

SILVER JUBILEE GOVT COLLEGE (A), KURNOOL
CAREER GUIDANCE PROGRAMMES

2017-18



A special coaching was started for the groups and civil service exams. Mr. Harinath Reddy, Municipal Commissioner, Kurnool addressed the students in the inaugural session and advised them to work hard to achieve their goals

FREE COACHING FOR ANDHRA PRADESH PHYSICAL EDUCATION TEACHERS RECRUITMENT TEST 2017

On 11.12.2017

Department of Physical Education has organized 45 days free coaching classes to unemployed Physical Education aspirants.

Initial Step: Being a Physical Director of this College, I got the permission from the Principal to run these classes for 45 days without disturbing the regular classes of Silver Jubilee Graduate classes. I am happy to share that, Dr.Abdul Khadar, principal of this college, permitted us to conduct the classes in Auditorium without disturbing the regular classes.

On 17.12.2017

Based on the APETET &DSC Notification we released a pamphlet regarding the classes through the WhatsApp links for registration. We got a huge response from the unemployed physical education aspirants.

We invited Sri Gopinath Jetty IPS, Superintendent of Police, Kurnool as Chief Guest to the Inaugural Ceremony, and we invited another Guest Dr. Harinath Reddy, Municipal Commissioner, Kurnool was a guest of honor to the ceremony. The inauguration was started with Presidential Remarks by Dr.S. Abdul Khadar, Principal of the College, He suggested that, it was a very good opportunity to the aspirants to utilize the services of Dr.Y.Kalyan Kumar and his team members.

GOVERNMENT OF ANDHRA PRADESH
SCHOOL EDUCATION DEPARTMENT
Office of the Commissioner of School Education,
Andhra Pradesh, AMARAVATHI

APTET DECEMBER-2017 NOTIFICATION FOR ONLINE APPLICATIONS & COMPUTER BASED TEST

Ref : 1.G.O.Ms.No.91 School Education(Exams)Department , Dt :11-12-2017

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1. The Andhra Pradesh Teacher Eligibility Test (APTET-December, 2017) is being conducted by Department of School Education, Government of Andhra Pradesh in all 13 Districts of the State through a Computer Based Test. The objective is to ensure National Standards and benchmark of Teacher quality in the recruitment process in accordance with the National Council for Teacher Education (NCTE).

2. Online applications are invited for the Andhra Pradesh Teacher Eligibility Test (APTET-December, 2017) from candidates for all those aspiring to be Teachers in State Government, Mandal Parishad, ZillaParishad, Municipality, Private Aided Schools and Private un-aided schools in Andhra Pradesh State for classes I to VIII. Govt. of India have enacted RTE Act, 2009 on 27.08.2009 titled "The Right of Children to Free and Compulsory Education". Sub-Section (1) of section 23 of the RTE Act, National Council for Teacher Education (NCTE), New Delhi has laid down minimum qualifications for a person to be eligible for appointment as a Teacher for Classes I to VIII in its Principal Notification dated 23rd August, 2010 and amendments issued thereon. The minimum qualifications include a Pass in Teacher Eligibility Test (TET). Pursuant to the said Guidelines, it has been decided to conduct Teacher Eligibility Test (TET) twice every year for all persons, who aspire to become Teachers for Classes I to VIII in all Schools (Govt. / ZP / MP / Municipal /Recognized Pvt. Aided & Pvt. Un-Aided etc.) in the State of Andhra Pradesh in the references read above.

3. All candidates who possess D.Ed./ B.Ed., / Language Pandit or equivalent qualifications and candidates pursuing final year of the said courses during the academic year 2016-2017 with requisite percentage of marks obtained as given in information bulletin of APETET can appear for APETET. However, the candidates intending to seek employment as a teacher in private unaided schools shall have the option of appearing at CTET

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Dr. Gopinath Jetty, IPS & Dr. Harinath Reddy, Commissioner, KMC

Dr. Harinath Reddy, Commissioner Explained the importance of Coaching in Competitive exams and motivated the students. Our Chief Guest Shri Gopinath Jetty, Superintendent of Police explained about his life struggle during their



preparation for Indian Police Services. Don't ever skip Class, go through with each and every topic

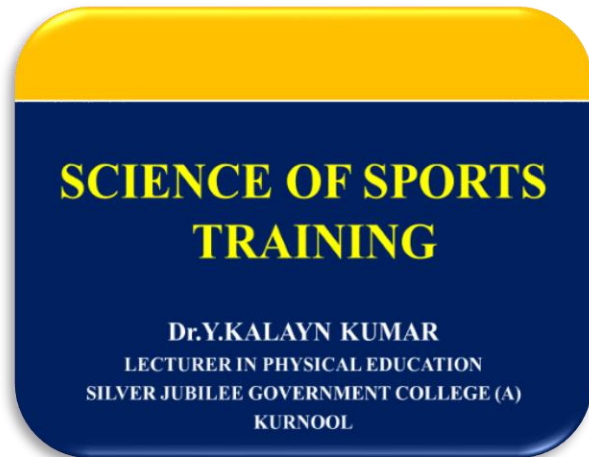


in detailed and try to write exams and discuss as elaborate as possible. Dr.G.N. Jagan and other staff members were attended the function.

