



Little Flower Degree College

(Affiliated to Osmania University)

Uppal, Hyderabad

Managed by Brothers of St. Gabriel Educational Society

LEAD TO ILLUMINATE



PHYSICAL EDUCATION 2022-23



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PHYSICAL EDUCATION Academic year 2022-23

Prativa Prusty - Physical Director
Games & Sports

INDEX 2022-23

S.NO	DATE	EVENT	VENUE	NO OF PARTICIPANTS
1	29-07-22	Simple Yoga Asanas for Beginners	Montfort Hall.	61
2	29-08-22	National Sports Day	LFDC ground	6 teams
3	19-09- 22 to 20-04-22	Intra Collegiate Tournament:	LFDC ground	Team games class wise & others individual
4	12-05-23	Valedictory ceremony	Montfort hall	200 students
5	1 st & 2 nd Nov 2022	OU ICT Basketball women	Loyola Academy	11
6	10-11-22	OU ICT Swimming	GHMC Swimming pool	1
7	01-11-22	OU ICT Basketball-women	Loyola Academy	12
8	20-11-22	National level kung fu championship	VIP garden function hall	1
9	08-12-22	OU ICT Volleyball-women	St Anns, Mehdipatnam	7
10	13 th to 14 th Dec 2022	OU ICT Basketball, Volleyball & Football	Loyola Academy	35
11	26 th to 31 st Dec 22	South zone Inter university Basketball tournament	SRM University, Chennai	1
12	27 th & 28 th Jan23	Inter college Basketball & Volleyball (M & W) tournament for +1 & +2 students	LFDC campus	23 teams



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14	19 th to 21 st Feb2023	The Hindu Fic- VJIM cricket tournament for men	Pallavi international school	11
15	9 th & 10 th March23	Inter college basketball & volleyball tournament (M&W) for Degree students	LFDC campus	7teams
16	11 th & 12 th March	Megathon2023 3*3 inter college basketball tournament-men	Villa Marie degree college	3
17	23 rd & 25 th March202 3	NIFT inter college tournament	NIFT, Hyderabad	11
18	24 th & 25 th 2023	RANARANGAM 2k23 inter college tournament	IPE Campus	11
19	29 th & 30 th 2023	Telangana state kickboxing championship	FCA function hall	1



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SIMPLE YOGA ASANAS FOR BEGINNERS

Event 1: Simple Yoga Asanas for Beginners

Date: 29-07-2022

Venue: Montfort Hall

The faculty of Physical Education conducted a session cum workshop for the students of LFDC on 29/07/2022 at 09:30am in Montfort Hall. All B.sc 2nd year students attended. This session was conducted by Mr. Karunakar, a reputed yoga instructor working in Little Flower School.



Mr Kaunakar explaining yoga



Students are doing Yoga



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NATIONAL SPORTS DAY

Event 2: National sports day

Date: 29-08-2022

Venue: LFDC ground

The faculty of Physical education conducted a tournament Basketball for Men and Throw ball for Women groupwise on the occasion of Dhyhan Chand Jayanthi also called as National Sports Day on 29/08/2022 from 02:00pm onwards tournament conducted groupwise.



B.com vs B.sc Basketball match



BBA vs B.com Throwball match



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INTRA COLLEGIATE TOURNAMENT

Event 3: Intra collegiate games & sports

Date: 19-09-22 to 20-04-23

Venue: LFDC grounds

Dept Of Physical Education of LFDC Conducted Intra Collegiate Tournament From 19/09/22 to 20/04/23. The Tournament Was Conducted According to The Schedule as Follows:

1. BASKETBALL (MEN) 19-09-22
2. THROWBALL (WOMEN) 10-11-22
3. FOOTBALL (M) 08-12-22
4. CRICKET(MEN)
5. CRICKET(WOMEN) 24-03-23
6. VOLLEYBALL (M) 15-11-22
7. CARROM- (M&W) 10-03-23
8. CHESS-(M&W) 10-03-23
9. BADMINTON-SINGLE(MEN) 17-04-23
10. BADMINTON-DOUBLE(MEN) 17-04-23
11. BADMINTON-SINGLE(WOMEN) 20-04-23
12. BADMINTON-DOUBLE(WOMEN) 20-04-23



Followed by the Valedictory ceremony by the Vice Principal on 12/05/23 in Montfort Hall.



