

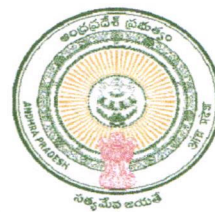


**GOVERNMENT DEGREE COLLEGE,
CHEBROLE**

Guntur District, Andhra Pradesh, Pin 522212

Affiliated to Acharya Nagarjuna University

Email: jkc.chebrole@gmail.com Phone No. 08644-254221



**INDEPENDENCE DAY CELEBRATIONS
BY
PHYSICAL EDUCATION DEPARTMENT**

**RUNNING COMPETITIONS FOR
BOYS STUDENTS**

**ON
12-08-2021**

**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
**“Running Competitions for Boys students on the occasion of
Independence Day Celebrations of our College at 10.00 A.M
on 12-08-2021”**. All the Students are informed to participate this
programme without fail.

V. S. S. S.
PRINCIPAL
GOVT. DEGREE COLLEGE
CHEBROLE, Guntur Dt. (A.P.)



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Title of the Activity: Running Competitions for Girls Students

Date of Conduction: 12/08/2021

Number of Students Involved: 8

Objectives:

Every sport activity needs specific type of physical fitness, and hence, the improvement of various components of physical and skills related fitness like strength, speed, coordination, endurance and flexibility is an important aim and objective of sports training.

Description:

Running, footracing over a variety of distances and courses and numbering among the most popular sports in nearly all times and places. Modern competitive running ranges from sprints (dashes), with their emphasis on continuous high speed, to grueling long-distance and marathon races, requiring great endurance.

The longest race on the Olympic programme, athletes run a distance of 26 miles and 385 yards (42.195km). The event takes place on the road and the finishing order of the race is determined by time. Refuelling stations appear every 5km on a marathon course for the athletes.

Running is a method of terrestrial locomotion allowing humans and other animals to move rapidly on foot. Running is a type of gait characterized by an aerial phase in which all feet are above the ground.

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

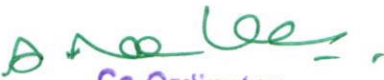
The Running Competitions of the female students was concluded with heartfelt vote of thanks given by the Incharge of Physical Education Department, Sri.P.Ganesh and the whole programme was coordinated by him. All teaching & Non-teaching staff and students are participated in this programme and made it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

Outcomes:

- 1) Students are motivated by the speeches of principal and lecturers about the importance of Running Competitions.
- 2) Students are inspired by the Students. Running is an excellent cardiovascular exercise that strengthens the heart, reduces the risk of heart disease and diabetes, and helps maintain a healthy weight. It also improves bone health, reducing the risk of osteoporosis, and enhances muscular strength and endurance.

S.No	Date	Name of the Programme	Number of Students Attended
1	12-08-2021	Running Competitions for Boys Students	8


GANESH PALAPARTHI
M A M PEd M Phil
Lecturer in Physical Education
Govt DEGREE COLLEGE
CHEBROLU


Co-Ordinator
I.Q.A.C.,
Govt. Degree College
Chebrole, Guntur (Dt.)


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

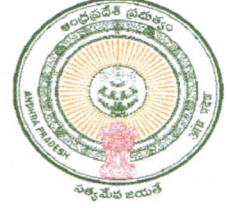


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**RUNNING COMPETITIONS
FOR BOYS**

List of students participated in Running Competitions

S.No	Name of the Student	Class	Place
1	NOORBASHA NAGULMEERA	I BCOM (CA)	
2	SHAIK NAGUR BASHA	II BCOM (CA)	
3	SHAIK MOHAMMAD MUSTAFA	I BA (HEP)	I Place
4	SHAIK MAHAMMAD GALAB	II BA (HEP)	
5	CHADUVULA RAJESH KRISHNA REDDY	II BCOM (CA)	
6	BANDARU VINAY NAGA VAMSI	II BA (HEP)	II Place
7	SOMANA SAI TEJA	II BA (HEP)	
8	BANDI MANI GOPAL	II BA (HEP)	



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PHOTO GALLERY




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



Govt Degree College , Chebrole, Guntur District

Accredited With "B" Grade by NAAC

Phone No: 08644-254221

Pin: 522212

Department: physical education

Date: 12/08/2021

Name of the Resource Person:

Name of the Activity: Running

Topic:

S. No	Name of The Student	Year / Group	Signature of the Student
1.	<u>N. Nagulmeera</u>	<u>IB.com</u>	<u>N. nagulmeera</u>
2.	<u>sk. nagur Basha</u>	<u>II B.com</u>	<u>SK. Nagur Basha</u>
3.	<u>sk. mohammad mustafa</u>	<u>IB.A</u>	<u>sk. mohammad mustafa</u>
4.	<u>sk. mohammad Galad</u>	<u>II B.A</u>	<u>SK. Mohamammad Galad</u>
5.	<u>C. Rajesh krishna</u>	<u>II B.com</u>	<u>C. Rajesh krishna</u>
6.	<u>B. vinay naga vamsi</u>	<u>II B.A</u>	<u>B. Vinay naga vamsi</u>
7.	<u>S. sai teja</u>	<u>II BA</u>	<u>S. Saiteja</u>
8.	<u>B. mani gopal</u>	<u>II BA</u>	<u>B. mani gopal.</u>
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12/08/21
 Lecturer In...
 Govt Degree College
 Chebrole-522 212

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