

Brief Report on Sports Activities for the Session 2025-26.

Date: 29 August 2025

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 2025 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 and 100-meter race (M/W) for students with the objective of promoting sportsmanship, strategic thinking, mental alertness and physical fitness among the participants. 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. Braj Nandan, Prof. Anjali Parmar, Prof. Mehar Chand, Prof. Suraj Mani, Sh. Khem Chand (A. Librarian), Sh. Ishwar Dass 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 competitions, **Tripta B. Com 2nd Year** secured the First Position by demonstrating excellent strategic skills and consistency, **Naman Sharma BA 3rd year** second position and **Babita BA 2nd Year** third position. **Gaurav BA 1st Year** secured First Position in 100 mtr Race (Men Section), **Akshay Sharma B. Com 3rd Year** second position and **Nitish Kumar BA 1st Year** third position. **Jamna Devi B. Com 3rd Year** secured First Position in 100 mtr Race (Women Section), **Hem Lata BA 3rd Year** Second position and **Kushma Kumari B. Com 2nd Year** third position. The winners were felicitated by the Chief Guest and faculty members, who appreciated the enthusiasm and commitment shown by the students.



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

Students of Government Degree College, Rewalsar participated in the SPU Inter-College Chess Championship (Men & Women) held at Sanskrit College Sunder Nagar, District Mandi from 08th October 2025 to 09th October 2025. 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. **Babita BA 2nd** and **Tripta B. Com 2nd Year** were selected for SPU Inter University Chess Trials.



: Tripta Devi, Babita Thakur, Sanjana, Raksha Devi and Dimple Sharma.



: Naman Sharma, Akshay Sharma, Harshit Sharma and Vikas Thakur

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

Students of Government Degree College, Rewalsar participated in the SPU Inter-College Cross Country Championship (10 km) held at Jawaharlal Nehru Government College, Haripur, Manali (District Kullu) on *30th October 2025*.

A team of **five male students** and six female students represented the college in the championship. Team participated under the supervision of the Team In-charge, Prof. Yash Pal (W) and Prof. Kuldeep Kumar (M), 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. **Ritesh Kumar BA 3rd Year** secured the 9th position in X-Country championship.



Participants: *Tanuj Thakur, Happy, Nitish Kumar, Ritesh Kumar, Aditya Sharma, Hem Lata, Raksha Devi, Pooja Sharma, Sanjana, Preeti and Kushma Devi.*



SPU Inter- College X- Counter Championship 2025.



First-Time Participation in SPU Badminton Championship (Women)

For the first time in the history of Government Degree College, Rewalsar, the college participated in the SPU Inter-College Badminton Championship (Women) held at Government College Kullu, District Kulu, from *18 November 2025 to 20 November 2025*. This historic participation marked an important milestone in the sports development of the institution.

The women's badminton team participated under the supervision and guidance of Prof. Yash Pal, Sports In-charge, who served as the Team In-charge/Manager/Coach and played a significant role in motivating the players, ensuring discipline, and encouraging team spirit throughout training the championship.

A team of Four 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.



*: Jyoti Thakur, Tamanna Sharma,
Sushmita and Sonali.*

First-Time Participation in SPU Athletics Championship (Men)

For the first time in the history of Government Degree College, Rewalsar, the college participated in the SPU Inter-College Athletics Championship (Men) held at Sardar Patel University, District Mandi, from *17 December 2025 to 19 December 2025*. This historic participation marked an important milestone in the sports development of the institution.

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

A team of Four 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.



It is a proud moment for the entire college as **Ritesh Kumar secured a silver medal in the 10 km race** and **Gaurav won a bronze medal in the long jump** at the SPU Inter College Athletics Championship. Their remarkable achievements reflect dedication, hard work, and true sportsmanship, bringing great honour to the institution. The success also highlights the significant contribution of the Sports Incharge, who, without any remuneration, initiated and developed sports activities in the college three years ago. Their continuous efforts have played a vital role in promoting a strong sports culture and inspiring students to excel in athletics and sports.



