



# Little Flower Degree College

(Affiliated to Osmania University)

Uppal, Hyderabad

Managed by Brothers of St. Gabriel Educational Society

**LEAD TO ILLUMINATE**



**PHYSICAL EDUCATION 2020-21**



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## PHYSICAL EDUCATION

Academic year 2020-21

Prativa Prusty - Physical Director

Games & Sports

INDEX 2020-21

S.NO	DATE	EVENT	VENUE	NO OF PARTICIPANTS
1	15th June to 17th June at 1.30 pm to 3.30pm	online 3 days FDP on physical education and sports in collaboration with the international federation of physical education fitness and sports science association	online-google-meet	63
2	1st June to 30th August2020	Online yoga classes for LFDC staff	Online-google meet	10
3	21st to 31st July2020	Online yoga workshop	Google meet	15
4	29th August 2020	An Interactive Webinar on The Occasion of National Sports Day	Google meet	186
5	28th to 30th Dec2020	Open tournament-Badminton	Stag Academy	1
6	17-02-21	KCR cup-Basketball tournament	VPG Ground, Chaderghat	12
7	20th & 21st Feb 2021	Inter college kabaddi tournament	B R Ambedkar college	12
8	14th to 19th Feb 2021	Invitation inter dist Basketball tournament	Uttanur	1
9	04-03-21	International women's day games & sports competition	LFDC campus	6 Institution



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## Event 1: An online 3 days FDP

Date: 15<sup>th</sup> June to 17<sup>th</sup> June 2020

Venue: Google meet

## FDP FOR - 3 DAYS

The department of physical education had organised an online 3 days faculty development programme on physical education and sports in collaboration with the international federation of physical education fitness and sports science association on 15th June to 17th June 2020 at 1.30 pm to 3.30pm. 1st day 15th June 1st session speaker was prof Syed Ibrahim from King Fahd University, Saudi Arabia on osteoporosis and exercise. The 2nd session speaker was prof Chandrasekhar Madurai from Kamaraj University on yoga for health and fitness. On 2nd day 16th June 1st session speaker was prof Lim Boon Hoo from University of Malaya, Malaysia on choosing the right statistical test in SPSS for your research. The 2nd session speaker was Prof Quadri Syed Javeed from Dr Baba Saheb Ambedkar University on the role of sports psychology in sports performance. On the third day of the 17<sup>th</sup> June 1st speaker was Dr Kaukab Azeem King Fahd University, Saudi Arabia on research in physical education. 2nd session speaker was Dr CV Veerendar, director of the you and me psychological training centre Hyderabad on psychological preparation of Athletes.

**LITTLE FLOWER DEGREE COLLEGE**  
UPPAL, HYDERABAD.

In collaboration with  
**INTERNATIONAL FEDERATION OF PHYSICAL EDUCATION,  
FITNESS AND SPORTS SCIENCE ASSOCIATION.**

**Department of Physical Education**  
is Organizing  
**ONLINE FACULTY DEVELOPMENT PROGRAM**  
On  
**PHYSICAL EDUCATION AND SPORTS**

