

ANNUAL REPORT(2013-14)

Name of the Institution: - **Akal College of Physical Education Mastuana Sahib (Sangrur)**

Dr. Gobind Singh , Principal

Newly appointed Staff:-

Asst.prof. Archana , Asst.prof Rashpal Singh , Asst.prof. Jagjiwan Singh, Asst.prof. Sukhvir Singh Mann , Asst.prof. Pardeep Kaur , Asst.prof. Bimla Thakur .

Extension lecture/visiting professor

Experts : 1. Prof. Gurpreet Kaur ,2. Principal(Retd) Gurmeet Kaur Bhathal , 3. Dr. Jaspal Singh .

Subjects (S) Date (S) :

1. Extension Lecture on career in Defense Forces (11-12-2013)
2. Extension Lecture on Women Empowerment (8-03-2014)
3. Faculty development Programme (27-4-2014)

Conference/ Seminar / Symposium Organized.

1. An International Conference on Health, Fitness & Environment: Issues and challenges in Collaboration with UNESCO was organized by College on 18-19 Dec 2013.
Eminent Speakers :- Prof . M.L Kamlesh, Mr. Jagmohan Bjaj , Mr. Dominique Waag , Ms. Nalini Priyadarshani , Dr. Gurwinder Singh Shergil ,Dr. Harpreet Kaur, Dr. Raj Kumar, S. Sarabjeet Singh ,Sh. Gurmeet Singh , Sh. Sukhdarshan Likhi.

Conference/ Seminar / Symposium (In which Faculty member of the department / Institute Participated / Presented Paper) :

DR.GOBIND SINGH

1. Presented a paper in national conference on yoga, physical education, sports medicine, ayurveda, naturopathy organized by CHC athletic association, B.H.U Varanasi on 27-28 July 2013

2. Presented a paper in National Conference on contribution of Phy.Edu. to public health fitness and sports promotion organized by phy.Edu. Foundation of India New Delhi on 29 Aug 2013.
3. Presented a paper in International Conference on Gandhian Thought: Globalization and education organized by Global Educational research association on 2-3 sept. 2013 at Kathmandu.
4. Presented a paper in National Seminar on Nurturing sports through science organized by dept.of Sports Sciences Pbi. Uni. Patiala on 27 sept.2013
5. Presented a paper in International Conference on women Empowerment organized by women studies centre Pbi. Uni. Patiala on 22-23 nov.2013
6. Presented a paper in National Conference on New Pathways in teacher education organized by Akal College of education Fathegarh Chhanna Sangrur on 13 dec. 2013
7. Presented a paper in International Conference on Health Fitness and Environment Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013 .
8. Presented a paper in National Conference on Wellness Through Physical activity Organized by Punjabi University Patiala on Jan 17,18 -2014.
9. . Presented a paper in National Conference on right to education; challenges ahead organized by sat yam college of education moga.
- 10.Presented a paper in National Conference on"Introduction of Latest A/V Aids in Sports" organized by Moga College of Education Moga on 7 May 2014.

Dr. Dev Raj Attri

1. Presented a paper in International Global Scientific Conference on Physical Education, Health and Sports Science Organized by GNDU Amritsar on Jan 24 to 26,2014 .
2. Presented a paper in International Conference on Health Fitness and Environment Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013

Dr. Geeta Thakur

1. Presented a paper in International Conference on Health Fitness and Environment Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013 .

2. Presented a paper In National Conference on Wellness throw Physical activity
Organized by Punjabi University Patiala on Jan 17,18 -2014.

Asst.Prof . Randhir Sharma

- 1 Presented a paper in International Conference on Health Fitness and Environment
Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013 .
2. Presented a paper In National Conference on Wellness throw Physical activity
Organized by Punjabi University Patiala on Jan 17,18 -2014.

Asst.Prof . Sukhwinder Singh Mann

1. Presented a paper in International Conference on Health Fitness and Environment
Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013

Asst.Prof. Sohandeep Singh .

1. Presented a paper in International Conference on Health Fitness and Environment
Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013

Asst.Prof. Rajni

1. Presented a paper in International Global Scientific Conference on Physical Education, Health and Sports Science Organized by GNDU Amritsar on Jan 24 to 26,2014 .
2. Presented a paper in International Conference on Health Fitness and Environment
Organised by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013
3. Presented a paper In National Conference on Wellness throw Physical activity
Organized by Punjabi University Patiala on Jan 17,18 -2014.

