

PHYSICAL EDUCATION

Physical Education just as philosophy and the arts help develop the intellectual, spiritual and emotional aspects of ourselves, sports help us develop the physical; we need balance of mind, body and spirit to feel and function at our best.

Playing sports helps much more than in the physical aspects. It builds character, Teaches strategic thinking, Analytical thinking, leadership skills, Goal setting and Risk taking to name a few.

“Key to physical education’s contribution to developing responsible citizens is the promotion of respect for the involvement of others. Through participation in physical education and other physical activities, pupils can be encouraged to take more of a part in the social, cultural and sporting life of the college”

To make the curricular activities effective and fruitful it is essential to ensure physical fitness in students. Realizing this fact, a good play ground has been developed with a foresight.

The sprawling play grounds of the college are very well utilized by the students for Games & Sports activities and also to play games like Kabaddi, Volleyball, Hand ball and Cricket, Kho-Kho etc. Many a time, our students have won prizes at the Sri Krishna Devaraya University Inter-collegiate level. The elite of the town, and the senior citizens who love college campus and grounds.

**నవంబర్ 25 వ తేది
వ్యాయామ ఉపాధ్యాయుల దినోత్సవం**



హ్యూరీ క్రో బక్
భారతీయ వ్యాయామవిద్యా పితామహుడు
(నవంబర్ 25, 1884 - జులై 24, 1943)