After Completion of the Inaugural Program, discussed the entire Syllabus of TET and D. S. C. Daily classes were initiated 06:00 hours to 08:00 in the Morning and 14:00

hours to 18:00 in the evening session. During all the Public holidays the class were conducted from 08:00 hours to 13:00 hours and 16:00 hours to 20:00 hours. Every day's class test was conducted to the students.

- **Day – 1: 18.12.2017 F.N** Session class was taken by **Dr.Y.Kalyan Kumar** on Sports Training. In this class Introduction of Sports Training, Importance of sports training, Aims and Objectives of Sports Training was discussed and explained by using ICT.



- **Day – 1 A.N.** Sports Training class was continued with ICT. In this class, recap of the previous class and asked some important questions to regain their knowledge. Explained about Principles of Training, Physical Fitness and its types, definitions etc. we made it compulsory to ask questions at



end of the class. Before leaving the class, the teacher has to sum-up the class and ready for the open queries. Students are happy about this kind of practice and we improved our strength 81 to 113 in a single day. The first day sessions were completed.

- **Day -2: FN 19.12.2017:** Continuation of Sports Training with recap of Class and conducted 20 marks exam on covered syllabus. After that the class was continued up to 8AM. The class was ended with queries and they informed to report in time to the class. Six new students were enrolled after completion of the Class.

- **Day 2 A.N. Mr. B. Naga Raju** NIS in Football has taken the class on football. He has



taken the class with the help of Black Board and ICT. Each and every Law of the game was explained in detailed through the videos.

- **Day 3 FN: 20.12.2017** Sports Training Class was taken by **Dr.Y.Kalyan Kumar** on Speed and its Importance, Types of speed, Its related previous question in competitive exams.



- **Day 3 A.N.** Sports training class was continued on Endurance and its types. After completion of that, Raju has taken Football Practical class.

- **Day 4 F.N. 21.12.2017** Sports Training Class was engaged by **Dr.Y.Kalyan Kumar**, topic

PREPARATION PERIOD PHASE-I

- 1) To regain the previous training state
- 2) To condition the sports person to take higher training loads in the succeeding phases of preparatory and competition periods.
- 3) To develop these factors which form the base for these specific factors of performance

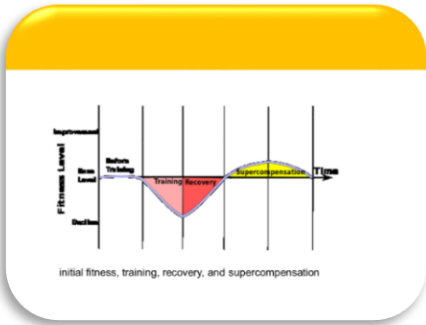
The Phase-I is characterized by sharply increasing training volume but with very less increase in training intensity. Simply it is conditioning dominated phase

entitled on Sports Training Continuous Training, Fartlek Training, Strength or Resistance or Weight Training.

- **Day 4 A.N.** Sports Training class continued on evening session too with brief recap of morning session and continued Sports Training Cycles, Power training, Pressure Training, High altitude Training, and their advantages to sportsmen. Disadvantage of High-altitude training for endurance

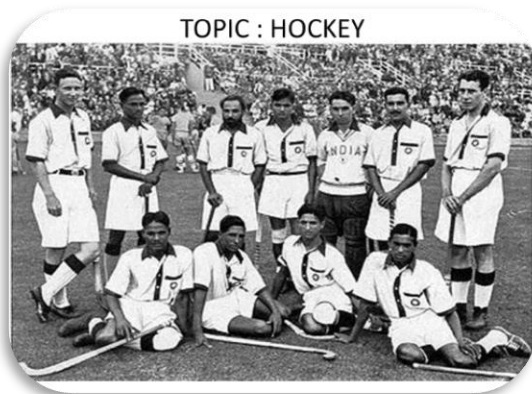
FARTLEK TRAINING

- Fartlek, developed by O. Astrand and Gosta Helner in the year 1937's, comes from the Swedish for 'Speed Play' and combines continuous and interval training. Fartlek allows the athlete to run at varying intensity levels over distances of their choice. This type of training stresses both the aerobic and anaerobic energy pathways.
- **Watson Fartlek**
- Suitable for 10k, 5k, 3k and cross country.



athletes. Explained about Training Periodization's i.e. Single Periodization, Double Periodization, Triple Periodization and Olympic Periodization.

- **Day 5 F.N. 22.12.2017 (Sunday)** **Mr.K.Vamsi Krishna** working as Lecturer in Physical Education, Sri Laxmi B.P.Ed. College, who represented Hockey State Level Competitions and qualified APSET, explained theory class on Hockey and rules and regulations according to the International Hockey federation.



- **Post Breakfast Session: 09:30 hours to 13:00 hrs.** Entire Sports training class was recapped in this session and continued with Fartlek, Interval Training Method and its types of methods. High Intensity Interval Training Method also explained. 12:30 hours to 13:00 hours 30 marks slip test was conducted to the 150 students. After completion of the exam new registrations were accepted and all the students have to report 16:30 hours for Hockey Practical orientation class.

