

GOVERNMENT DEGREE COLLEGE :: RAJAMPETA **Department of Physical Education.**

HISTORY OF THE DEPARTMENT

The Department of Physical Education is established in the year 1980. It is consisting adequate facilities for Games and Sports in 12.09 acres of land around the College building. The play fields Volleyball, Kabaddi, Kho-Kho, Ball Badminton is available for regular practice. Indoor Games like Caroms, Chess and Multy station Gym for men and Fitness items for women are also available.

SCOPE OF THE PHYSICAL EDUCATION DEPARTMENT

Government Degree College, Rajampeta, strives to be a leader in innovation and best practice in a range of aspects for sports development, fair play and ethics in sport for participants.

Government Degree College, Rajampeta takes an important leaders role in working with provincial sports organizations to establish developing structures and policies that ensure a fair, safe, ethical and inclusive culture that pervades sport at all levels.

AIMS & OBJECTIVE OF THE PHYSICAL EDUCATION DEPARTMENT

AIMS & OBJECTIVES:

- ❖ To recognize and develop outstanding talent at Higher education level.
- ❖ To create opportunities for gifted learners.
- ❖ Provide leadership to ensure that our athletes remain at the forefront of provincial and international sport.

- ❖ Assist with researching and developing solutions to issue that emerge image in individual sport codes and the sports industry as a whole.
- ❖ To promote and advocate the best practice methods in high performance.
- ❖ To provide a balance and effective education in a safe and healthy environment by a professional team of experts.
- ❖ To demonstrate that sport achievements equal education.
- ❖ To encourage athletes to become National and International champions.

❖ **VISION STATEMENT**

- ❖ Government Degree College, Rajampeta, is committed to providing educational opportunities to select learners who are talented in sport and as an institution. We ensure quality education, development and coaching. We promise to deliver education sound and well-groomed sport ambassadors.
- ❖ As the college is committed to qualify education and sport development, we seek:
 - ❖ To contribute to transportation in sport by maximizing opportunities for talented learners, particularly those who come from the previously disadvantaged communities.
 - ❖ Provide excellent educational opportunities for learners and the college community, through a range of learning activities. Whilst fully developing their sporting and academic talents they will be empowered to pursue a charted career path.
 - ❖ Inculcate democratic processes and a culture of responsibility and accountability among all stakeholders to contribute towards a healthy nation and advancement of education through sport.

MISSION STATEMENT

To extend and promote the concept of ‘Sports for All, Sports for Health, Sports for Well-being, Sports for Excellence and Sports for World Peace’

Department of Physical Education:

- | | | |
|------------------------------------|---|--------------------------|
| a. Head of the Department | : | Major C, Vijaya Bhaskar. |
| b. Asst. Lecturers | : | Nil |
| c. Class IV Employee (Daily Wages) | : | Nil |
| d. Students’ Strength | : | 800. |

PERTICULARS OF STAFF:

Name	Qualification	Designation	Experience	Specialization
Major C. Vijaya Bhaskar	M.A. M.P.Ed..	LECTURER IN PHYSICAL EDUCATION.	25 YEARS	VOLLEYBALL BADMINTON

GAMES & SPORTS COMMITTEE:

Games and Sports Committee of the college comprises of Lecturers and Student representatives which facilitates the smooth conducting of the activities. The following members constitute the present Games & Sports Committee.

- a) Chairman : Dr B. Purostham, M.Sc,Ph.D Principal.
- b) Convener : Major C.Vijaya Bhaskar
- c) Member : Sri I.L.N Chandra Sekhara Rao
- d) Member : Dr. B.Adi Narayana.
- e) Member : Dr.L. Raja Mohan Reddy.
- g) Student Representative : S. Siva Prasad III B.Sc., (B.Z.C)

STRUCTURE OF THE DEPARTMENT

- a. Total No of Rooms Allotted : Two.

INFRASTRUCTURE

The department is having poor infrastructure for the outdoor games and indoor games with

The following grounds have been maintained for regular use.

OUTDOOR PLAY FIELDS	INDOOR	OUT DOOR FIELD EVENTS
Volley Ball	Caroms	Shot put
Ball Badminton	chess	Javelin
Kabaddi	Individual Gym	Discus
Kho-Kho	Tread Mill	Broad Jump

Ball Badminton

Stepper

Triple Jump

High Jump

DEPARTMENTAL LIBRARY

The department is having the following books for ready reference in organizing games and sports, physical fitness, yoga and educational guidance.

1. Rules of Games and Sports.
2. Physical Education Encyclopedia 1
3. Encyclopedia of Sports and Games
4. Manual of Track and Field.
5. Measurement of Playing field

YEAR PLAN AND ACTION PLAN

YEARLY TRAINING PROGRAMME

The Department of Physical Education conducts games and sports activities throughout the academic year in this college. Usually the Rayalaseema University, Kurnool conducts Inter College and Inter Zonal tournaments in Four phases between September and December every year. 1st phase of tournament consists the events like Basketball, Volley Ball, Kabaddi, Football and Table Tennis. 2nd phase consists the events like Ball Badminton, Kho-Kho, Handball, Tennikoit, Chess etc. 3rd Phase Athletic (Men & Women) and in 4th Phase Cricket.

Yearly training programme with salient points for each period carried as follows:

PREPARATORY PERIOD:

15th July to 31st July less emphasis is given on physical fitness, Individual techniques weight training, skills and tactics are given more importance.

COMPETITION PERIOD:

1st August to 15th February, intensive coaching – more emphasis will be given on speed agility exercises tactical plan of the team and analysis of the skill of each player etc.

