

**Details of Activities of Department of Physical Education for the  
for the Session 2022-23**

<b>Sr No.</b>	<b>Month</b>	<b>Date</b>	<b>Event/ Webinars</b>
1.	August	29/8/2022	National Sports Day Friendly Volley ball Match
2.	March	14/3/2023	Annual Athletic meet
3.	May	06/5/2023	World Athletics Day

*Harinder Singh*

# Permission letter

To

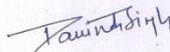
**The Principal  
Kanya Maha Vidyalaya  
Jalandhar**

Respected Madam,

With due respect I wish to state that faculty of Physical Education Department is organising Friendly Volleyball Match on the Celebration of National Sports Day on 29/8/2022 at 11:00 am in the College Campus. Kindly grant permission for the same and oblige.

Thanking you

Yours sincerely



**Dr. Davinder Singh  
Assistant Professor  
Department of Physical Education**

*Hadhuseel*

## REPORT OF THE EVENT

### **KMV commemorates National Sports Day with full zeal and enthusiasm**

Kanya Maha Vidyalaya (Autonomous) organised an Indoor Volleyball friendly match to commemorate National Sports Day with great zeal. The match was organised by Department of Physical Education. The students learnt a lot about true sportsmanship and the value of playing games. Approximately more than 100 students participated in this activity. Principal Prof. (Dr.) Atima Sharma Dwivedi averred that the aim of conducting these types of activities is to raise awareness about the values of sports: discipline, perseverance, sportsman spirit, teamwork, and to encourage students in large to take up sports and make it an integral part of their lives while emphasising on the importance of being fit and healthy. Madam Principal lauded the efforts of Dr. Davinder Singh and Ms. Baldeena for conducting this activity.

### **National Sports Day Friendly Volley Ball Match**



*Davinder Singh*

## News Coverage

# के.एम.वी. में जोश एवं उत्साह के साथ मनाया राष्ट्रीय खेल दिवस



खिलाड़ियों को साथ लेकर राष्ट्रीय खेल दिवस मनाते हुए विद्यालय प्रिंसीपल प्रो. (डा.) अतिमा शर्मा द्विवेदी व स्टाफ। (संदीप)

### सवेरा न्यूज/कुश

जालंधर, 30 अगस्त : कन्या महाविद्यालय ने राष्ट्रीय खेल दिवस को जोश के साथ मनाने के लिए इंडोर वॉलीबाल मैच का आयोजन किया। इस मैच का आयोजन डिपार्टमेंट ऑफ फिजिकल एजुकेशन द्वारा किया गया। इसके अंतर्गत छात्रों ने सच्ची खेल भावना और खेल खेलने के महत्व के बारे में भी जाना। इस गतिविधि में

लगभग 100 से अधिक छात्राओं ने भाग लिया। विद्यालय प्रिंसीपल प्रो. (डा.) अतिमा शर्मा द्विवेदी ने कहा कि इस प्रकार की गतिविधियों को आयोजित करने का उद्देश्य खेल के मूल्यों के बारे में जागरूकता बढ़ाना है जैसे अनुशासन, दृढ़ता, खिलाड़ी भावना, टीम वर्क, और साथ ही बड़े पैमाने पर छात्रों को खेल के लिए प्रोत्साहित करना है।

*Ravinder Singh*

# Annual Athletic Meet Permission letter

To

**The Principal  
Kanya Maha Vidyalaya  
Jalandhar**

Respected Madam

With due respect I wish to state that faculty of Physical Education Department is organising an **Annual Athletic Meet on 14/03/23** at 10: am in the Kanya Maha Vidyalaya College campus Play Ground. Kindly grant permission for the same and oblige.

