

Department Profile

The Department of Physical Education of the college started from the very inception of the college in 1973. Talented students are given special training for District, State and National Universities level competitions. The Department caters to the physical well-being of all students. Facilities for games and sports are provided under the supervision of qualified coaches. Regular coaching is delivered to the students in all major games team and individual both affiliated to Indian Universities like eg. Athletics, Boxing, Power lifting, Football, Cricket, Kabbadi. College gymnasium is operational for both, the students and staff.

The College has a very proud tradition of sports and it can claim among its alumni sportsmen of national and international reputation. The department has produced National and International players. The college teams participate in the inter collegiate and other major sports activities at All India Intersiversity, National and International Universities Levels. The department is also enriching its experience in organising University Level Sports activities.

The department is excelling in the tenure of Dr. Rajwant Singh.

Courses taught

All the Generic Papers related to Physical Education for All Hons students are taught by the faculty of Physical Education and Sports.

Papers taught

Sem 1: Yoga and Stress Management

Sem 2: Obesity management

Sem 3: Aerobics Training

Sem 4: Fitness & Exercises Management