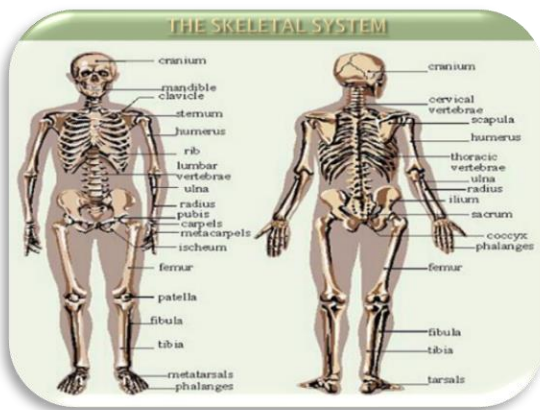
- **Mahesh.K** working as Physical Education Teacher, in Andhra Pradesh Tribal Welfare School who represented Senior Nationals Hockey Tournaments and qualified APSET have taken Hockey practical class. He demonstrated the skills involved in this game and explained about the situations pertaining to the Game. Each and every student got clear knowledge about situation demanded classes.

- **Day 6 F.N. 23.12.2017 Mr.Shakur,** student of SJGC interested to take class on Digestive System. Three men committee was constituted for Demo class. The committee expressed a



positive result on his teaching ability. He explained about Human Digestive System through ICT and he conducted 25 marks Multiple Choice Examination.

- **Day 6 A.N. Dr.Y.Kalyan Kumar** explained a lesson on Human Skeletal System and



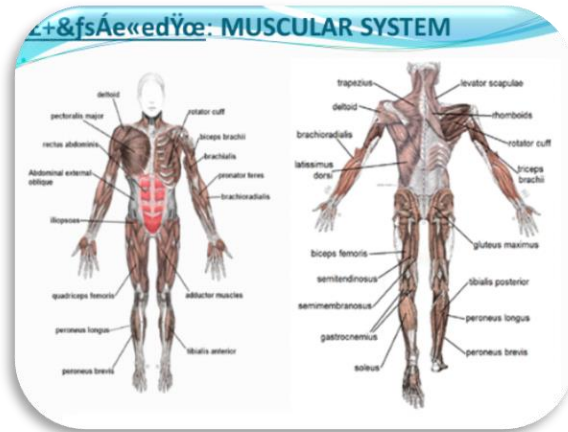
implications of Levers in Human body.

- Skeletal System continued with body part wise and discussed about previous questions in competitive Exams like DSc, UGC NET and SET. We have taken care about this system which plays a

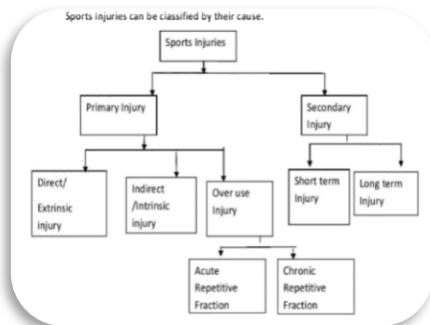
crucial role in sports in combination with Muscular System.

➤ Day 7 24.12.2017 F.N.

Dr.Y. Kalyan Kumar has taken the class on Muscular System through ICT and explained in detailed about Structure of Muscle, inter linked with other systems like Digestive, Circulatory, Nervous system, Respiratory and Skeletal systems.



➤ Day 7 A.N. class was continued with the same topic with recap and discussed with Types



of Muscles, Movements in connection with Skeletal Systems. Muscular disorders and Injuries of muscles were explained in detailed. Primary data of injuries i.e. Fractures, Runners knee, Jumpers Knee etc. were given to the aspirants. In Physical education

Competitive Exams, this will play a crucial role. Hence, as a teacher I concentrated more to understand these concepts.

Based on the aspirant's request, we celebrated Christmas celebrations in auditorium on 25th December 2017.

➤ *Mr.Y. Bhaskar Reddy*, student of SJGC motivated by my class and he wants to teach a

class on Human Cell and we conducted a demo class in department with three lecture committee, and the committee was satisfied with his presentation on



Human Cell. He has taken "Cell" class on 25th December 2017 A.N.

- **Day 8: 26th December 2017 F.N.:** *Mr. Shabbir Ahmed*, who completed NIS in volleyball



pursuing his masters in Andhra University have taken class about History of Volleyball and Rules and regulations of Volleyball.

- **Day 8 A.N.** Volleyball Practical class was taken by *Shabbir Ahmed*. He demonstrated all

the skills in volleyball, types of services in Volleyball, New rules adopted by IFVB. Signals of umpires during the match was demonstrated and practiced with students.



- **Day 9: 27th December 2017 F.N.** *Shri Bhupathi Rao* working as NIS coach in KHO-

KHO under the Sports Authority of Andhra Pradesh (SAAP) and Present he is working in



District Sports Authority, Kurnool, A.P. He explained about the game and new implementation of KKFI. Signals of Officials, History of the game, Situations in Game was explained by the Coach.

Human Respiratory System

Functions:

- ◆ Works closely with circulatory system, exchanging gases between air and blood:
 - ◆ Takes up oxygen from air and supplies it to blood (for cellular respiration).
 - ◆ Removal and disposal of carbon dioxide from blood (waste product from cellular respiration).