Thanking you

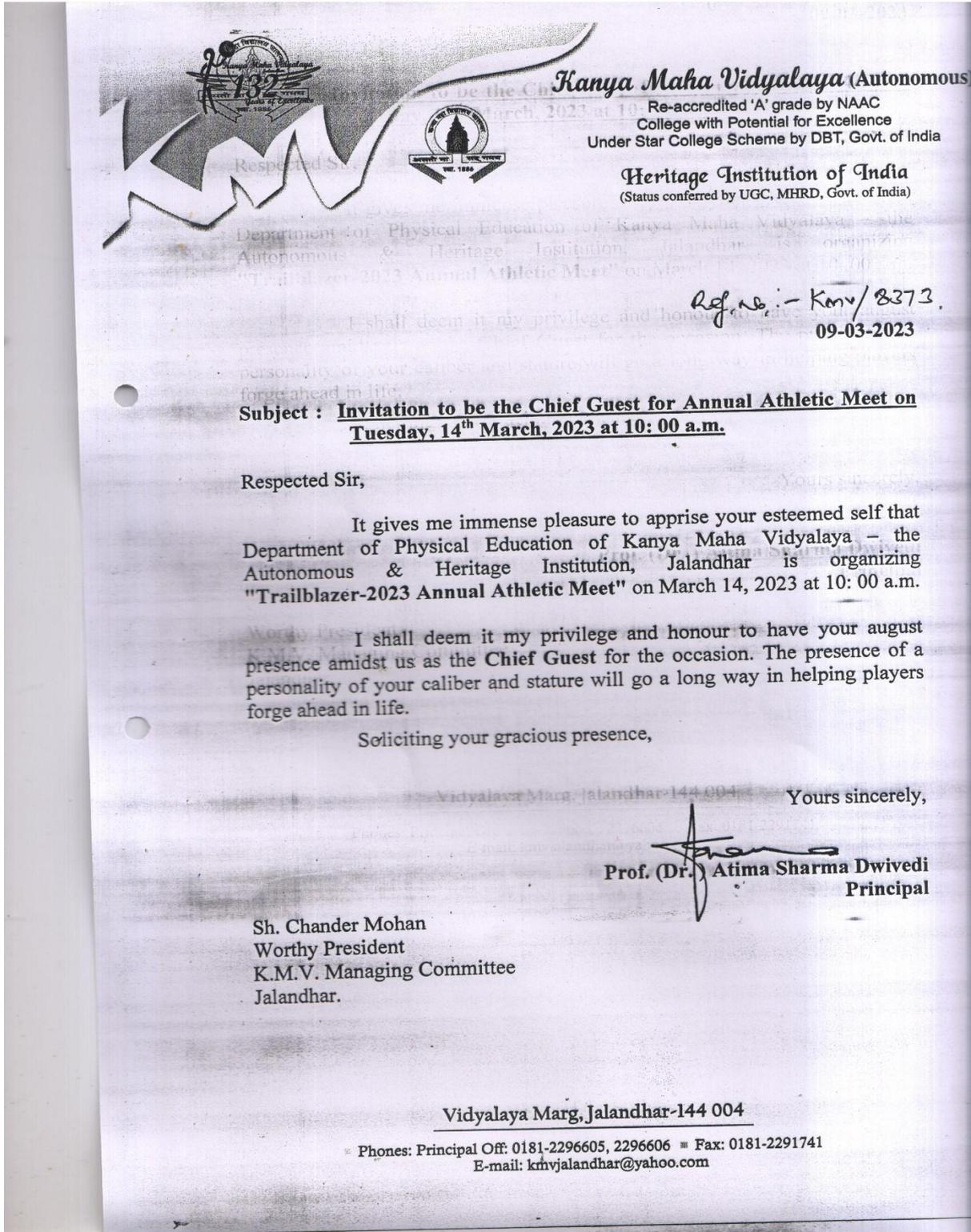
Yours sincerely

*Davinder Singh*

**Dr. Davinder Singh  
Assistant Professor  
Department of Physical Education**

*Madhuresh*

# Invitation letter Athletic Meet



## **KMV successfully organises Annual Athletics Meet Trailblazer-2K23**

Kanya Maha Vidyalaya (Autonomous) organised the Annual Athletic Meet Trailblazer-2K23. At the outset, Principal Prof. Dr. Atima Sharma Dwivedi welcomed the Chief Guest Sh. Chander Mohan ji President, Arya Shiksha Mandal. After the unfurling of KMV Sports Flag, it was time for March Past by Volleyball, Handball, Softball, Kho Kho Athletes and NCC squad of the college. Squad teams were lead by players of national and international level as the display of discipline and team spirit was spectacular. Addressing the gathering, Principal Prof. Dr. Atima Sharma Dwivedi thanked Sh. Chander Mohan for his inspiring presence and blessings on the Athletic Meet. She congratulated all the sportswomen who had made their mark in the field of sports with their diligence and skill. She averred that sports is a prestigious human activity since the dawn of human civilisation and we cannot imagine the world without the sports. She also encouraged one and all to participate whole heartedly in the events of the day. The Chief Guest Sh. Chander Mohan ji addressing the eagerly listening young sportsperson said that the face of sports had seen a sea change in the recent years as women had entered the arena of sports with aplomb in the 21st century. Untiring efforts, dedication and commitment he observed paved way for success. On this occasion, all the winners of the various events and the coaches of different games were honored by the Chief Guest. During the colorful progression of the day various events in the categories for players & non-players took place namely 100m & 200m race, Long jump, Sack race, Spoon & Potato race, Shot put, 400m race for non-players. The other events for the faculty included Tug of War (Male & Female Staff) & Musical Chair. The winners for the various events were 100 metres (Non-player)- Divya, Vishakha & Harshita were first, second and third respectively, 100 metres (player)- Jaspreet, Shailpreet & Nisha were first, second and third, Three-legged race (Non player)- Harshita & Shaeini, Aditi & Kalpana, Vinakshi & Shweta were