खिलाड़ियों ने चमकाया रिवालसर कालेज का नाम
रिवालसर। सरदार पटेल विश्वविद्यालय (एसपीयू), मंडी में हाल ही में आयोजित प्रथम एसपीयू इंटर कॉलेज एथलेटिक्स चैंपियनशिप में महाविद्यालय के खिलाड़ियों ने पहली बार एथलेटिक्स स्पर्धाओं में भाग लेते हुए उत्कृष्ट प्रदर्शन कर कॉलेज का नाम चमकाया है। प्रतियोगिता में भाग लेते हुये रिवालसर महाविद्यालय के एथलीट्स रितेश कुमार बी.ए. तृतीय वर्ष ग्राम सलयानी ने 10 किलोमीटर दौड़ में रजत पदक, वहीं लॉन्ग जंप में गौरव बी.ए. प्रथम वर्ष निवासी रिवालसर को कांस्य पदक मिला है जबकी तनुज ठाकुर बी.ए. तृतीय वर्ष और हैप्पी बी.ए. तृतीय वर्ष ने बेहतरीन प्रदर्शन कर 100 मीटर, 200 मीटर, 400 मीटर, 800 मीटर, हाई जंप, 4x100 मीटर रिले और 4x400 मीटर रिले में पांचवां स्थान प्राप्त उल्लेखनीय उपलब्धि दर्ज की। प्रतियोगिता से लौटने पर महाविद्यालय परिसर में सभी खिलाड़ियों का गरिमामय स्वागत किया गया। खेल प्रभारी प्रो. यश पाल ने बताया कि सीमित संसाधनों के बावजूद खिलाड़ियों का सराहनीय प्रदर्शन रहा है।



रिवालसर महाविद्यालय के खिलाड़ियों ने चमकाया नाम



रिवालसर। सरदार पटेल विश्वविद्यालय (एसपीयू), मंडी में हाल ही में आयोजित प्रथम एसपीयू इंटर कॉलेज एथलेटिक्स चैंपियनशिप में महाविद्यालय के खिलाड़ियों ने पहली बार एथलेटिक्स स्पर्धाओं में भाग लेते हुए उत्कृष्ट प्रदर्शन कर कॉलेज का नाम चमकाया है। प्रतियोगिता में भाग लेते हुये रिवालसर महाविद्यालय के एथलीट्स रितेश कुमार बी.ए. तृतीय वर्ष ग्राम सलयानी ने 10 किलोमीटर दौड़ में रजत पदक, वहीं लॉन्ग जंप में गौरव बी.ए. प्रथम वर्ष निवासी रिवालसर को कांस्य पदक मिला है जबकी तनुज ठाकुर बी.ए. तृतीय वर्ष और हैप्पी बी.ए. तृतीय वर्ष ने बेहतरीन प्रदर्शन कर 100 मीटर, 200 मीटर, 400 मीटर, 800 मीटर, हाई जंप, 4x100 मीटर रिले और 4x400 मीटर रिले में पांचवां स्थान प्राप्त उल्लेखनीय उपलब्धि दर्ज की। प्रतियोगिता से लौटने पर महाविद्यालय परिसर में सभी खिलाड़ियों का गरिमामय स्वागत किया गया। खेल प्रभारी प्रो. यश पाल ने बताया कि सीमित संसाधनों के बावजूद खिलाड़ियों का सराहनीय प्रदर्शन रहा है।

रिवालसर के रितेश ने 10 किमी दौड़ में जीता रजत



प्रथम एसपीयू इंटर कॉलेज एथलेटिक्स चैंपियनशिप में रिवालसर महाविद्यालय का ऐतिहासिक प्रदर्शन

रिवालसर/अजय सूर्या हिन्दू चोष टाईम्स
सरदार पटेल विश्वविद्यालय (एसपीयू), मंडी में 17 से 19 दिसंबर तक आयोजित प्रथम एसपीयू इंटर कॉलेज एथलेटिक्स चैंपियनशिप में रिवालसर महाविद्यालय के खिलाड़ियों ने पहली बार एथलेटिक्स स्पर्धाओं में भाग लेते हुए उत्कृष्ट प्रदर्शन किया और इतिहास रच दिया। महाविद्यालय पिछले तीन वर्षों से विभिन्न खेल प्रतियोगिताओं में भाग लेता रहा है, किंतु एथलेटिक्स में यह पहली सफलता रही, जो उपलब्धि के रूप में यादगार बन गई। प्रतियोगिता में महाविद्यालय के एथलीट्स ने 10 किलोमीटर दौड़ में रजत पदक, लॉन्ग जंप में कांस्य पदक, 1500 मीटर दौड़ में चौथा स्थान तथा 400



