



Little Flower Degree College

(Affiliated to Osmania University)

Uppal, Hyderabad

Managed by Brothers of St. Gabriel Educational Society

LEAD TO ILLUMINATE



PHYSICAL EDUCATION 2019-20



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PHYSICAL EDUCATION

Academic year 2019-20

Prativa Prusty - Physical Director
Games & Sports

INDEX 2019-20

S.NO	DATE	EVENT	VENUE	NO OF PARTICIPANTS
1	5 th August 2019	Ou ICT Swimming-Men	GHMC swimming pool	1
2	1st to 4th Nov 2019	All India inter university	Lovely professional university, Jalandhar.	1
3	4 th August 2019 & 31st August to 4th Sept 2019	5 th Telangana senior inter district swimming championship & 73 rd senior national aquatic championship-2019	GHMC swimming pool & Bhopal/Indore under the auspices of swimming Federation of India	1
4	27th & 28th August 2019	OU ICT Basketball-men organised by LFDC	LFDC campus	22 teams
5	6th & 7th Sep 2019	OU ICT Volleyball men	Bhavans degree college	12
6	23rd & 24th Sept 2019	OU ICT Basketball women	St Francis degree college	6
7	9th & 19th Dec 2019	OU ICT Athletics	Gachibowli stadium	7



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8	19-20	Reliance foundation youth sports	Gachibowli stadium	1
9	6th August 2019 26th Jan2023	Athletics championship	Bits Pilani Gachibowli stadium	1
10	29th & 30th Jan 2020	OU ICT Women - volleyball	LFDC campus	12 teams
11	12th Feb to 29th Feb2020	Intra collegiate (M&W)	LFDC campus	Team game group wise others individual
12	17th & 18th Feb2020	OU ICT Kabaddi-men	Sidharth college of physical education	12
13	6 th to 9 th March 2020	All India Inter University Netball tournament-men	University of Kerala	1
14	24th Dec2019 to 31st Jan 2020	Six Week certificate course in Badminton-men	SRM University, Kancheepuram (Tamil Nadu)	1
15	27th May 2020	International webinar	Online-google meet	500



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Event 1: OU ICT swimming championship-men

Date: 5th August 2019

Venue: GHMC swimming pool Secunderabad

OU ICT SWIMMING - MEN

Yesh Varma from BCom gen 1st year participated in OU ICT swimming championship conducted on 5th August 2019 by Badruka degree college at GHMC swimming pool Secunderabad. He bagged 3 gold medals in 200mts individual medley ,100mts butterfly,100mts breaststroke and also got the team championship. He also selected for All India inter university tournament held at Lovely professional university, Jalandhar from 01-11-19 to 04-11-19. He lost in semifinal round. He participated in 5th Telangana senior inter district swimming championship on 4th August-2019 and 73rd senior national aquatic championship-2019 conducted by Madhya Pradesh swimming Association from 31st August to 4th September 2019.



Yesh receiving the medal & overall championship from ICT secretary



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Yesh news in DC News Paper



OU Swimming team



OU Swimming team



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Event 2: OU inter college basketball tournament-men

Date: 27th & 28th August 2019

Venue: LFDC campus

OU ICT BASKETBALL - MEN

The department of physical education of LFDC has organised OU inter college basketball tournament for degree students on 27th & 28th August 2019 in LFDC campus. Total 22 teams participated from different colleges. First day, on 27th was the opening ceremony of the tournament organised in the LFDC playground. The Chief guest was Mrs G V Dhana Laxmi, international Athlete in Asaian games, Prof Deepla, secretary of ICT (Men) and Prof B Sunil Kumar secretary ICT (Women) were also invited as guests for the opening ceremony. The principal & vice principal of LFDC welcomed the chief guest and guests of honour and the players from different colleges. The opening began at 10 am with a welcome dance, followed by march past and oath taking. The tournament programme schedule, fixtures and its details everything planned by the ICT men secretary. The Department, of Physical Education, LFDC concluded the OU ICT MEN Basketball tournament with the valedictory ceremony, on 28th with a welcome dance followed by the prize distribution. 4th place gone to ST Joseph degree & PG college, third place A V College, the runners up team is Bhavans degree college and the winner was Loyola Academy were awarded with medals, certificates and shields. The chief guest for the closing ceremony was Prof Laxmikanth Rathod, Prof B Sunil Kumar sec of IUT women, Prof. Deepla sec of ICT men, The principal and Vice principal of LFDC congratulated all the teams from various colleges of the twin cities for the playing the game in the spirit of the game. The valedictory ended with the vote of thanks and National Anthem.