first, second and third, Sack race- Saira, Aditi & Kritika were first second and third, 200 metres (player)- Jaspreet, Manpreet & Divyanshi were first, second and third, Long Jump (players)- Manpreet, Manpreet Kaur & Nisha were first, second and third respectively, Lemon race- Saira, Rama and Bhawna were first & second respectively, 400 metres (player)- Jaspreet, Manpreet Kaur & Sanjana were first, second and third respectively, 400 meters (non player)- Kritika, Harshita and Priya were first, second and third respectively, Shot Put (Players)- Gurjit, Ishika & Manju were first, second and third respectively, Shot Put (Non- Players)- Priyanshi, Jasmeet & Manmeet were first, second and third respectively Relay race (Players)- Shailpreet, Manpreet, Manpreet & Rekhawere first, Nisha, Komal, Sehaj & Rani were second and Manpreet, Mehak, Khushpreet & Harpreet were third respectively, 50 metres (Female staff) – Ms. Dilrajan, Ms Shivani & Ms Princy were first, second and third respectively. Best Athlete (non player) was bagged by Saira, Best Athlete (Player) was bagged by Manpreet. Madam Principal lauded the efforts of Dr Davinder and Ms Baldina & NCC Department for successfully organising the annual athletic meet.

*Davinder Singh*

The Heritage Institution  
**KANYA MAHA VIDYALAYA (Autonomous)** **FIT INDIA**  
 College with Potential for Excellence by UGC | Only college with CURIE & FIST grants by Govt. of India | 137 Glorious Years | Star College Status by DBT, Govt. of India

**Top National and State Rankings (India Today, Outlook Magazine & Times of India Group)**

**Annual Athletic Meet** *Heartiest Welcome*  
**Trailblazer 2K23**

**March 14, 2023 9:00 a.m.**

*Hum Fit to India Fit*

**Chief Guest**  
**Sh. Chander Mohan**  
 President  
 KMV Managing Committee

Dr. Davinder Singh  
 Department of Physical Education

Prof.(Dr.) Atima Sharma Dwivedi  
 Principal



*Davinder Singh*

## ANNUAL ATHLETICS MEET AT KMV

Kanya Maha Vidyalaya organised its annual athletics meet, 'Trailblazer-2K23'. Principal Atima Sharma Dwivedi welcomed the chief guest, Chander Mohan, president, Arya Shiksha Mandal. Events such as 100 m and 200 m race, long jump, sack race, spoon and potato race, shot put and 400 m race were organised. Jaspreet, Shailpreet and Nisha were the winners of the event. Manpreet was declared the best athlete. TNS