मीटर, 800 मीटर, 100 मीटर, 200 मीटर, हाई जंप, 4x100 मीटर एवं 4x400 मीटर रिले में पांचवां स्थान प्राप्त उल्लेखनीय उपलब्धि दर्ज किया। 10 किलोमीटर दौड़ में रजत पदक रितेश कुमार (बी.ए. तृतीय वर्ष) ने जीता, जो ग्राम सलयानी, डाकभर भद्रवाल, तहसील सरकाषाट, जिला मंडी के निवासी हैं। वहीं लॉन्ग जंप में कांस्य पदक गौरव (बी.ए. प्रथम वर्ष) ने जीता, जो रिवालसर निवासी हैं। इनके साथ तनुज ठाकुर (बी.ए. तृतीय वर्ष) और हैप्पी (बी.ए. तृतीय वर्ष) ने भी विभिन्न इवेंट्स में शानदार प्रदर्शन किया। प्रतियोगिता से लौटने पर महाविद्यालय परिसर में खिलाड़ियों का भव्य स्वागत किया गया। इस अवसर पर प्राचार्य डॉ. के. सी. कश्यप, खेल प्रभारी प्रो. यश पाल, प्रो. कुलदीप कुमार, प्रो. रामनीक शर्मा, प्रो. ब्रज नंदन, प्रो. सूरज मणि, ईश्वर दास, पुष्पराज सहित समस्त आचार्य वर्ग एवं गैर-शिक्षक कर्मचारी उपस्थित रहे।

खेल प्रभारी प्रो. यश पाल ने कहा कि यह उपलब्धि सामूहिक प्रयास, विश्वास और टीमवर्क का परिणाम है। उन्होंने बताया कि सीमित संसाधनों के बावजूद महाविद्यालय में खेल गतिविधियों को नियमित और संगठित स्वरूप देने का निरंतर प्रयास किया गया है, जिसके सकारात्मक परिणाम सामने आ रहे हैं। प्राचार्य डॉ. के. सी. कश्यप ने सभी खिलाड़ियों को बधाई देते हुए उनके उत्कृष्ट प्रदर्शन को प्रशंसित किया। महाविद्यालय समुदाय ने खिलाड़ियों के परिश्रम, अनुशासन और खेल भावना को सराहना की। यह उपलब्धि साबित करती है कि यदि हौसले बुलंद हों और लक्ष्य स्पष्ट हों, तो सीमित संसाधन भी सफलता के कदम नहीं रोक सकते।
'कॉलेज छोटा है, पर हौसले बड़े हैं।'

Annual Athletic Meet of Govt. Degree College Rewalsar, Mandi (2025-26)

Date: 17 February 2026

Venue: Government Degree College, Rewalsar

Organised by: Sports Department/In-charge

The Annual Athletic Meet of Government Degree College, Rewalsar was successfully organised on 17 February 2026 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 athletes pledged to uphold the values of fair play, honesty, and discipline. The event was graced by the Chief Guest **Dr. Padam Guleria**, Vice President, Indian Kayaking and Canoeing Association and General Secretary Himachal Pradesh Kayaking and Canoeing Association, 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.***





Point-wise Sports Activities Conducted During the Annual Athletic Meet;

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.



