



1. NAME OF DEPARTMENT: PHYSICAL EDUCATION AND SPORTS
2. VISION OF THE DEPARTMENT: to engage in relentless pursuit of excellence in physical education and sports for health fitness and wellness of the students.
3. MISSION OF THE DEPARTMENT: for all students to be inspired to take part in sports whether it is recreational or competitive delivering outstanding lesson inspired and motivate all students regardless of their ability.
4. DEPARTMENTAL PROFILE (Year of establishment, courses, no. of seats scope etc.: (250 words)

Our College decided to start sports department in the year 1976. Physical education as a subject in year 2011. H.O.D of this department is D.P.E Pritpal Singh. Total number of seats in the programme is 80. A career in physical education can lead you to a wide range of career option from being a sports person to health clubs, sports good manufacturer, marketing, commentator, sports journalist, trainer and many other career roles. Fitness specialist personal trainer, fitness director. Health educator. Health education aims to provide knowledge and skills to empower pupils to lead healthy lifestyles and to take responsibility for the health and well- being of others and the environment. The sports sector includes various disciplines such as sports finance, facilities and event management, sports medicine and sponsorships.

5. FACULTY OF THE DEPARTMENT:

S. No.	Name of Faculty	Educational Qualification	Experience	mail ID	Pic
1.	A.P PRITPAL SINGH	M.A (PHYSICAL EDUCATION)	7 YEARS	Pritpal12687@gmail.com	
2.	A.P AMARJIT SINGH	M.A (PHYSICAL EDUCATION)	2 YEARS	Amarjitladdi85@gmail.com	

6. ACHIEVEMENT/PUBLICATIONS OF FACULTY:

Name	Achievement	Publications	Topic of publication
A.P Pritpal Singh	<ul style="list-style-type: none"> NSS Programme officer NCC Officer 	Paper in journal	<ul style="list-style-type: none"> Analytical study of selected soma to type profile between active and sedentary females of collage Effect of 8 weeks pranayama training on the anxiety level of college students.
A.P Amarjit Singh	<ul style="list-style-type: none"> NSS officer 	<ul style="list-style-type: none"> Paper in journal Paper in book 	<ul style="list-style-type: none"> The analytical of BMI between government and public school students of Roopnagar Human rights

7. CALENDAR

S.NO.	GAME/EVENT	VENUE	DATE
1)	BADMINTON (W)		24-26 Aug., 2019
2)	BADMINTON (M)		24-26 Aug., 2019
3)	Cross Country Races (M)		3 Sept., 2019
4)	CHESS (W)		6-7 Sept., 2019
5)	CHESS (M)		6-7 Sept., 2019
6)	HOCKEY (M)		16-18 Sept., 2019
7)	Judo (M)		21-23 Sept., 2019
8)	KABADDI (M)		25-27 Sept., 2019
9)	Aquatics (M)		-

10)	Wrestling Free Style (M) Greco Roman Style Wrestling (M)		1-3 Oct., 2019
11)	Wt. Lifting (M) and Best Physique (M)		2-4 Oct., 2019
12)	TENNIS (M)		10-11 Oct., 2019
13)	TENNIS (W)		10-11 Oct., 2019
14)	TABLE TENNIS (W)		14-16 Oct., 2019
15)	TABLE TENNIS (M)		14-16 Oct., 2019
16)	Taekwondo (M)		15-18 Oct., 2019
17)	VOLLEYBALL (M)		15-18 Oct., 2019
18)	Athletics (M)		22-24 Oct., 2019
19)	Athletics (W)		22-24 Oct., 2019
20)	Rowing (M)		8-9 Jan., 2020

7

21)	Tug of War (MW)		Vacant
22)	Yoga (MW)		Vacant
			Vacant
23)	Gatka (MW)		
			Vacant
24)	Circle Style Kabaddi (MW)		

8. SHINING STARS OF THE DEAPRTMENT:



DIRECTORATE OF SPORTS
PUNJABI UNIVERSITY, PATIALA
(Established under Punjab Act No. 35 of 1961)



Phone(s): (Off.)
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No. 1909/DS

Date 13/9/19

TO WHOM IT MAY CONCERN

This is to certify that following players/ teams of A S B A S J S Memorial College, Bela(Ropar) participated in various Inter College tournaments during the session from 2014-15 to 2018-19 and got positions as under-

Game	Name of the players	Position/Medal
Session 2014-15		
Wrestling (Men)	Himanshu Kumar (60 kg.)	Silver
	Dharvinder Singh(96 kg.)	Bronze
Hockey(Men)	Team	Bronze
Judo(Men)	Dharminder Singh(100 kg.)	Silver
Session 2015-16		
Wrestling (Men)	Sikander Singh(86 kg.)	Bronze
Judo(Men)	Rajdeep Singh(90 kg.)	Bronze
	Dharvinder Singh(100 kg.)	Bronze
Session 2016-17		
Wrestling (Men)	Gurpreet Singh(61 kg.)	Bronze
	Rajdeep Singh(85 kg.)	Silver
Session 2017-18		
Wrestling (Men)	Jatinder Singh(125 kg.)	Bronze
	Sikhander Singh(77 kg.)	Silver
	Arshdeep Singh (97 kg.)	Bronze
Session 2018-19		
Wrestling (Men)	Kadar Mohammad (92 kg.)	Gold
	Ravinder Singh(97 kg.)	Bronze
	Jaspreet Singh(125 kg.)	Silver
Swimming	Banpreet Kaur(200 Mtr. FS)	Bronze
	Banpreet Kaur(100 Mtr. BS)	Silver
	Banpreet Kaur(50 Mtr. BF)	Bronze

Director Sports,
Punjabi University,
Patiala.

13/9/19

9. ACTIVITIES (any five activity along with caption)

INCHARGE OF ALL ACTIVITIES ARE A.P PRITPAL SINGH AND A.P AMARJIT SINGH

ACTIVITY 1



P.M.N COLLEGE RAJPURA
NO. OF STUDENT : 10
GAME : WRESTELLING

ACTIVITY 2



P.N.M COLLEGE RAJPURA
NO. OF STUDENTS : 2
GAME : WRESTELLING

ACTIVITY 3



PUNJABI UNIVERSITY PATIALA

NO. OF PLAYERS: 5

GAME: JUDOO

ACTIVITY 4



PUNJABI UNIVERSITY PATIALA

GAME: TAI COMMANDO

NO. OF PLAYERS : 5

ACTIVITY 5



A.S.B.A.S.J.S.M.C.BELA (ROPAR)
BADMINTION INTRAMURAL
NO. OF PARTICIPANT : 12

ACTIVITY 6



PUNJABI UNIVERSITY PATIALA

GAME: PANCEK SILAT

NO. OF PARTICIPANT: 5

10. SWOC:

STRENGTH: Games are the strength of the department

WEAKNESS: Parents cooperation is the biggest weakness of our department.

Opportunity: You might choose to pursue a career in coaching at the high school, college, or even professional level. Other career option include fitness trainers, recreation workers, physical education instructors, physical therapist sports medicine, human kinetics, sports nutritionists and even sports psychologists.

Challenges: Increase the number of positions in university and intervarsity competitions

