

## **RAM LAL ANAND COLLEGE**

### **DEPARTMENT OF PHYSICAL EDUCATION**

#### **ANNUAL REPORT 2020-21**

Physical Education is defined as “Education through the Physical”. It aims to develop one’s physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and overall healthy lifestyle.

Games and sports plays a prominent role in all round development of a student’s life. Along with traditional academic pursuit, students should spend time engaging in games and sports too.

A curriculum which reflects physical education as a subject would be an additional benefits to the student in students future endeavours.

During COVID -19 outbreak, the whole world is facing many challenges, in the same context, cognitive problems were faced by people as well as the institutions. The department of physical education and sports of Ram Lal Anand College empowers itself with rich and wide curriculum and activities. Teacher of Physical education should be consider essential health professionals during this pandemic period because they can give their guidance in the field of physical health and use their expertise for societal benefits towards healthy India.

Considering the concept of being “physically fit” in the pandemic session, Yoga classes were organised, conducted from 1<sup>st</sup> July 2020 and is still in progress. Not only for students even for the staff (teaching or non-teaching) also for coping with the health issues pertaining to pandemic.

During this ongoing covid-19 pandemic and to live through this lockdown period, yoga is one of the best things to adopt as a lifestyle habit. It also helps us build a strong physical, mental and spiritual health system.

To update the staff about the lifestyle and weight management as well as nutrition and immunity as on important tool for overall health. Ram Lal Anand college’s department of physical education in association with internal quality assurance cell (IQAC) organised a two day interactive webinar on 23<sup>rd</sup> June and 24<sup>th</sup> June 2020, which was very informative and fruitful.

The webinar was very effective and beneficial where Dr. Rakesh Tomar discussed about various parameters related to health and importance of physical education in a broad spectrum.

#### **Conclusion**

In a nut shell, we all should consider physical education as field of expertise where can be used for the preventions and coping with the pandemic. It is also proved in many researches that person with co morbidities have higher risk of mortality than the fit one. And fitness can be achieved only by physical education and its implications.