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Opening ceremony of the OU ICT Basketball-men



March past during the opening ceremony



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Chief guest Ms Dhana Laxmi (former Indian athlete)



Final match Loyola vs Bhavans



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Winners team Loyola Academy



Runners team Bhavans degree college



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Players introduction with Principal, VP and ICT secretary



Closing ceremony with IUT and ICT secretary



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Physical director presenting bouquet to ICT secretary



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Event 3: OU ICT volleyball-men

Date: 6th & 7th sept 2019

Venue: Bhavans degree college

OU ICT VOLLEYBALL - MEN

LFDC Volleyball team participated in OU ICT volleyball tournament organised by Bhavans degree college on 6th & 7th sept 2019. 30 teams participated in that tournament one of them being LFDC team from our college 12 players participated in that tournament. our team has lost in 2nd match with S P College.



LFDC volleyball team



LFDC vs S P college



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Event 4: OU ICT Basketball-Women

Date: 23rd & 24th Sept 2019

Venue: St. Francis degree college, Begumpet

OU ICT BASKETBALL - WOMEN

LFDC basketball team participated in OU intercollegiate basketball tournaments organised by St Francis degree college, Begumpet on 23rd & 24th September 2019. 16 teams participated in that tournament one of them being LFDC team. 6 players participated in this tournament. our team won 2 matches from St Pious & Aurora degree college & they lost in the quarter final match from Bhavans degree college.

the list of the students as follows:

- 1) V Deepshika BA 3rd year
- 2) M Sai Shirisha BA 2ND year
- 3) D Malanie Bzc 3rd year
- 4) K Prerana Mpcs 3rd year
- 5) P Swetha Mpcs 3rd year
- 6) Reetika Mecs 3rd year



LFDC women Basketball team





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Event 5: OU ICT, All India and tournaments

Date: 9th Dec to 7th Jan 2020

Venue: Alva's Education university, Bangalore,

OU ICT ATHLETICS-MEN & Others tournament

LFDC Athletics team participated in OU ICT Athletics championship conducted on 9th & 10th Dec 2019 by OU Physical Education at Gachibowli Stadium. 8 students participated. M Arun Kumar BSC MPCS final year bagged 2 gold medals in 200mts & 100mts run and also selected for All India inter university tournament held at ALVA'S education university, Bangalore from 02-01-20 to 07-01-20. He lost in semifinal round. He also got lots of medal

In different tournaments like gold in Reliance foundation, silver medal in Bits Pilani, gold in 5th Telangana state senior Athletics championship, gold in junior athletic meet and silver medal in 2nd Hyderabad open championship.



Gold medal in Reliance foundation



Gold in Telangana state meet



Gold Medal in OU ICT



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Event 6: Six-week certificate course in Badminton

Date: 24th Dec to 31st Jan 2020

Venue: SRM University, Kancheepuram (Tamil Nadu)

BADMINTON CERTIFICATE COURSE - MEN

Vadapally Suraj from BCom cs3rd year attended a six-week certificate course in Badminton on 24th Dec to 31st January 2020 at SRM University, Kancheepuram (Tamil Nadu) under the Mass sports Participation programme sports authority of India Netaji Subhas National institute of sports Patiala, and passed the examination in grade “A” by obtaining 72 marks out of 100.



