



Little Flower Degree College

(Affiliated to Osmania University)

Uppal, Hyderabad

Managed by Brothers of St. Gabriel Educational Society

LEAD TO ILLUMINATE



PHYSICAL EDUCATION
2024-25



Little Flower Degree College

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INDEX

| S.NO | DATE | EVENT | VENUE | NO. OF STUDENTS PARTICIPATED |
|------|--------------------------|---|--|------------------------------|
| 1 | 8th to 9th June 2024 | 2nd Telugu states chess championship for visually challenged-2024 | Hindu college of Pharmacy, Guntur | 1 |
| 2 | 12th to 14th July 2024 | Spark chess Academy 2nd international below 1800 FIDE | Aahwanam kalyana mandapam, Vijayawada | 1 |
| 3 | 1st to 4th July 2024 | Rising star premier cricket league (JPL) | SMR ground, Cherlapally, Hyderabad | 1 |
| 4 | 28th August 2024 | National Sports day Athletics meet. | L B Stadium | 1 |
| 5 | 29th August 2024 | Nation sports day | Montfort hall | 60 |
| 6 | 1st September 2024 | 1st Senior Inter District Wushu championship. | M R Gardens Gaddaragadi, Mancheerial, Telangana. | 1 |
| 7 | 29-09-24 | 3rd International karate championship 2024. | Andheri sports complex Mumbai, India. | 1 |
| 8 | 19-05-24 | Goa International Martial arts championship 2024. | Goa, India | 1 |
| 9 | 13-10-24 | Lawn Tennis | NSTA Tennis Academy | 1 |
| 10 | 19th & 20th October 2024 | Ou Intercollegiate Basketball tournaments | Loyola academy | 11 |
| 11 | 2nd to 4th Nov 2024 | OU ICT Lawn Tennis | Bhavans degree college | 2 |
| 12 | 30 & 31st Jan 2025 | Intercollegiate Basketball tournaments organised by IPE. | IPE | 8 |



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| | | | | |
|----|--|---|---|------------|
| 13 | 11th & 12th Feb 2025 | Intercollegiate Lawn Tennis tournaments | Mahendra university | 2 |
| 14 | 21st & 22nd Feb 2025 | Intercollegiate Basketball tournament | Symbiosis campus | 8 |
| 15 | 21st & 22nd Feb 2025 | Intercollegiate Volleyball tournament | Symbiosis campus | 6 |
| 16 | 02-03-25 | National all style martial arts open championship 2025. | Kotla Vijaya Bhaskar Reddy indoor stadium, Yousufguda, Hyderabad. | 1 |
| 17 | 27th & 28th Feb 2025 | Inter college basketball tournament for degree students | LFDC Campus | 12 teams |
| 18 | 23rd September 2024 to 30th January 2025 | Intra collegiate tournament for LFDC students | LFDC students | All groups |



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2nd Telugu state Chess championship for visually challenged 2024

| | |
|-------|--|
| Date | 8th to 9th June 2024 |
| Event | 2nd Telugu state Chess championship for visually challenged 2024 |
| Venue | Hindu college of Pharmacy, Guntur |

Sparsh from BA 2nd year who is visually challenged got 4 points out of 6 rounds and placed 4th in the final ranking list and a gold medal in 2nd Telugu states chess championship for visually challenged-2024 at Hindu college of Pharmacy, Guntur from 8th to 9th June 2024.



Sparsh receiving the medal



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| | |
|-------|---------------------------------------|
| Date | 12th to 14th July 2024 |
| Event | Chess tournament |
| Venue | Aahwanam Kalyana Mandapam, Vijayawada |

Sparsh from BA 2nd year who is visually challenged got 4 points out of 9 rounds and placed 395 in the final ranking list in Spark chess Academy 2nd international below 1800 FIDE rating open chess tournament 2024 organised by Spark chess Academy from 12th to 14th July 2024.



Sparsh during the competition



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| | |
|-------|--|
| Date | 1st to 4th July 2024 |
| Event | Rising star premier cricket league (JPL) |
| Venue | SMR Ground, Cherlapally, Hyderabad |

Jatin from BBA - A 1st year participated in Rising star premier cricket league tournament at SMR ground from 1st to 4th July 2024 at SMR ground, Cherlapally, Hyderabad and his team became winners, under his captaincy. In that final match he got the Man of the match award.



Jatin with the Trophy



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| | |
|-------|------------------------------------|
| Date | 28th August 2024 |
| Event | National Sports day Athletics meet |
| Venue | LB Stadium |

C Shiva Kumar from BA 2nd year got a gold medal in the National Sports day Athletics meet at L B Stadium organised by Telangana sports authority on 28th August 2024.