TRANSITION PERIOD:

15th February to 15th July, less intensity of work load will be given in this period during this period the physical fitness and skills are maintained. So that the player can begin his new academic year with a higher workload.

DAY WISE WORK SCHEDULE

15th July to 31st July

Work Load: Time (Morning / Evening)

1. Monday:

- a. General Exercise : 2 to 2.30 hours morning and evening.
 - b. Concerned Game skills practice
- With warming – up session

2. Tuesday:

- a. General Exercise and warming-up : 2 to 2.30 hours morning and evening.
 - b. Weight training, short runs and jumps
- Exercises.

3. Wednesday:

- a. General warming up : 2 to 2.30 hours morning and evening.
 - b. Concerned game warming up
 - c. Concerned game skills involved
- Exercise friendly matches.

4. Thursday:

- a. General Exercise and warming-up: 2 to 2.30 hours morning and evening.
- b. Cross Country
- c. Two side game/game type of exercises Repetition.

5. Friday:

- a. General warming up : 2 to 2.30 hours morning and evening.
- b. Skills of concerned game or event
- c. Game and game type exercise
- d. Tactical combination

6. Saturday:

- a. General warming – up : 2 to 2.30 hours morning and evening.
- b. Shorts sprints and circuit training
- c. Individuals skill exercises and games Practices

7. Sunday:

- a. Rest.

DAY WISE TRAINING PROGRAMME FOR PREPARATORY PERIOD

1st August to 15th February

1. Monday:

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|---|--|
| a. General Exercise, Massage and hot Water both after vigorous practices: | 1.00 to 1.30 Hrs morning & Evening or match. |
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2. Tuesday:

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|---|------------------------------------|
| a. General warming-up, concerned Game exercise with skills: | 1.00 to 1.30 Hrs morning & Evening |
| b. Games tactics, positional play Practice. | |

3. Wednesday:

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|-----------------------------|------------------------------------|
| a. Real competitions match: | 1.00 to 1.30 Hrs morning & Evening |
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4. Thursday:

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|--------------------------------------|------------------------------------|
| a. General and game type warming up: | 1.00 to 1.30 Hrs morning & Evening |
| b. Individual techniques practice | |

5. Friday:

- | | |
|--|------------------------------------|
| a. General and game type warming-up: | 1.00 to 1.30 Hrs morning & Evening |
| b. Tactics and concerned game practice | |

6. Saturday:

- | | |
|---|------------------------------------|
| a. General and game warming-up and Game skills practice : | 1.00 to 1.30 Hrs morning & Evening |
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7. Sunday:

- | | |
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| a. Real Competition match : 1.30 hours evening | |
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CURRICULUM VITAE

Employee Details

Government Degree College-Rajampeta-Kadapa Dist

1. Name of the Employee with Surname: Major C.Vijaya Bhaskar.
2. S/o : C. P.ullaiah.
3. Designation : Lecturer in Physical Education & NCC Officer.
4. Subject : Physical Education.
5. Date of Birth : 01-05-1963.
6. Gender : Male.
7. Spouse Name : Smt C. Hemavathi.
- 8.
9. No. of children with name : 02. 01. Dr C. Sandeep. M.B.B.S. M.D (Gen,Med)
02. C. Sampath. B.Tech. Jr Associate S.B.I
10. Mobile No : 90590 96444 (W) & 79812 82408 (Jio)
11. Caste : B.C "B" Gandla.
12. Blood Group : O +
13. Nativity : Kadapa.
14. Permanent Address : 42/166, Up Stairs,
Jaya Nagar Colony, KADAPA. 516 002.
15. Mother Tongue : Telugu.
16. Date of joining in service and cadre as per SR : 02-07-1995.
17. Promotions if any cadre and date of joining : 20-07-1995

18. Date of joining in present cadre as per SR : 20-07-1995

19. Date of retirement : 30-04-2025.

20. Date of joining in the present station : 05-10-2015.

21. Employee Id : 1203490

22. CFMS No :14445657

:

23. GPF No : EDN / 106158

24. PAN Card No : ABHPV 4373R

25. Voter card No : ZUP3283819

26. Aadhar Card No : 6889 5807 7386

26.Ration Card No : -----

27.Health Card No : CE0007617/01

28. Bank name & Branch : S.B.I. Chinnachowk Branch, Kadapa.

29. Bank A/c No : 30959032927

30. Bank IFSC Code : SBIN0011121

Qualification

	School/College/ University and place	Period/ year	Regd.No	Year of passing	Grade
SSC	S.S.C	April-78	111403	1978	III
Intermediate	B.I.E .Hyd	May-80	097912	1980	II
Under Graduation	B.Sc, & B.P.Ed, S.V.U. TPT			1985	II
Post Graduation	M.P.Ed M.A.	March 80,Jan 11	BC 1 Open3490001	2011	II
Ph.D					
Others					

EMPLOYMENT HISTORY:

1. Selected through Five Men Committee in 19-11-1992.

ORGANIZATIONAL ACHIEVEMENTS:

1. Organized Yogi Vemana University Inter Collegiate Tournaments in the year 2018 for the First in the history of College.
2. Inter Collegiate Volley Ball Winners row Women for the Year 2017 – 2018 and 2018 – 2019 continuously.
3. Runners in Shuttle Badminton for Men in the Academic Year 2017 – 2018.
4. Appointed as a Team Manager for Yogi Vemana University for Volley Ball Women Team at Kozhikode on the year 2017 – 2018.
5. Organized no of Tournaments at College level in Rajampeta.

