



Sikkim Government College, Namchi

Department of Physical Education

INTRODUCTION

- ❖ Physical education is presently one of the vital education system globally aiming for the promotion of health and modifying lifestyles.
- ❖ Acknowledging the need and importance of physical education from grass root level is a source of light for a better tomorrow.
- ❖ Promoting education along with physical activities also helps directly or indirectly producing a healthy citizen for the country and uplifting the nation's' growth.

HISTORY OF THE DEPARTMENT

- ❖ The Sikkim Government college Department of Physical education was established in the year 2006. Since the establishment of department the institution is offering BA Honours in Physical Education till date.
- ❖ Games and sports are the inevitable parts of a student's life. Realizing this, the college pays utmost heed to this sector in many ways.
- ❖ Besides organizing the annual Sports Meet, the college also organizes various sporting activities from time to time. The sole aim of all these is to cultivate, the trend of competition, physical proficiency and brotherhood amongst the students and to give them a chance to mingle with the universal platform.

Aim of the department:

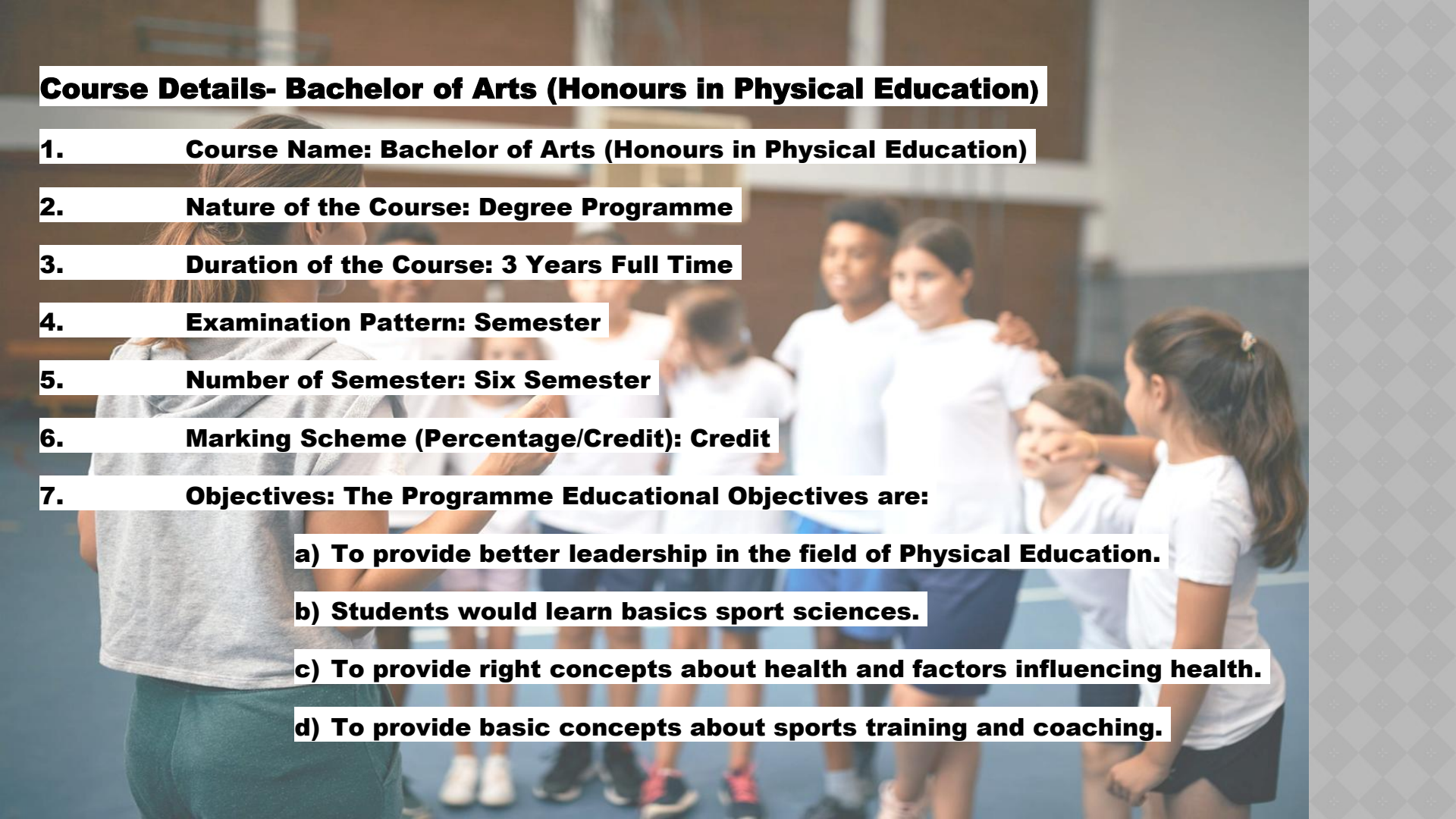
The aim of the department is to develop students physical and mental well being and to teach them the importance of regular physical activity. Physical education can help students improve their physical fitness, develop healthy habits, and learn skills that can be applied to various sports and activities. The department also aims at the promotion of the students for higher education from the rural part of West and South Sikkim with good sports background.