Homeostatic Role:

- ◆ Regulates blood pH.
- ◆ Regulates blood oxygen and carbon dioxide levels.

➤ **Day 9: A.N.** Anatomy of Human Respiratory system class was taken by **Dr.Y.Kalyan Kumar**, explained about the Respiratory Track and its dimensions. Thoroughly discussed with previous examination questions and linked with present

day situation of exam pattern. Functions of Respiratory system was explained through the ICT Video and with the help of YouTube links.

➤ **Day 10: 28th December 2017: F.N.** Human Respiratory System Class was continued with Exercise Physiology and effects of exercise on Respiratory system. This Class dealt with Residual air, Lung capacity, Vital capacity, ERV, IRV, Tidal Volume etc.

➤ **Day 10: A. N: Shri R. Sudhakar**, Research Scholar in Physical Education, S.V. University, Tirupati and working as Physical Director in Zilla Parishad High School taught on Health Education in Physical Education. Introduction of Health and definitions of Health and importance of health for a sports man or woman. Explained about types of diseases.

HEALTH EDUCATION

Health: అనగా శారీరకంగా, మానసికంగాను ఆరోగ్యంగా మండి నొప్పులు మరియు వ్యాధి లేకుండా వుండు స్థితిని Health ఆరోగ్యము అని అంటారు. (సంఘటనలు).

బెయిండ్లెయిమ్స్: మానవుడు తన మానవ సమస్యలను ఆస్వాదిస్తూ, అతీతరహా సేవలు అందించుకోగలిగే విధంగా వుండగలిగే శక్తి సామర్థ్యాలను కలిగియుండు స్థితిని ఆరోగ్యము అనవచ్చును.

బిల్లుహెల్త్: W.H.O ప్రపంచ ఆరోగ్యసంస్థ : World Health Organisation) ఇచ్చిన నిర్వచనము సంపూర్ణమైనది.

ఆరోగ్యమనగా జీవితము లోగమ లోగా దుర్బలత్వము లేకపోవడంకాక సంపూర్ణమైన శారీరక, మానసిక మరియు సాంఘిక కలిమిని కలిగియుండడాన్ని ఆరోగ్యమని నిర్వచించవచ్చును.

- **Day 11: 28th December 2017 F.N.** He continued with the Health Education class and discussed about Bacterial diseases, Viral diseases, Helminthic Diseases, AIDS, Leprosy, STD, latest diseases like Anthrax, Chicken Gunya, Swine flu.



- **Day 11: A.N. Shri R. Sudhakar** continued his class and completed his portion of Health Education. After Completion of 2 hours class, conducted an exam to the aspirants for 100 marks.

- **Day 12: F.N. 29th December 2017: Shri Shankar Nayak**, working as Physical Director in Government High School, Atmakur gave his demonstration and explanation about Ball badminton. Official signals and whistling styles and scoring methods were shown in that session itself.

- **Day12: A.N.** First weekly test was conducted so far covered syllabus for 150 marks.

- **Day 13: F.N. 30th December 2017: Dr.Y.Kalyan Kumar** has taken class on Sports

Injuries and Rehabilitation exercises.

Sports Injuries means Fractures like

Greenstick, Compound,

Compressed, Spiral, Transverse

fractures etc. and explained about

frequently asked questions in

previous examination papers. Discussed about RICE, PRICE, PRICED, DOMS, TENS

etc., Sports Injuries like ACL, MCL, Sprain, Strain and its types were explained.

INJURIES

Chronic Tendons Injuries :

Tendons are connected to bone, Continuous pulling of tendons on the bone. This was known as Chronic Tendinitis.

RUNNERS KNEE : Pulling of the Tendon on the outer aspect of the knee on the femur is known as Runner knee

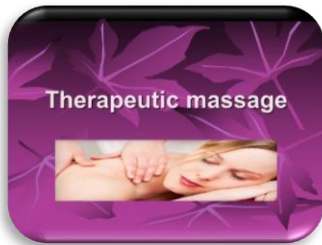
JUMPER KNEE : Pulling of the Tendon of Quadriceps muscle attached to patella is jumpers knee

SWIMMER KNEE : Inner side of the Knee. This is also Known as Medial Ligament injury.

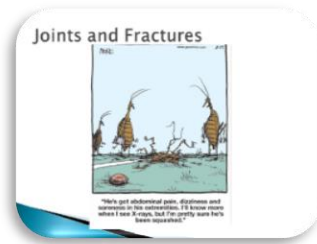
TENNIS ELBOW : Outer aspect of the elbow the tendons were pulled

THROWERS ELBOW : Inner side of the elbow

➤ **Day 13: A.N.** Same class was continued with advanced study i.e. Physiotherapy and Massage which directly helps an individual to get rid out of the injuries. Rehabilitation will help an athlete to meet

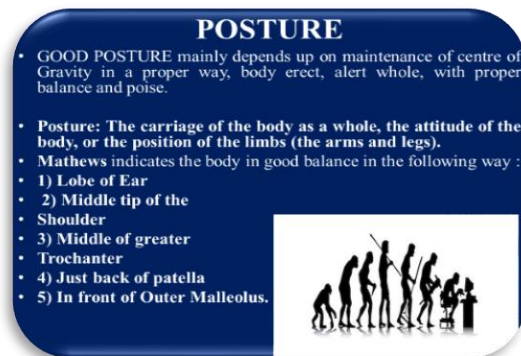


the demand of tournaments in a short duration of time.

