

ABOUT THE DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Our college is known for offering quality education in the field of physical education our college is best known for kabaddi in all over India. Various awards like Maharaja Ranjit award are given to Veerpal Kaur in Kabaddi. The Punjab Sports Department given a cash incentive of Rs.8 lakh to each students of this Institution who participated in kabaddi world cup during 2010-11-12. The same enthusiasm and keen interest is a continue process in the sports field of this college. It is a matter of great honour for this Institution that its Kabaddi team had lifted the Panjab University's 'A' Division Kabaddi Championship most of the times regularly since 2007.

VISION AND MISSION

To inspire, create, and deliver a more dynamic atmosphere, infrastructure, and sports infrastructure to college students. To increase the number of opportunities for students to participate in various sports contests at the national and international levels.

YEAR OF ESTABLISHMENT

Games and sports started since the establishment of the college. The Physical Education as an elective subject for Bachelor of Arts was introduced in the year 1981.

MAIN FEATURE OF DEPARTMENT

- Ms. Randeep Kaur represented India Kabaddi Team in Asian Games 2018 held at Indonesia.
- Ms. Randeep Kaur represented India Beach Kabaddi at Mascot, Onam in the session 2010-11.
- Ms. Veerpal Kaur represented India in Asia Kabaddi Cup at Dhaka (Bangladesh) in the session 2010-11.
- Ms. Manpreet Kaur represented India in Cycle Style World Cup Kabaddi in India in the session 2011-12.
- Ms. Simarjeet Kaur represented India in Cycle Style World Cup Kabaddi in India in India in the session 2011-12.
- Ms. Randeep Kaur represented India in Cycle Style World Cup Kabaddi in India in India in the session 2012-13.
- Ms. Pinderjeet Kaur represented India Indo Pak Cycle Kabaddi Tournament at Pakistan in India in the session 2013-14.

- Ms. Amandeep Kaur represented India Indo Pak Cycle Kabaddi Tournament at Pakistan in the session 2013-14.
- Ms. Manpreet Kaur represented India Indo Pak Cycle Kabaddi Tournament at Pakistan in the session 2013-14.

INTERNATIONAL AND NATIONAL MEDAL WINNERS

Year	Name of the award/Medal	National/International	Student's Name
2013	World cup Kabaddi Gold Medal	International	Randeep Kaur
2013	6 th Beach Kabaddi Championship Gold Medal	National	Mandeep Kaur
2013	A.I.I.U Gold Medal	A.I.I.U	Jaspinder Kaur
2013	A.I.I.U Gold Medal	A.I.I.U	Mandeep Kaur
2013	A.I.I.U Gold Medal	A.I.I.U	Sandeep Kaur
2016	World Cup Kabaddi Gold Medal	International	Manpreet Kaur
2016	World Cup Kabaddi Gold Medal	International	Randeep Kaur
2017	Asian Game Gold medal	International	Randeep Kaur
2018	Ist Asian women kabaddi Championship	International	Manpreet Kaur
2018	Ist Asian women kabaddi Championship	International	Randeep Kaur
2018	Asian Game Silver Gold medal	International	Randeep Kaur
2014	10th circle style kabaddi National Championship gold medal	National	Jaspinder Kaur
2014	Women festival Gold Medal	National	Amandeep Kaur
2014	6th Swami Vivekanand National Bronze	National	Simarjit Kaur
2015	Delhi Olympic Games Gold Medal	National	Veerpal Kaur
2015	National Women Festival Gold Medal	National	Charanjit Kaur
2015	10th Circle style National Championship Gold Medal	National	Randeep Kaur
2015	National Women Festival Silver Medal	National	Jaspreet Kaur
2015	National Women Festival Silver Medal	National	Amandeep Kaur
2016	A.I.I.U Bronze Medal	A.I.I.U	Kulwinder Kaur
2016	A.I.I.U Bronze Medal	A.I.I.U	Manpreet Kaur
2016	A.I.I.U Silver Medal	A.I.I.U	Sandeep Kaur
2016	A.I.I.U Bronze Medal	A.I.I.U	Sandeep kaur
2016	8th Beach Kabaddi National Championship Bronze Medal	National	Charanjeet Kaur
2017	Senior National Kabaddi Championship Bronze medal	National	Ramandeep kaur
2017	2nd Senior Federation cup Bronze Medal	National	Jaspinder Kaur
2017	2nd Senior Federation cup Bronze Medal	National	Charanjit Kaur
2017	2nd Senior Federation cup Bronze Medal	National	Randeep Kaur
2017	A.I.I.U Bronze Medal	A.I.I.U	Veerpal Kaur

