



GNW  
MULTI-FACULTY POSTGRADUATE INSTITUTION  
**GURU NANAK KHALSA COLLEGE FOR WOMEN**  
GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA-141002



# GURU NANAK KHALSA COLLEGE FOR WOMEN

GUJARKHAN CAMPUS, MODEL TOWN, LUDHIANA

REPORT

OF

PHYSICAL EDUCATION

**SESSION 2025-26**  
**(EVEN SEMESTER)**



*Maneeta*

DR. MANEETA KAHNON  
Principal  
G.N.Kh. College for Women  
Gujarkhan Campus, Model Town,  
Ludhiana

*Parminder Kaur*

MRS. PARMINDER KAUR  
ASSISTANT PROFESSOR

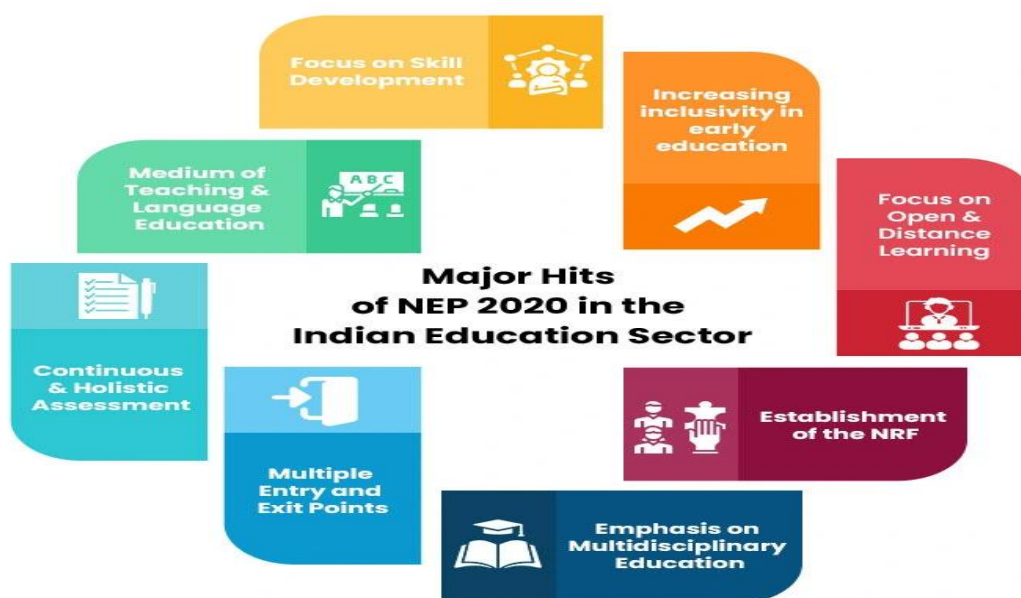
# PROMINENT PLAYER IN OUR INDIA



## 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.

## **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**

<b>S.No.</b>	<b>Name of the Course</b>	<b>Student Strength</b>
1.	B.A. First Year CORE subject	34
2.	B.A. Second Year Minor	49
3.	B.A. Third Year	30

## **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**

<b>S.No.</b>	<b>Name of the Course</b>	<b>Student Strength</b>
1.	B.A. Second year Major	47

### **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 inclusive, 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

<b>Educational Qualification</b>
B.P. Ed, M.P. Ed, International Player Of Baseball

17 January 2026

## Yoga Sessions on the Sixth Day of NSS Camp

On the sixth day of the NSS Camp, i.e., January 17, the NSS Unit, in collaboration with the Department of Physical Education, organized a **Fitness and Wellness Session** for students. The session aimed to promote physical fitness, mental well-being, and a healthy lifestyle among participants.

During the session, Mrs. Parminder Kaur from the Department of Physical Education conducted various activities, including warm-up exercises, stretching routines, and jumping exercises. The students actively participated and learned the importance of regular physical activity in maintaining overall health.

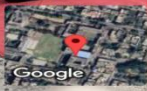




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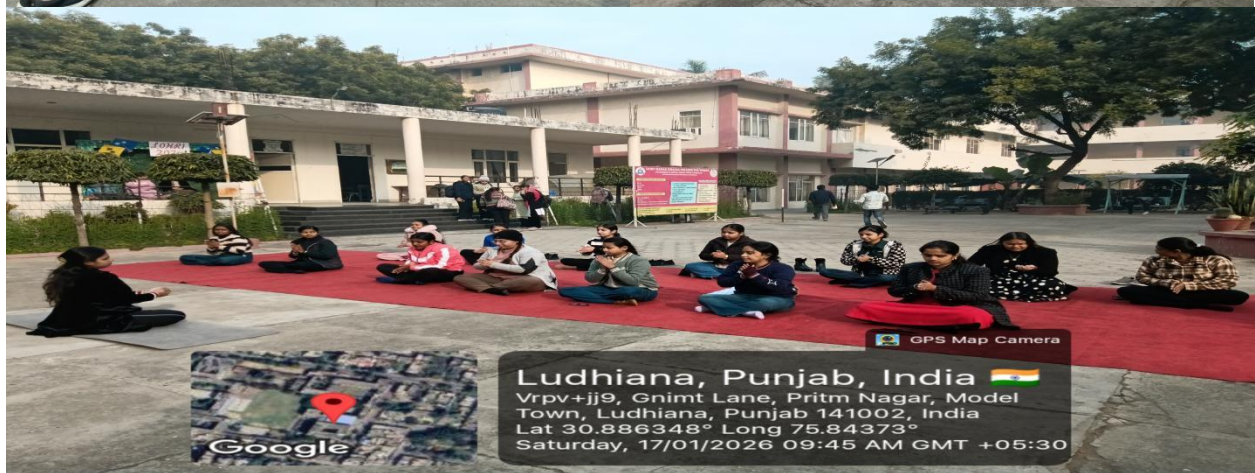
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**9<sup>th</sup> to 16<sup>th</sup> FEBRUARY 2026**