As the state is also facilitated with the lone SAI centre (Sport India) in Namchi and Sport Council Centre thus the department of Physical Education under Sikkim Govt. College aims at the enhancement of their education along with their sport participation.

OBJECTIVES OF THE DEPARTMENT

- To provide better leadership in the field of Physical Education.
- Students would learn basics sports sciences.
- To provide basic concepts of coaching in Physical Education and Sports.
- To provide right concepts about health and factors influencing health.
- To provide basic concepts about sports training.
- To develop potential for planning and organizing Physical Education programmes and activities.
- To cultivate the spirit of sportsmanship, mental and physical alertness.

Course Details- Bachelor of Arts (Honours in Physical Education)

- 1. Course Name: Bachelor of Arts (Honours in Physical Education)**
 - 2. Nature of the Course: Degree Programme**
 - 3. Duration of the Course: 3 Years Full Time**
 - 4. Examination Pattern: Semester**
 - 5. Number of Semester: Six Semester**
 - 6. Marking Scheme (Percentage/Credit): Credit**
 - 7. Objectives: The Programme Educational Objectives are:**
 - a) To provide better leadership in the field of Physical Education.**
 - b) Students would learn basics sport sciences.**
 - c) To provide right concepts about health and factors influencing health.**
 - d) To provide basic concepts about sports training and coaching.**
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Since the establishment of the department.

The following faculties' members were appointed in the department of Physical Education:

Serial No.	Name	Year of Joining	Year of Leaving
1.	Mr. Pemba Bhutia	2005	2007
2.	Mr. Sangay Chopel Bhutia	2007	2014
3.	Mr. Tashi T. Bhutia	2013	2018
4.	Mr. Tshering Wongdi Bhutia	2012	2024
5.	Mr. Binod Chettri	2020	2024
6.	Dr. Chewang Doma Bhutia	2018	-
7.	Mr. Jonah Rai	2018	-
8.	Mr. Bishwa Hang Subba	2018	-

Faculty Details as of 2024:

Sl. No.	Faculty Name	Designation	Qualification
1.	Mr. Bishwa Hang Subba (Present HOD)	Assistant Professor	M.P.Ed., NET
2.	Dr. Chewang Doma Bhutia	Assistant Professor	M.P.E, M. Phil., Ph.D., NET
3.	Mr. Jonah Rai	Assistant Professor	M.P.Ed., NET

Students Enrollment

Sl. No.	Year	Male	female	Total
1.	2019	50	11	61
2.	2020	43	23	66
3.	2021	29	28	57
4.	2022	33	30	63
5.	2023	51	24	75
6.	2024	42	24	66

Final Year Students Result Analysis (2019-2024)

Sl. No.	Year	No. of students appeared in the examination	No. of students passed in the examination	Pass Percentage of the students in the examination
1.	2019	46	42	91%
2.	2020	42	40	95%
3.	2021	59	45	76%
4.	2022	58	47	81%
5.	2023	74	64	86%
6.	2024	66	61	92%

FACULTY PROFILE

Name :Dr. Chewang Doma Bhutia

Designation: Assistant Professor in Physical Education

Qualification: MPE, M. phil., NET, Ph. D

Date of Birth: 23.11.1989

Date of Appointment: 07.08.2018

Subject Specialization: Exercise Physiology

Game Specialization: Basketball.