Suraj from BCom cs 3rd year receiving the certificate



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Event 7: OU intercollegiate football tournament.

Date: 20th to 22nd Jan 2020.

Venue: OU football ground

OU ICT FOOTBALL-MEN

LFDC football team participated in OU intercollegiate football tournaments organised by MJ engineering college at OU football ground on 20th to 22nd Jan 2020. 21 teams participated in that tournament, one of them being the LFDC team. 13 players participated in this tournament. our team lost in 1st match with MJ Engineering college.

the list of the students as follows.

LFDC football team

- 1- Thakur Gaurav Singh(c) BBA 3rd year
- 2- Y Roshan BBA 3rd year
- 3- D Kranthi kumar BBA 3rd year
- 4- C H Jagdish BBA 3rd year
- 5- Y Rahul BBA 3rd year
- 6- M Sada shiva BBA 3rd year
- 7- J Harshavardhan BBA 3rd year
- 8- Naveen Bcom CA 3rd year
- 9- Jogesh Bcom CA 3rd year
- 10- Mario Prince Bsc 1st year
- 11- K Mahesh BA 1st year
- 12- Arjun Bcom ca 2nd year
- 13- Sathi Bcom ca 2nd year



LFDC football team



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Event 8: OU inter college volleyball (women)

Date: 29th & 30th January 2020

Venue: LFDC campus.

OU ICT VOLLEYBALL - WOMEN

The department of physical education of LFDC has organised OU inter college volleyball (women) tournament for degree students on 29th & 30th January 2020 in LFDC campus. First day, on 29th was the opening ceremony of the tournament organised in the LFDC playground. The Chief guest was Mrs Sazia, international volleyball player presently working as a coach in south central railway Prof B Sunil Kumar secretary ICT women was also invited as guests for the opening ceremony. The principal & vice principal of LFDC welcomed the chief guest and guests of honour and the players from different colleges. The opening began at 10 am with a welcome dance, followed by march past and oath taking. The Department of Physical Education, LFDC concluded the OU ICT volleyball (women) tournament with the valedictory ceremony, on 30th with a welcome dance followed by the prize distribution. 4th place gone to Loyola Academy, third place Villa Marie College, the runners up team was St Francis degree & PG college and the winner of the tournament was St Ann's degree college and the winners were awarded with medals, certificates and shields. The chief guest for the closing ceremony was Mr M Krishamaraju international beach volleyball player, Prof B Sunil Kumar sec of IUT women. The principal and Vice principal of LFDC congratulated all the women teams from various colleges of the twin cities for the playing the game in the spirit of the game. The valedictory ended with the vote of thanks and National Anthem.





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Opening ceremony of the OU ICT Volleyball – Women



Chief guest Ms Sazia former international Volleyball player & ICT secretary





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Opening ceremony of the ICT volleyball women





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Final match St Francis vs St Anns





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Closing ceremony of ICT Winners St Ann's receiving medals from Mr M Krishamraju international beach Volleyball player



St. Ann's degree college



Runner's St. Francis degree college



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3rd place Villa Marie



VP presenting bouquet to the chief guest



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Event 9: Intercollegiate Competition-LFDC Students

Date: 17th Feb to 29th Feb 2020

Venue: LFDC grounds

INTERCOLLEGIATE COMPETITION - LFDC STUDENTS

Dept of physical education of LFDC conducted intra collegiate tournament, after following procedure of the college, meeting with vice principal, approval of the tournament schedules sending circular to the student and financial approval for the certification and momento by the management. The tournament was conducted according to the schedule as follows:

- 1- Basketball (men)-17-02-20
- 2- Throwball (women)-14-02-20
- 3- Football (m)- 18-02-20
- 4- Cricket(men)-
- 5- Cricket(women)-20-02-20
- 6-Volleyball (m)-12-02-20 & 13-02-20
- 7- Carrom- (m&w) 28-02-20
- 8- Chess-(m&w) 24-02-20
- 9- Badminton-single(men)-29-02-20
- 10-Badminton-double(men)-29-02-20
- 11-Badminton-single(women)-29-02-20
- 12-Badminton-double(women)-29-02-20
- 13-T T -M 27-02-20
- 14-100mts (m&w) 25-02-20

The tournament conducted by the physical director aided ably by sports secretary and senior players. Each day the tournament was conducted from 02:00pm to 06:00pm successfully, after the completion of the tournament, it was planned for the valedictory ceremony but due to Lock down it was cancelled.