STARTING FROM 15th to 17th, June, 2020 AT 1:30 PM - 3:30PM

**THE SPEAKERS:-**

**CHIEF PATRON:**  
REV. DR. VINCENT KEDDY,  
PRINCIPAL, LFDC.

**PATRON:**  
MRS. P. JAYANTI REDDY,  
VICE PRINCIPAL, LFDC.

**CONVENER:**  
MRS. PRATIBA PRASAD,  
PHYSICAL DIRECTOR, LFDC.

CERTIFICATE WILL BE GIVEN TO REGISTERED CANDIDATES  
INTERNATIONAL FACULTY DEVELOPMENT PROGRAM  
FOR REGISTRATION

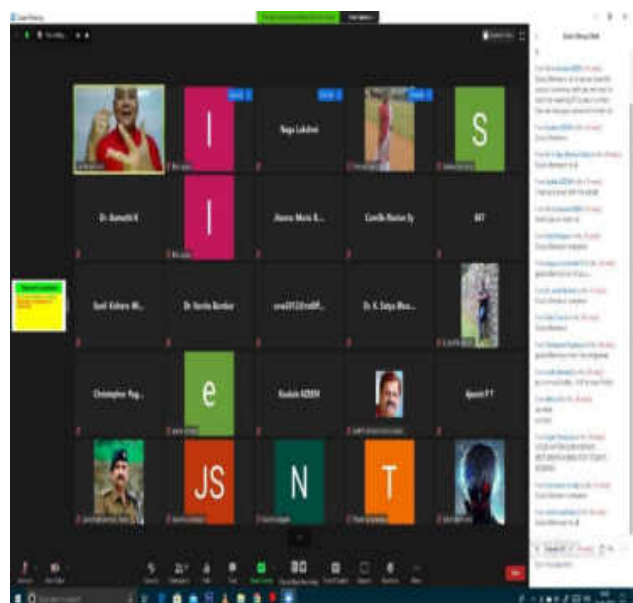
Registration Fee  
Rs. 100

GPAY:-  
9866077746

**CLICK  
HERE**

CONTACT :-  
9866077746  
lfdcphyedu@gmail.com

Flyer of FDP



Screenshots of meet



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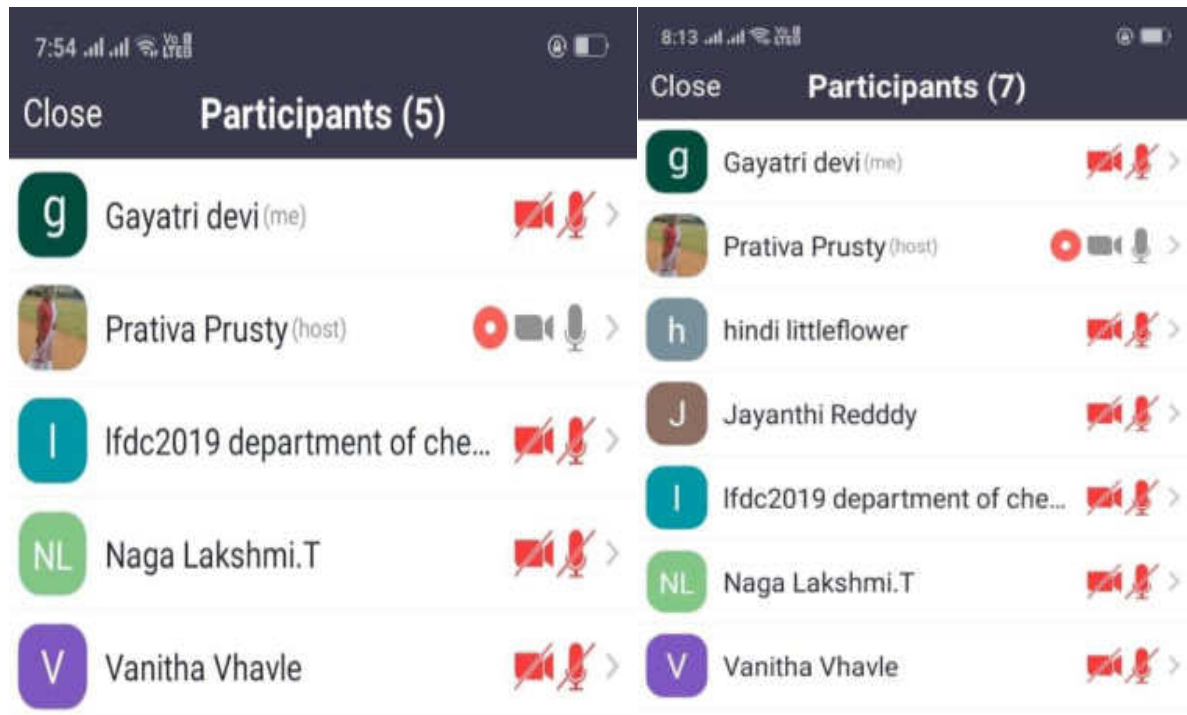
**Event 2: online yoga classes for LFDC staff**

**Date: 1st June to 30th August 2021(08:00am to 09:00am)**

**Venue: Google meet**

## YOGA CLASS - FOR LFDC STAFF

Department of Physical Education of LFDC organised online yoga classes for LFDC staff every day from 1st June to 30th August 2021(8am to 9am). The instructor Ms Prativa Prusty Physical Director of LFDC explained all worm of exercises before yoga and explained all yoga position and its benefits.