Qualified Anthropometrist and KBA referee

Details of OP/RC/FDP Attended:

- **She has participated in the 131st Orientation Course which was held from 5th march to 25th march 2020 and obtained grade "A" organized by HRDC Pondicherry University.**
- **She attended FDP on Anti Doping and sports sciences 2021 organized by Department of Physical Education , Auro University, Surat in association with SWARNIM Gujarat Sports University and National Anti Doping Agency from 15th-21st June 2021.**

Name : Jonah Rai

Designation: Assistant Professor in Physical Education

Qualification: M. P. Ed, NET

Date of Birth: 26.07.1989

Date of Appointment: 07.08.2018

Subject Specialization: Sport Medicine

Game Specialization: Football

Details of OP/RC/FDP Attended:

- **Completed Two weeks Interdisciplinary International Refresher course on Academic Banks on Credits (ABC) scheme in Higher Education UGC Regulation, 2021(with reference to Blended Learning) from 7th – 20th July 2021 and obtained grade A+ organized by TLC, Ramanujan College, University of Delhi.**

Name : Bishwa Hang Subba

Designation: Assistant Professor in Physical Education

Qualification: M. P. Ed, NET

Date of Birth: 3rd Aug, 1995

Date of Appointment: 09.08.2018

Subject Specialization: Biomechanics

Game Specialization: Football

Details of OP/RC/FDP Attended:

- **Completed Four week Induction/Orientation programme for “Faculty in Universities/Colleges/Institutes of Higher Education” from November 10th-December 9th , 2020 and obtained grade A+. organized by TLC, Ramanujan College, University of Delhi.**
- **Attended FDP on Anti Doping and sports sciences 2021 organized by Department of Physical Education , Auro University, Surat in association with SWARNIM Gujarat Sports University and National Anti Doping Agency from 15th-21st June 2021.**

Department of Physical Education

Sports Achievement

Report:

The students of Physical Education actively participate in various sports event every year. The following are the list of Students who have participated during 2019-2024.

- Students Profile

- Students Name: Mandira Chettri
- Gender: Female
- Roll No.: 22NAO-406
- Category: Taekwondo
- Player: Active
- Participation: International & National



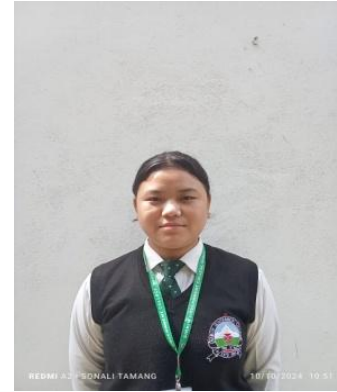
- 3rd Mt. Everest International Open Taekwondo Championship 2022-WT G2 Pokhara, Nepal.
- 6th Himalayan cup Open National Taekwondo Champion ship 2022 Manali, Himachal Pradesh, India
- 39th National Senior Kyorugi Taekwondo Championships 2023 Guwahati, Assam, India.
- 40th National Senior Kyorugi Taekwondo Championships 2024, Puducherry, India.
- 1st Khelo India Women's Taekwondo League 2024, Phase-1 has been awarded **BRONZE** Medal in SENIOR GIRLS-57 weight category held Shillong, Meghalaya, India.

- Students Name: Rohit Chettri
- Gender: Male
- Roll No.: 22NAO-396
- Category: Football
- Player: Active
- Participation: National



- Swami Vivekananda U-20 Men's National Football Championships
2024 Narainpur, Chhattisgarh, India.

- Students Name: Sonali Tamang
- Gender: Female
- Roll No.: 22NAO-451
- Category: Kabaddi
- Player: Active
- Participation: Senior National Championships 2023 held at Roopnagar, Punjab, India.