2018	65th Senior National Championship Bronze Medal	National	Randeep Kaur
2018	30th Senior National Championship Gold Medal	National	Manpreet Kaur
2018	3rd Federation Cup Bronze Medal	National	Randeep Kaur
2018	National Games Silver Medal	National	Amandeep Kaur
2018	A.I.I.U Silver Medal	A.I.I.U	Harpreet Kaur
2018	A.I.I.U Silver Medal	A.I.I.U	Ramandeep Kaur
2018	A.I.I.U Gold Medal	A.I.I.U	Kulwinder Kaur
2018	A.I.I.U Gold Medal	A.I.I.U	Jagjivan Kaur
2018	A.I.I.U Gold Medal	A.I.I.U	Amanjot Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Kulwinder Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Kawaljeet Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Manpreet Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Ramanjot Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Gurpreet Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Simranjeet Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Ramanpreet Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Sandeep Kaur

INTERNATIONAL AND NATIONAL PLAYERS

Year	Name of the award/Medal	National/International	Sports	Name of the Student
2013	World cup Kabaddi Gold Medal	International	Kabaddi	Randeep Kaur
2013	6 th Beach Kabaddi Championship Gold Medal	National	Kabaddi	Mandeep Kaur
2013	A.I.I.U Gold Medal	A.I.I.U	Kabaddi	Jaspinder Kaur
2013	A.I.I.U Gold Medal	A.I.I.U	Kabaddi	Mandeep Kaur
2013	A.I.I.U Gold Medal	A.I.I.U	Kabaddi	Sandeep Kaur
2013	39 th National Women sports competition Participated	National	Kho-kho	Jaspreet Kaur
2013	65 th Senior National Kabaddi Championship Participated	National	Kabaddi	Sandeep Kaur
2013	65 th Senior National Kabaddi Championship Participated	National	Kabaddi	Randeep Kaur
2014	10th circle style kabaddi National Championship gold medal	National	Kabaddi	Jaspinder Kaur
2014	35 th National Games Participated	National	Kabaddi	Charanjit Kaur
2014	Women festival Participated	National	Kabaddi	Charanjit Kaur
2014	Women festival Gold Medal	National	Kho-kho	Amandeep Kaur
2014	4 th Asian Beach Games Participated	International	Beach	Randeep Kaur

