

Physical Education



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Physical education plays an important role in student's life. In the first place, Students learn better if they do some physical exercise. Additionally, physical education teaches important skills such as team work. Also, it contributes to their overall physical and mental abilities. This helps them feel happier and comfortable in the college .Moreover some kind of games need team when that time students need to communicate who were in that team pupils get a chance to improve their team work it will helpful in their career.

College of Home Science has a Physical Education Department witha Additional Director physical education. There are inter class competition's on the basis of which a college team is selected for different events. The students are also further selected for the inter universities tournaments.Coaches are also engaged as per need of the students. The college has a basket ball& a vplley ball court, a ground for practicing the throws , jumps and races. An indoor hall is there where they practices table tennis . We have many work out machines for the students who simply want to keep them physically fit.

The different games and sports in which the students participate are

- Basket Ball
- Volley Ball,
- Table Tennis
- Badminton
- Jumps-Long and High
- Throws-Shot- put and Javelin
- Races-100m, 200m, 400m, 4*100m relay

The students are issued the play material as per their need

On the basis of the performance of the students one best Athlete and best player are selected at college level. The students are felicitated on the College Annual function every year

- University Inter college Tournaments were organized In Nov.2014 and Jan. 2015
- The Home Science players participated in Badminton , Basketball, Table tennis, volleyball and athletics events. Home science College was declared the general championship winner of athletics and also winners in Badminton, Basketball.
- Ms. Anuradha Kaswan, Monica Manjhu and Kiran Choudhary participated in all the events of Athletics.
- Ms. Shreya Mehta won the singles trophy for Badminton in women's section.
- Ms. AnuradhaKaswan was declared the best Athlete of the year(2015)



Physical Fitness center