Chess winner Rithvik & runner Sparsh



Cricket winners 2nd year



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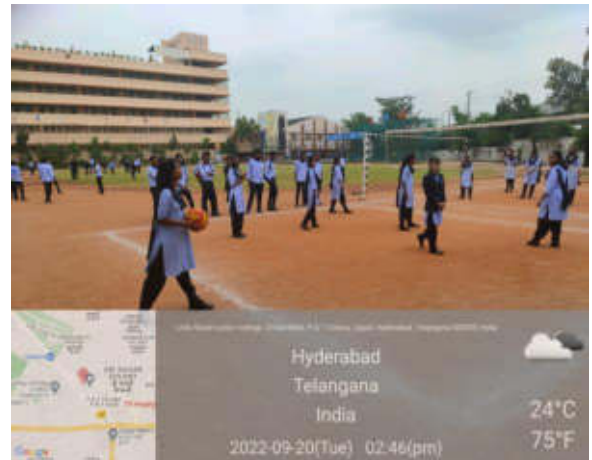
Volleyball winners B.com CA-A 2nd year



Basketball runners BBA-B 2nd year



Basketball final match



Throwball final match



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OU ICT BASKETBALL WOMEN

Event 4: OU ICT Basketball women

Date: 1st & 2nd Nov2022

Venue: Loyola Academy

LFDC Women Basketball team participated in OU ICT at Loyola Academy, Alwal on 1st and 2nd Nov 22. 12 teams were a part of this tournament. Out of 6 matches we've won 2 matches with OU Engineering College and St. Joseph's College. Everyone played with keen interest and great enthusiasm.



LFDC vs OU Engineering



LFDC basketball team at Loyola Academy



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OU ICT SWIMMING

Event 5: OU ICT Swimming

Date: 10-11-2022

Venue: GHMC Swimming pool

B. Deepak BBA Final Year of LFDC Participated in OU ICT Championship Conducted by BADRUKA Degree College at GHMC Swimming Pool on 10-11-22. He Bagged 3 Gold Medals In 50 Metres Freestyle, 100mts Back Backstroke, 50 Metres Backstroke and Also Team Championship.



Deepak BBA 2nd year with gold medals



Deepak receiving overall championship



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Inter College Cricket

Event 6: Hindu FIC-VJIM

Date: 10th to 21st Feb 2023

Venue: Pallavi international school

LFDC Cricket team participated in the Hindu FIC-VJIM T10 conducted for men studying in various colleges at PALLAVI INTERNATIONAL SCHOOL on 10th to 21st Feb 2023. Out of 3 matches we've won 2 matches with Sri Adarsh Degree College and MATRUSRI Engineering College and they lost against Bhavans Degree College. Everyone played with keen interest and great enthusiasm.



LFDC vs Adarsh degree college



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OU ICT VOLLEYBALL WOMEN

Event 7: OU ICT Volleyball women

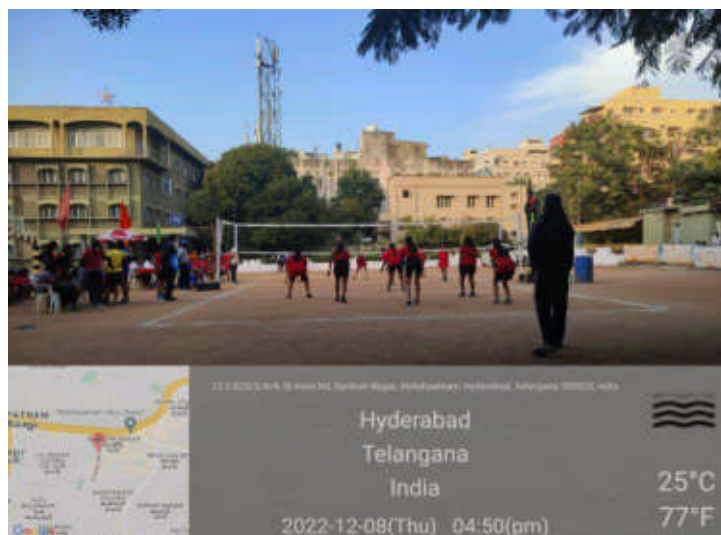
Date: 8th & 9th Dec22

Venue: St Ann's degree college

LFDC Women Volleyball Team Participated in our Intercollegiate Volleyball Tournaments Organised by St Ann's Mehdipatnam On 8th and 9th Dec 2022. 36 Teams Participated in That Tournament One of Them Being LFDC Team and 7 Players Participated. Out of 6 Matches Our Team Won Only 2 Matches with OUCW And GDCW Begumpet.



LFDC women volleyball team



LFDC vs OUCW



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OU ICT VOLLEYBALL, BASKETBALL & FOOTBALL

Event 8: OU ICT Volleyball, Basketball & Volleyball-Men

Date: 13th to 15th Dec 22

Venue: Loyola Academy

LFDC Volleyball, Basketball & Football Team Participated in Our Inter Collegiate Tournament Organised by Loyola Academy On 13th to 15th Dec 2022. 23 Teams Participated in Basketball, 40 Teams Participated in Volleyball And 30 Teams in Football. From Each Game 12 Players Participated in This Tournament. Basketball Team lost in Quarter Finals with St. Joseph Degree College, Volleyball Team Lost In 1st Match with Railway Degree College and Football team lost in 1st Match MVS Engineering College.



