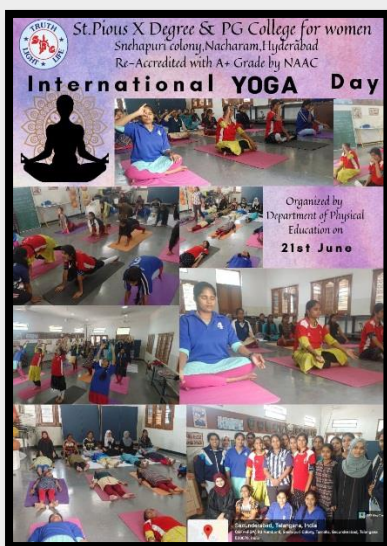


ST. PIOUS X DEGREE & PG COLLEGE FOR WOMEN

Snehapuri colony, Nacharam, Hyderabad

Sports Activities 2021 & 2022

8th International yoga day:



Arpana Kumari IBA(PPML) participated in the 5A State level Hockey Tournament held at Patancheru, Sangareddy from 5th to 7th June 2022.



Talent Identification Programme 2022:

18th to 31st October 2022



Extension Activity 2021:

Extension activity done by Dept of Physical Education on 23rd march 2022 at Government Wesley School, Nacharam, Hyderabad conducted sports and fun activities and also distributed handmade Greeting cards and refreshments.



Fit India Freedom Run 2.0:

51 students were participated in this run, This Run is Started with an Informative and Enlightening Inspirational Talk by Sr.Velangini Kumari, Principal of the College at 6.30 AM From HMT Nagar to HMT Khaman. The main Objective of this run is Government of India has initiated Fit India Freedom Run 2.0 on 13th August and extends up to to 2nd October 2021.All India Council for Technical Education has requested the participation of Higher Education Institutes in this event.This run encourages fitness and help us all to get free from obesity, laziness, stress, anxiety, disease, etc,. The concept behind this is that it could be run anywhere, anytime and runs his own race and times his own pace.



Akanksha III BA (EPP) Participated in All India Inter University taekwondo championship held on 28th to 31st March 2022 at kurukshethra University, Hariyana and secured with **Bronze Medal**.



Outreach Programme 2022:

Asha Kuteer Foundation, Uppal

The Department of Physical Education conducted Outreach Programme on 22nd October 2022 donated 1 carrom board, 2 Chess Boards, 2 Tennikoits, 1 Throwball to Asha Kuteer Foundation, Uppal. Few fun and Recreational games were conducted.



Power Yoga Programme(modern yoga):

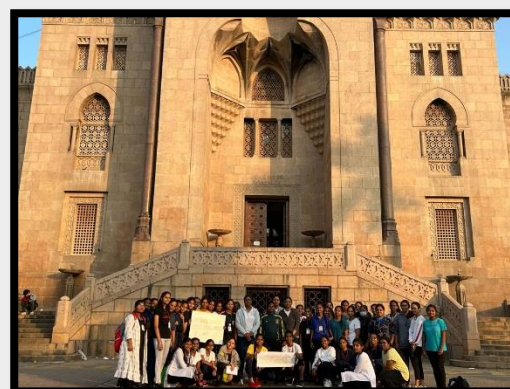
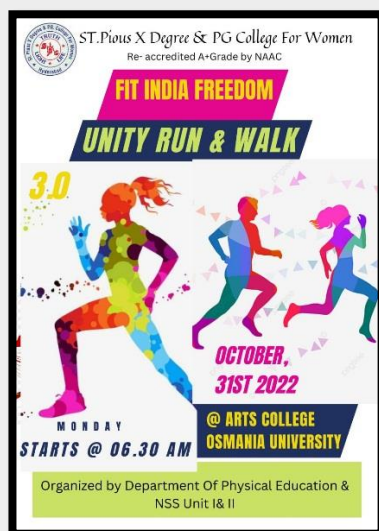


Self Defense Awareness Programme



Fit India Freedom Run 3.0

31st October 2022



KHEL UTSAV 2022:

9th November 2022

Athletics sports championship 2022 organized & conducted by Khel Utsav & sports Foundation the moto of this event is awakening the athlete in every individual, from the college total 16 athletes are participated in different age categories (Under 16,19,20,21) the following girls secured various medals in various age categories:

Name of the Athlete	Event	position secured
Shiny	shotput	1 st place
Karishma	shotput	3 rd place
Nazrin	shotput 1 st	place
Hema	Long jump	3 rd place
Sampritha Reddy	Long jump	2 nd place
Neha	Long jump	2 nd place
M.Radha	Long jump	2 nd place
Indu	Long jump	1 st place
M.Radha	100m	3 rd place
Husna	100m	2 nd place
Radha,Sampritha,Hema,Revathi	4X100	2 nd place
Lydia ,sharanya,	200m	2 nd place



Extension Activity

Extension activity is done by Department of Physical Education on 14th November 2022 at Government Wesley school, Nacharam, Hyderabad conducted sports and fun activities and also distributed stationary pouches for winners and runners and refreshments for all.



Shooting ball District level Tournament

P.Neeraja, Rasmitha Kumari, Shiny, Jahnvi and Chandana participated in Shooting ball tournament held at Kesamudram, Warangal from 9th to 11th December 2022 they were reached till quarterfinals.



State Level Throwball Championship:

Akshitha Diwakarla & Praveena from II Bcom(cs), Participated in 6th Telangana state senior inter district throwball championship organized by Rangareddy throwball association and telangana throwball association held at SVVVS school, Bowenpally, Hyderabad on 25th & 26th December 2021 & secured First place

