

## **Department of Physical Education and Sports**

**Government Girls P.G. College, Ujjain**

**Lead College of Sports in District**

**Mrs. Sangeeta Karlekar**  
**Sports Officer**

### **Vision**

The department's primary vision is to develop self-reliance, leadership qualities, physical fitness, and mental strength in students through sports, thereby making them capable citizens of society.

The Department of Physical Education and Sports at Government Girls Post Graduate College, Ujjain, is continuously working towards the physical, mental, and personality development of its students. The department aims to develop a healthy lifestyle, discipline, leadership qualities, and sportsmanship among the students.

### **Objectives**

1. To encourage students to participate in regular physical activities.
2. To develop sports skills and a competitive spirit.
3. To prepare students for inter-collegiate, university, district, state, and national level competitions.
4. To develop discipline, self-confidence, and team spirit.

### **Facilities and Activities**

The Department of Physical Education and Sports organizes the following activities:

- Annual Sports Competition
- Inter-collegiate and Intra-collegiate Sports Competitions
- Regular practice and training sessions
- Athletics, Kho-Kho, Kabaddi, Volleyball, Badminton, Table Tennis, Yoga, and Fitness Training

### **Training and Guidance**

Provided by qualified physical education professors/coaches working in the department:

Systematic training in various sports

Assessment of physical fitness

Special guidance and motivation for talented student-athletes

## Achievements

The college students have been actively participating in university-level competitions, district, divisional, and state-level sports events and have achieved remarkable success.













