



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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Uppal, Hyderabad

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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 inters 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

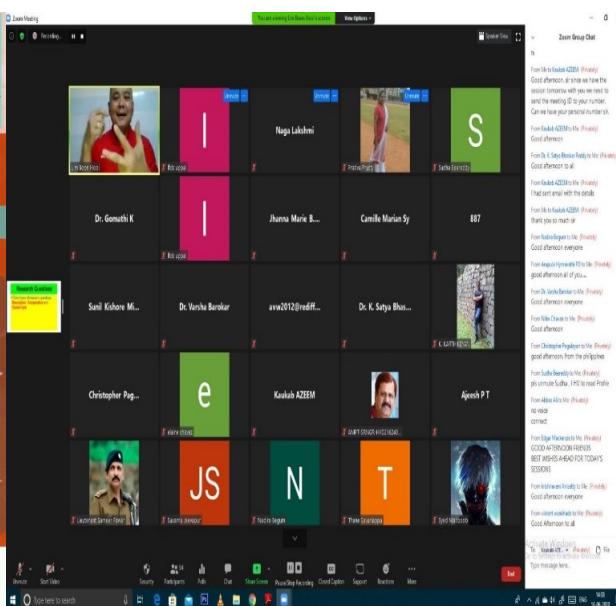
Date: 15th June to 17th June 2020

Venue: Google meet

FDP FOR -3 DAYS

The faculty 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 17th 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.

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

Faculty 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.

7:54 VoLTE

Close Participants (5)

g Gayatri devi (me)

Prativa Prusty (host)

Ifdc2019 department of che...

NL Naga Lakshmi.T

V Vanitha Vhavle

8:13 VoLTE

Close Participants (7)

g Gayatri devi (me)

Prativa Prusty (host)

h hindi littleflower

J Jayanthi Reddy

Ifdc2019 department of che...

NL Naga Lakshmi.T

V Vanitha Vhavle

Participants of yoga classes



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Event 3: Online yoga workshop

Date: 21st July to 31st July 2021 (04:30pm to 05:30pm)

Venue: Google meet

YOGA WORKSHOP

Faculty 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 forms 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

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: LFDPCPHYEDU@GMAIL.COM

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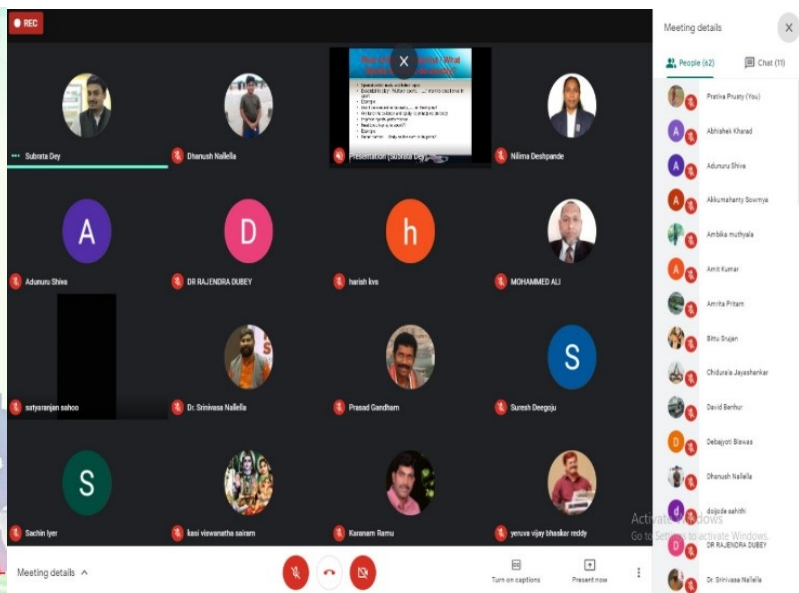
PROGRAM SCHEDULE

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

Flyer

Participants (35)	
Naveen Kumar	
PV Pannaga Vutpala	
P Prashanth Sharma	
R Radha Anila	
BB Raman Rajagopalan	
SA sandhya Arya	
SG Sreelekha Guthina	
Sri priya	
S Sridevi Venky	
Suvarna Jeevapuri	