Volleyball men winners BCom



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Badminton and Table Tennis singles tournament





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Carroms - Men



Throwball women winners 2nd Year



Throwball women Winners final year



Cricket women Winners final year



Cricket women Runners 2nd year



Football Men Winners 3rd year



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Event 10: OU ICT Kabaddi-Men

Date: 17th and 18thFeb2020

Venue: Siddharth college of physical education, IBP

OU ICT KABADDI - MEN

LFDC kabaddi team participated in OU intercollegiate kabaddi tournaments organised by Siddharth college of physical education, IBP on 17th and 18th Feb 2020. 36 teams participated in that tournament one of them being LFDC team. 12 players participated in this tournament. Our team lost in 1st match with MVSR Engineering college. the list of the students as follows:

- 1) Anil- 3rd year BZC
- 2) Abdul- 3rd BTMC
- 3) Indra Reddy- 3rd BBA
- 4) Sundeep- 3rd MSCS
- 5) Chidviram-2nd MPC
- 6) Nitin -2nd MSCS
- 7) Rahul-2nd BA
- 8) Ajay -2nd MPCS
- 9) SHRIKANTH-1st MSCS
- 10) Anil-3rd BZC
- 11) Vinay-1st MSCS
- 12) HARSH VARDAN-



LFDC and MVSR Engineering college with ICT secretaries



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Event 11: All India Inter University Netball - Men

Date: 9th March 2020

Venue: University of Calicut, Kerala.

ALL INDIA INTER UNIVERSITY NETBALL - MEN

Y.S.S Shashank from BCom gen 3rd year participated in All India Inter University championship conducted on 6th to 9th March 2020 at University of Calicut, Kerala. The OU team played very well and got 4th place.



OU Netball team receiving the trophy



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Event 12: International Webinar on Sports & Games in Covid-19 A

