



**KONERU LAKSHMAIAH EDUCATION
FOUNDATION**

(Deemed to be University)

Aziz Nagar, Hyderabad, Telangana — 500075

DEPARTMENT OF PHYSICAL EDUCATION

THE INSTITUTION CONDUCTS / ORGANIZES FOLLOWING ACTIVITIES:

Year	Date of event/ Competition (DD-MM-YYYY)	Name of the event/Competition
2020	27 TH August 2020	Online fitness challenge competition
2020-2021	29 th August 2020	Conduction on occasion of National Sports Day
2020-2021	29 th August 2020	Push-ups(1minute)-{Girls}
2020-2021	29 th August 2020	Push-ups(1minute)-{Boys}
2020-2021	29 th August 2020	Squats-(1minute)-{Girls}
2020-2021	29 th August 2020	Squats-(1minute)-{Boys}

Department of Physical Education

Department of Physical Education
K L E F (Deemed to be University)
Off-Campus
Aziznagar, Hyderabad-500 075



Associate Dean
Student Affairs

Koneru Lakshmaiah Education Foundation
Deemed to be University
Hyderabad-500 075, T.S. India.



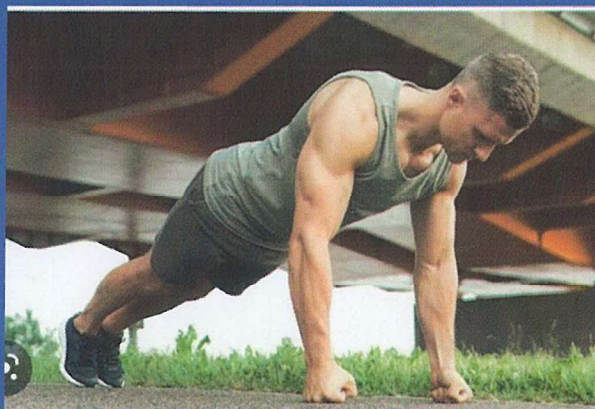
NATIONAL SPORTS DAY

EVENTS :

1. PISH UPS - 1 MIDNIGHT
30 SECONDS REST

2 SQUATS - 1 MIDNIGHT

29 AUG



REGISTRATION LINK:
[HTTP//BIT.LY/FITNESS.RE](http://bit.ly/fitness.re)
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Hyderabad-500 075, T.S. India.



KL UNIVERSITY HYDERABAD

RVS Nagar, Aziz Nagar (PO), Moinabad Road, Hyderabad
R.R. Dist. - 500 075

Date: 27.08.2020

CIRCULAR

Sub: Online Fitness Challenge Competition on the eve of "National Sports Day" - Reg.

This is to inform that Department of Physical Education, KLH, is conducting "National Sports Day" on 29.08.2020 (Saturday), 10.30 A.M. On this occasion, Fitness challenge competition is conducted

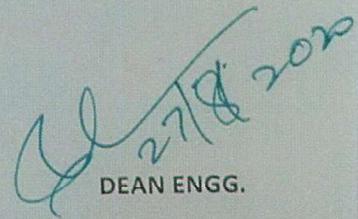
Through online for all the students, Interested can register through following link on or before 4 p.m.

Registration Link: http://bit.ly/Fitness_reg

Note: Last date of online submission: 28.08.2020(Thursday) by 4:00 pm without fail.

Events:

1. PUSH UPS - 1 MINUTE
30 SECONDS REST
2. SQUATS - 1 MINUTE


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Title: Report on National Sports Day Celebrations

Date: August 27, 2020, to August 29, 2020

Venue: KLH Campus

Introduction:

The National Sports Day celebration at KLH Campus marked a significant event in honor of the birth anniversary of Major Dhyan Chand, one of India's greatest hockey players. The event aimed to pay tribute to this legendary sportsman and promote sports and physical fitness among the students, faculty, and staff.

Event Schedule:

The National Sports Day celebration spanned three days, from August 27th to August 29th. The schedule included a variety of sports and games, fostering a sense of unity, competition, and a commitment to a healthier lifestyle.