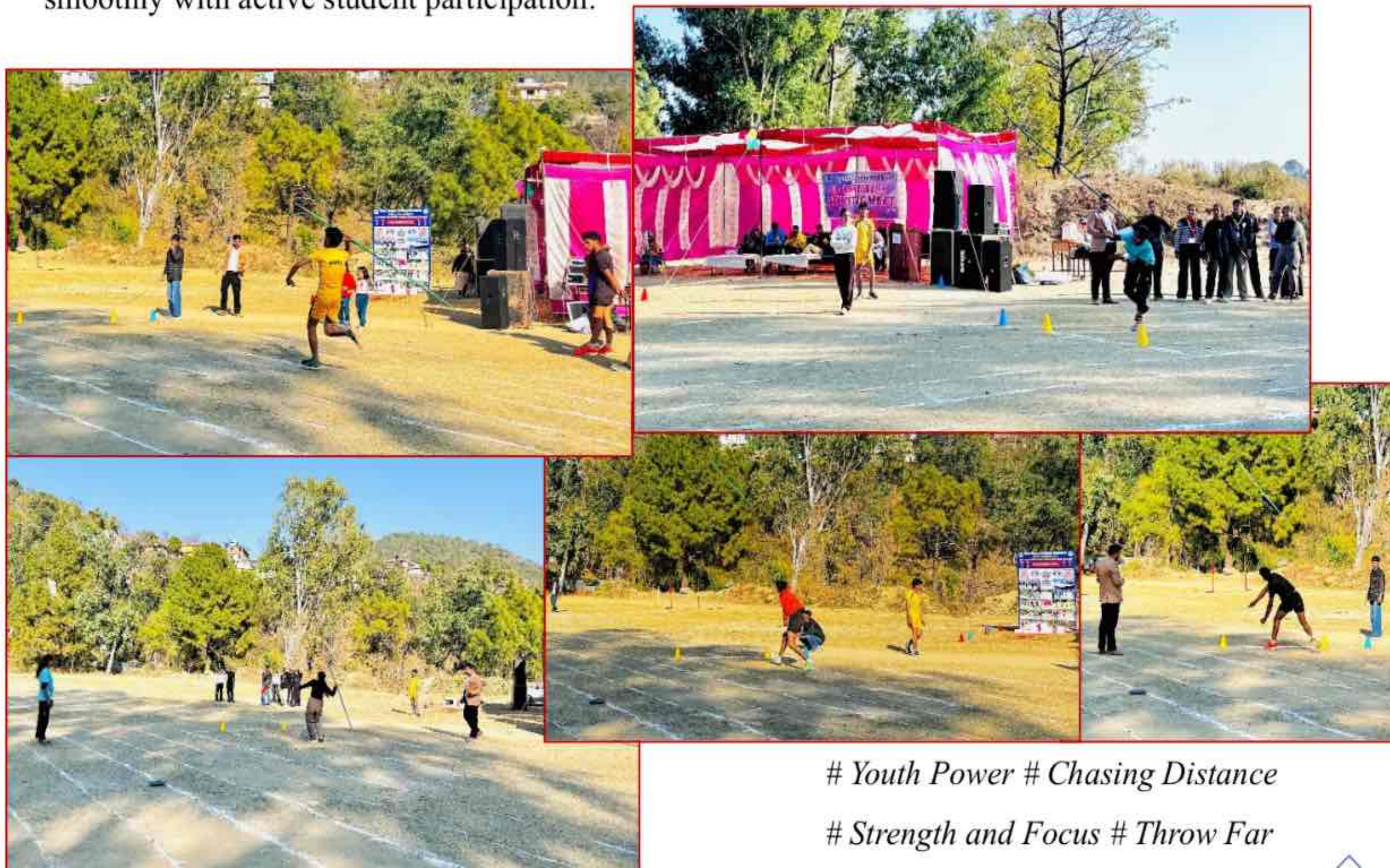
5. Discus Throw:

In the discus throw event, students demonstrated control, power, and precision while competing under standard rules. The event witnessed impressive throws, drawing cheers and encouragement from the audience.