Rev. Bro. John Kallarackal congratulating
Shiva



Shiva receiving the Medal



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| | |
|-------|------------------|
| Date | 29th August 2024 |
| Venue | Montfort Hall |
| Time | 9.30 am |

The faculty of Physical Education conducted a seminar on 29th August 2024 in Montfort Hall for National Sports Day, honouring Major Dhyan Chand's legacy. The event featured Ms. Srikruti International beach volleyball player as the speaker for seminar who delivered an inspiring speech on the importance of sports in fostering physical and mental well-being. Her insights motivated the students to incorporate sports into their daily lives.



Speech delivered by speaker Ms. Srikruti



The Director of LFDC Rev. Bro. John Kallarckal honouring the speaker



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| | |
|-------|---|
| Date | 1st September 2024 |
| Event | 1st Senior Inter District Wushu championship |
| Venue | M R Gardens Gaddaragadi, Mancheerial, Telangana |

Report: Srikanth from MPC final year got Gold Medal in 1st Senior Inter District Wushu championship at M R Gardens Gaddaragadi, Mancheerial, Telangana on 1st September 2024.



Srinath receiving Gold Medal



Receiving best wishes from the Chief Guest



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| | |
|-------|--|
| Date | 29/09/ 2024 |
| Event | 3rd International karate championship 2024 |
| Venue | Andheri sports complex Mumbai, India |

B Lavanya from BCOM 2nd year got 3rd place in the karate event u18 52 weight category in 3rd International karate championship 2024 at Andheri sports complex Mumbai, India on 29/09/2024.



B Lavanya with the Medal



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| | |
|-------|--|
| Date | 19/05/ 2024 |
| Event | Goa International Martial arts championship 2024 |
| Venue | Goa, India |

B Lavanya from B. Com 2nd year got the gold medal in the karate event u18 in Goa International Martial arts championship 2024 at Goa, India on 19/05/2024.



B Lavanya with the Trophy



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| | |
|-------|------------------------|
| Date | 13/10/ 2024 |
| Event | Long Tennis Tournament |
| Venue | NSTA Tennis Academy |

Mohd. Aman from B. Com 1st year got gold medal in boys singles and silver medal in doubles in twin cities tennis tournament at NSTA Academy, Mettuguda Secunderabad on 13/10/2024.



Aman with the Trophy



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| | |
|-------|---|
| Date | 19th & 20th October 2024 |
| Time | 08:30 AM |
| Venue | Loyola Academy |
| Event | OU Intercollegiate Basketball tournaments organised by Loyola Academy |

LFDC Basketball team participated in OU Intercollegiate Basketball tournaments organised by Loyola Academy on 19th & 20th October 2024. 17 teams participated in that tournament, one of them being the LFDC team. 12 players participated in this tournament. Our team lost in the quarter final to Badruka degree college.

The List of The Players Are As follows:

| S. NO | NAME OF THE STUDENT | CLASS |
|-------|---------------------|-------------|
| 1 | Anto Tony Toms | BCOM CA III |
| 2 | Tarun | BCOM CA II |
| 3 | Sam | BCOM CA II |
| 4 | Sidhanth | MA PSY II |
| 5 | G Sai Raghav | BCOM GEN I |
| 6 | K Jaswanth | BBA I |
| 7 | Y Satya Adithya | BCOM CA II |
| 8 | Pranay Durga | BCOM HONS I |
| 9 | G Amith | BCOM CA III |
| 10 | S K Naseer | BCOM CA III |
| 11 | Henry Joy | BCOM CA III |



Badruka Degree College vs LFDC



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| | |
|-------|--------------------------------------|
| Date | 2nd to 4th Nov 2024 |
| Time | 09:00am |
| Venue | Bhavans Vivekananda degree college |
| Event | OU ICT Lawn Tennis for men and women |

The faculty of physical education came to know about the OU ICT Lawn Tennis competition and sent 2 players for the competition to Bhavans Vivekananda college on 2nd to 4th Nov 2024. Name K Aneesh Reddy 3rd yr BBA and Mohd. Arman from B. COM 1st year. They got 3rd place in that tournament.



Aman and Aneesh receiving the trophy from the O U ICT Secretary



Director Rev. Bro. John Kallarackal and Principal Mrs. Jayanthi Reddy congratulating the players



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Intercollegiate Basketball Tournaments organised by IPE

LFDC Basketball team participated in IPE Intercollegiate Basketball tournaments organised by IPE on 30th & 31st January 2025. 12 teams participated in that tournament one of them being LFDC team. 8 players participated in this tournament. Our team became winners.

