

# **SGK GOVERNMENT DEGREE COLLEGE – VINUKONDA**

## **DEPARTMENT OF PHYSICAL EDUCATION**

### **PHYSICAL FITNESS**

Physical Fitness is defined as the ability to carry out daily tasks with vigor and alertness without undue fatigue and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies. Being physically active can improve your brain, health, help manage weight, reduce the risk of disease, strengthen bones and muscles and improve your ability to do everyday activity.

Exercise is a subject of physical activity that is planned, structured and repetitive and has a final or an intermediate objective, the improvement or maintenance of physical fitness.

Physical fitness can be modified through regular physical activity and exercise. Physical fitness components have been shown to have a significant positive relationship with enhanced outcomes in physical activity, including sports participation.

#### **Physical fitness can be broadly divided in to:**

1. Metabolic Fitness - Blood Pressure, Pulse - Rate, Blood Insulin
2. Health related - Body Composition, Muscular Endurance, Muscular Strength, Cardiovascular endurance and flexibility.
3. Skill Related - Balance, Co-Ordination, power, Agility, Reaction time, speed

### **YOGA & MEDITATION**

To keep body hale and healthy, our S.G.K. Govt. Degree college is following the instructions of higher ups for the up keep of sound mind, we are conducting yoga & Meditation classes regularly from morning 6:30 am to 7:30 am.







**Guntur, Andhra Pradesh, India**

2PRQ+2W8, Vinukonda - Darsi Rd, Andhra Pradesh 522647, India

Lat 16.040122°

Long 79.739907°

21/06/22 11:31 AM



### GYM (Men & Women)

To keep students physically agile and energetic, we are strictly instructing the students to come to college attached gym to do workouts regularly. We are adhering to strict timing schedule with an intention not to disturb college classes. Gym timings are scheduled from 6:30 to 8:30 am and 3:30 to 6:30 pm.



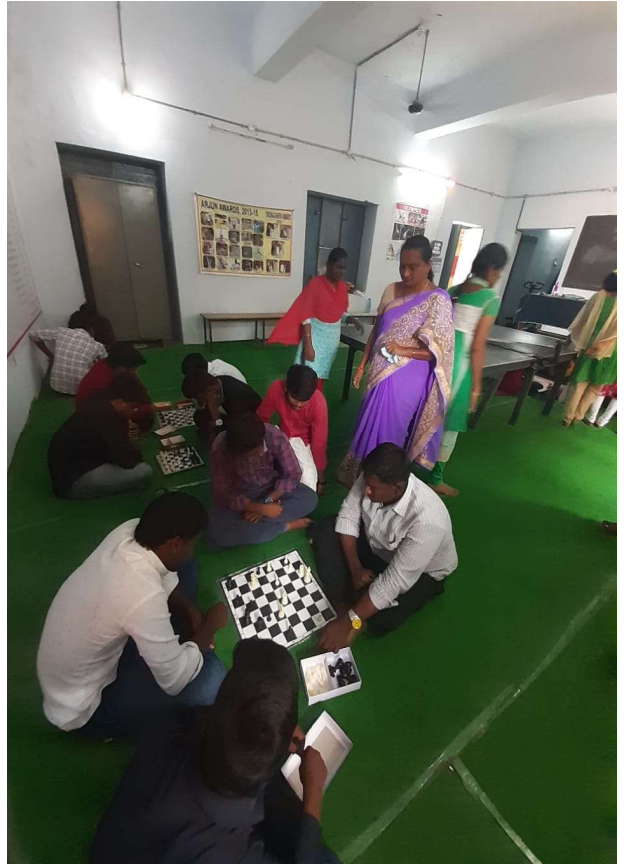


## PHYSICAL ACTIVITIES (Games & Sports)

In our college, students play games and sports regularly in the college campus. These activities help us to keep physically fit and mentally sound in their lives. Every day 3:00 pm to 6:30 pm is earmarked as it is ideal time for them to play. To maintain good physical health and also mental health regular physical activity is must and should. The following games and sports will booster them.