- Students Name: Basil Limboo
- Gender: Male
- Roll No.: 18NAO-421
- Category: Football
- Player: Active
- Participation: National

- Represented Sikkim Football Team in the HERO 75TH NATIONAL FOOTBALL CHAMPIONSHIP FOR SANTOSH TROPHY 2021-2022 held at KALYANI, WEST BENGAL from 21-11-2021 to 25-11-2021.

- Students Name: Binita Rai
- Gender: Female
- Roll No.: 18NAO-432
- Category: Badminton
- Participation: State

- Participated in the 32nd Sikkim State Badminton Championship 2023, held at Indoor Badminton hall, Palzor Stadium, Gangtok from 21st to 23rd July, 2023. Event: Women's Doubles Position: Runners Up.

- Students Name: Prasan Chettri
- Gender: Male
- Roll No.: 21NAO-743
- Category: Badminton
- Participation: State
 - Badminton-Participated in the Lining State Senior Ranking Badminton Championship-2022, held at Indoor Badminton hall, Pelling, Gyalshing District from 27th to 29th August, 2022 Event: Men's Doubles Position: 1st (Gold).

- Students Name: Selina Rai
 - Gender: Female
 - Roll No.: 18NAO-467
 - Category: Badminton
 - Participation: State
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- Badminton-Participated in the 30th Sikkim State Badminton Championship 2019, held at Indoor Badminton hall, Palzor Stadium, Gangtok from 25th to 30th July, 2019. Event: Women's Singles, Position: Runners Up (Silver).

Departmental Activities

The following activities were conducted by the Department of Physical Education from the year 2019-2024.

Sl. No.	Year	Activities Conducted
1.	2019	Football, volleyball, Badminton, Table Tennis, Chess.
2.	2020	College closure (Covid-19 Lockdown)
3.	2021	College closure (Covid-19 Lockdown)
4.	2022	Football, Kabbadi, Volleyball, Cricket, Badminton.
5.	2023	Guest Lecture, Football, Volleyball, Chess, Cricket.
6.	2024	Athletics, Football, volleyball, Badminton, Table Tennis, Chess.









• DEPARTMENT ROOM



Sports Infrastructure

- Football Playgrounds: The College has a football playfield measuring 80m in length and 40m wide. The playfield is use to run the other athletic activities of different courses at the same time.
- Volleyball Court: The College also has volleyball court within the premises of the college.
- Badminton Court: The College has two Badminton Court located inside the college building.
- Table Tennis: The College also provides facilities for students who are interested in Table Tennis.
- Sports Equipment: Quality equipment for all games and sports in adequate quantity are available to meet the need of students' strength. Football, Volleyball, Cricket, Badminton, Chess, Table Tennis and Athletics equipment are also available to the students
- Other Facilities: The College provides facilities in game like Carrom, Chess, Checker, Tug of War, e-mobile games etc.

Football Ground



Volleyball Court



Indoor Badminton Hall



Table Tennis



E-Gaming



SUCCESSFUL PEOPLE BUILD
COURAGEOUS LIVES



LAB-BASED FACILITIES



DEPARTMENTAL GARDEN











BEST PRACTICES OF DEPARTMENT

- Involvement of students in organization and management of sports events in college.
- Awareness of need of general physical activities to all the students of college during the general class and aware of their health.



DEPARTMENTAL STRENGTH

- GOOD NUMBERS OF ENROLLMENT
- PLATFORM TO NON PLAYERS WHO WANTS TO OPT. FOR PHYSICAL EDUCATION COURSE.

DEPARTMENTAL WEAKNESS

- LACK OF LAB BASED FACILITIES.

An aerial, black and white photograph of a large stadium. The stadium is filled with a massive crowd of spectators seated in the stands on both sides of a central running track. The track has multiple lanes and is surrounded by a wide path. In the center of the track, there is a small group of people standing. The stadium is situated in a valley, with trees and a few buildings visible in the background. The overall atmosphere is one of a major sporting event.

Thank You