Date: 27th may2020

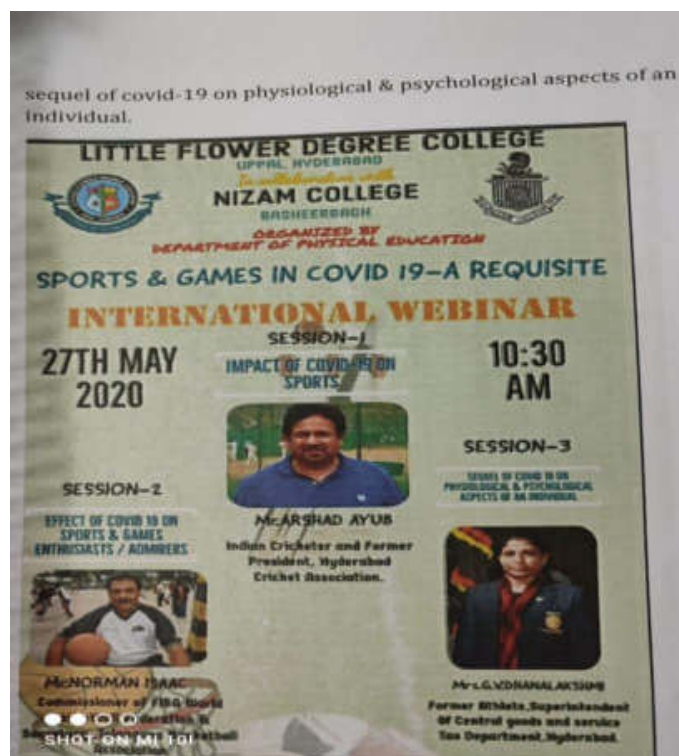
Venue: Online Goole-Meet

INTERNATIONAL WEBINAR ON SPORTS & GAMES IN COVID-19 A-

The Department of Physical Education of LFDC Organised an International Webinar on Sports And Games In Covid-19 A Requisite in collaboration with Nizam college on 27th may2020 at 10.30 am. The first speaker was Mr Arshad Ayub former Indian cricketer and president of Hyderabad cricket association his topic was on impact of covid-19 on sports and games

The second speaker was Mr Nerman Issac commissioner of Fiba world Basketball association his topic was on effect of covid-19 on sports and games Enthusiasts/Admirers

The third speaker was Mrs Dhanalaxmi, former Indian athlete, superintendent of central goods and service for department, Hyderabad her topic was on Sequel of covid-19 on Physiological & Psychological aspects of an individual.



Webinar flyer



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FREE REGISTRATION

E-CERTIFICATE WILL BE GIVEN TO REGISTERED CANDIDATES

CLICK HERE FOR REGISTRATION

CHIEF PATRONS

REV BRO VINCENT REDDY
PRINCIPAL, LFDC

PROF. L. B. LAKSHMIKANTH RATHOD
PRINCIPAL, NIZAM COLLEGE

PATRONS

Mrs P. JAYANTHI REDDY
VICE PRINCIPAL, LFDC

Dr. AVINASH JAISWAL
VICE PRINCIPAL, NIZAM COLLEGE

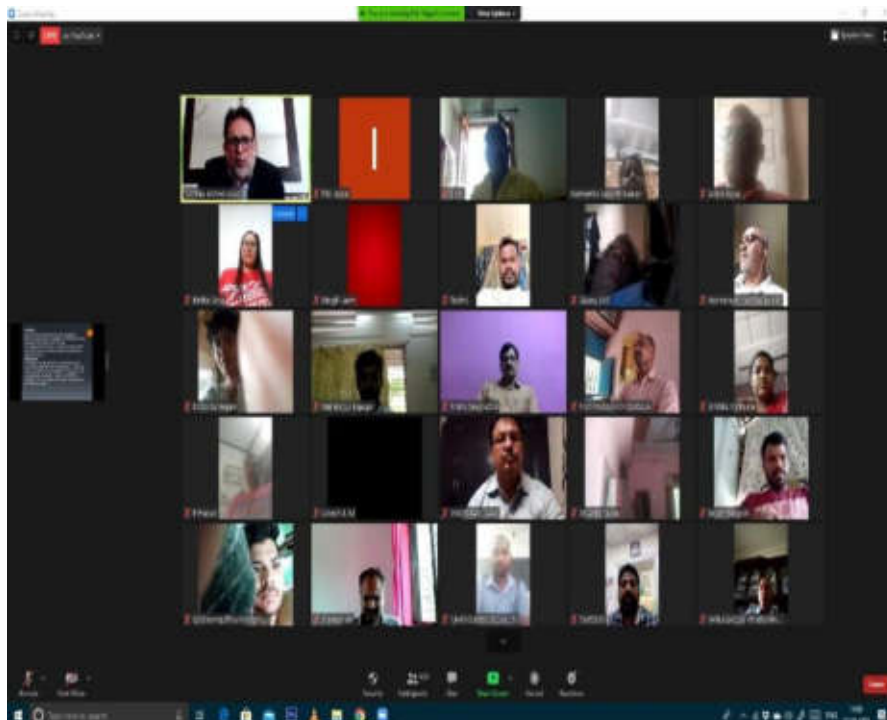
CONVENERS

Mrs PRATIHA PRUSTY
PHYSICAL DIRECTOR

DR. G. SAMUEL PRABHU KIRAN
ASST PROFESSOR (DEPT OF PHYSICAL EDUCATION)

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Screenshots of participants