



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

REPORT OF PHYSICAL EDUCATION
SESSION 2024-25 (EVEN SEMESTER)



PHYSICAL EDUCATION

Dr. Maneeta Kahlon

Principal

Dr. MANEETA KAHLOH

Principal

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

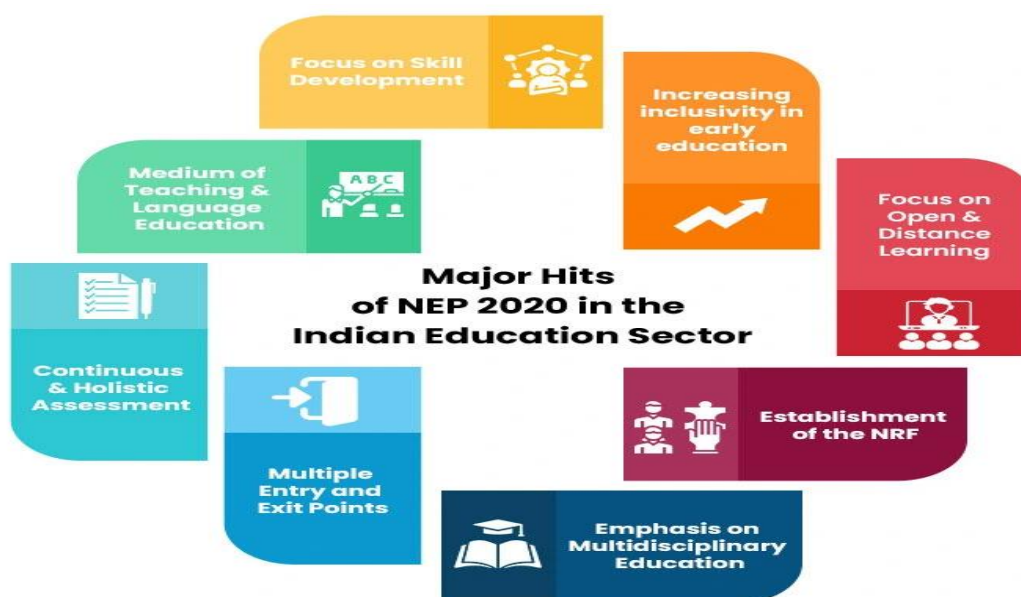
Mrs. Parminder Kaur

Assistant Professor

About the Department

The Department of Physical Education 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.

APPLICATION OF NEP 2020



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	67
2.	B.A. Second Year	31
3.	B.A. Third Year	36

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	57

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

10 January 2025

YOGA SESSIONS DURING THE 7-DAY NSS CAMP

The Department of Physical Education organized morning yoga sessions during the 7-day NSS camp, held from January 10th to January 17th, 2025. Mrs. Parminder Kaur, Head of the Department of Physical Education, led the sessions, teaching various asanas to the students to enhance their physical strength, flexibility, and coordination.





8th February 2025

Alumni Carnival

The Department of Physical Education organized a variety of fun-filled activities during the Alumni Carnival held on 8th February 2025. Alumni enjoyed games such as musical chairs, tug of war etc.







Date: 1st March, 2025

Traditional (Folk) Games Event under the Indian Knowledge System

Organized by: Department of Physical Education

As part of promoting the Indian Knowledge System (IKS), the Department of Physical Education organized a Traditional (Folk) Games Event on March 1, 2025. The event aimed to revive and celebrate the rich cultural heritage of India through traditional sports. A total of 121 students enthusiastically participated, demonstrating great energy, teamwork, and sportsmanship.

The event featured a vibrant showcase of games including:

Pithu Garam

Langdi

Kho-Kho

Posham Pa

Gulli Danda

Raja Mantri

Stepu

Rope Hopping

Kanche

Kokla Chappaki

Winners List by Event

Gilli Danda

1st Position:

Isha (24334), Inderjit Kaur (24259), Simran Kaur (24258), Damanpreet (24294) – BA 1st Year

2nd Position:

Anchal (24332), Simranjeet (24218), Gagandeep (24262), Amanpreet (24251) – BA 1st Year

3rd Position:

Simranjeet (24234), Meeshu (24151), Kamalpreet (24303), Harashpreet (23140) – BA 1st Year

Raja Mantri

Amisha – B.Com 3rd Year (221088)

Kaksi – BA 1st Year (24368)

Simranjeet – BA 1st Year (24218)

