



ANNUAL REPORT

SESSION: 2018-2023

DEPARTMENT OF PHYSICAL EDUCATION

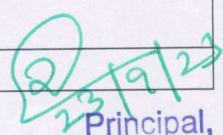
Session 2018-19

Activity: Sports Participation and Achievements of students

Number of participants: 32

Achievement	Team/individual	Level of competition	Name of student
Gold medal in Basketball	Team	National Championship by Youth Game and Sports Association	Komalpal, Shikha, Harpreet, Ashu, Kawaljeet and Amandeep
Gold medal in Boxing	Individual	GNDU Inter-college competition	Palwinder Kaur
Bronze medal in Boxing	Individual	All India Interschool championship	Palwinder Kaur
Gold medal in Boxing	Individual	Senior state championship	Palwinder Kaur
Silver medal in Boxing	Individual	GNDU Inter-college competition	Sania
Bronze medal in Boxing	Individual	North Zone Boxing championship	Sania
Bronze medal in Boxing	Individual	GNDU Inter-college competition	Mandeep Kaur
Silver medal in Boxing	Individual	GNDU Inter-college competition	Navdeep Kaur
Bronze medal in Boxing	Individual	GNDU Inter-college competition	Pooja
Bronze medal in Taekwondo	Individual	GNDU Inter-college competition	Mandeep Kaur
Bronze medal in Taekwondo	Individual	GNDU Inter-college competition	Navdeep Kaur
Silver medal in Taekwondo	Individual	GNDU Inter-college competition	Neetu
Silver medal in Taekwondo	Individual	GNDU Inter-college competition	Akwinder Kaur
Silver medal in Taekwondo	Individual	GNDU Inter-college competition	Anchal
Silver medal in Judo	Individual	GNDU Inter-college competition	Mandeep Kaur
Bronze medal in Judo	Individual	GNDU Inter-college competition	Gurminder Kaur
Bronze medal in	Individual	Junior State	Gurminder Kaur

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Judo		championship	
Bronze medal in Wushu	Individual	GNDU Inter-college competition	Navdeep Kaur
Bronze medal in Wushu	Individual	GNDU Inter-college competition	Malkanpreet Kaur
Bronze medal in Wushu	Individual	GNDU Inter-college competition	Sukhpreet kaur
Bronze medal in Karate	Individual	GNDU Inter-college competition	Muskan
Gold medal in Kickboxing	Individual	Senior National Championship	Palwinder Kaur
Gold medal in Kickboxing	Individual	Senior National Championship	Sunita
Gold medal in Kickboxing	Individual	Senior state championship	Sukhpreet kaur
Silver medal in Kickboxing	Individual	Senior state championship	Simranjeet Kaur
Silver medal in Kickboxing	Individual	Senior state championship	Diksha
Bronze medal in Kickboxing	Individual	Senior National Championship	Ashu

Guru Nanak Dev University
Sports Committee
(Men / Women)



Regd. No. _____ Sr.No. AD 8309

Certificate of Merit

Awarded to Navdeep Kaur Father's Name Sh. Chand Singh
of S. R. Govt (W) College Amritsar, Secured the Second
Place in Upto 69 Kgs. in the G.N.D.U. Inter-College Boxing
Championship for the year : 2018-19
Amritsar
Date 31.01.2019


Secretary

Harpreet

23/9/23
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Departmental Events and Activities (Session 2018-19)

Activity: Annual Athletic Meet 2018-19

Dated: 02.03.2019

Number of participants: 1000

On the 2nd of March, 2019, our institution conducted its Annual Athletic Meet, which was a thrilling display of intra-mural sports competition. Approximately 1000 students enthusiastically participated in various athletic events, showcasing their talents and sportsmanship. The event was graced by the presence of a distinguished chief guest, Sh. Tarlok Singh, an esteemed International Basketball player, whose presence added prestige to the occasion. The Annual Athletic Meet served as a platform for our students to demonstrate their athletic prowess, teamwork, and dedication, making it a memorable day for our school community.



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Session 2019-20

Activity: Sports Participation and Achievements of students

Number of participants: 16

Achievement	Team/individual	Level of competition	Name of student
Bronze medal in Boxing	Individual	GNDU Inter-college competition	Navdeep Kaur
Bronze medal in Boxing	Individual	GNDU Inter-college competition	Sukhpreet kaur
Bronze medal in Boxing	Individual	GNDU Inter-college competition	Dilpreet Kaur
Bronze medal in Boxing	Individual	GNDU Inter-college competition	Malkanpreet Kaur
Bronze medal in Boxing	Individual	GNDU Inter-college competition	Surbhi Thapar
Bronze medal in Wushu	Individual	GNDU Inter-college competition	Puneetpal Kaur
Bronze medal in Pencak Silat	Individual	GNDU Inter-college competition	MandeepKaur
Bronze medal in Pencak Silat	Individual	GNDU Inter-college competition	Sukhpreet Kaur
Silver medal in Karate	Individual	GNDU Inter-college competition	Navdeep Kaur
Bronze medal in Karate	Individual	GNDU Inter-college competition	Muskan
Bronze medal in Karate	Individual	GNDU Inter-college competition	Sharandeep Kaur
Bronze medal in Taekwondo	Individual	GNDU Inter-college competition	Muskan
Bronze medal in Taekwondo	Individual	GNDU Inter-college competition	Navdeep Kaur
Bronze medal in Taekwondo	Individual	GNDU Inter-college competition	Mandeep Kaur
Bronze medal in Judo	Individual	GNDU Inter-college competition	Mandeep Kaur
Bronze medal in Judo	Individual	GNDU Inter-college competition	Gurminder Kaur