### रस्साकशी में टीचर्स का दमखम बोले- जोर लगाकर हईशा...



जालंधर | केएमवी में वार्षिक एथलेटिक मीट ट्रेल ब्लेजर करवाई गई। इस दौरान 100, 200, 400 मीटर दौड़, शॉर्ट जंप, लॉग जंप, स्पून एंड पटेटो रेस, सैक रेस, नौडल एंड शेड रेस, ट्रिपल जंप, रिले रेस हुई। रस्साकशी मुकाबले में महिला-पुरुष टीचर्स आमने-सामने हुए जिससे मैच रोमांचक भरा रहा। जीत पुरुष वर्ग की हुई। -संबंधित छाबर पेज 4

### केएमवी में वार्षिक एथलेटिक मीट ट्रेल ब्लेजर • प्लेयर्स कैटेगरी में मनप्रीत बनीं बेस्ट एथलीट 100 मीटर रेस में दिव्या व 200 मी. में जसप्रीत ने पाया पहला स्थान, 400 मी. में कृतिका अत्वल

भारत न्यूज़ | जालंधर

केएमवी में वार्षिक एथलेटिक मीट ट्रेल ब्लेजर का आयोजन किया। इसमें चंद्रमोहन अध्यक्ष आर्य शिक्षा मंडल बतौर मुख्यातिथि उपस्थित हुए। प्रिंसिपल प्रो. अतिमा शर्मा द्विवेदी ने कहा कि कन्या महाविद्यालय की खिलाड़ी छात्राओं ने राष्ट्रीय व अंतरराष्ट्रीय स्तर पर उपलब्धियां हासिल की हैं, जिस पर हम सभी को बहद गौरव है। एथलेटिक्स मीट में 100, 200, 400 मीटर दौड़, शॉर्ट जंप, लॉग जंप, स्पून एंड पटेटो रेस, सैक रेस, नौडल एंड शेड रेस, ट्रिपल जंप, रिले रेस का आयोजन किया। इन प्रतियोगिताओं में प्लेयर और नॉन प्लेयर छात्राओं ने बड़-चड़कर भाग लिया। टग ऑफ चॉर, 50 मीटर दौड़, म्यूजिकल चेयर आदि प्रतियोगिताओं में प्राथमिक वर्ग ने पूरे उत्साह से भाग



केएमवी में वार्षिक एथलेटिक मीट ट्रेल ब्लेजर में विभिन्न गेम्स में हिस्सा लेती हुई छात्राएं।

लेते हुए खेल भावना का प्रदर्शन किया। 100 मीटर रेस में दिव्या पहले, विशाखा दूसरे और हर्षिता तीसरे स्थान पर रही। 200 मी रेस प्लेयर्स में जसप्रीत पहले, शैलप्रीत ने दूसरा और निशा ने तीसरा स्थान हासिल किया। श्री लोहा रेस नॉन प्लेयर में हर्षिता और

शाहनी पहले, अर्चिता और करुणा दूसरे, वीनाक्षी और श्वेता तीसरे स्थान पर रही। 200 मी. रेस में जसप्रीत ने प्रथम, मनप्रीत ने द्वितीय और देवश्री ने तृतीय स्थान प्राप्त किया। 400 मीटर में जसप्रीत ने प्रथम, मनप्रीत कोर ने द्वितीय और संजना ने तृतीय

स्थान प्राप्त किया। 400 मीटर में कृतिका पहले, हर्षिता दूसरे और प्रिया तीसरे स्थान पर रही। लॉग जम्प प्लेयर्स में मनप्रीत पहले, मनप्रीत कोर दूसरे और निशा तीसरे स्थान पर रही। अक्याक वर्ग में 50 मीटर रेस में दिलराजन पहले, शिवानी नैयर दूसरे