Participants of yoga classes





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## Event 3: Online yoga workshop

Date: 21<sup>st</sup> July to 31<sup>st</sup> July 2021 (04:30pm to 05:30pm)

Venue: Google meet

## YOGA WORKSHOP

Department of physical education of LFDC organised online yoga workshop for LFDC staff in collaboration with Sri Satya seva yoga from 21 July to 31 July 2021(4.30 pm to 5.30 pm) every day by guruji Sri Krishnamurthy and he explained all worm of exercises before yoga and explained all yoga postures and its benefits every day.

**LITTLE FLOWER DEGREE COLLEGE**  
UPPAL, HYDERABAD  
IN COLLABORATION WITH  
SRI SATYASEVA YOGA  
ORGANISED BY  
DEPT. OF PHYSICAL EDUCATION  
A TEN DAYS WORKSHOP ON YOGA FOR LFDC FAMILY  
DATE- 21-07-2020 TO 31-07-2020  
TIMINGS-4:30 PM TO 5:30 PM  
YOGA IS THE JOURNEY OF THE SELF, THROUGH THE SELF, TO THE SELF

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**PROGRAM SCHEDULE**

1. INTRODUCTION
2. PRAYER
3. INTRODUCTION OF SRI E. KRISHNA MURTHY GURUJI (SRI SATYA SEVA YOGA TRAINER)
4. PRESENTATION BY -SRI EKRISHNA MURTHY GURUJI
5. QUESTIONNAIRE SESSION
6. VOTE OF THANKS

**KRISHNAMURTHY GURUJI**  
CERTIFIED YOGA TRAINER

**CHIEF PATRONS**  
REV. BRO. VINCENT REDDY  
PRINCIPAL

**PATRONS**  
MS. P. JAYANTHI REDDY  
VICE-PRINCIPAL

**COORDINATOR**  
MS. PRATIVA PRUSTY  
PHYSICAL DIRECTOR, LFDC  
PHONE NO. 9866077746  
EMAIL ID: LFDCPHYEDU@GMAIL.COM

Flyer

Close	Participants (35)
	Naveen Kumar
	Pannaga Vutpala
	Prashanth Sharma
	Radha Anila
	Raman Rajagopalan
	sandhya Arya
	Sreelekha Guthina
	Sri priya
	Sridevi Venky
	Suvarna Jeevapur

Chat Invite

Screenshots of participants



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## **Event 4: An Interactive Webinar on the Occasion of National Sports Day**

**Date: 29th August 2020**

**Venue: Google meet**

### **AN INTERACTIVE WEBINAR ON THE OCCASION OF NATIONAL SPORTS DAY**

The Department of Physical Education had organised a national interactive webinar on sports science and physical fitness on the occasion of National Sports Day. On 29th August 2020 at 02:30 pm. The 1st day speaker was Mr Subrata Dey exercise physiologist Myas NIN department of sports science ICMR national institute of nutrition Hyderabad on sports science. 2nd day speaker was Dr Srinivas Nallela Pdf ICSSR, Osmania University MVSR Engineering College Hyderabad on Health and Physical Fitness.

**Little Flower Degree College**  
UPPAL, HYDERABAD  
On the occasion of National Sports Day  
Dept. of Physical Education  
Organizes  
A National Interactive Webinar on  
Sports Science & Physical Fitness  
29th August 2020 2:30 PM  
Session- 1 Sports Science  
Session- 2 Health & Physical Fitness  
Click Here To Register  
Mr. Subrata Dey Exercise Physiologist MYAS- NIN Dept. of Sports Science  
Dr. Srinivas Nallela PDF ICSSR, Osmania University M.V.S.R Eng College, Hyd  
(Participants from pan India can join the Interactive Session)  
Chief Patron Rev. Bro. Vincent Reddy Principal, LFDC  
Patron Ms. P. Jayanthi Reddy Vice- Principal, LFDC  
Coordinator Ms. Praveen Praveen Physical Director, LFDC Phone no. 9666077746 Mail ID: Mfep@lfdc@gmail.com  
E-Certificate will be given to registered candidates  
Free Registration

Flyer of webinar

A screenshot of a Google Meet session showing a grid of participants. The participants are represented by circular icons with their initials or names. The meeting title is visible at the top, and the meeting ID is shown in the bottom right corner. The interface includes a 'Meeting details' panel on the right side.

