Health and Physical Education & Sports Department

Session 2025-26

Sr. No.	Name of Activity	Brief Description	Date	No. of Students Participated
1.	National Sports Day	In the memory of Late Sh. Major DhayanChand, National sports day was celebrated in our college in which various activities like Yoga (Pranayama, Asan) and skipping rope were learned and performed by students.	28-29/08/2025	250
2.	Intramural Badminton Competition	While keeping in mind health and physical fitness of students Intramural Badminton Competition organised in our college.	29/08/2025	30
3.	Annual Athletic Meet	18th Annual athletic meet was organised in our college in which around 300 students participated in 9 events and the 1st,2nd,3rd were awarded 500,300,200 respectively and the best athlete was awarded Rs.1500.	6-7/02/25	300
4.	Inter-College State Badminton Competition	Our college team participated in Inter- college State Badminton Championship organised by Govt. college Barwala.	8-10/02/26	4
5.	Parents Worship Day	To show respect and love towards the parents the Parents Worship Day was celebrated in our college.	14/02/26	90
6.	Extension Lecture on Balanced Diet	To inculcate the healhy eating habits among students a lecture on Balanced Diet was delivered to students.	08/04/26	40
7.	Poster making competition on Drug Awareness	To educate students about harmful effects of drug abuse on physical mental and social well being, Poster making competition was organised in our college.	10/04/26	40

Sports Achievements of 2025-26

Sr. No.	Name of Student	Class	Game	Date	Level	Achievement
1.	Pratiksha	B. Com 3rd Year	Sqay	11/10/25-12/10/25	State	Gold Medal
2.	Pratiksha	B. Com 3rd Year	Sqay	17/03/25-21/03/25	National	Silver Medal