August 27, 2020 (Day 1):

Cricket (Men): The men's cricket tournament witnessed fierce competition. Teams displayed exceptional batting, bowling, and fielding skills.

Badminton (Men/Women): The badminton events were a showcase of agility and precision, with participants delivering thrilling matches.

August 28, 2020 (Day 2):

Football (Men): The men's football competition was a crowd-puller. It featured a high level of athleticism and teamwork.

Basketball (Men/Women): The basketball matches showcased incredible dribbling and shooting skills. Both men and women's teams displayed commendable teamwork.

August 29, 2020 (Day 3):

Athletics (Men/Women): The athletics events included various track and field competitions, such as sprinting, long jump, and shot put. Participants demonstrated their speed and endurance.

Yoga (Men/Women): The yoga session highlighted the importance of mental and physical well-being. Participants practiced different yoga asanas and relaxation techniques.

Event Highlights:

Participation: The National Sports Day celebration saw enthusiastic participation from students, faculty, and staff. People from various age groups and backgrounds joined the activities, emphasizing the universality of sports.

Spirit of Sportsmanship: The event celebrated the spirit of sportsmanship and fair play. Participants showcased respect for their opponents and officials, fostering a culture of healthy competition.

Awards and Recognition: Winners and runners-up in each category were awarded medals and certificates. This recognition motivated the participants and added an extra level of competitiveness to the event.

Yoga Session: The inclusion of a yoga session highlighted the importance of mental and physical wellness alongside sports. It emphasized the holistic nature of a healthy lifestyle.

Conclusion:

The National Sports Day celebrations at KLH Campus were a resounding success, demonstrating the significance of sports and physical fitness in the community. It paid homage to Major Dhyan Chand and his contributions to Indian sports, inspiring participants to pursue excellence in their chosen sports.

The event brought together students, faculty, and staff in a collective celebration of sportsmanship, unity, and a commitment to a healthier lifestyle. The organizing committee, participants, and spectators contributed to the event's success, ensuring that it will continue to inspire and promote sports and physical fitness in the KLH community in the years to come. National Sports Day was not just a day of celebration but a reminder of the importance of sports in our lives and the values it instills.

PARTICIPATION LIST OF STUDENTS:

S.No	Full Name	College ID.No	Branch	Gender	Phone No	Pushups	Squard	Total
1	Akarsh	180330296	CSE	Male	9441277333	29	46	
2	Srinivas	180330294	CSE	Male	7658939999			
3	Abhinav Reddy	180330293	CSE	Male	9491687688			
4	Gampala hemanth	190330068	CSE	Male	7569561873			
5	KOSARAJU SAI SOHAN	190330105	CSE	Male	8919929194			
6	BVS JAYANTH	190330033	CSE	Male	6300808519			
7	N sudheer reddy	180330154	CSE	Male	9381189790	14	18	
8	Ritu Raj mehta	190543074	BBA	Male	8328364154	21	25	
9	etiletem kowshik sai	190330063	CSE	Male	8919231621	35	47	
10	Battalapalli Mahi Preetam	180030632	CSE	Male	6303641767	43	48	
11	LAKKIREDDY SAI MANI	180330208	CSE	Male	7661058136			
12	kaushik deshbande	180330193	CSE	Male	8790111400			
13	Shiva Krishna	182440004	BBA	Male	9148475094			
14	Chandra Harsha	180330149	CSE	Male	9010000949	31	38	
15	Kalakoti Suvshal	180330199	CSE	Male	7036860122			
16	Syed Hayath Yaseen	180330049	CSE	Male	8466908801			
17	Karthik kannekanti	180330079	CSE	Male	9803627963			
18	Md Rizwan	190330155	CSE	Male	9550000219	24	33	
19	Y THARUN TEJA	190330268	CSE	Male	8340827243			
20	Chanakya	190330315	CSE	Male	7075720992			
21	Ch manish	190330043	CSE	Male	8688707817			
22	Sai kolan	190330106	CSE	Male	7989306423			
23	K ronith reddy	190330102	CSE	Male	9851741751			
24	Syed Mujahid	180330232	CSE	Male	8463908025			
25	Gangshetty SaiKumar	190330073	CSE	Male	8688053516	40	45	
26	Mohd waseem shahbaaz	182440010	BBA	Male	7013067047			
27	P. Jayanth Ramachandra	180330216	CSE	Male	9426744966			
28	sakhamun tarun sai	190543107	BBA	Male	9000900127			
29	Ravi chandra	190330011	CSE	Male	9392834289			
30	s sairavanth	180340055	ECE	Male	6304541653	21	33	
31	D Charan Sai	190340028	ECE	Male	7013444377	48	43	
32	Vijay Kumar	190330027	CSE	Male	9347495073			
33	Namu Yeshwanth	180340041	ECE	Male	6302068067	21	40	
34	Saketh Reddy	190330107	CSE	Male	6302554354			
35	Ramdev Sharma	190330200	CSE	Male	8804455556			
36	Chailhanya sai k	180330188	CSE	Male	9346445913			
37	SAI PRANEETH	180330016	CSE	Male	8332099337	20	48	
38	M nikhil	190330314	CSE	Male	7702136193	52	50	

