

Brief Report on Sports Activities for the Session 2024-25.

Date: 29 August 2024

Venue: Government Degree College, Rewalsar

Organised by: Sports Department

Occasion: National Sports Day (Birth Anniversary of Major Dhyan Chand)

Government Degree College, Rewalsar celebrated National Sports Day on 29 August 2024 with great enthusiasm to commemorate the birth anniversary of the legendary hockey player Major Dhyan Chand, whose life and achievements symbolize excellence, discipline, and dedication in Indian sports. On this occasion, the Sports In-charge Prof. Yash Pal organised a Chess Competition for students with the objective of promoting sportsmanship, strategic thinking, and mental alertness among the youth. Students from various streams and classes participated actively, making the event competitive and intellectually stimulating.



The programme was graced by the Chief Guest Dr. K. C. Kashyap, the Principal, Government Degree College, Rewalsar, who formally inaugurated the event and encouraged students to actively participate in sports along with their academic pursuits. The Chief Guest emphasized that sports play a crucial role in the physical, mental, and moral development of students.



Prof. Kuldeep Kumar and Prof. Ramneek Sharma played the role of Arbiter/Judge in chess competition. The event was attended by several faculty members, including Prof. Manoj Kumar, Dr. O. P. Thakur, Shri Khem Chand (A. Librarian) and other teaching and non-teaching staff members, who remained present to motivate and encourage the participants throughout the competition.



At the conclusion of the competition, **Tripta B. Com 1st Year** secured the First Position by demonstrating excellent strategic skills and consistency, **Vikas BA 1st year** second position and **Babita BA 1st year** third position. The winners were felicitated by the Chief Guest and faculty members, who appreciated the enthusiasm and commitment shown by the students.

रिवालसर कॉलेज में राष्ट्रीय खेल दिवस पर प्रतियोगिता का आयोजन

शतरंज में तृप्ता ने झटका पहला स्थान

हिमाचल टाइम्स | लेखक

राजकीय महाविद्यालय रिवालसर में राष्ट्रीय खेल दिवस के अवसर पर लेखक ने हॉकी खिलाड़ी कर्नल ध्यान चंद को याद करते हुए शतरंज प्रतियोगिता का आयोजन किया गया। इसमें महाविद्यालय के छात्र और छात्राओं ने बहुत-बहुत भाग लिया।

कार्यक्रम के मुख्य अतिथि महाविद्यालय के प्राचार्य डॉ. के.सी. कश्यप ने प्रतिभागियों व छात्रों का उत्साह बढ़ाया और जीते हुए छात्रों को मेडल पहनाकर सम्मानित किया। स्पेक्टस इंवाज प्रो. वरुणाल ने बताया कि शतरंज प्रतियोगिता में प्रो. कुलदीप कुमार और प्रो. रमणीक शर्मा ने अर्बिटर व



निर्णायक मेडल की भूमिका निभाई। शतरंज प्रतियोगिता में प्रथम स्थान पर तुला चौकोम प्रथम वर्ष, द्वितीय स्थान पर विकास चौए प्रथम वर्ष तथा तृतीय स्थान पर बबिता चौए प्रथम वर्ष रही। उन्होंने सभी छात्रों को खेलने में भाग लेने के लिए प्रेरित कर खेलों से

मानसिक, शारीरिक व अच्छे व्यक्तित्व के विकास का संदेश दिया। इस अवसर पर प्रो. मनोज कुमार, डॉ. ओपी ठाकुर, लाइब्रेरियन योगे चंद, स्टाफ मेंबर्स तथा महाविद्यालय के छात्र भी उपस्थित रहे।



Participation in HPU Inter-College Cross Country Championship (Men & Women)

Students of Government Deegry College, Rewalsar participated in the HPU Inter-College Cross Country Championship (10 km) held at Jawaharlal Nehru Government College, Haripur, Manali (District Kullu) on *27 September 2024*.

A team of **six male students** represented the college in the championship. Team participated under the supervision of the Team In-charge, Prof. Yash Pal, who accompanied the team and provided guidance, encouragement, and continuous motivation throughout the event. Prior to the championship, the students were motivated to maintain physical fitness, discipline, and sportsmanship and were encouraged to perform to the best of their abilities.

The participants displayed strong endurance, determination, and competitive spirit while completing the challenging 10 km course. Their participation at the university level provided valuable exposure and helped in developing confidence, stamina, and mental resilience among the students.



Participants: *Tanuj Thakur, Harsh Kumar, Dinesh Sharma, Ritesh Kumar, Rupesh Kumar and Akshay Sharma.*



HPU Inter- College X- Counter Championship 2024.



Participation in HPU Inter-College Chess Championship (Men & Women)

Students of Government Degree College, Rewalsar participated in the HPU Inter-College Chess Championship (Men & Women) held at Government College, Sujampur Tihra, District Hamirpur from 14 October 2024 to 16 October 2024. The college was represented by teams from both men's and women's categories.