Rope Jumping

Kashish – B.Com 3rd Year (221204)

Anchal – BA 1st Year (24332)

Damanpreet – BA 2nd Year (23294)

Kanche

Isha – BA 3rd Year (22338)

Neelam – BA 3rd Year (22162)

Kavita – BA 3rd Year (22131)

Stepu

Isha – BA 3rd Year (22338), Khushboo – BA 2nd Year (22348)

Anchal – BA 1st Year (24332), Isha – BA 1st Year (24334)

Kaksi (24368), Simranjeet (24218) – BA 1st Year

Kho-Kho

1st Position (B.Com & B.Com 1st Team):

Rupinder Kaur (221126), Dilpreet Kaur (241194), Babita (221201), Shreya (221224), Arsh (221105), Bavleen (221177), Kashish (221204), Anadika, Hardeep

2nd Position (BA Team):

Isha (22338), Kirandeep (22333), Neha (22339), Simarpreet (22301), Gagandeep (22330), Sanjana (22128), Muskan (22211), Khushboo (23348), Amisha (23165)

3rd Position (B.Com & BA 2nd):

Ashina (221088), Roshni (23261), Saumya (221074), Khushmeet (221089), Jasleen (221121), Palmeet (221057), Jaspreet (221095), Reeva (221107)

Langdi

1st Position (BA 2nd Year):

Harshpreet Kaur (23140), Amanpreet Kaur (23251), Damanpreet Kaur (23294), Nikita (23208), Chandni (23207), Palak (23346), Taranveer Kaur (23211)

2nd Position:

Isha (23338), Muskan (22211), Amisha (24218), Simarpreet Kaur (22301), Kiran (22333), Khushboo (23348), Sanjana (22128)

3rd Position:

Isha (24334), Simranjeet (24218), Kaksi (24368), Anchal (29332), Gagandeep (24262), Simranjeet (24234), Inderjit (24259), Simran Kaur (24258)

Posham Pa

1st Position (B.C.A Team):

Twinkle Kaur (231902), Gurleen (231907), Daman Kalsi (231922), Taranjot (231915), Simran (241927), Manmeet (231945), Amar (231938)

2nd Position (B.Com 3rd Year):

Saumya (221074), Khushmeet (221089), Jasleen (221121), Palmeet (221057), Jaspreet (221095), Reeva (221107), Ashina (221088)

3rd Position (BA 2nd Year):

Mehakpreet (23225), Jasleen Kaur (23304), Jasnoor Kaur (23357), Gobind (23351), Amanpreet Kaur (23251), Manmeet Kaur (23322), Damanpreet Kaur (23294)

Pithu Garam

1st Position (BA Team):

Isha (22338), Kiran (22333), Amisha (23165), Khushboo (23348), Simar (22301), Muskan (22211), Neha (22339)

2nd Position (B.Com Team):

Kashish (221204), Hardeep (221198), Arsh (221205), Rupinder (221126), Shreya (221124), Bavleen (221177), Babita (221201)

3rd Position (BA/B.Com Mixed Team):

Isha (24334), Anchal (24332), Ashina (221088), Meeshu (24151), Simran (24365), Kaksi (24368), Simranjeet Kaur (24218)







14 march 2025

GNKCW Shines at Hola Mahala Khedan Aate Pardarshan 2025

Students from Guru Nanak Khalsa College for Women (GNKCW) showcased their exceptional talent and brought laurels to the college by participating in the Hola Mahala Khedan Aate Pardarshan, held at the Gujarkhan Campus from March 14, 2025.

The following students actively participated in various events:

Kaksi – Musical Chairs, Bholu, Race

Harneet Kaur – Musical Chairs, Bholu, Race

Amandeep Kaur – Musical Chairs, Bholu, Race

Navjot Kaur – Musical Chairs, Bholu, Race

Simranjeet Kaur – Musical Chairs, Bholu, Race

Khushboo – Musical Chairs, Bholu, Race

Achievements:

Musical Chairs:

1st Position: Khushboo (B.A. 2nd Year)

2nd Position: Simranjeet Kaur (B.A. 1st Year)

3rd Position: Amandeep Kaur

Bholu:

1st Position: Kaksi (B.A. 1st Year)

2nd Position: Simranjeet Kaur (B.A. 1st Year)





Ludhiana, Punjab, India

Vrpv+h33, Pritm Nagar, Model Town, Ludhiana, Punjab
141002, India
Lat 30.886551° Long 75.842929°
14/03/2025 01:02 PM GMT +05:30