और मैडम प्रिंस तीसरे स्थान पर रही। प्रोग्राम से बेस्ट एथलीट जोन प्लेयर्स श्रेणी में सायरा को चुना, जबकि प्लेयर्स श्रेणी में से मनप्रीत कोर रही इस मौके पर फिजिकल एजुकेशन विभाग से डॉ. देवेन्द्र सिंह व मैडम बलदोना भी मौजूद रहे।

*Ravinder Singh*

## RESULTS

Name	Class	Events	Gold - 5 Silver - 3 Bronze - 1
1. Jaspreet	BA Sem II	100 mts (5) Gold 200 mts (5) Gold = 10 ∴ (I) - 2nd <del>400 mts (5) Gold</del>	
2. Manpreet	BA Sem II	100 mts (5) Silver Long jump (3) Silver = 8 8 7 (6) 400 mts (3) Silver <del>200 mts (5) Silver</del>	
3. Nisha	+1 Arts	100 mts (1) Bronze Long jump (1) Bronze = 2	
4. Shalpreet	BA Sem VI	100 mts (3) Silver = 3 3 3 <del>200 mts (5) Gold</del> = long jump (5) Gold = 8 + 5 = 13 (8) Long jump (5) Gold = 8 + 5 = 13 (8)	
5. Devanshi	BA Sem IV	200 mts (1) Bronze =	
6. Manpreet	BA Sem II	Long jump (5) Gold = 8 8 5 - (8) + 3 = (11) <del>200 mts (5) Silver</del> = Manpreet 3	
7. Gurpreet	BA Sem II	Shot put (5) Gold = 5	
8. Shikha	10 +1 Arts	Shot put (3) Silver = 3	
9. Manya	10 +1 Arts	Shot put (1) Bronze = 1	

Pavinder Singh

# Permission letter

To

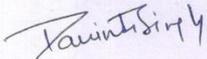
**The Principal  
Kanya Maha Vidyalaya  
Jalandhar**

Respected Madam,

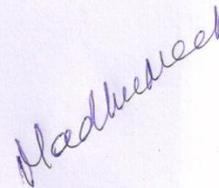
With due respect I wish to state that faculty of Physical Education Department is organising World Athletics Day on 06/05/2023 at 9:00 am in the College Campus. Kindly grant permission for the same and oblige.

Thanking you

Yours sincerely



**Dr. Davinder Singh  
Assistant Professor  
Department of Physical Education**



## **Press Note**

Kanya Maha Vidyalaya, Jalandhar in collaboration with the Department of Physical Education of KMV Collegiate Sr. Sec. School celebrated World Athletics Day on May 6, 2023. After the welcome of the Guests of honour, various competitions like Skipping rope, 50 mt. race, Lemon race and Tug-of-War took place. The performance of players was spectacular and praiseworthy. Amongst these events, a tug-of-war between the teachers was also organized and medals were given to the winning team.

The World Athletics Day celebration concluded with a rally to motivate people to adopt an active and energetic lifestyle.

Madam Principal, Prof. (Dr.) Atima Sharma Dwivedi congratulated all the participants who exhibited diligence and hard work in the playground. She averred that sports are an important human activity for a sound body and mind. She also encouraged the participants to keep taking part in such future endeavours wholeheartedly.

She lauded the efforts of Ms. Veena Deepak (Co-coordinator, KMV Collegiate Sr. Sec. School), Dr. Madhumeet (Dean, Student Welfare), Ms. Anand Prabha (Incharge, KMV Collegiate Sr. Sec. School) for successfully organizing the whole event.

On this occasion were also present Dr. Neeraj Maini (Head, Department of Commerce), Ms. Hardeep (Controller of Examination) and Dr. Iqbal (Assistant Professor, Department of Political Science).

The winners of the various competitions were awarded with medals. In Skipping rope competition, Harpreet Kaur bagged first position, Tanu got second position and Riya remained third. In 50 mt. race, Sanjana bagged first position, Harpreet got second position and Krishika and Komal remained third. In Lemon race, Diksha bagged first position, Akansha got second position and Rani secured third position.

# EVENT COVERAGE



*Rawinder Singh*  
Principal