The teams participated under the guidance and supervision of Prof. Ramneek Sharma (M) and Prof. Yash Pal (W), who served as Team In-charges/Managers for the championship. They provided constant guidance, encouragement, and motivation to the players throughout Training, the event and ensured disciplined participation.

The students showcased commendable strategic skills, concentration, and sportsmanship while competing at the university level. Participation in the championship provided valuable exposure and helped in enhancing confidence and competitive experience among the students.



*: Tripta Devi, Babita Thakur,
Yamini Sharma And Raksha Devi.*



*: Naman Sharma, Tanuj Thakur,
Vikas Thakur, Yuv Raj
and Yateen Sharma.*

First-Time Participation in HPU Inter-College Kabaddi Championship (Men)

For the first time in the history of Government Degree College, Rewalsar, the college participated in the HPU Inter-College Kabaddi Championship (Men) held at Government Degree College, Jawalaji, District Kangra, from 23 October 2024 to 26 October 2024. This historic participation marked an important milestone in the sports development of the institution.

The men's kabaddi team participated under the supervision and guidance of Prof. Yash Pal, Sports In-charge, who served as the Team In-charge/Manager/Coach, along with Prof. Kuldeep Kumar of the college. Both faculty members played a significant role in motivating the players, ensuring discipline, and encouraging team spirit throughout training the championship.

A team of Eight players represented the college and competed with dedication, enthusiasm, and sportsmanship against experienced university-level teams. The team performed commendably and was eliminated in second round of the championship. Although it was the first participation, the team displayed commendable performance and gained valuable exposure and competitive experience.

This first-time participation reflects the college's growing commitment towards promoting sports culture and holistic development of students.



: Vijay Thakur, Harshit Sharma, Gagandeep, Manish Sharma, Vivek Sharma, Tanuj Kumar, Ankit Kumar and Rajnish Rao.



Annual Athletic Meet of Govt. Degree College Rewalsar, Mandi (2024-25)

Date: 04 December 2024

Venue: Government Degree College, Rewalsar

Organised by: Sports Department/In-charge

The Annual Athletic Meet of Government Degree College, Rewalsar was successfully organised on *04 December 2024* by the Sports Department under the coordination of Prof. Yash Pal, Sports In-charge, and under the guidance of the Principal, Government Degree College, Rewalsar. The meet aimed to promote physical fitness, discipline, teamwork, and sportsmanship among students.

The programme commenced with the **lighting of the ceremonial lamp**, followed by the **administration of the Sports Pledge**, in which students pledged to uphold the values of fair play, honesty, and discipline. The event was graced by the Chief Guest Dr. K. C. Kashyap, the Principal of the college, who formally inaugurated the meet and motivated students to actively participate in sports activities alongside academics.

A disciplined and **impressive March Past** by the students marked the ceremonial opening and reflected unity, coordination, and team spirit. Various track and field events for both men and women, including **100 metre race, long jump, high jump, shot put, discus throw, and javelin throw**, were conducted smoothly with enthusiastic participation.

The successful organisation of the meet was made possible through the effective coordination and cooperation of various organising committees, faculty members, and the teaching and non-teaching staff of the college.





Sports Meet 2024

Spirit of Sportsmanship



1. 100 Metre Race:

The 100-metre race for men and women was conducted with great enthusiasm. The event tested the speed, agility, and reflexes of the participants and attracted maximum student participation.



2. Long Jump:

The long jump event evaluated the strength, coordination, and jumping ability of the athletes. Students competed energetically and displayed good athletic skills.



3. High Jump:

The high jump competition focused on flexibility, balance, and technique. Participants performed confidently, making the event technically engaging.



4. Shot Put:

The shot-put event assessed physical strength and throwing technique. Both men and women participants showed strong competitive spirit.



5. Discus Throw:

In the discus throw event, students demonstrated control, power, and precision while competing under standard rules.



6. Javelin Throw:

The javelin throws tested arm strength, coordination, and accuracy. The event was conducted smoothly with active student participation.



Sports Day # Fit India
Youth Power # Chasing Distance
Strength and Focus # Throw Far

Overall Participation:

All the sports activities were conducted in a disciplined manner, and students participated with great enthusiasm, promoting teamwork, fitness, and sportsmanship throughout the meet.

In the men's events, the 100-metre race was won by Happy (BA 2nd year) who secured the gold medal, followed by Harsh Kumar (BA 3rd year) with silver and Dinesh Kumar (BA 3rd year) with bronze. In long jump, Gaurav (BA 1st year) clinched gold, Harsh Kumar won silver, and Happy secured bronze. In high jump, Gaurav won gold, Dinesh Kumar won silver, and Ritesh Kumar (BA 2nd year) won bronze. In shot put, Gagandeep (BA 3rd year) won gold, Happy won silver, and Ankit Kumar (BA 3rd year) secured bronze. In javelin throw, Tanuj Thakur (BA 2nd year) won gold, while Vijay Thakur (BA 3rd year) won silver and Harsh Kumar (BA 3rd year) won bronze. In discus throw, Gagandeep won gold, Vijay Thakur secured silver, and Tanuj Thakur won bronze.