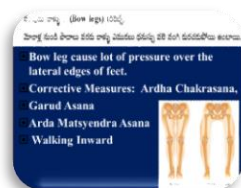


Therapies means Cryotherapy, Hydrotherapy, Contrast therapy, Immersion, UV therapy, Ultra sound, Diathermies etc.

➤ Apart from that, Postural deformities were explained and shown the online video class through LCD projector. All the postural deformities can be decreased through yogic posture i.e. Asana. Practically, I have shown the yogic asana postures, those who are suffering from injuries with live examples for an immediate remedy.



I strictly instructed them to practice at least 45 minutes per session. Then only you may get



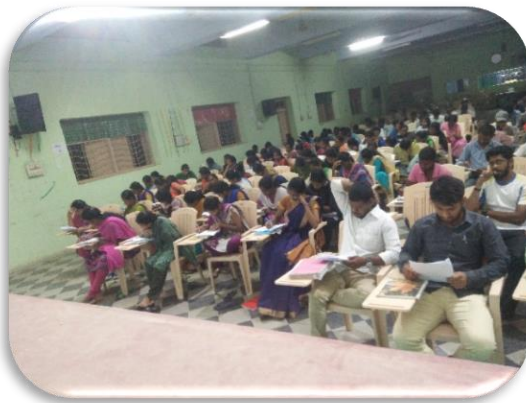
complete recovery from injury. They get relax in Lumbar and Cervical spondylitis, Lower Back Pain, Sciatica, Calf Muscle pains, Quadricep muscle, and Hamstring Muscle pains.

In Sports, injuries are very common while playing. If a prominent player gets an injury, that reflects on team performance. Injury cannot stop mans thinking and determination towards sport. That will drive strongly towards play, but injury can hurt a player physically not able to compete in the

major championships. There are innumerable examples of sports injuries before the competition and how a player can recover is very much important. Step by step instructions to reinforce non injury parts will build up, how a games individual picks up that injury days to fortify different parts.

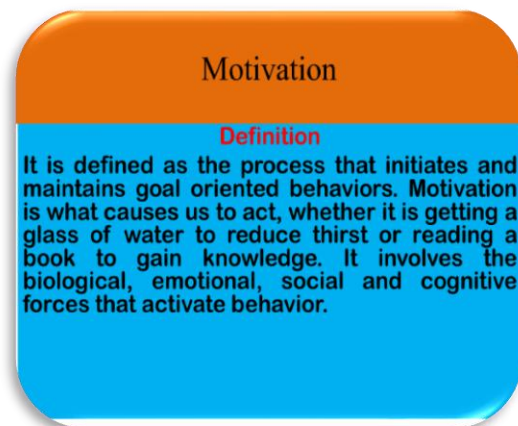
SECOND GRAND TEST

- **Day 14: F.N: 31st December, 2017:** Second Grand Test for 150 marks was conducted to the aspirants.



- **Pre-Lunch Session:** Discussion about the question paper and cleared all the doubts of each and every question and explained them, how to eliminate the wrong options, this key note class by Dr.Y. Kalyan Kumar.

- **Day 14.A. N:** **Dr.Y. Kalyan Kumar** has taken Class on Motivation and its types. Explained about Theories of Motivation like Incentive theory of motivation, Drive theory of motivation, Arousal theory of motivation, Humanistic theory of motivation, Self-actualization topics were covered in this class. Motivation plays a vital role in Games and Sports. It involves the biological, emotional, social and cognitive forces that activate behaviour.

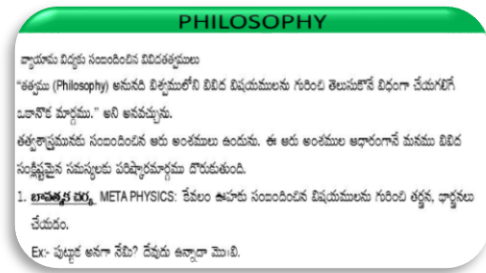


- Finally discussed the previous examination questions and explained, how to avoid the confusion for such questions.

- Before leaving the class, in view of the January 1st Celebrations, I strictly instructed them, not to roam on roads with too fast raiding. Try to stay at home.

Conveyed
ADVANCE HAPPY NEW YEAR WISHESH
To all aspirants

- Department of Physical education has celebrated the Cake Cutting program on the eve of 1st January 2018. The classes were started from post lunch session.



- **Day 15. 1st January 2018 A. N** **Dr. Y.Kalyan Kumar** started a new chapter Philosophy in Physical Education, like Idealism, Pragmatism, Naturalism, Realism, Existentialism, Individualism, Utilitarianism, Humanism, Nationalism and developmentalism.