Screenshots of participants



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## **Event 5: KCR Cup Basketball Tournament-Men**

**Date: 17-02-2021**

**Venue: VPG ground, Chaderghat**

## **KCR CUP BASKETBALL TOURNAMENT-MEN**

LFDC Basketball team participated in KCR cup basketball tournament organised by Karingala maruti on 17-02-2021 at VPG ground Chaderghat at 09:00am. 22 teams participated in that tournament, one of them being the LFDC team. 12 players participated.

The list of the players are as follows - Ch Mahesh- BSc MPC 2<sup>nd</sup> year, Yuvaraj MECS 3<sup>rd</sup> year, Sai Teja MSCS 3<sup>rd</sup> year, Monty BA 2<sup>nd</sup> year, Revanth BA 2<sup>nd</sup>, Santosh BBA 3<sup>rd</sup> year, Jayanth MPC 2<sup>nd</sup> year, Kishore BBA 3<sup>rd</sup> year, Akash BBA 3<sup>rd</sup> year, Abhinav MPC 2<sup>nd</sup> year, Rubin BBA 3<sup>rd</sup> year, Anokh BBA 3<sup>rd</sup> year. LFDC Basketball team got 3<sup>rd</sup> prize. The principal and the vice principal congratulated the players.



**LFDC basketball team**



**LFDC vs YMCA team**



**Invitation flyer**





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## **Event 6: Inter College Kabaddi Tournament- Men**

**Date: 20th & 21st Feb 2021**

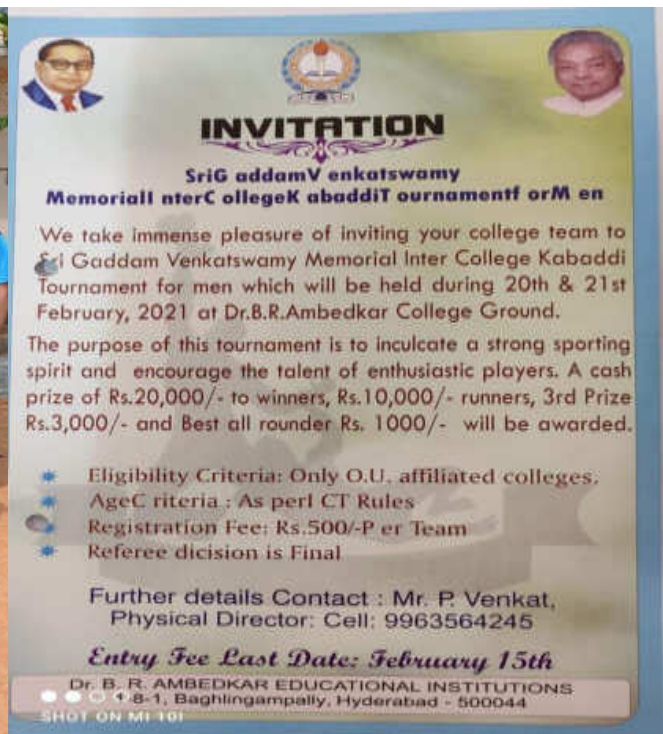
**Venue: Dr B R Ambedkar College Ground**

## **INTER COLLEGE KABADDI TOURNAMENT- MEN**

LFDC Kabaddi Team Participated in Sri Gaddam Venkataswamy Memorial Inter College Kabaddi Tournament for Men On 20th & 21st Feb 2021 at Dr B R Ambedkar College Ground. 12 Players Participated in That Tournament. List of the Players as Follows - Chidambaram MPC 3rd, E Dhanraj BCom CA 1<sup>st</sup>, Y Rajesh BCom CA 1st, G Sandeep Reddy Mscs 3rd, N Nitin MSCS 3rd, D Dinesh Bba 2nd, V Srikanth MPCs 2nd, M Harsha MPCs 2nd, N Ankith Mpc 2nd, K Anil Mecs 2nd, Aseel BCom CA 1st and K Vamshi BA 1st. In This Tournament Our Team Got Byes in First Match and they Lost in 2nd Match with Dr B R Ambedkar college with 5 points.