### **7-day Self-Defence Workshop**

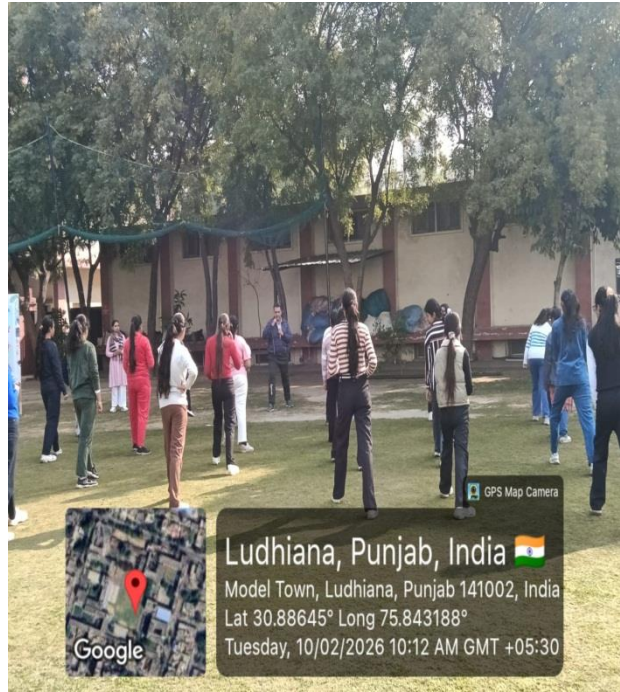
Under the aegis of the Internal Quality Assurance Cell (IQAC), the Department of Physical Education of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana, organized a 7-day Self-Defence Workshop from February 9 to 16, 2026, on the college campus.

Karate Coach Sensei Raj Kumar conducted the training, teaching essential self-defence techniques to build confidence and preparedness among students. A total of 48 students participated enthusiastically, making the workshop a success. Mrs. Parminder Kaur, Department of Physical Education, thanked the participants for their active involvement and encouraged them to apply the skills in daily life.

Principal Dr. Maneeta Kahlon appreciated the department's efforts and motivated students to continue developing confidence and self-defence abilities.

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**Date: 8<sup>th</sup> March, 2026**

**INTERNATIONAL WOMEN'S DAY EVENT-ATHLETICS**

**Player from GNKCW International women's day event-athletics held at Guru Nanak Stadium on 8 march 2026.**

**Kumari Roshni B.A.6th semester roll no. 23261 represented the college and participated in the 100 meters and 200 meters races, showcasing great enthusiasm and sportsmanship.**

**Mrs. Parminder Kaur, Head of the Department of Physical Education, motivated and encouraged the student to participate in the event and supported her throughout the preparation.**



**10<sup>th</sup> MARCH 2026**

**WORKSHOP ON “ROLE OF YOGA IN PROMOTING WOMEN’S HEALTH”**

Under the aegis of the IQAC, the Women Development Cell of Guru Nanak Khalsa College for Women in collaboration with Department of physical education organized a workshop on “Role of YOGA in Promoting Women’s Health” in collaboration with Bharatiya Yog Sansthan.

The resource person, Smt. Suman Virmani, District President of Bharatiya Yog Sansthan, highlighted the importance of yoga for students and explained how regular yoga practice helps keep every organ of the body healthy.

Shri Kundan Lal Virmani, State President of Bharatiya Yog Sansthan, discussed that common menstrual problems can often be addressed through home remedies and yoga asanas instead of relying solely on medicines.

Shri Parveen Kumar, State Vice President of Bharatiya Yog Sansthan, emphasized the role of meditation in achieving higher levels of concentration.


Shri Jagmohan Singh, District Mantraliya demonstrated several useful yoga asanas for the students and guided them on proper techniques for practice.

A total of 77 students actively participated in the workshop. Principal Dr. Maneeta Kahlon graced the occasion, appreciated the efforts of the organizers and students, and emphasized that yoga should be made an integral part of everyday

life.<https://www.facebook.com/share/p/18R1wu5ajn/>





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**7<sup>th</sup> APRIL 2026**

**Annual Athletic Meet at GNKCW**

The Annual Athletic Meet for the academic year 2025–26 was organized by the Internal Quality Assurance Cell (IQAC) and the Department of Physical Education, GNKCW, Gujarkhan Campus, Model Town, on April 7, 2026, at the college campus. This vibrant event showcased the athletic talents of students and featured a wide range of track and field competitions.

Events & Competitions:

100m Sprint

200m Sprint

400m Race

800m Race

4×100m Relay

Long Jump

Shot Put

Javelin Throw

Discus Throw

Lemon Race

Sack Race

Rope Jumping

Awards & Recognitions:

Best Athlete (2025–26): Kaksi, BA 2nd Year (24368)

First Runner-Up: Amandeep Kaur, BA 2nd Year (24226)

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