➤ **Day 16. 2nd January 2018 F.N.:**

Ancient History of Physical Education class was taught by **B. Manjunath** working as Physical Education Teacher who secured post in 2014 with State Top rank from my free coaching



institute. Qualified Andhra Pradesh State Eligibility Test and Research Common Entrance Test and got an opportunity to pursue his Ph.D. in SK University under the Full Time Mode, due to the Government post, he dropped from the PhD and he is continuing as Physical Education Teacher in Z.P. High School, Anantapuramu.

- **Day 16.A.N** Ancient History of Physical Education Class was continued and Completed. All the pictures and importance of ancient Olympics and their rituals and believes were shown in the form of video. Histories of Ancient Greek, Spartans, Rome, Athenian were explained.

➤ **Day 17. 3rd January 2018 F.N.:** Modern Olympics class was taken by *Dr.Y. Kalyan Kumar*, discussed about Modern Olympic Movement, Modern Olympics, Different Associations, Different Schemes after Independence of India. Summer Olympics, Winter Olympics, Paralympics, Youth Olympics, FIFA, Cricket World Cups, Athletics and Major influences in Games and Sports.

➤ **Day 17. A.N** Modern History of Physical Education was continued and completed the topic.

➤ **Day 18. F.N. 4th January 2018:** Athletics class was divided in to three parts i.e. Runs, Jumps and Throws. Runs class was explained by *Mr. Rammohan* (who qualified Andhra Pradesh SET) with related videos to clarify their doubts and gain some knowledge about foul starts in running. Lap managing skills, Lap counting methods etc.



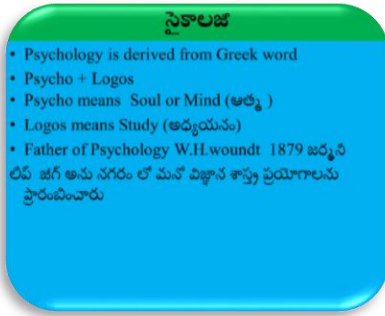
➤ **Day 18. A.N:** Jumps class was taken by Sudhakar who is a professional High Jumper and Long Jumper. He explained about jumps and take offs, fouls, chances of jumps etc.



➤ **Day 19 F.N: 5th January 2018:** *Mr. Mallesh* explained about throws in athletics i.e. Shotput, discuss throw, Javelin throw and Hammer throw sector dimensions and angle of throws.



- **Day 19. A. N:** Sports Psychology class was taken by **Dr. Y. Kalyan Kumar** and explained



about Theories of Play and its implication on Physical Education of different authors. Theories of Learning also discussed in detailed in the class. Learning Curves, Motivation were also added to the class.

- **Day 20. F.N. 6th January 2018:** Class was continued with

Recap of Learning Curves and Motivation. Followed by Instincts and behaviors, Personality (Id, Ego and Super Ego) different types of Personality theories were explained.

- **Day 20 A.N** Discussed about Intelligent Theories and their values as per the Terman Formulae.

- **Day 21 Sunday 7th January 2018:** Organization and Administration class was taught by

T. Subramanyam, Research Scholar in Physical Education, S.V. University, who is working as Physical Director in Government High School, Panyam. He covered 7 units under this Chapter. Definitions of Organization and Administrations, Maintenance of Play fields, Maintenance of equipment, Budget, Administrative works during the competition, Preparing of Budget, Supervision and Time Table. The whole day classes on the same topic.



- **Day 22 F.N. 8th January 2018:** **Shri G. Suresh Chandra** Junior Lecturer in English has



accepted our request and explained about English Grammar.

- **Day 22 A.N. Dr.K. Bade Saheb** working as Lecturer in History taught about Standard G.K.

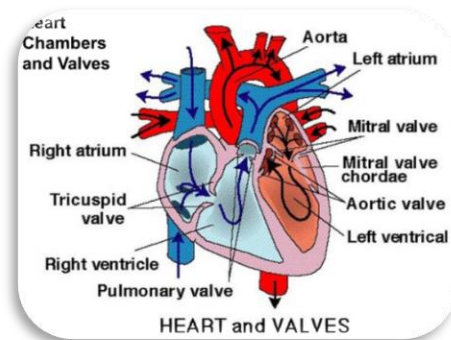
- **Day 23 F.N. 9th January 2018:** *Dr.K. Bade Saheb* continued the G.K.Class



- **Day 23. A.N** *Dr.K. BadeSaheb* explained about Current affairs and Science Technology, Oscar Awards, Bookers Prizes, National Awards like Padmashri, Padma Bhushan, Arjuna Awards, Dhronacharya Awards, Famous games achievements

etc. were explained in detail and suggested some codes to identify the answers without any kind of confusion. Most of the aspirants were satisfied with his codes which were easy to remember.

- **Day 24. F.N. 9th January 2018:** *Dr. Kalyan Kumar* has explained about Human Circulatory system in detailed with video presentations.



- **After Noon** session also continued with same topic of circulatory system. In this session, I explained about Systematic and Pulmonary Circulations and their path way of blood flow. This was regularly asking questions system and also its very much essential for a sportsman to get energy in the form of Oxygen during the activity.

- **Day 25 F.N. 10th January 2018** Effects of Exercises on Human Circulatory system was explained by *Dr.Y. Kalyan Kumar*.

- **Day 25 A.N** *Shri G. Suresh Chandra*, English Lecturer in GJC, Kurnool Town covered residual Class in English Grammar.