LFDC vs St Joseph



LFDC vs Railway degree college



LFDC Volley ball team with Principal



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South zone Inter university Basketball Tournament

Event 9: South zone Inter university Basketball tournament for men

Date: 26th to 31st Dec2022

Venue: SRM University, Chennai

The Department of physical education came to know about the selection trial of the OU Basketball Team. The department sent 2 players for the selection trial to Loyola Academy, Alwal on 14/12/2022. Out of the 2 students one student by the name of Samrudh 2nd year BBA got selected. Later he participated in South Zone Inter University at SRM University, Chennai on 26th to 31st December 2022. The OU team lost in quarter finals and he gained much experience in the tournament in spite of losing the quarter final match.



LFDC football team



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NATIONAL LEVEL KUNG FU CHAMPIONSHIP

Event 10: National level kung fu championship

Date: 20-11-2022

Venue: VIP Garden Function Hall

P. Srinath Of 1st MPCS Participated in National Level Kungfu Championship Competition Conducted by Tigers Kung Fu Academy. He Bagged a Gold Medal in Sparring of Black Belt. He also Participated Behalf of Yadadri Bhuvanagiri District in Telangana State Kickboxing Championship-2023 Organised by Mancherial Kickboxing Association and He Got 2 Gold Medal in 69kg (2) Category Like (Point Fight and Point Musical Form) On 29th to 30th April 2023.



Srinath after winning



Srinath receiving the medal



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RANARANGAM 2K23, NIFT & VILLA MARIE INTER COLLEGE TOURNAMENT

Event 11: Inter college Basketball Tournament

Date: 11th march to 25th April

Venue- IPE, NIFT & Villa Marie

LFDC Men Basketball Team Got 2nd Place in RANARANGAM 2k23 held on 24th & 25th April 2023 at IPE campus ,2nd Place in NIFT Held on 23rd & 25th March 2023 at NIFT campus and 3rd Place in Villa Marie Inter College Tournament Held On 11th & 12th March 2023 Villa Marie campus.



NIFT TOURNAMENT



Villa Marie tournament receiving awards



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IPE tournament receiving medals & trophy



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INTER COLLEGIATE COMPETITIONS FOR +1 & +2 STUDENTS

Event 12: Inter Collegiate Basketball & Volleyball (M&W) Competitions for +1 & +2 Students

Date: 27th & 28th Jan 2023

Venue: LFDC Ground

The Department of Physical Education of L Has Organised Basketball and Volleyball Competitions for Intermediate college, +1 And +2 Schools [Boys & Girls] On 27th & 28th Jan 2023. There were 9 Teams for Basketball [Boys], 4 Teams for Basketball [Girls], Volleyball [Boys] 5 Teams & For Volleyball Girls 5 Teams Participated in this Tournament.



Volleyball & Basketball match opening & introduction with principal Rev Brother Vincent Reddy & Vice principal Ms Jayanthi Reddy.



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INTER COLLEGIATE COMPETITIONS VALEDICTORY

The Chief Guest for The Valedictory Function Was Mrs. Mrudula Korada. She Was an International Sports Person and Won a Lot of Medals in International Competitions Like Commonwealth, Asian Grand Prix. She Brought Laurels to India. She Is Currently Working in The Income Tax Department. The Winners of The Basketball Competition [Boys] Were LFJC-C And Runners Were K.V [Picket]. The Winners of Basketball [Girls] Were St. Francis Jr College and Runners Were St. Ann's Junior College.

The Winners of Volleyball Competition [Boys] Was Loyola Jr College, Followed by Runner's LFJC-A. The Winner's for Volleyball Competition [Girls] Was Telangana Sports School, Followed by Runner's TSRJC Balanagar.



Ms Mrudula Korada & VP with TSC team Girls Winners



Runners Basketball K V Picket team



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St Francis j c Basketball winners



St Anns JC Basketball runners



Runner's volleyball girls-TSRJC



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Winners Volleyball men-Loyola Academy



Runner Volleyball men-LFJC A team



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INTER COLLEGE FOR DEGREE STUDENTS

Event 13: Inter College Basketball & Volleyball (M&W) tournament for Degree students

Date: 9th & 10th March 2023

The Department of Physical Education of LFDC has Organised Inter College Basketball and Volley Tournament for Degree Students On 9th & 10th March 2023 In LFDC Campus. Five Team in Basketball (Men's) & Two Teams (Women's) Participated. After all the Matches Valedictory Ceremony was Conducted Next Day. The Chief Guest of The Ceremony Was Mr G Kiran Reddy Former National Volleyball Player, DVM TSRTC Presents the Trophy to the Players.



Winners Basketball men - LFDC receiving medals from the chief guest Mr G Kiran Reddy & VP Ms Jayanthi Reddy & Runners team St Joseph degree college



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3rd place Basketball Malla Reddy college



Basketball runner LFDC



Basketball winners Villa Marie degree college