		I	Kabaddi	
2014	6th Swami Vivekananda National Bronze Medal	National	Wrestling	Simarjit Kaur
2014	Jn. National Kabaddi Championship Participated	Jn. National	Kabaddi	Ramandeep Kaur
2014	A.I.I.U Participated	A.I.I.U	Taekwondo	Veerpal Kaur
2014	47 th Sn. National Kho-kho Championship Participated	National	Kho-kho	Jaspreet Kaur
2015	Delhi Olympic Games Gold Medal	National	Teakwando	Veerpal Kaur
2015	35 th National Games Participated	National Games	Kabaddi	Sandeep Kaur
2015	63 rd Senior National Championship Participated	National	Kabaddi	Randeep Kaur
2015	33 rd Jn. National Championship Participated	National	Kho-kho	Pooja Kumari
2015	49 th Sn. National Kho-kho Championship Participated	National	Kho-kho	Neha
2015	49 th Sn. National Kho-kho Championship Participated	National	Kho-kho	Pooja Kumari
2015	National Women Festival Gold Medal	National	Kabaddi	Charanjit Kaur
2015	10th Circle style National Championship Gold Medal	National	Circle Kabaddi	Randeep Kaur
2015	35 th National Games Participated	National Games	Kabaddi	Randeep Kaur
2015	National Women Festival Silver Medal	National	Kho-kho	Jaspreet Kaur
2015	24 th Sn. National Wushu Championship Participated	National	Wushu	Ragina
2015	62 nd Sn. National Kabaddi Championship Participated	National	Kabaddi	Randep Kaur
2015	National Women Festival Silver Medal	National	Kho-kho	Amandeep Kaur
2016	A.I.I.U Bronze Medal	A.I.I.U	Tug-of-war	Kulwinder Kaur
2016	World Cup Kabaddi Gold Medal	International	Kabaddi	Manpreet Kaur
2016	World Cup Kabaddi Gold Medal	International	Kabaddi	Randeep Kaur
2016	42 nd Junior National Championship Participated	National	Kabaddi	Ramandeep Kaur
2016	A.I.I.U Bronze Medal	A.I.I.U	Wrestling	Manpreet Kaur
2016	A.I.I.U Bronze Medal	A.I.I.U	Tug-of-war	Sandeep kaur
2016	8th Beach Kabaddi National Championship Bronze Medal	National	Beach Kabaddi	Charanjeet Kaur
2016	64 th Sn. National kabaddi Championship Participated	National	Kabaddi	Randeep Kaur
2017	Senior National Kabaddi Championship Bronze medal	National	Kabaddi	Ramandeep kaur

2017	35 th Sn. National Taekwondo Championship Participated	National	Taekwondo	Rupinder Kaur
2017	19 th Jn. National Wrestling Championship Participated	Jn. National	Wrestling	Simarjit Kaur
2017	2nd Senior Federation cup Bronze Medal	National	Kabaddi	Jaspinder Kaur
2017	2nd Senior Federation cup Bronze Medal	National	Kabaddi	Charanjit Kaur
2017	Asian Game Gold medal	International	Kabaddi	Randeep Kaur
2018	65th Senior National Championship Bronze Medal	National	Kabaddi	Randeep Kaur
2018	2nd Senior Federation cup Bronze Medal	National	Kabaddi	Randeep Kaur
2017	51 th Sn. National Kho-kho Championship Participated	National	Kho-kho	Jaspreet Kaur
2017	A.I.I.U Bronze Medal	A.I.I.U	Wrestling	Veerpal Kaur
2017	A.I.I.U Participated	A.I.I.U	Wrestling	Simarjit Kaur
2017	A.I.I.U Participated	A.I.I.U	Wrestling	Gurpreet Kaur
2017	37 th Jn. National Taekwondo Championship Participated	Jn. National	Taekawando	Kajal
2017	37 th Jn. National Taekwondo Championship Participated	Jn. National	Taekawando	Palakpreet
2017	51 th Sn. National Kho-kho Championship Participated	National	Kho-kho	Harjinder Kaur
2017	44 th Jn. National Kabaddi Championship Participated	Jn. National	Kabaddi	Kanika Sharma
2017	35 th Sn. National Taekwondo Championship Participated	National	Taekwondo	Veerpal Kaur
2018	Ist Asian women kabaddi Championship	International	Kabaddi	Manpreet Kaur
2018	Ist Asian women kabaddi Championship	International	Kabaddi	Randeep Kaur
2018	30th Senior National Championship Gold Medal	National	Kabaddi	Manpreet Kaur
2018	3rd Federation Cup Bronze Medal	National	Kabaddi	Randeep Kaur
2018	National Games Silver Medal	National	Kho-kho	Amandeep Kaur
2018	A.I.I.U Silver Medal	A.I.I.U	Tug-of-War	Harpreet Kaur
2018	A.I.I.U Silver Medal	A.I.I.U	Tug-of-War	Ramandeep Kaur
2018	A.I.I.U Gold Medal	A.I.I.U	Tug-of-War	Kulwinder Kaur
2018	A.I.I.U Gold Medal	A.I.I.U	Tug-of-War	Jagjivan Kaur
2018	A.I.I.U Gold Medal	A.I.I.U	Tug-of-War	Amanjot Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Tug-of-War	Kulwinder Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Tug-of-War	Kawaljeet Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Tug-of-War	Manpreet Kaur