The list of the players are as follows:

| S. NO. | NAME OF THE STUDENT | CLASS |
|--------|---------------------|-------------|
| 1 | Anto Tony Toms | III BCOM CA |
| 2 | Tarun | II BCOM CA |
| 3 | Pranay Dugar | I BCOM HON |
| 4 | G Amith | III BCOM CA |
| 5 | Henry Joy | III BCOM CA |
| 6 | Amith Raj | I BCOM HONS |
| 7 | Priyansh | III BBA |
| 8 | Aditya | II BCOM CA |



LFDC Basketball team with the Director Rev. Bro. John Kallarackal and Principal Mrs. Jayanthi Reddy and PD



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LFDC Basketball team receiving the trophy at IPE



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Intercollegiate Lawn Tennis Tournaments

LFDC Lawn tennis team participated in Intercollegiate Long tennis tournaments organised by Mahendra University 11th and 12th February on 2025. 2 players participated in that tournament, one of them being the LFDC team. Our team became runners.

The list of the players are as follows:

| S. NO. | NAME OF THE STUDENT | CLASS |
|--------|---------------------|-----------|
| 1 | Mohd Amaan | I BCOM CA |
| 2 | Annish | III BBA |



LFDC Lawn tennis players receiving the trophy at Mahindra University



Director Rev. Bro. John Kallarackal and Principal Mrs. Jayanthi Reddy congratulating the players



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Intercollegiate Basketball Tournaments

LFDC Basketball team participated in Symbiosis Intercollegiate Basketball tournaments organised by Symbiosis on 21st & 22nd February 2025. 10 teams participated in that tournament one of them being LFDC team. 8 players participated in this tournament. Our team became Runners.

The list of the players are as follows:

| S. NO. | NAME OF THE STUDENT | CLASS |
|--------|---------------------|-------------|
| 1 | Anto Tony Toms | III BCOM CA |
| 2 | Tarun | II BCOM CA |
| 3 | Pranay Dugar | I BCOM HON |
| 4 | G Amith | III BCOM CA |
| 5 | Henry Joy | III BCOM CA |
| 6 | Amith Raj | I BCOM HONS |
| 7 | Priyansh | III BBA |
| 8 | Aditya | II BCOM CA |



Director Rev. Bro. John Kallarackal and Principal Mrs. Jayanthi Reddy congratulating the players



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Intercollegiate Volleyball Tournaments

LFDC Volleyball team participated in Symbiosis Intercollegiate Volleyball tournaments organised by Symbiosis on 21st & 22nd February 2025. 10 teams participated in that tournament one of them being LFDC team. 6 players participated in this tournament. Our team became Runners.

The list of the players are as follows:

| S. NO. | NAME OF THE STUDENT | CLASS |
|--------|---------------------|---------|
| 1 | Vivek Varma | III BBA |
| 2 | Sai Kiran | BSC |
| 3 | Saibaba | BSC |
| 4 | Shashank | BSC |
| 5 | Nikhil | BSC |
| 6 | Shiva | BSC |
| 7 | Harideep | BSC |



Director Rev. Bro. John Kallarackal and Principal Mrs. Jayanthi Reddy congratulating the players



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National All Style Martial Arts Open Championship 2025

B Lavanya from BCOM 2nd year got the gold medal in the karate event u18 in **National all style martial arts open championship 2025** on 2nd February 2025.



Lavanya with Director Rev. Bro. John Kallarackal and Principal Mrs. Jayanthi Reddy Mam



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INTER COLLEGIATE BASKETBALL TOURNAMENT (M&W) FOR DEGREE STUDENTS

Physical education of LFDC has organised an inter college basketball tournament for degree students on 27th & 28th February 2025 in LFDC campus. 10 teams in basketball (men) & 2 teams (women's) participated. After all the matches, a valedictory ceremony was conducted the next day. The Director of LFDC Rev Bro John Kallarackal presents the trophy to the players. The winners' men – St. Joseph's degree college and the runners up was Bhavans degree college. women winners Loyola academy and the runners were St. Joseph's degree college.



Winners Loyola Women's Team



Runners St. Joseph's degree college



Introducing the players to Principal Mrs. Jayanthi Reddy



LFDC basketball team



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Winners of Inter College Basketball Team St. Joseph's Degree College



Runners of Inter College Basketball Bhavans Degree College



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INTRA COLLEGIATE COMPETITION

Physical Education of LFDC Conducted Intra Collegiate Tournament group wise from 23rd September 2024 to 30th January 2025. The Schedule as Follows:

1. Basketball (men)
2. Throwball (Women)
3. Football (M)
4. Cricket (Men)-
5. Cricket (Women)
6. Volleyball (M)
7. Carrom- (M&W)
8. Chess-(M&W)
9. Badminton-Single (Men)
10. Badminton-Double (Men)
11. Badminton-Single (Women)
12. Badminton-Double (Women)



Carroms and Chess for Women



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Carroms Women Final Match



Cricket Women Winners & Runners Team



Table Tennis for Men



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After the Volleyball final match BCOM CA final year



Volleyball Final Match



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Throwball for Women



Throwball Women Final Match



Basketball Men



Final Match Basketball Men



Cricket Women Final Match



Badminton Women Doubles Final Match



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Badminton Men Doubles Final Match



Badminton Men Single Final Match



Chess For Men Final Round



Carrom Men Final Round