

DEPARTMENT OF PHYSICAL EDUCATION



Department Incharge: Prof. Rashmi Srivastava

HISTORICAL BACKGROUND

Games and sports has been a continuous part of the college activities since the Degree section was started in the college and as a subject in the year 2006, when the new post of physical education lecturer was created in 2005. Since then, the department is running by a single faculty.

The college provides the facilities of badminton court, Kabaddi and Kho – Kho ground, various indoor games like Chess, Carrom, a ground for limited athletic events and yoga, indigenous games and an open gymnasium for all who are passionate about their fitness.

Physical education and sports is a platform which empowers the individuals to unlock their full potentials and embrace an active and healthy lifestyle. It is more than just an exercise, it is a gateway to better mental well being, social interaction and beneficial lifelong habits. We aim to inspire individuals to pursue their dreams, build confidence and foster love for sports and physical activity.

The college also provides the facility of a boxing academy for the college students and outsiders with registration and monthly fees.

DEPARTMENTAL ACTIVITIES:



International Yoga Day



Practicing Shot Put



Sports Day



Tree Plantation



Mobile Distribution



Practical Class



Boxing Champions of the college



Sports Club Committee Members

To promote yoga, physical fitness, intramurals and inter collegiate competitions the college created the Victory Sports Club



Theory class



Practice session



Open Gym



Badminton Court



A.P Sen lifted overall championship trophy in Parampragat Khel organized by Khun Khunji Girls P.G College, Lucknow.

On 9th November 22, The Memorandum of Understanding was signed with the Uttar Pradesh Non Olympic Association (UPNOA) to promote indigenous games.

Another Memorandum of Understanding was signed with the Grow Organic Development Foundation to promote yoga and healthy lifestyles through naturopathy on 24th Feb.24



On 2nd Dec.22, the first Bhule Bisre Khel was organized in the college in association with UPNOA.



A three day yoga and physical fitness camp was organized from 30th May to 1st June 2023. The Yoga camp was taken by Dr.Ruby Srivastava, coordinator of Lucknow region and Uttar Pradesh Yogasan Sports Association and the fitness camp by Dr.Rashmi Srivastava.

A Three day yoga camp was organized from 18th to 20th June 23
in association with UPNOA

Km. Shivani represented the Lucknow University in the NE Zone Inter University in boxing held at LPU Jalandhar, Punjab 2024.

Ratna Sen represented the Lucknow University in the All India Inter University Cycling Championship held at MGM University Maharashtra . She also participated in the 27th Road Cycling Championship in Maharashtra, 2023.

Shivani and Kanti participated in the Senior Womens Open State Boxing Championship held at Maharjganj and both won the bronze medal in 48kg and 45 kg category respectively.

Palak Kumari participated in the District Men and Women Handball Championship held at Lucknow and secured first place.

Saloni Shukla represented the Lucknow University in All India Inter University Taekwando Championship held at Kurukshetra University Haryana in 2022.

Roli Vishwakarma and Manisha Chauhan represented the Lucknow University in the All India Inter University Boxing Championship held at CCS University Meerut in 2019

Anuradha Yadav represented the Lucknow University in the All India Inter University Swimming Championship held at LPU, Jalandhar and VTU University, Belgaun in the year 2018 and 2019 respectively.

Sonali Gaur represented the Lucknow University in the North Zone Inter University Kho-Kho Tournament held at CSJM University, Kanpur in 2017-18.



Roli Vishwakarma



Ratna Sen



Sonali Gaur



Champions Boxing Academy running in the college by Coach Shri Durgesh Gautam.



एपी सेन मेमोरियल गवर्नर्स पीजी कॉलेज में शीमवार को नवनिर्मित बाउंड्री वॉल उद्घाटन किया गया।

एपी सेन कॉलेज में बनेगा खेल का मैदान

नखबऊ। एपी सेन मेमोरियल गवर्नर्स पीजी कॉलेज में शीमवार को नवनिर्मित बाउंड्री वॉल का उद्घाटन हुआ। उपमुख्यमंत्री ब्रजेश पाटक की पत्नी नम्रता पाटक ने विधायक निधि से बनी दीवार का लोकार्पण किया। नम्रता ने कहा कि अब शिवालय एकमात्र बालिकाओं के इस विद्यालय में उच्च शीघ्र खेल का मैदान विकसित होगा। एमआरटी से श्रमगा ने बताया कि छह माह में बाउंड्री वॉल बनी





Links:

PM Modi's Fitness Abhyaan -

https://www.youtube.com/watch?v=c73zsFN1_PU

AP SEN Memorial Girls College Sports Fest -

https://www.youtube.com/watch?v=hOjq_RldnQA

Making women self -reliant

<https://www.youtube.com/watch?v=zb8y7Vq8-Q0>

Organization of Bhule Bisre Khel

<https://www.youtube.com/watch?v=iXgrNeYcFzI>