- **Day 26 F.N. 11th January 2018:** *Shri Raja Sekhar* who is working as Physical Director and a senior player in Basketball, who represented Basketball in South Zone Inter University Level Competition. He demonstrated all skills and officiating signals in Basketball Court.



- **Day 26 A.N.:** Same class was continued for practical demonstration to the aspirants. Rules and regulations were explained during the practical demonstration. All the aspirants were satisfied about this kind of demonstrations in all games.

- **Day 27: 12th January 2018:** *Dr.A.S. Kanna* working as Lecturer in English who has got 17 years of experience in teaching profession taught about Phonetics. He completed this chapter with so many examples and the aspirants interacted with the Resource Person.



- **Day 28: 13th January 2018: F.N.** Third Grand test was conducted to the aspirants in all covered subjects. Immediately it was evaluated by the students. It's a just like a pressure training where they have to answer under short time. My intension is very clear that, the student has to mentally fit for the any short of untoward incidents in examination hall.



- **Day 28:A.N** Experts of each and every game were explained about the questions given in examination paper, so many doubts were raised on situational point questions. All the staff cleared their doubts in elaborative manner. Apart from the Games and sports, remaining 100 questions were explained by *Dr.Y. Kalyan Kumar*.

- **Day 29. 14th January 2018** F.N & A.N. session class was suspended due to the **Sankranthi Festival.**

Day 30. F.N. 15th January 2018 Yoga Class was explained by **Mr.P. Rammohan** who completed his Post Graduate Diploma in Yoga and qualified Andhra Pradesh State Eligibility Test. He explained all the limbs of Yoga and different types of Yoga.

- **Day 30. A.N** Yoga class was continued till the completion of chapter.

- **Day 31. F.N. 16th January 2018** Effects of Exercises on Muscular System, Skeletal System, Respiratory System, Endocrine System were explained by **Dr.Y. Kalyan Kumar.**

- **Day 31. A.N.** Class was continued till the completion of the Chapter and discussed about the scientific facts pertaining to Exercises and its effects on high level performance.

- **Day 32. F.N. & A.N. 17th January 2018:** **Shri D. Sriram**, who qualified Andhra Pradesh

State Level eligibility Test in English taken the revision class to the aspirants.

Its almost a recap. In generally APDSC examinations or APTET examinations

are interlinked with English. Its very

much essential to keep their minds always alive in English which place a crucial role in examinations.



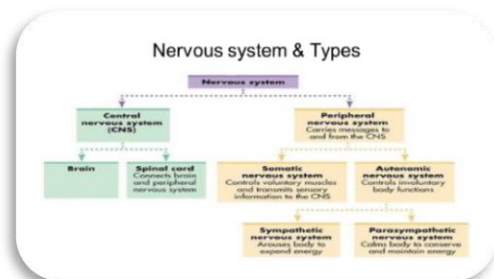
- **Day 33. F. N& A.N. 18th January 2018:** **Shri T. Subramanyam** has completed Organization and Administration class. After Completion of Class, Examination was conducted on the same topic. Paper evaluation was done by the students on self-assessment system and paper discussion was continued till the end of questions.

- **Day 34.F.N. 19th January 2018:** *Dr.Y.Kalyan Kumar* has taken class on Swimming and explained about History of swimming and its transformation to International level. Discussed about different types of competitions, sequential of competitions, were explained through Video presentations.

- **Day 34 A.N.** Cricket class was taken by *Mr. Ravi Kumar* who completed his Masters in Andhra University with Cricket Specialization. He has 5 years of Coaching Experience in Visakhapatnam. He taught about history of Cricket and its evolution, different formats of cricket, Signals and Laws of Cricket.



- **Day 35. F.N. 20th January 2018:** Human Nervous System has explained by Dr.Y.Kalyan Kumar in detailed. Its most important topic in examination point of view as well as practical oriented in physical education. Aspirants really enjoyed the examples related to sports and nervous system, how it effects in sports. This system was interlinked to doping and it adverse effects to human nervous system and sports.



- **Day 35 A.N.** Handball class was taught by *Sreenivasulu* who represented 10 Senior Nationals, 15 Junior National championships in Handball.





➤ He also represented Senior Nationals in Rugby. He explained theory class and demonstrated all skills of the game and foul signals which has to show during the game and cards involved in the game.



➤ **Day 36 F.N.21st January 2018** **Mr.Y.**

Bhaskar Reddy has taught Vitamins class in detailed. He explained about different types of Fat-soluble Vitamin A, D, E, K and types of water-soluble vitamins B & C and other important micro nutrients which helps to enhance the performance of sports. He

continued the class post lunch session also. After 5 minutes break next class meant for Examinations. Unit tests for 10 questions per paper and self-evaluated corrections. Each and every paper discussed in detail to check their errors at an immediate manner.

➤ **Day 36 A.N.:** **Shri Raja Ram** who represented for Senior National Kabaddi and Inter University Competitions taught about Kabaddi class with orientation and demonstrations. He explained about the game situations and probability of asking questions in examination. He explained about rules and regulations of the Kabaddi and duties of officials.