3rd YOUTH NATIONAL GAMES 2019 Reg. No. 90

Sr. No.: YGSAI/ 775/19

YOUTH GAMES & SPORTS ASSOCIATION INDIA
Govt. of Punjab Society Registration act 1860 Regd.





REGD. BY: MINISTRY OF MSME, GOVT OF INDIA

Certificate

This is to certify that Ms./Mrs. MALKAN PREET KAUR

S/o. D/o. BALWINDER SINGH D.O.B. 27-10-1997

Represented by State PUNJAB has participation as Player / Official in the

*3rd Youth National Games 2019 & Secured Gold/ Silver/ Bronze Position in ATHLETIC

Adh-Card No. 143-235-18-1 Event 800m Category in the below U-14, 17, 19, Above age groups

held on 6th, to 8th September 2019 at S.R. Govt. College For Women, Amritsar.

B/S
Balwinder Singh
President
Youth Games & Sports Association of India

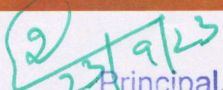
SS Rana
SS RANA
Org. Secretary
Youth Games & Sports Association of Punjab

Gurjeet Singh
Gurjeet Singh
Gen. Secretary
Youth Games & Sports Association of India

www.youthgamesportsassociation.com email: youthgamesportsassociatio@gmail.com

Offline Verification Address: H.No. 4, Chotta Hari Pura, Nivi Abadhi, Near Mandir Baba Balak Nath, C/o. Youth Games & Sport Association India Amritsar: 143
Offline Verification Compulsory

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Session 2021-22

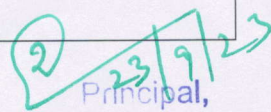
Activity: Student's participation in Sports activities

Number of participants: 30

Activity	Date	Level	No. of students participated
Boxing Inter-college competition	26-27 October, 2021	University competition	6
Taekwondo Inter-college competition	13-14 December, 2021	University competition	8
Karate Inter-college competition	17-19 December, 2021	University competition	6
Pencak Silat Inter-college competition	10 May, 2022	University competition	10

Achievement	Team/individual	Level of competition	Name of student
Bronze medal in Boxing Inter-college competition	Individual	GNDU Inter-college competition	Kulbir Kaur
Bronze medal in Boxing Inter-college competition	Individual	GNDU Inter-college competition	Harwinder kaur
Bronze medal in Taekwondo Inter-college competition	Individual	GNDU Inter-college competition	Simranjeet Kaur
Bronze medal in Taekwondo Inter-college competition	Individual	GNDU Inter-college competition	Harleen Kaur
Bronze medal in Pencak Silat Inter-college competition	Individual	GNDU Inter-college competition	Satinder Kaur
Bronze medal in Pencak Silat Inter-college competition	Individual	GNDU Inter-college competition	Pawandeep Kaur
Bronze medal in Pencak Silat Inter-college competition	Individual	GNDU Inter-college competition	Ritu
Bronze medal in Pencak Silat Inter-college competition	Individual	GNDU Inter-college competition	Priya
Bronze medal in Pencak Silat Inter-college competition	Individual	GNDU Inter-college competition	Ashmita
Bronze medal in Pencak Silat Inter-college competition	Individual	GNDU Inter-college competition	Bineeta
Bronze medal in Pencak Silat Inter-college competition	Individual	GNDU Inter-college competition	Sakshi
Bronze medal in Pencak Silat Inter-college competition	Individual	GNDU Inter-college competition	Pallavi

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Departmental Events and Activities (Session 2021-22)

Activity: Annual Athletic Meet 2021-22

Dated: 25-26th March

Number of participants: 1000

The Annual Athletic Meet, held on the 25th and 26th of March, featured an exhilarating intra-mural sports competition with approximately 1000 enthusiastic participants. This event was graced by the presence of Sh. Parminder Singh Bhandal, an eminent basketball player, who honored us as the chief guest. His remarkable achievements in the world of basketball added prestige to the occasion and inspired our students as they showcased their athletic talents and sportsmanship during the competition, making the event even more memorable.