(M)

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Student Affairs

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Department of Physical Education
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CONDUCTED ONLINE FITNESS CLASS :




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APRIL-SEPTEMBER HALFYEARLY SPORTS REPORT

- ❖ From March to August- Due to covid-19 lock down we have not conducted any sports / games activities in the university campus from March 24 to August 28.
- ❖ August - On 29th August 2020 we have conducted Challenge Physical Fitness Test on behalf of National Sports Day (Dhyanchand Birth Day). Test conducted through ONLINE and provide necessary data for your information.

NATIONAL SPORTS DAY EVENTS -KLH CAMPUS						
S.NO	DATE	MALE/FEMALE	EVENTS	REGISTRATIONS	PARTICIPATIONS	PLACES
1	29.08.2020	GIRLS	SQUARDS	05	03	1st,2nd,3rd
2	29.08.2020	BOYS	SQUARDS	38	13	1st,2nd,3rd
3	29.08.2020	BOYS	PUSH-UPS	38	13	1st,2nd,3rd

Gowtham K.
(Dr. G. GOWTHAM KUMAR)
PHYSICAL EDUCATION.

Department of Physical Education
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CERTIFICATE

- OF APPRECIATION -

The following award is given to

Abhinav Reddy

This certificate is given to Abhinav Reddy for his achievement in the Push-up's for the conduction of Conduction on occasion of National Sports Day on 29.08.20.

Gowtham Kesh.
Physical Director



Udeshi
PRINCIPAL
KLEF
HYDERABAD



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CERTIFICATE

- OF APPRECIATION -

The following award is given to

Y. Tharun Teja

This certificate is given to Y. Tharun Teja for his achievement in the squats for the conduction of Conduction on occasion of National Sports Day on 29.08.20.

Gowtham Kesh.
Physical Director



Udeshi
PRINCIPAL
KLEF
HYDERABAD



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KLH CERTIFICATE

- OF APPRECIATION -

The following award is given to

Akarsh

This certificate is given to Akarsh for his achievement in Push up's the for the conduction of Conduction on occasion of National Sports Day on 29.08.20.

Gowtham Kesh.
Physical Director



[Signature]
PRINCIPAL
KLEF
HYDERABAD



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KLH CERTIFICATE

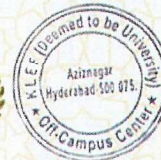
- OF APPRECIATION -

The following award is given to

N. Sudheer Reddy

This certificate is given to N. Sudheer Reddy for his achievement in squats the for the conduction of Conduction on occasion of National Sports Day on 29.08.20.

Gowtham Kesh.
Physical Director



[Signature]
PRINCIPAL
KLEF
HYDERABAD

***** THANK YOU *****

[Signature]
Associate Dean
Student Affairs
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