Asst.Prof . Amritpal Kaur

1. Presented a paper in International Conference on Health Fitness and Environment Organised by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013

Asst.Prof. Sharanjit Kaur

1. Presented a paper in International Global Scientific Conference on Physical Education, Health and Sports Science Organized by GNDU Amritsar on Jan 24 to 26,2014 .
2. Presented a paper in International Conference on Health Fitness and Environment Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013

Asst.Prof. Jasvir Singh

1. Presented a paper in International Global Scientific Conference on Physical Education, Health and Sports Science Organized by GNDU Amritsar on Jan 24 to 26,2014 .
2. Presented a paper in International Conference on Health Fitness and Environment Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013
3. Presented a paper In National Conference on Wellness throw Physical activity Organized by Punjabi University Patiala on Jan 17,18 -2014.

Dr. Satinder Paul

1. Presented a paper in International Global Scientific Conference on Physical Education, Health and Sports Science Organized by GNDU Amritsar on Jan 24 to 26,2014 .
2. Presented paper in International Conference on Health Fitness and Environment Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013
3. Presented a paper In National Conference on Wellness throw Physical activity Organised by Punjabi University Patiala on Jan 17,18 -2014.
4. Presented a paper In National Conference on Wellness throw Physical activity Organised by Punjabi University Patiala on Jan 17,18 -2014.

Asst.Prof. Ramandeep Attri

1. Presented a paper in International Conference on Health Fitness and Environment Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013
2. Presented a paper In National Conference on Wellness throw Physical activity Organized by Punjabi University Patiala on Jan 17,18 -2014.

Asst.Prof . Archna

1. Presented a paper in International Global Scientific Conference on Physical Education, Health and Sports Science Organized by GNDU Amritsar on Jan 24 to 26,2014 .
2. Presented a paper in International Conference on Health Fitness and Environment Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013 .

Asst.Prof. Rashpal Singh

1. Presented a paper in International Conference on Health Fitness and Environment Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013 .
2. Presented a paper in National Conference on Wellness through Physical activity Organized by Punjabi University Patiala on Jan 17,18 -2014.
3. Presented a paper on National Seminar on CTE Organized by Akal College of Education for women Fatehgarh Chhana (Sangrur) on Dec. 2013

Asst.Prof. Jagjiwan Kumar

1. Presented a paper in International Conference on Health Fitness and Environment Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013 .

Asst.Prof. Sukhvir Singh Mann

1. Presented a paper in International Conference on Health Fitness and Environment Organized by Akal College of Physical Education Mastuana Sahib on Dec. 18,19-2013 .

Research work

Dr. Geeta Thakur has been awarded with Ph.D on the topic "**Motor Fitness Profile in Indian Hockey Players**"

Refresher Course / Orientation Course attended by faculty of the department / Institution

Number : 3 (Dr. Geeta Thakur, Prof.sukhjeet singh ,Prof. Randhir Sharma)

Theme : 40th Refresher Course in Physical Education held at Punjabi University Patiala

Date : Feb 19-2014 to March 11-2014.

Academic Achievement

Academic Achievement of faculty member

1. Dr. Geeta Thakur earned Ph.D
2. Prof. Jagjiwan Singh Qualified UGC NET

Academic Achievement by Student in university (2012-13)

Sr. No	Position	Class	Roll No	Name	Marks Obtained	Max. Marks	Percentage
1	3 rd	B.P.Ed	6819	Sarbjeeet Kaur	1074	1250	85.92 %
2	3 rd	B.P.Ed	6807	Harpinder Kaur	1074	1250	85.92%
3	4 th	B.P.Ed	6873	Kuldeep Singh	1068	1250	85.44%
4	1 st	B.P.E Final	6248	Mandeep Singh	2256	2975	75.83%
5	2 nd	B.P.E Final	6212	Jaspal Kaur	2237	2975	75.19%
6	4 th	B.P.E Final	6250	Nikhil Kumar	2178	2975	73.21%
7	5 th	B.P.E Final	6216	Rajwinder Kaur	2161	2975	72.64%
8	1 st	D.P.Ed- 2nd	7806	Gurpreet Kaur	1466	1700	86.24%
9	2 nd	D.P.Ed- 2nd	7839	Gurpreet Singh	1461	1700	85.94%
10	3 rd	D.P.Ed- 2nd	7851	Satnam Singh	1437	1700	84.53%
11	4 th	D.P.Ed- 2nd	7812	Pawanpreet Kaur	1433	1700	84.29%
12	5 th	D.P.Ed- 2nd	7826	Sukhwinder Singh	1429	1700	84.06%

Sports:Position/Name(s) of students (s)/ game(s)

