



Society to Promote Health through Physical Activity (SPHPA)



**Dr. Mahender Singh
Convener**

About Us

- Obesity, unhealthy life style, poor eating habits and the week psychological state are some of the major problems which are damaging the every section of the society. Be it an old people, youth or children, each one of us is affected by these menace. Therefore, keeping it in mind and to fight against it, the college has formed a society named *Society to Promote Health through Physical Activity (SPHPA)*.
- This society aims to design outreach programmes for different categories of people in the community. The faculty members and students of the college are willing to contribute in this noble cause. This initiative will be beneficial for students as well as the community.

Objectives

- Some of the objectives of the society are as follows:
 - Health and wellness of different sections of the society such as old aged people, adults, housewives, service women and men, children will be the target population. The fitness, health and wellness of these people will be the prime focus of this society.
 - Students of the college will get exposure of different learning experiences such as participatory learning, experiential learning and collaborative learning; this will enhance their understanding of various concepts taught in class.

List of the Activities:

- ✓ Celebration of International Day of Yoga
- ✓ Intra-College Theatrical Video Competition On The Theme “Sports for All”
- ✓ National Intercollegiate Theatrical Video Competition On Theme “Sports for All”
- ✓ One Day National Webinar For The Students On The Theme “Sports For All”
- ✓ Quiz Competition for the students of the Department of Physical Education
- ✓ National Sports Day (Running and Cycling)
- ✓ Fit India Cyclothon

Celebration of International Day of Yoga through Virtual Mode on 21.06.2020



Intra-College Theatrical Video Competition On The Theme "Sports for All" Through Virtual Mode On 22.06.2020



National Intercollegiate Theatrical Video Competition On Theme "Sports for All" Through Virtual Mode On 06.07.2020.



POST GRADUATE GOVERNMENT COLLEGE,
SECTOR-11, CHANDIGARH

SPORTS FOR ALL

NATIONAL COLLEGIATE THEATRICAL VIDEO COMPETITION

Winners

1st

Aditya Kataria, MA 2nd Sem
Varun Bhatiya, BA 4th Sem
Hasrat Singh, BA 4th Sem
Himanshu Tiwari, BA 4th Sem
Anmol Chawla, BA 4th Sem
Shivam Kumar, BA 6th Sem
Sunny Sagar, BA 6th Sem

Post Graduate Government College, Sec-11, Chandigarh

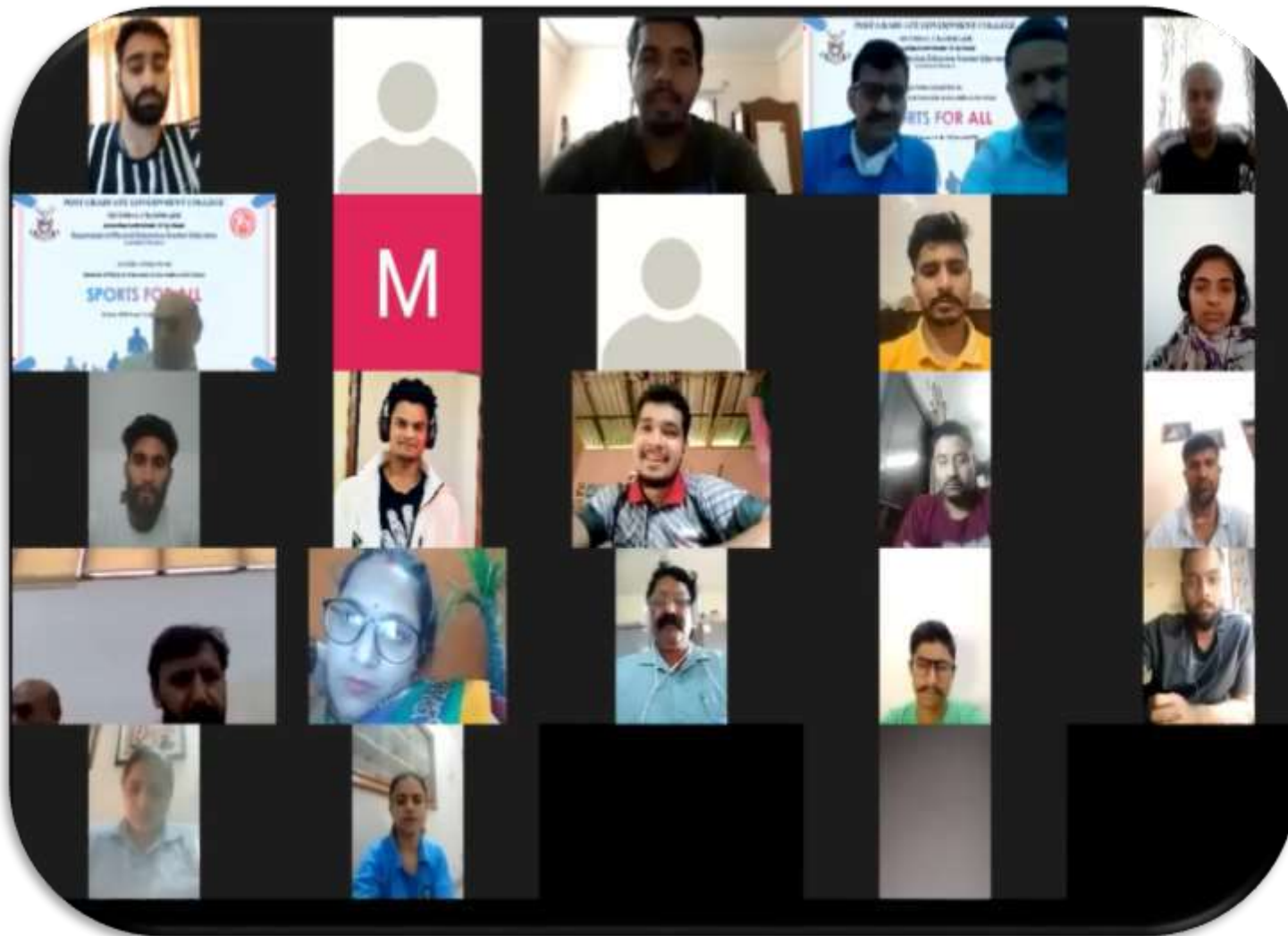
2nd

Anurag Vats, BBA 4th Sem
Aditya Sharma BBA 4th Sem

Govt College of Commerce & Business Administration, Sec-50,
Chandigarh



One Day National Webinar For The Students On The Theme "Sports For All" On 18.07.2020



Quiz Competition for the students of the Department of Physical Education on Virtual Mode on 28.06.2020



Damini Nanthani
M.P.Ed II Semester

1



Chandan Padda
M.P.Ed II Semester

2



Sunita Guleria
M.P.Ed IV Semester

3

National Sports Day on 29.08.2020 (Running and Cycling)



Fit India Cyclothon on 10.12.2020



Committee Members:

- Dr. Mahender Singh
- Dr. Baljeet Singh
- Dr. Sushil Kalta
- Dr. Rasan Billing
- Dr. Ramesh Singh
- Dr. Rajeshwari