- Athletics
- Badminton
- Kho-kho
- Chess & Caroms
- Volley Ball
- Table Tennis
- Throw ball
- Cricket
- Soft ball
- Base ball









**List of students participated in Physical Fitness Classes  
for the Year 2021-22**

Sno	Year of enrollment	Name	Student enrollment number	Programme	
1	2019-20	GUDURI DANIELU	4808	B.COM	GEN
2	2019-20	KONGA KISHORE KUMAR	4818	B.COM	COMPUTER
3	2019-20	BHIMANADHAM VENKATESWARLU	4820	B.COM	COMPUTER
4	2019-20	KADIAM BUCHI BABU	4822	B.COM	GEN
5	2019-20	MAKKENA BALA SUBRAHMANYAM	4824	B.COM	GEN
6	2020-21	GRANDISILA PRASANNA KUMAR	4928	B.COM	GEN
7	2020-21	GOPIREDDY ESWARAREDDY	4929	B.COM	GEN
8	2020-21	EMANI SAI RAM	4930	B.COM	GEN
9	2020-21	JAKKIREDDY PRATAP REDDY	4931	B.COM	GEN
10	2020-21	DEVARA YESU RATHNAM	4932	B.COM	GEN
11	2020-21	DORADLA RAVI	4933	B.COM	GEN
12	2021-22	BHUKYA NAVEEN NAIK	5132	B.COM	COMP
13	2021-22	MEESALA MURALI KRISHNA	5137	B.COM	GEN
14	2021-22	TELAPROLU SATISH BABU	5138	B.COM	COMP
15	2021-22	GUDIPUDI PREMCHARAN	5139	B.COM	COMP
16	2021-22	PAPPURI NISSYGRACE	5140	B.COM	GEN
17	2021-22	MERUGUMALLI ANUSHA	5141	B.COM	GEN
18	2021-22	BANDA HUSSEN VALI	5238	B.COM	GEN
19	2021-22	JONNALAGADDA CHANDRA	5239	B.COM	COMP
20	2021-22	BONDALAPATI RAMBABU	5240	B.COM	GEN
21	2021-22	SHAIK YASIN	5241	B.COM	COMP
22	2021-22	PULUGUJU AMOSH BABU	5242	B.COM	GEN
23	2021-22	NEMALIKANTY RAMYA	5243	B.COM	COMP
24	2021-22	TUMATI UPENDRA GOPICHAND	5244	B.COM	COMP
25	2021-22	GUDIPUDI VENKATA LAKSHMI	5245	B.COM	COMP
26	2021-22	BHUKYA VENKATESH NAIK	5247	B.COM	GEN



27	2021-22	DHUPATI GURU BABU	5351	B.COM	GEN
28	2021-22	MUDAVATHU BALAMMA BAI	5352	B.COM	GEN
29	2019-20	SURABHI MARY	4823	B.SC	BZC
30	2019-20	NUKATHOTI SUDHARANI	4830	B.SC	MPC
31	2019-20	DODDI LAKSHMI	4831	B.SC	MPC
32	2019-20	SHAIK HAFIJA	4832	B.SC	MPCS
33	2020-21	CHEVULA VENKATESH	5093	B.SC	BZC
34	2020-21	BATHENA RUTHU KAMALA	5094	B.SC	BZC
35	2020-21	MALAPATI THIRUPATHIRAO	5125	B.SC	MPCS
36	2020-21	MALAPATI VEERANARAYANA	5126	B.SC	MPCS
37	2020-21	REDDYBOINA MAHESH	5127	B.SC	MPCS
38	2020-21	TURIMELLA NAGESWARA RAO	5128	B.SC	MPCS
39	2020-21	MONDITHOKA HOSANNA	5129	B.SC	MSCS
40	2020-21	MUVVA GURUNADHAM	5130	B.SC	MSCS
41	2019-20	SHAIK INJANAMPATI MUSTAK	4854	BA	HEP
42	2019-20	NAKKA KARTHIKA SOMAVARAMU SWAMY	4859	BA	HEP
43	2019-20	POOLA SIDDIAIH	4865	BA	HEP
44	2019-20	SHAIK ARIF	4866	BA	HEP
45	2019-20	GOKANAKONDA VAMSI	4867	BA	HEP
46	2019-20	SHAIK BAJI	4876	BA	HEP
47	2019-20	DARA ARUNA	4878	BA	HEP
48	2020-21	KANCHI SUNEETHA	4879	BA	HEP
49	2020-21	VELPURI RAJESWARI	4880	BA	HEP
50	2020-21	CHITTE ANILKUMAR	4881	BA	HEP