2018	A.I.I.U Bronze Medal	A.I.I.U	Tug-of-War	Ramanjot Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Tug-of-War	Gurpreet Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Tug-of-War	Simranjeet Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Tug-of-War	Ramanpreet Kaur
2018	A.I.I.U Bronze Medal	A.I.I.U	Tug-of-War	Sandeep Kaur
2018	21 st Sn. National Championship Participated	National	Wrestling	Mandeep Kaur
2018	Asian Game Silver Gold medal	Interntional	Kabaddi	Randeep Kaur
2019	Khelo India Youth Games	National	Kabaddi	Simran Kamboj

FACULTY PROFILE

Sr. No	Teacher's Name	Designation	Qualification	Experience	Specialization
1.	Mr. Palwinder Singh	Assist. Prof. (Head)	M.Phil, M.P.Ed.	18 Years	Officiating & Coaching Kabaddi
2.	Mr. Ved Parkash	Assist. Prof.	M.Phil., M.P.Ed., NET, SLET, DNHE	15 Years	Exercise Physiology and Badminton
3.	Dr. Kulbir Singh	Assist. Prof.	PhD, M.Phil, M.P.Ed.	14 Years	Sports Psychology Cricket

RESEARCH PUBLICATION

Publications:	
Research Papers	22
Papers presented in National/International Conferences	38
Books published with ISBN	08
In-House Journals	01
National journal Publication	04

National Seminar/Conferences organized

International webinar on "sports nutrition"

National workshop on "yoga and women health"

PLACEMENTS

Sr. No	Name	Placement
1.	Veerpal Kaur, (Kabaddi)	S.I, Panjab Police
2.	Rajveer Kaur, (Wrestling)	S.I, Panjab Police
3.	Jasveer Kaur, (Athletics)	S.I, Panjab Police
4.	Randeep Kaur, (Kabaddi)	A.S.I, Panjab Police
5.	Rupinder Kaur, (Kabaddi)	H.C, Panjab Police
6.	Paramjeet Kaur, (Kabaddi)	H.C, Panjab Police
7.	Manpreet Kaur, (Kabaddi)	H.C, Panjab Police
8.	Navdeep Kaur, (Wrestling)	H.C, PAP
9.	Veerpal Kaur, (Kabaddi)	CST, Panjab Police
10.	Amanpreet Kaur, (Wrestling)	CST, Panjab Police
11.	Sandeep Kaur, (Kabaddi)	CST, Panjab Police
12.	Sukhdeep Kaur, (Kabaddi)	C2, B.S.F
13.	Amandeep kaur, (Kabaddi)	CST, BSF
14.	Pinderjeet Kaur, (Kabaddi)	CST, CRPF
15.	Charanjeet kaur, (Kabaddi)	CST, CRPF
16.	Bharti Sharma, (Wrestling)	CST, CRPF
17.	Rajwinder Kaur, (Athletics)	CST, Panjab Police
18.	Gurtej Kaur, (Kabaddi)	CST, Panjab Police
19.	Veerpal Kaur, (Wrestling)	CST, Panjab Police
20.	Mandeep Kaur, (Wrestling)	CST, Panjab Police
21.	Aarti, (Handball)	Cashier, Gramin Bank
22.	Amandeep Kaur, (Kabaddi)	Cashier, H.D.F.C Bank
23.	Karamjeet Kaur, (Kabaddi)	Conductor, Panchayati Raj
24.	Amandeep Kaur, (Kabaddi)	Conductor, Panchayati Raj
25.	Ekampreet Kaur, (Kabaddi)	P.E.T, Govt. School Delhi
26.	Simranjeet Kaur,(Kabaddi)	Coach, Pb. Sports Dept.
27.	Harpreet Kaur,(Kabaddi)	Sn. Clerk, Railways
28.	Sandeep Kaur,(kabaddi)	Govt. Teacher, KVS
29.	Prabsharan Kaur,(Kabaddi)	Coach, Inter. School
30.	Harwinder Kaur, (Wrestling)	Assit. Prof., DSCW
31.	Baljit Kaur, (Kabaddi)	Govt Teacher
32.	Harbans Kaur,(Kabaddi)	CST, R.P.F
33.	Sarabjit Kaur,(Handball)	Govt. Teacher