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Activity: Extension lecture

Dated: 18.05.2022

Number of participants: 100

The Department of Physical Education organized an extension lecture on the theme "Sound mind in sound body – a full description of a happy state" on the 18th of May 2022. Dr. Amandeep Singh, an Associate Professor from the Department of Physical Education at Guru Nanak Dev University, Amritsar, served as the resource person. The lecture focused on emphasizing the significance of a healthy mind and body in attaining a state of happiness. Its objective was to offer insights and information regarding the maintenance of both mental and physical well-being, along with the associated benefits. A total of 100 students attended in the talk. The seminar received widespread appreciation from students, who found the speaker's insights valuable.



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Session 2022-23

Activity: Student's participation in Sports activities

Number of participants: 103

Name of activity	No. of students attended/participated	Date of event	Brief Description	College/state/national/international	Organizer
Athletics	25	07.09.2022	Block level Athletic competitions (U-21)	Block level Punjab Khed Mela	Punjab Government
Athletics	10	08.09.2022	Block level Athletic competitions (21-40 Years)	Block level Punjab Khed Mela	Punjab Government
Kho-Kho	12	08.09.2022	Block level Kho-kho competitions (21-40 Years)	Block level Punjab Khed Mela	Punjab Government
Kickboxing	10	17.09.2022	District level Kickboxing competitions (21-40 Years)	District level Punjab Khed Mela	Punjab Government
Basketball Show match	12	29.09.2022	National Sports Day Celebration in the college	Intra-mural competition	SRGCW, Amritsar
Kho-Kho	12	18-20 October	State level Kho-Kho competitions (21-40 Years)	State level Punjab Khed Mela	Punjab Government
Taekwondo	5	07.10.2022	GNDU Inter-college competition	University level	GNDU
Karate	3	16.11.2022	GNDU Inter-college competition	University level	GNDU
Basketball	12	21-23 November, 2022	GNDU Inter-college competition	University level	GNDU
Boxing	10	15-16 December, 2022	GNDU Inter-college competition	University level	GNDU
Kho-Kho	12	22-24 December, 2022	GNDU Inter-college competition	University level	GNDU

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Activity: National Sports Day Celebration

Dated: 29.08.2022

Number of participants: 12

As part of the National Sports Day celebration at SRGCW, Amritsar, a Basketball Show match was held on August 29th, 2022. The event featured the participation of 12 students and was conducted as an intra-mural competition within the college. It provided a platform for students to showcase their basketball skills and contribute to the spirited celebration of National Sports Day.



**S.R. Government College,
Amritsar, celebrated National
Sports Day on 29th August 2022**



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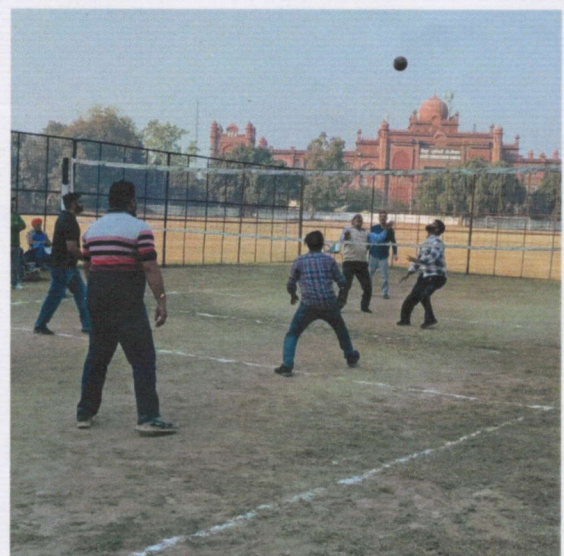
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Activity: Volleyball show match for Non-teaching staff

Dated: 17.12.2022

Number of Participants: 12

The Department of Physical Education organized a Volleyball Show match for the non-teaching staff on the 17th of December 2022. This college-level event featured the participation of 12 enthusiastic non-teaching staff members. It was an initiative to promote physical activity and teamwork among the college's support staff, fostering a sense of unity and well-being within the institution.



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Activity: Annual Athletic Meet 2022-23

Dated: 17.02.2023

Number of participants: 1000

On the 17th of February 2023, the Department of Physical Education at SRGCW organized the Annual Athletic Meet for the academic year 2022-23. Approximately 1000 students actively participated in this event. Sh. Mohnish Chawla, IAS, ADGP Punjab, graced the occasion as the chief guest, celebrating the sporting achievements of the students and recognizing his significant role in promoting athletics and physical education.



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Activity: Excursion cum Trekking Trip

Dated: 17.03.2023

Number of Participants: 51

A captivating excursion trip, generously sponsored by the Department of Higher Education, Government of Punjab, took place on the 17th of March 2023. Fifty-one enthusiastic students participated in this extramural activity organized by the Department of Physical Education. The trip included visits to the Kathlour-Kushlian Wildlife Sanctuary in Pathankot and the Keshopur Chhumb Community Reserve in Gurdaspur. These natural reserves provided a unique opportunity for students to connect with nature and appreciate the biodiversity of Punjab. It was an educational and enriching experience that allowed students to explore and learn about the region's wildlife and conservation efforts alongwith the trekking and hiking activity, making it a memorable adventure for all involved.



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