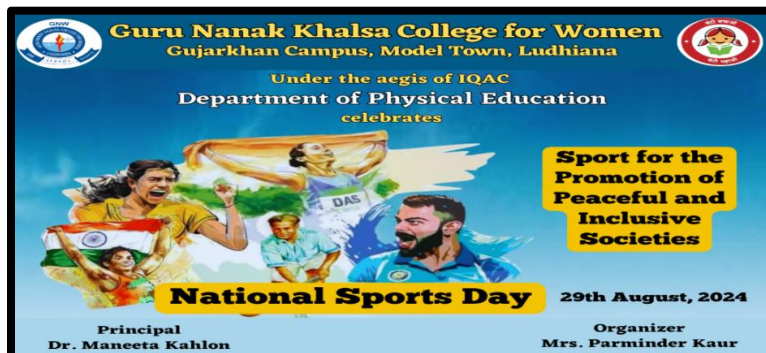
1st - Gurleen (BCA 2nd Year), 2nd - Harneet Kaur (BA 3rd Year), 3rd - Khushbu (BA 2nd Year)

Sack Race:

1st - Shruti (BCA 2nd Year), 2nd - Usha (BA 3rd Year), 3rd - Palvi (BA 3rd Year)

Skipping Rope:

1st - Usha (BA 3rd Year), 2nd - Khushbu (BA 2nd Year), 3rd - Kashish (B.Com 3rd Year)





Second Day Highlights

Tug of War Competition

- 1st position: BCA 1st year
- 2nd Position: B.Com 1st year
- 3rd Position: BA 3rd year



Langadi Competition

- 1st Position:

Hardeep Kaur, B.Com 3rd year (Roll No. 22128)

Kashish, B.Com 3rd year (Roll No. 221204)

Vanshika Jain, B.Com 3rd year (Roll No. 221209)

Shreya Puri, B.Com 3rd year (Roll No. 221124)

Sana Sharma, B.Com 3rd year (Roll No. 221158)

Amrit Kaur, B.Com 3rd year (Roll No. 221078)

- 2nd Position:

Neha, BA 3rd year (Roll No. 22339)

Gagandeep Kaur, BA 3rd year (Roll No. 22330)

Simranpreet Kaur, BA 3rd year (Roll No. 22301)

Muskan, BA 3rd year (Roll No. 22211)

Sanjana, BA 3rd year (Roll No. 22212)

Khushbu, BA 2nd year (Roll No. 23348)

• 3rd Position: Ishpreet Kaur, B.Com 3rd year (Roll No. 221148)

Palakpreet Kaur, B.Com 3rd year (Roll No. 221183)

Kumari Babita, B.Com 3rd year (Roll No. 221201)

Arshpreet Kaur, B.Com 3rd year (Roll No. 221205)

Manpreet Kaur, B.Com 3rd year (Roll No. 221222)

Kritika, B.Com 3rd year (Roll No. 221172)





Third Day Highlights

Table Tennis Competition

- 1st Position: Harnoor, BA 2nd year (Roll No. 23117)
- 2nd Position: Manroop, B.Com 3rd year (Roll No. 221002)
- 3rd Position: Jiya, BA 1st year (Roll No. 24265)



Last day highlights

Plank challenge

1st Position: Kumari babita, B.com 3rd year (Roll No. 221201)

2nd Position: Simranjeet kaur, BA 1st year (Roll No. 24218)

3rd Position: Kavita Kumari, BA 3rd year (Roll No. 22267)





Prices were given to the winners on the last day of the week-long celebration.





Principal Dr. Maneeta Kahlon praised the department's efforts to encourage student participation in sports and fitness activities, which foster positivity and harmony in society.