- **“Victory teaches confidence, and defeat teaches determination.”**
- **“In sports, every effort matters more than the result.”**
- **“Winners inspire today; learners succeed tomorrow.”**
- **“True champions are made by courage, discipline, and never giving up.”**

In the women's events, the 100-metre race was dominated by Manasi (BA 3rd year) who won the gold medal, followed by Champa devi (BA 3rd year) with silver and Nagina (BA 2nd year) with bronze. In long jump, Jamna Devi (BA 2nd year) secured gold, Laxmi (BA 1st year) won silver, and Nagina won bronze. In high jump, Yogita Thakur (BA 3rd year) won gold, Kusum Devi (BA 1st year) won silver, and Manasi secured bronze. In shot put, Sushmita (BA 1st year) won gold, Manasi won silver, and Yogita Thakur secured bronze.



At the conclusion of the meet, Principal Dr. K. C. Kashyap, along with other faculty members, felicitated the winners and appreciated the efforts of the Sports Department. Based on overall performance, **Gagandeep** was declared **Best Male Athlete**, while **Manasi** was awarded the title of **Best Female Athlete**.

The Annual Athletic Meet concluded on a successful note, fostering teamwork, discipline, and enthusiasm for sports among students and highlighting the college's commitment to holistic development. The Sports Department of Government College, Rewalsar played an active role in promoting sports culture and physical fitness among students during the academic session 2024–25. A series of sports activities and inter-college participations were organised and facilitated with the aim of nurturing discipline, teamwork, leadership, and competitive spirit. The department ensured equal opportunities for both men and women students and encouraged maximum participation at institutional as well as university levels.



पुरुषों में गगनदीप व महिलाओं में मानसी सर्वश्रेष्ठ एथलीट



खेलकूद प्रतियोगिता में भाग लेते हुए विद्यार्थी।

अनंत ज्ञान, रिवालसर

राजकीय महाविद्यालय रिवालसर में वार्षिक खेलकूद प्रतियोगिताएं आयोजित की गईं। स्पोर्ट्स इंचार्ज प्रो. यशपाल के अनुसार विभिन्न प्रतियोगिताओं में 100 से ज्यादा प्रतिभागियों ने भाग लिया। पुरुष प्रतियोगिताओं में 100 मीटर दौड़ में हैप्पी बीए द्वितीय वर्ष ने स्वर्ण पदक, हर्ष कुमार बीए तृतीय वर्ष ने रजत पदक और दिनेश कुमार बीए तृतीय वर्ष ने कांस्य पदक जीता।

लीग जम्प में गौरव बीए प्रथम वर्ष ने स्वर्ण पदक, हर्ष कुमार ने रजत पदक और हैप्पी ने कांस्य पदक जीता। हाई जम्प में गौरव ने स्वर्ण पदक, दिनेश कुमार बीए तृतीय वर्ष ने रजत पदक और रितेश कुमार बीए द्वितीय वर्ष ने कांस्य पदक जीता। गोला फेंक में गगनदीप बीए तृतीय वर्ष ने स्वर्ण पदक, हैप्पी ने रजत पदक और अंकित कुमार बीए तृतीय वर्ष ने कांस्य पदक जीता।

गोला फेंक में तनुज ठाकुर बीए द्वितीय वर्ष ने स्वर्ण पदक, विजय ठाकुर बीए तृतीय वर्ष ने रजत पदक

और हर्ष कुमार बीए तृतीय वर्ष ने कांस्य पदक जीता। पकौ फेंक में गगनदीप ने स्वर्ण पदक, विजय ठाकुर ने रजत पदक और तनुज ठाकुर ने कांस्य पदक जीता। महिला प्रतियोगिताओं में 100 मीटर दौड़ में मानसी बीए तृतीय वर्ष ने स्वर्ण पदक, चंचा देवी बीए तृतीय वर्ष ने रजत पदक और नगीना बीए द्वितीय वर्ष ने कांस्य पदक जीता।

लीग जम्प में जमना देवी बीकॉम द्वितीय वर्ष ने स्वर्ण पदक, लीजबेग चौलाम बीए प्रथम वर्ष ने रजत पदक और नगीना ने कांस्य पदक जीता। हाई जम्प में योगिता ठाकुर बीए तृतीय वर्ष ने स्वर्ण पदक, कुशमा देवी बीकॉम प्रथम वर्ष ने रजत पदक और मानसी बीए तृतीय वर्ष ने कांस्य पदक जीता। गोला फेंक में सुभित बीए प्रथम वर्ष ने स्वर्ण पदक, मानसी ने रजत पदक और योगिता ठाकुर ने कांस्य पदक जीता। मुख्यतिथि डॉ. के.सी. कश्यप व अन्य आचार्य वर्ग ने विजेताओं को सम्मानित किया। पुरुष प्रतियोगिता में गगनदीप व महिला प्रतियोगिता में मानसी सर्वश्रेष्ठ एथलीट बने।

Prof. Yash Pal

Sports Incharge/HOD Commerce
Govt. Degree College Rewalsar