**UG COURSE
SCHEME OF EXAMINATION
BACHELOR OF ARTS**

Sr.No	Class	Theory		Total Theory	Practical		Total Practical
		External	Internal		External	Internal	
1.	B.A-I	120	10	130	60	10	70
2.	B.A-II	120	10	130	60	10	70
3.	B.A-III	120	10	130	60	10	70

Outstanding Alumnae of Department of Physical Education

Sr. No	Name	Class	Session	Placement
1.	Veerpal Kaur	M.A-Pb	2011-12	S.I, Panjab Police
2.	Rajveer Kaur	PGDCA	2009-10	S.I, Panjab Police
3.	Jasveer Kaur	B.A-III	2011-12	S.I, Panjab Police
4.	Randeep Kaur	M.A-Pb.	2011-12	A.S.I, Panjab Police
5.	Rupinder Kaur	M.A-Eng	2011-12	H.C, Panjab Police
6.	Paramjeet Kaur.	M.A-Pb.	2009-10	H.C, Panjab Police
7.	Manpreet Kaur	B.A-III	2012-13	H.C, Panjab Police
8.	Navdeep Kaur	B.A-III	2010-11	H.C, PAP
9.	Veerpal Kaur	B.A-III	2011-12	CST, Panjab Police
10.	Amanpreet Kaur.	B.A-III	2012-13	CST, Panjab Police
11.	Sandeep Kaur	B.A-III	2011-12	CST, Panjab Police
12.	Sukhdeep Kaur	B.A	2007-08	C2, B.S.F
13.	Amandeep kaur	B.A-I	2007-08	CST, BSF
14.	Pinderjeet Kaur	M.A-His	2015-16	CST, CRPF
15.	Charanjeet kaur	B.A-I	2013-14	CST, CRPF
16.	Bharti Sharma	B.A-II	2016-17	CST, CRPF
17.	Rajwinder Kaur	B.A-III	2009-10	CST, Panjab Police
18.	Gurtej Kaur	B.A-III	2009-10	CST, Panjab Police
19.	Veerpal Kaur	M.A-His	2015-16	CST, Panjab Police
20.	Mandeep Kaur	B.A-I	2015-16	CST, Panjab Police
21.	Aarti	PGDCA	2009-10	Cashier, Gramin Bank
22.	Amandeep Kaur	M.A-Eng	2013-14	Cashier, H.D.F.C Bank
23.	Karamjeet Kaur	B.A-III	2013-14	Conductor, Panchayati Raj
24.	AmandeepKaur	B.A-III	2014-15	Conductor, Panchayati Raj
25.	Ekampreet Kaur	B.A-III	2013-14	P.E.T, Govt. School Delhi

26.	Simranjeet Kaur	B.A-III	2012-13	Coach, Pb. Sports Dept.
27.	Harpreet Kaur	B.A-III	2012-13	Sn. Clerk, Railways
28.	Sandeep Kaur	B.A-III	2010-11	Govt. Teacher, KVS
29.	Prabsharan Kaur	Msc	2013-14	Coach, Inter. School
30.	Harwinder Kaur	B.A-III	2010-11	Assit. Prof., DSCW
31.	Baljit Kaur	Msc	2016-17	Govt Teacher
32.	Harbans Kaur	MA-His	2005-06	CST,R.P.F
33.	Sarabjit Kaur	B.Sc	2006-07	Govt. Teacher

FUTURE PLANNING

- Opening of various sports diploma in the college such as Post Graduate diploma in Yogic sciences & Spiritualism.
- Department plan to organize more and more extension lectures, seminars and workshop.
- Indoor stadium , Gymnasium hall and Kabaddi mat.
- Different fields like Tug-of-war beach playground, badminton court etc.