INTER COLLEGE OVER ALL CHAMPIONSHIP TEAMS

Men Team – Kabbaddi National Style

Women Team- Cricket,Football,Volleyball,Wrestling,Rowing,Road Cycling

INTER COLLEGE OVER ALL SECOND POSTION

Men Team – Kabaddi Punjab Style, Ball Badminton,Kho-kho,Football

Women Team- Swimming, Kho-kho,Kabaddi,BallBadminton,CyclingVeldro

INTER COLLEGE OVER ALL THIRD POSTION

Men Team– Kayaking cenoeing,Yachting

WomenTeam –Cross country

Individual Medals

Boxing - Gold-1,silver-2,Bronze-1

Wrestling- Silver-1,Bonze-2

Yachting-Bronze-2

Taekwando-Silver-2,Bronze-3

Judo- Gold-1

Kayaking-Gold-1

Athletics- Gold-1,Bronze-5

All India Inter University Medal List				
1	Harpinder Kaur	B.P.Ed-B	Gold	Handball
2	Praveen Kaur	B.P.E-3rd	Sliver	Baseball
3	Preeti	M.P.Ed- 1 st	Gold	Archery
4	Pawan	M.P.Ed-1	Gold	Archery
5	<i>Komal Sharma</i>	<i>M.P.Ed-1st</i>	<i>Gold</i>	Archery
6	<i>Rekha Rani</i>	<i>M.P.Ed-1st</i>	<i>5 Gold</i>	<i>Cycling</i>

7	Gurwinder Singh	B.P.E-1st	1,Bronze	Rowing
8	Ravinder Kaur	B.P.E -2nd	1 Gold	Rowing
9	Gurpreet Kaur	B.P.E -1st	1 Gold	Rowing
10	Malkit Singh	B.P.E-1st	2 Sliver	Kayaking
11	Gurwinder Singh	B.P.E-1st	1,Bronze	Rowing
12	Gurjeet Singh	B.P.E-1st	1,Bronze	Rowing

Senior National Medal List				
1	Harwinder Singh	<i>M.P.Ed-1st</i>	Gold	Tug-of-War
2	Jugpreet Singh	B.P.Ed-B	Gold	Tug-of-War
3	Gurinderjit Singh	"	Gold	Tug-of-War
4	Sunny	B.P.Ed-A	Gold	Tug-of-War
5	Rajvir Shrama	D.P.Ed -2nd	Gold	Tug-of-War
6	Gurwinder Singh	D.P.Ed -2nd	Gold	Tug-of-War
7	Balkar Singh	B.P.E -2nd	Gold	Tug-of-War
8	Rajveer Kaur	<i>M.P.Ed-2nd</i>	Gold	Tug-of-War
9	K.M.Arti	<i>M.P.Ed-1st</i>	Gold	Tug -ofwar
10	Kiranpreet Kaur	B.P.E -2nd	Gold	Tug-of-War
11	Preeti	M.P.Ed-1st	Sliver	Archery
12	Komal Sharma	B.P.Ed	Sliver	Archery
13	Mandeep Kaur	M.P.Ed-1st	Sliver	Archery
14	Parveen	M.P.Ed-2nd	Bronze	Archery
15	Gurpreet Singh	D.P.Ed-2nd	Bronze	Kho Kho
All India Inter University Participation				
1	Tajinder Kaur	M.P.Ed-2nd	Participation	Football
2	Suman Punia	M.P.Ed-1st	"	Football
3	Manpreet Kaur	"	"	Football
4	Rajveer Kaur	"	"	Football
5	Sushma Rani	B.PEd -A	"	Football
6	Parveena	M.P.Ed-2 nd	"	Archery
7	Paryanka	M.P.Ed-2nd	"	Archery
8	Mandeep Kaur	M.P.Ed-1st	"	Archery
9	Bala Devi	M.P.Ed-1st	"	Archery
10	Deepak Kumar	M.P.Ed-1st	"	Archery
11	Mohd. Imran	D.P.Ed-2nd	"	Kho-Kho
12	Harpreet Singh	D.P.Ed-2 nd	"	Kho kho
13	Jasmir Singh	D.P.Ed-2nd	"	Kho kho
14	Jeevanjot	B.P.E- 3 rd	"	Kho kho

Cultural Activities

Students of ACPE Mastuana Sahib Participated in Youth Festival in deferent items like Bhangra , skit , Folk Song , Quiz , Rangoli

NSS

NSS Camp organized from 23-12-2013 to 29-12-2013 at ACPE Mastuana Sahib in which Students Clean the whole Arena of Mastuana Sahib , Maintaince of Grounds as well as SAI center. Students also done plantation in the campus.

Other Activities

1. Lohri Celebration
2. women day Celebration
3. Teacher day celebration
4. Sports day celebration
5. Swami Vivekananda Jayanti
6. Inter College Kabbadi competition