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HISTORY OF THE DEPARTMENT

The department of Physical Education & sports is established in FCRI right from the beginning of the institution 2016. It is consisting adequate facilities for Games and Sports in 15.00 acres of land in the campus. We have wide scope with 52 acres of land for the development of sports such as Indoor Shuttle Badminton, Basketball cement Court, Tennis Courts and Open Gym etc. The play fields Football, Cricket, Volleyball, Throwball, Handball, Kabaddi, Kho-Kho, Tennikoit, Shuttle Badminton, Ball Badminton, 200 meters track along with 400 meters Walking Track is available for regular practice. Indoor Games like Table Tennis, Carroms, Chess and well-equipped Gymnasium for men and Fitness items for women are also available. Our college runs under Residential mode, and we award credits for their participation in physical training as part of our curriculum. The Department runs its activities throughout the year with a Motto "Walk for health Jog for Fitness and Run for Competition".

Initial Status:

a. Head of the Department	:	Dr. K. Prabhu
b. Physical Instructor	:	Sri. A. Naresh
c. Class IV Employee (Daily Wages)	:	02
d. Students' Strength	:	300

Structure of the department:

a. Total No of Rooms Allotted	:	Four
b. Department Office	:	One
c. Indoor Games & Stores	:	One

- d. Gym - Boys Hostel : One
- e. Fitness center – Girls Hostel : One

Details of Teaching Staff:

Name	Qualification	Designation	Experience	Specialization
Dr.K. Prabhu	M.A., M.P. Ed, M.Phil., NIS (cert), SLET, Ph.D.	Physical Director/ Sports officer	34 Years	Kabaddi & Yoga
Sri.A. Naresh	B.Sc., B.P. Ed	Physical Instructor/ Sports coach	2 Years	Volley ball & Ball Badminton

Sports Club:

Sports Club of the college comprises Physical director/Sports Officer, Physical Instructor/Sports coach and 2 Student representatives/members 1boy and 1 girl from each batch of the year. The Club facilitates the smooth conduct of Games and sports activities in the campus. The physical Director will coordinate the club in organizing deferent Games and Sports along with participation at various levels.

Games Committee:

Games Committee will function under the guide lines of our Dean and Deputy Director will act as chairmen of the committee. The members constitute the committee from faculty 2 from Students 2 with physical Director as convener. The committee takes care of all development activities of Games and Sports i.e. Infrastructure, Materials, Making Provisions etc.

Regular Activities:

PHYSICAL TRAINING

DAILY - TIME – TABLE

Morning Session

6.00 AM	Assembly & Attendance
6.10 AM	Physical Training - Walking - Jogging - Running - Sprint - Warming up
6.40 AM	- Drill/Marching - Yoga/Callisthenic Exercise
7.00 AM	- Assembly & Disperse

Evening session

5.15 PM	Assembly & Attendance
5.30 PM	Games & Sports - Practice - coaching - Intramurals - Recreation
6.15 PM	- special coaching - Preparation for external competitions
6.45 PM	- Assembly & Disperse

PHYSICAL TRAINING

WEEKLY - SCHEDULE

Sl. No.	Day	Morning Session	Evening Session
1.	Monday	General PT	Regular Games Coaching
2.	Tuesday	Mass Drill/Yoga	Students practice sessions and guidance
3.	Wednesday	General PT	Indore Games /Optional Games Practice
4.	Thursday	Marching/Calisthenics	Gym and Fitness training sessions
5.	Friday	Cross Country/Strength Building	Recreation / Friendly Matches
6.	Saturday	Issue of Games Materials	Grounds preparations Maintenance

Note : Practice sessions will be conducted as per the Inter College /Association Tournaments Schedule.

ACTION PLAN

The department of Physical Education conducts games and sports activities throughout the academic year in our college. It conducts Intramural Competitions in Games and Sports, prepares the teams and individuals for the participation in to Inter college tournaments of the University. The Department gives top priority for the student Fitness and then provides coaching as per the interest and past experience of the student in games and sports. The Department gives more emphasis on Physical fitness through its activities such as daily PT (Physical Training) and weekly Cross Country along with Games participation which is mandatory for all students.

