



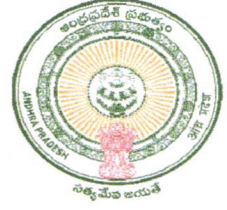
**GOVERNMENT DEGREE COLLEGE,
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Guntur District, Andhra Pradesh, Pin 522212

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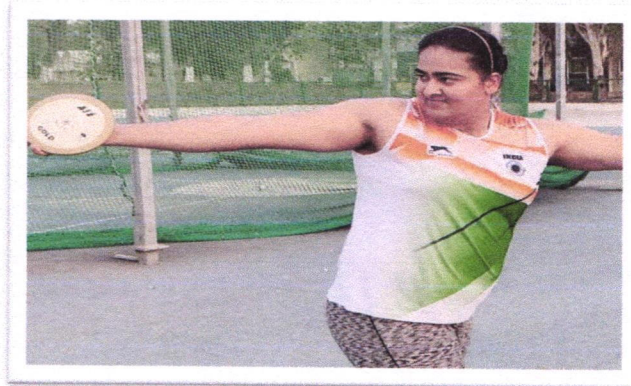


**INDEPENDENCE DAY CELEBRATIONS
BY
PHYSICAL EDUCATION DEPARTMENT**

**DISCUS THROW COMPETITIONS
FOR GIRLS STUDENTS**

**ON
11-08-2021**

**ACADEMIC YEAR
2021-22**



**GOVERNMENT DEGREE COLLEGE,
CHEBROLE, GUNTUR DISTRICT.**



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PHYSICAL EDUCATION DEPARTMENT

CIRCULAR

Chebrole,

Date: 10-08-2021.

This is to inform that our college is going to conduct “Discus Throw Competitions for Girls students on the occasion of Independence Day Celebrations of our College at 10.00 A.M on 11-08-2021”. All the Students are informed to participate this programme without fail.

V. Sridhar
PRINCIPAL
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CHEBROLE, Guntur Dt. (A.P.)



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Title of the Activity: Discus Throw Competitions for Girls Students

Date of Conduction: 11/08/2021

Number of Students Involved: 4

Objectives:

Discus throwers are not allowed to touch the top of rim of the throwing circle, but can touch the inside edges of it. The athletes are also prohibited to touch the ground beyond the circle.

Description:

It was introduced in the ancient Greek pentathlon event -- running, long jump, discus throw, javelin throw and wrestling -- and can be dated back to 708 BC. The discipline would be later re-discovered by Christian Georg Kohlrausch and his students in the 1870s.

Since the whole body demands of throwing are directly related to the movements found in all sports, it is an essential means for athletic development. Learning to throw skillfully offers the potential to develop and improve balance, neuromuscular co-ordination, speed-strength, and power.

There are two types of finishes in the discus throw, the non-reverse and the reverse. Some throwers throw without reversing the feet while others do lift off the ground; there is disagreement if throwing with fixed feet is more effective than throwing with a reverse.

The Physical Education Department of Government Degree College, Chebrole has conducted a Discus Throw Competitions on the occasion of Independence Day Celebrations at our college campus. The principal Dr.V.Sridevi speech;She highlighted the importance of the Discus Throw Competitions for Girls Students.

The Discus Throw Competitions of the female students was concluded with heartfelt vote of thanks given by the Incharge of Physical Education Department, Sri.P.Ganesh and the whole programme was coordinated by him. All teaching & Non-teaching staff and students are participated in this programme and made it grand success.

Outcomes:

- 1) Students are motivated by the speeches of principal and lecturers about the importance of Discus Throw Competitions.
- 2) The discus throw is an event in which the participant throws a heavy disc, called the discus, into a throwing sector for distance.

S.No	Date	Name of the Programme	Number of Students Attended
1	11-08-2021	Discus Throw Competitions for Girls Students	4


GANESH PALAPUDI
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PRINCIPAL
GOVT, DEGREE COLLEGE
CHEBROLE, Guntur Dt. (A.P.)

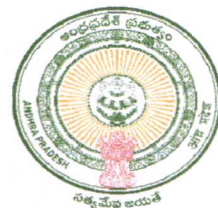


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**DISCUS THROW
COMPETITIONS FOR GIRLS**

List of students participated in Discus Throw Competitions

S.No	Name of the Student	Class	Place
1	VARIKUTI DEVI	I BCOM (CA)	II Place
2	GATTUPALLI BHRAMARAMBIKA	I BSC (BZC)	
3	GANDU TEJASWINI	I BA (HEP)	I Place
4	VENIGALLA MAHA LAKSHMI	I BCOM (CA)	



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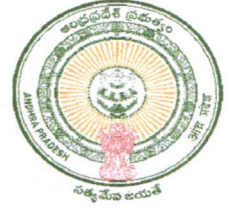


PHOTO GALLERY



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Govt Degree College , Chebrole, Guntur District

Accredited With "B" Grade by NAAC

Phone No: 08644-254221

Pin: 522212

Department: physical education

Date: 11/08/2021

Name of the Resource Person:

Name of the Activity: Discus

Topic:

S. No	Name of The Student	Year / Group	Signature of the Student
1.	<u>V. Devi</u>	<u>I B.com</u>	<u>V. Devi</u>
2.	<u>G. Bhramarambika</u>	<u>I BSC</u>	<u>G. bhramarambika</u>
3.	<u>G. Tejaswini</u>	<u>I BA</u>	<u>G. tejaswini</u>
4.	<u>V. Maha lakshmi</u>	<u>I B.com</u>	<u>V. Mahalakshmi</u>
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AP
Lecturer in.....
Govt. Degree College
Chebrole, Guntur Dt.

V. Sridhar
PRINCIPAL
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