**Smt. A.S.M. College for Women, Ballari.**

**Department of Physical Education**

**“A sound body in a sound mind”**

The Department of Physical Education is having full faith in the above mentioned saying and accordingly it plans and acts. The Department of Physical Education was established simultaneously along with the inception of the College in the year 1969. It was shouldered by Smt. Padmavathi, a full time Physical Director . She rendered her service till 16th of June, 2006. Since 2006, the department has been taken care of Sri. P.Marenna, till date. The Department is equipped with all the equipment needed for playing the indoor games such as Chess, Carrom, Table Tennis, etc. Apart from, the Department is also providing the space in the ground for Volley Ball, Throw-Ball, Kho-Kho, Kabaddi and also Long Jump and High Jump. The Department has undergone a Memorandum of Understanding with the Veerashaiva College, a sister institution to provide the space for the track events an also swimming pool for the swimmers. Many students in the past have participated at various sports meet at the University level, State level and National level and bagged prizes and brought laurels to the College.

            The Department is blessed with a minimum play area for organising physical activities, both in view of mass participation and for competitive activities such as small area games like Kabaddi, Volleyball, Throwball, Badminton, Basketball, Tennicoit, Yoga and etc. There is a proposal to have a separate Multi-purpose hall for Gym/Yoga/Fitness/Aerobics in the years to come.

           At the end of the each academic year, Annual Sports Meet will be held. A separate Sports Committee in the College being headed by Principal as its Chairman along with the Staff Members assist in organising all sorts of games on the Sports Day.

**Vision:**

“Making a person energetic, enthusiastic, physically fit, determined and optimistic which results in development of overall personality.”

**Mission:**

* To educate minds, develop healthy bodies and promote positive attitude towards life time physical activity, fitness and sports skills.
* To provide quality physical education programme in a place where each student will be empowered with the knowledge and skills necessary which in turn impact her health and well-being.
* To develop moral and ethical values among the students.
* To inculcate healthy competitive sportsmanship among the students.

**Objectives:**

* To conduct physical fitness tests, analyse and help students to improve.
* To conduct classes of physical activities such as yoga, aerobics, karate for self-defense.
* To teach, coach and train students in athletics, major sports and games.
* To inspire students y real life stories of successful sportsmen and aid them to take up challenges.
* To channelize the energy and leisure time of students towards worthwhile healthy practices.
* To assist in the activities of NCC, NSS, Youth Red Cross Wings etc., in the College.
* To counsel and guide students in fitness related issues.

**Faculty**

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| **Sl. No.** | **Name**  | **Designation** | **Mobile Number and** **E-Mail ID** |
| **1.** | P Marenna[**Sri. P. Maranna,**](http://www.smtasmc.org/images/P.Marenna.docx)**B.A., M.P.Ed.,**  | **Physical Education Director** | **9591230407** |

[**List of Achievers’- K.S.W. University Blues from 2011 to 2017**](http://www.smtasmc.org/images/Winners_Photos.docx)

           It is great privilege to mention the names of the students of our institution who have shown outstanding performance in sports since the inception. Amongst them a list of the achievers’ at the Inter-Collegiate, University level, and Inter-University level during the previous years is given below:-

1. Ms.Ayesha.S.K. of B.Sc., (CBZ) Chess Champion in 2013, 2014, and 2015.

2. Ms.Vinutha of B.Sc., in Kabaddi during 2014.

3. Ms.Madhavi of B.Sc., in Chess in the year 2015.

4. Ms.Jyothi.K. of B.Com., in Shuttle Badminton in 2015-16.

5. Ms.Kruthika of B.Sc., in Shuttle Badminton in 2015.

6. Ms.ManishaVarma of B.Sc., in Shuttle Badminton in 2016.

7. Ms. Lakshmi of B.Com., Shuttle Badminton in 2015.

8. Ms.Chitra of B.Sc., Chess in 2016.

9. Ms.AmruthaVarshini, Chess in 2016.

10. Our College team was the Winners in Chess in 2014 the University level.

11. Our College team was the Runners in Chess in 2013 at the University level.

12. Our College team has won the Winner Trophy in Shuttle Badminton in the year 2015.

13. Our College is team is Winner in Shuttle Badminton in 2016.

14. Ms.Nandini of B.Sc., selected for the Athletic Team of K.S.W. University in 2015.

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