**LFDC kabaddi team**



**Invitation of the tournament**





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## **Event 7: South Zone Under 21 Boys & Girls Singles and Doubles Open Tournament**

**Date: 28th Dec to 30th Dec 2020**

**Venue: Stag Academy of Badminton at Amaravati, Andhra Pradesh**

### **BADMINTON TOURNAMENT-MEN**

Bittu Srujan From BZC 2nd Year Participated in South Zone Under 21 Boys & Girls Singles and Doubles Open Tournament From 28th Dec to 30th Dec 2020, Organised by Stag Academy of Badminton at Amaravati, Andhra Pradesh and got First Place In Singles With a Cash Prize Of Rs 16000/-.



Bittu Srujan with the trophy



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## **Event 8: Inter District Invitational Tournament**

**Date: 14th Feb To19th Feb 2021**

**Venue: Uttanur**

## **BASKETBALL TOURNAMENT-WOMEN**

Sirisha from Ba 3rd Year participated in Inter District Invitational Tournament From 14th Feb To19th Feb 2021 at Uttanur Was Conducted on Account of Sri Sri Dhanvantari Venkateswara Swamy Brahmotsavam. Nine Teams Were Sent to Participate. Ms. Sirisha BA 3 Leading the Hyderabad team in that tournament. The team got 3rd place along With Cash money of Rs5000/.



**Sirisha Hyderabad team**



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## **Event 9: International Women's Day Celebration, games & sports competition**

**Date: 6th march 2021**

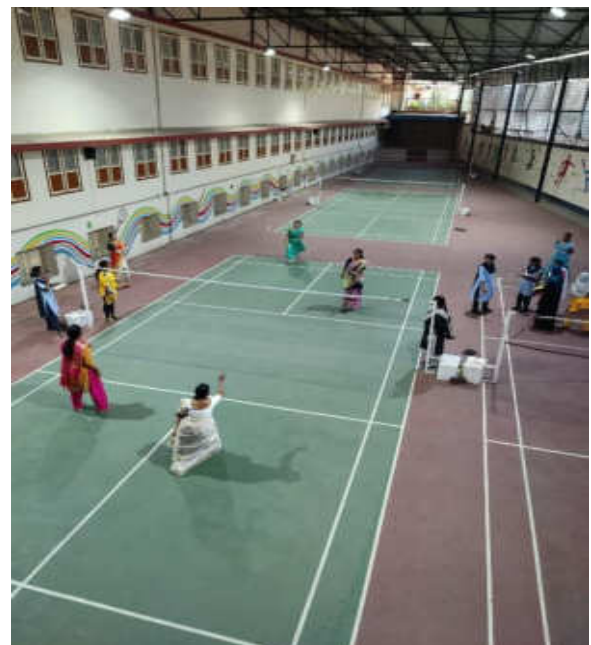
**Venue: LFDC campus**

### **INTERNATIONAL WOMEN'S DAY CELEBRATION**

On the occasion of international women's day Dept. of Physical Education conducted Inter College games and sports competition for all Women's staff both teaching and Non-teaching on 6th march 2021 at 10:00 a.m. Games are Throwball, Badminton, Tennikoit. Six institutions participated in this tournament. The Department concluded the international women's day games and sports tournament with the valedictory ceremony. The chief guest for the closing ceremony was Mrs Anita Mishra former Indian women's cricket coach Hyderabad. Kairavi Thakkar, International roller skeeter, principal, vice principal of LFD. B. Sunil Kumar, secretary of ICT women congratulated all the staff from various colleges of the twin cities for playing the game in the spirit of the game.



LFS



Badminton doubles





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Runners of Throwball MESCO



Throwball LFDC vs MESCO



Badminton Singles



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Tennikoit runners-LFJC

Tennikoit doubles



Badminton doubles MESCO College





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Final Match MESCO vs LFJC







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**Tennikoit singles winner - St. pious**