Screenshots of participants



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 Camerata 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 2nd year, Yuvaraj MECS 3rd year, Sai Teja MSCS 3rd year, Monty BA 2nd year, Revanth BA 2nd year, Santosh BBA 3rd year, Jayanth MPC 2nd year, Kishore BBA 3rd year, Akash BBA 3rd year, Abhinav MPC 2nd year, Rubin BBA 3rd year, Anokh BBA 3rd year. LFDC Basketball team got 3rd 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 Venkata swamy 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 1st, Y Rajesh BCom CA 1st, G. Sandeep Reddy Mscs 3rd, N Nitin MSCS 3rd, D Dinesh Bba 2nd, V Srikanth MPC 2nd, M Harsha MPC 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 To 19th Feb 2021

Venue: Uttanur

BASKETBALL TOURNAMENT-WOMEN

Sirisha from Ba 3rd Year participated in Inter District Invitational Tournament From 14th Feb To 19th 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 faculty 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 and 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

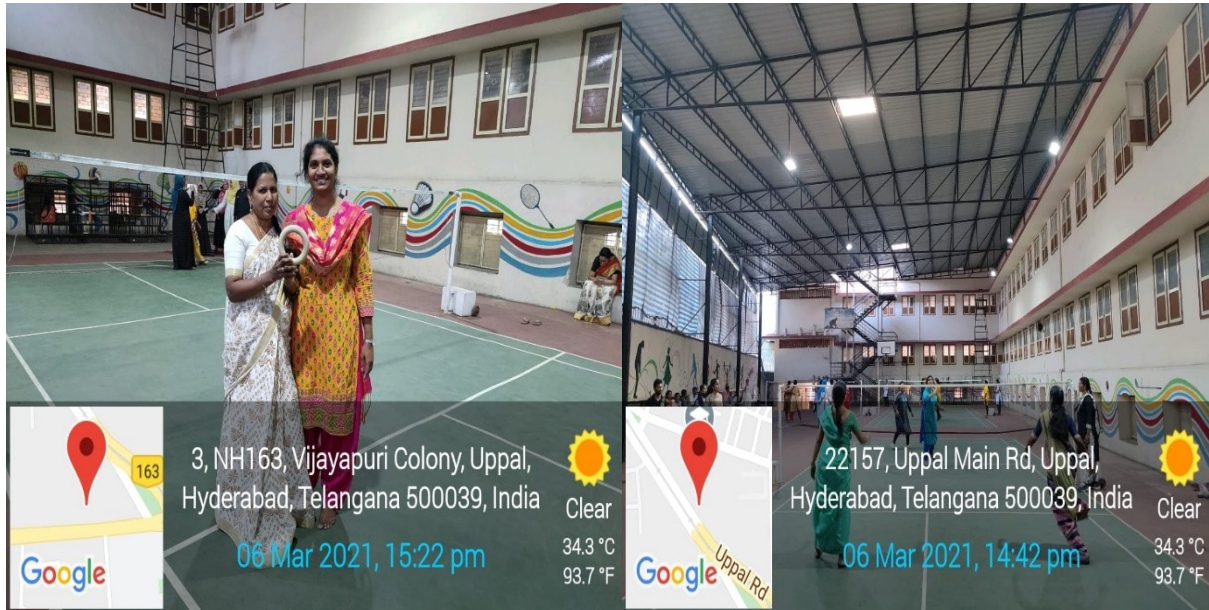


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Tennikoit runners-LFJC

Tennikoit doubles



Badminton doubles MESCO College



Little Flower Degree College

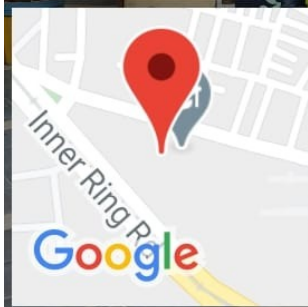
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Final Match MESCO vs LFJC



16-51, Beerappagadda Rd, Sri Nagar
Colony, Uppal, Hyderabad, Telangana
500039, India

06 Mar 2021, 17:04 pm



Clear
33.9 °C
93 °F



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Tennikoit singles winner- St. pious