The Syllabus for the B.Sc. 4-year Degree course includes Physical Training with 5 credits i.e., for 1st to 5th semester each carries 1 credit on the basis of Attendance for the regular PT. The department encourages the student's participation in District and State level competitions of Association tournaments in Games and sports other than University Tournaments. The Department takes care on Physical Training Methods, at the beginning with moderate workload during participation speed with tactical plan and later works out on Fitness with skill maintenance.

Intramural Competitions will give wide scope for the development of student leadership qualities as such the whole college will be divided in to 4 houses and each house represent their teams in Games and sports. The house wise participation of students from 1st year to 4th year along with PG gives a color to the Institution.

Infrastructure:

The Department is having very good infrastructure for the outdoor and indoor games with gymnasium hall and Fitness center. The following grounds have been maintained for regular use.

Play fields:

1. Volley Ball
2. Ball Badminton
3. Kabaddi
4. Kho-Kho
5. Tennikoit
6. Shuttle Badminton
7. Cricket
8. 200 meters track
9. Foot Ball
10. Throw Ball
11. Field events
 - a. Shotput
 - b. Javelin
 - c. Discus

Indoor Games:

1. Table Tennis
2. Carroms
3. Chess

Gym Equipment:

1. Dumbles
2. Flat Bench
3. Steel Plates
4. Electric trainer
5. Height measuring stand
6. Weighing Machine
7. Leg Curl
8. Parallel Bar
9. Dumble tree stand
10. Bench Press, etc.

Highlights Of The Department

- Our Student Miss. Sailatha has received Bronze medal in District Cross Country Championship Organized by Hyderabad District Athletic Association at Osmania University campus Hyd, in 2018.
- Miss. B. Suharsha & Samveda got third place in Table Tennis in AURA National Inter Engineering Meet Organized by CBIT in the year 2018.
- L. Shashikala has received Bronze medal in Reliance Youth Foundation Athletics meet held at Gachibowli, Hyderabad, 2018.
- B. Sailatha & N. Sharavani have received in Reliance Youth National Sports at Mumbai National Stadium 2019.
- Mr. Kailash.V. has received Silver Medal in 400 Meters Relay event at Khammam organized by Telangana Athletics Association and also participated in men State senior Athletics Championships at Sardar Patel Stadium, Khammam during the year 2019.
- Mr. Shaik Mahaboob participated in shotput in Men Telangana State Athletics Championship held at G.M.C. Bal yogi Stadium at Gachibowli, Hyderabad in 2021 and 2022.
- Our students participated in 5k and 2k Running events at SKVBR Botanical Gardens, Kondapur Hyderabad and Miss Mounika got 1st place in Women 2km, Lokesh got 2nd place and Vinay Kumar got 3rd place in Men 2km.in the year 2021.
- Mr. A. Chander participated in cross country events from our college in District level competitions and also at Hyderabad SKVBR Gardens Kondapur and stood as finisher with best timing 24 minutes.
- Students of our college registered and participated in 21 days of Suryanamaskar on the occasion of Azadi Ka Amrit Mahotsav 2021-22 and got E certificates from Kreedha Bharathi on the auspicious occasion 75th Anniversary of Independence of India.
- Students A Chander, P.Lokesh, Shaik Mahaboob and G.Gajan participated in Osmania University Inter college Athletic Championship at Artillery center Hyderabad and Shaik

Mahaboob qualified for finals Shot put along with A Chander in 1500 meters Finals.

- Miss. Ch. Praneetha & T. Samveda won Runners up title in Table Tennis at Mallareddy Institution in Inter college Tournaments 2022.

Action - Photos



Walking Track Inaugural by Our Dean Madam at our college



Peace Run at Botanical Gardens with our Ex Dean sir – students with medals



Student Lokesh 2nd yr receiving a Memento from Minister of state TS for winning 2nd place in 2 KM Men at Hyderabad conducted on the occasion of Gandhi Jayanthi



Student Mounika 3rd yr receiving a Memento from Minister of state TS for winning 2nd place in 2 KM Women at Hyderabad conducted on the occasion of Gandhi Jayanthi



College students participated in cross country in District competitions conducted by the District Athletic Association at siddipet in the year 2021



Students after finishing 10km cross country with finishers certificates at siddipet.



Students participation in Physical training Jogging at the college as part of the regular programme



Participation of students in Volleyball during Intramural Competitions - 2020



Participation of students in Tennikoit during Intramural Competitions – 2020



Inaugural of Intramural Tournaments at the College