➤ **Day 37 F.N. 22nd January 2018:** Methods of Teaching in Physical Education class was taken by **Dr.Y.Kalyan Kumar** which includes Types of Teaching methods in Physical Education, Formations, Lesson Plans and its types etc.

➤ **Day 37. A.N .** Class was continued with Methods of Teaching in Physical Education.

➤ **Day 38. F.N. 23rd January 2018:** Principles of Physical Education class was taught by **Manjunath. B**

- **Day 38. A.N.** Lawn Tennis Theory class was taken by **Dr.Y. Kalyan Kumar**
- **Day 39. F.N. 24th January 2018:** Pedagogy class was taken by **B.Manjunath** working as Physical Education Teacher in Z.P.High School, Anantapur.
- **Day 39. A.N.** Badminton Class was explained by **Govind** who represented Inter University Competitions from Andhra University.
- **Day 40 , 41, 42, 43, and 44(January 25th to 29th January 2018)** in these day, we organized Grand Test per day for 3 hrs, Self-evaluation and discussion on each and every question. In between these days Tennikoit class was explained by K.Vamsi Krishna.

Day 45: Closing Ceremony

- On behalf of the students, I invited our beloved Principal Dr.Abdul Khadar to preside over the function. On behalf of the College, we invited Dr.R. Haranath Reddy, Commissioner, Kurnool Municipality, but he is unable to attend the program due to the emergency of work. The program was started with Presidential and Chief guest address to the august gathering. He expressed his satisfaction on Department of Physical Education, Silver Jubilee College (A) has organized a great program of free coaching for 45 days in Physical Education on free of cost. It was a great effort of Dr.Y.Kalyan Kumar and other supportive staff who made this 45 days with a fruitful lessons, orientations and demonstrations. I thank each and every staff member who served on free of cost for the upgradation of the unemployed Physical Education Personnel to settle in their life.
- On behalf of the Department of Physical Education, I invited Dr.A.Kaleemulla, who is working as Associate Professor, Baherdar University, Ethiopia to address the students and he motivated the students to give your feed back to rectify the teachers mistakes or for the betterment of the classes. So many students came out to give their feedback few of them are
- **Izazullah** from Hindupuramu I expressed my sincere thanks to the staff and the way the department of Physical Education has taken care of each and every lesson and class was

arranged in a systematic manner. We never feel any one of your classes were bore. It s great boost for us to write the examination with good confidence.

- **B.Naga Raju** from Anantapur, I would like to share my thoughts and feelings with you that, these 45 days efforts of coaching was extraordinary and I hope this is the only one coaching Centre which explains with ICT. I am very happy to associate with this family.
- **Ravi** from Visakhapatnam: Actually, I am belonging to sports fraternity, I am very much interested to go for coaching to gain the knowledge but, according to my financial status, I am unable to go for coaching. Un expectedly I met **Dr.Y.Kalyan Kumar** sir in Andhra University, who came for his Orientation Course. He has to attend the Orientation Class at MHRD Staff College from 9 AM to 5PM. He used to taught UGC NET &SET classes for MPED students who are studying in Andhra University from morning 6 AM to 8.40A.M. and Evening 5.30 PM to 9P.M. without disturbing his regular classes in UGC MHRD center, he continued the same timings entire his course days. Then I realized that a man who came for course and he is serving us. Then the entire Department was realized that this is the man who can trust in Physical Education. He announced, we will organize free coaching classes for every DSC Notification. You people are most welcome to Kurnool for free coaching. That's my journey with sir, you people believe it or not he spent 5 hours' time for sleeping, you can observe his eyes. That's the passion towards our Profession.

➤ **Sudha** from Bheemili: I heard about sir through his Friend P.Rammohan and who heard his classes at Andhra University, I came here without any habitation and I am so happy and lucky to learn more than what we know. Really its an amazing part of his lessons and the way of quoting examples in respect to the subject and games is so much fabulous. I never observe such man who is serving free education classes in physical Education since 2008. Its an amazing service motto to help the poor physical education students. I am very happy and proud feeling that, I got an opportunity to share my knowledge with you during these 45 days of course.

➤ After completion of the Feedback it's a time to felicitate all the staff who worked for 45 days with small token of love and affection.

➤ On behalf of the Department of Physical Education, We released



DSC material in the form of Book which was distributed to all 265 aspirants.

My Senior Colleagues Shri V.Jagannatha Reddy garu, Dr.P.Murthaiahgaru, Dr.A.S.khanna, Suresh Chandra, SriRam, Dr.K.Badesaheb and other colleagues were witnessed this program.

This program was concluded with National Anthem followed by Sweet and Book distribution.



SILVER JUBILEE GOVERNMENT COLLEGE(A),KURNOOL

DEPARTMENT OF COMMERCE

CAREER GUIDANCE

The Department of Commerce organised **Career Guidance** activity on **24-10-2017** by the **Allumni** of this college **Prof. K.Babu Rao ,Srinidhi Engineering College, Hyderabad .**



Prof. K.Babu Rao giving a Lecturer on Career Guidance Skills and Opportunities of B.Com Course.



The students of II B.Com were listening the aims and Career guidance Skills and Opportunities of B.Com course. His daughter named Mrs.K.Sujitha Amulya is listening his speech