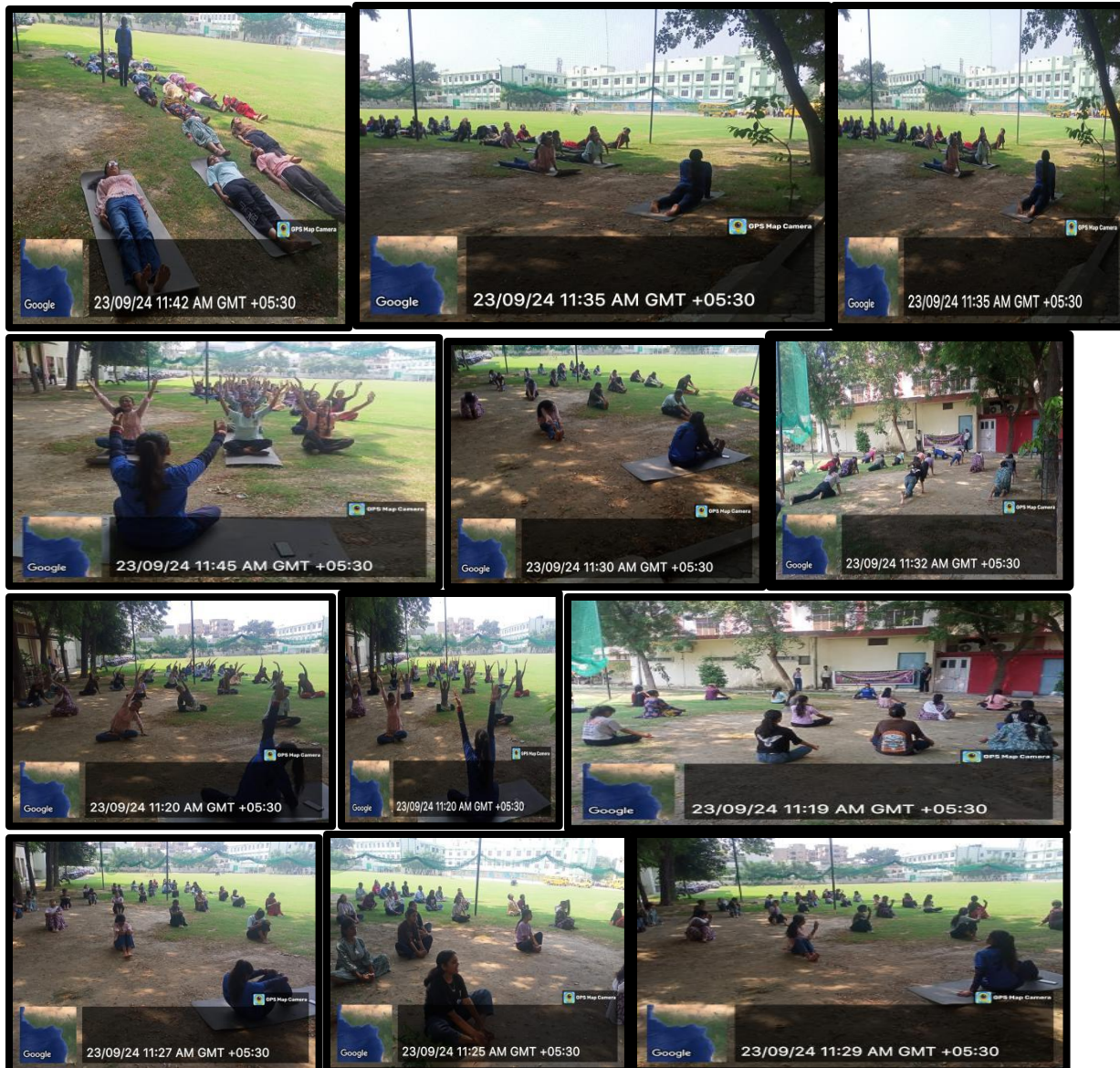
23th september,2024

Rashtriya Poshan Maah 2024 Celebrations at GNKCW

The college celebrates the thematic Rashtriya Poshan Maah every year in September. The theme for the fourth week of September (from September 23-28, 2024) is "Overall Nutrition." Under the aegis of the IQAC, Physical Education Department, in collaboration with the NSS Unit and the Department of Home Science, organized a yoga camp on September 23, 2024, as part of Poshan Maah to promote health awareness.

Principal Dr. Maneeta Kahlon encouraged the students to maintain both their mental and physical well-being. She emphasized the importance of staying healthy through regular exercise, like yoga, and advised student to consume a nutritious diet to support overall wellness.





08th November,2024 to 10th November,2024

GNKCW Athletes Shine at PU Inter-College Annual Athletics Meet

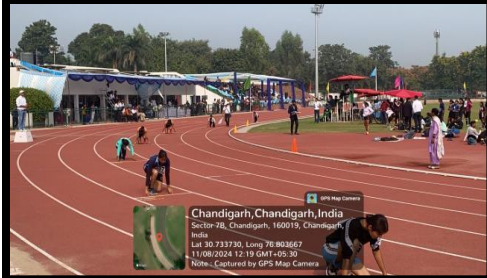
Members of the athletics team from GNKCW made a significant mark at the *Panjab University Inter-College Annual Athletics Meet*, held from November 8th to 10th, 2024, at Panjab University, Chandigarh.

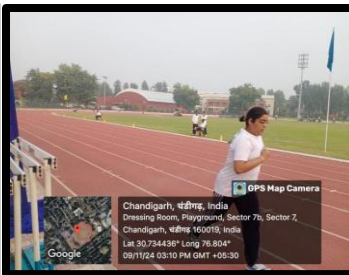
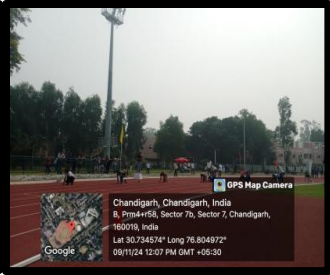
Our talented athletes participated in a wide range of events, bringing pride to the college with their outstanding performances:

- Neelam Yadav competed in the 100m race and 400m race.
- Harneet Kaur participated in the 3000m Steeplechase, Javelin Throw, and the Half Marathon.
- Kaksi showcased her skills in the High Jump and Discus Throw.
- Kamalpreet Kaur took part in the 100m Hurdles, 400m Hurdles, and the Heptathlon(7 events).
- Ravneet Kaur participated in the 1500m race, Shot Put, and the Heptathlon.
- Simranjeet Kaur competed in the 200m race, 800m race, and the Half Marathon**.

In addition to their individual events, all athletes also participated in the 4x100m relay and 4x400m relay races, demonstrating exceptional teamwork and determination.







The Principal of GNKCW, Dr. Maneeta Kahlon, commended the efforts of the Physical Education Department in encouraging students to participate in such prestigious competitions and praised the athletes for their dedication and hard work.

The college is proud of the athletes' achievements and their contribution to the college's reputation in sports.