Ludhiana, Punjab, India

Vrpv+h33, Pritm Nagar, Model Town, Ludhiana, Punjab
141002, India
Lat 30.886488° Long 75.842795°
14/03/2025 01:41 PM GMT +05:30



Ludhiana, Punjab, India

Vrpv+h33, Pritm Nagar, Model Town, Ludhiana, Punjab
141002, India
Lat 30.88622° Long 75.842774°
14/03/2025 12:09 PM GMT +05:30

8th MARCH 2025

INTERNATIONAL WOMAN'S DAY

gnkcw Under the aegis of IQAC, the Women Development Cell of Guru Nanak Khalsa College for Women, in collaboration with 3PB (Girls) BN NCC, NSS, and the Department of Physical Education, celebrated International Women's Day on March 8, 2025. As part of the celebration, a self-defense workshop was organized for students, aimed at equipping them with essential skills to protect themselves in various situations.

The workshop was conducted by Shihan Kamal Sharma, a 7th DAN Black Belt, who guided participants through fundamental physical maneuvers, including escapes from holds, strikes, and blocks. Emphasis was placed on situational awareness, confidence, and quick decision-making.

The session incorporated practical exercises to help attendees build muscle memory, along with discussions on mental preparedness.

The workshop successfully empowered participants, enhancing their ability to respond effectively in potential self-defense scenarios.







7th APRIL 2025

Annual Athletic Meet at GNKCW

Under the aegis of the Internal Quality Assurance Cell and the Department of Physical Education, Guru Nanak Khalsa College for Women, Gajarkhan Campus, Model Town, organized Annual Athletic Meet on 7th April 2025 in the college campus. The event featured a variety of track and field competitions, including the 100m sprint, 200m sprint, 400m race, 4 X 100m relay, long jump, shot put, javelin throw, and discus throw.

Awards and Recognitions:

Best Athlete of 2024-25:

Pihu Bhardwaj, B.A. 3rd Year

First Runner-Up: Sneha Morya, B.A. 3rd Year

Event Results:

100m Sprint:

1. Manjot Kaur (B.Com 2nd Semester) - 241031
2. Kanishka (B.Com 2nd Semester) - 241081
3. Pawanpreet Kaur (B.Com 2nd Semester) - 241019

200m Sprint:

1. Anmolpreet Kaur (B.Com 4th Semester) - 231176
2. Simranjeet Kaur (B.A. 2nd Semester) - 24218
3. Jyoti (B.Com 2nd Year) - 231172

400m Race:

1. Kaksi (B.A. 1st Year) - 24368
2. Monika (B.Com 1st Year) - 241072

3. Pihu Bhardwaj (B.A. 3rd Year) - 22327

Long Jump:

1. Manjot Kaur (B.Com 1st Year) - 241031

2. Arshdeep Kaur (B.Com 3rd Year) - 221054

3. Pawanpreet Kaur (B.Com 1st Year) - 241019

Shot Put:

1. Pihu Bhardwaj (B.A. 3rd Year) - 22327

2. Sneha Morya (B.A. 3rd Year) - 22224

3. Ravneet Kaur (B.Com 1st Year) - 241026

Javelin Throw:

1. Pihu Bhardwaj (B.A. 3rd Year) - 22327

2. Sneha Morya (B.A. 3rd Year) - 22224

3. Shreya Puri (B.Com 3rd Year) - 221124

Discus Throw:

1. Pihu Bhardwaj (B.A. 3rd Year) - 22327

2. Simranjeet Kaur (B.A. 1st Year) - 24218

3. Kaksi (B.A. 1st Year) - 22368

4 X 100m Relay:

1. Kaksi (B.A. 1st Year) - 24368

Simranjeet Kaur (B.A. 1st Year) - 24218

Deepti (B.A. 1st Year) - 24175

Amandeep Kaur (B.A. 1st Year) - 24226

2. Shagun (B.Com 1st Year) - 241140

Muskan (B.Com 1st Year) - 241102

Kanishka (B.Com 1st Year) - 241087

Akanksha (B.Com 1st Year) - 241071

3. Amanpreet Kaur (B.A. 2nd Year) - 23251

Khushboo (B.A. 2nd Year) - 23348

Taranpreet Kaur (B.A. 2nd Year) - 23211

Amisha (B.A. 2nd Year)-23165