6. Javelin Throw:

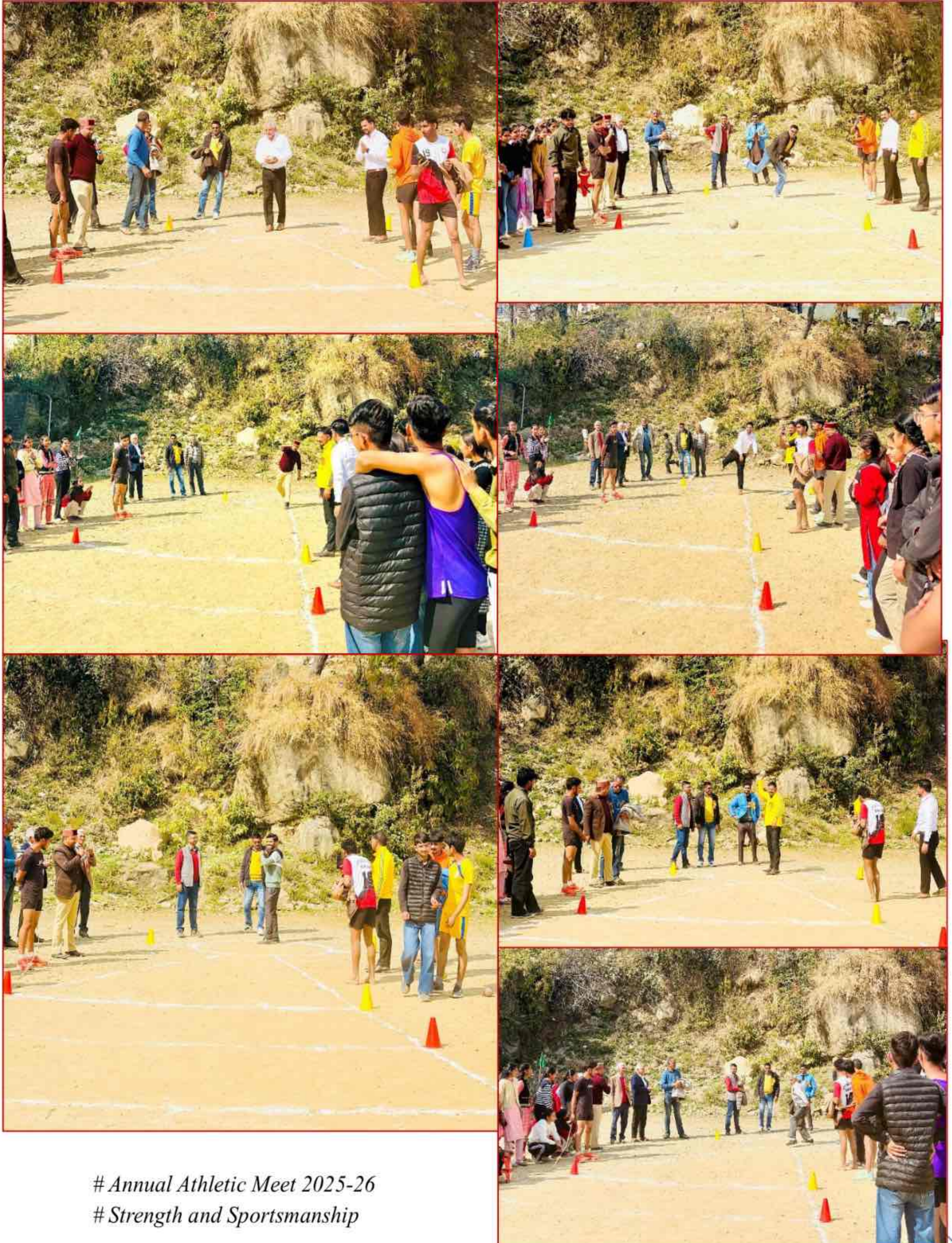
The javelin throws tested arm strength, coordination, and accuracy. The event was conducted smoothly with active student participation.



Youth Power # Chasing Distance
Strength and Focus # Throw Far

7. Shot Put Staff:

Staff participation in the shot-put event added great enthusiasm to the Annual Athletic Meet. The event witnessed active involvement, showcasing strength, technique, and sportsmanship among staff members. Their participation motivated students to engage more actively in sports activities. Overall, it promoted a spirit of fitness, unity, and healthy competition within the institution.



*# Annual Athletic Meet 2025-26
Strength and Sportsmanship*

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 Gaurav (BA 1st year) who secured the gold medal, followed by Happy (BA 3rd year) with silver and Ritesh Kumar (BA 3rd year) with bronze. In long jump, Gaurav (BA 1st year) clinched gold, Ritesh Kumar won silver, and Vikas Thakur (BA 2nd year) secured bronze. In high jump, Gaurav won gold, Happy won silver, and Ritesh Kumar (BA 3rd year) won bronze. In shot put, Happy (BA 3rd year) won gold, Tanuj Thakur (BA 3rd year) won silver, and Ritesh Kumar (BA 3rd year) secured bronze. In javelin throw, Tanuj Thakur (BA 3rd year) won gold, while Happy (BA 3rd year) won silver and Ritesh Kumar (BA 3rd year) won bronze. In discus throw, Tanuj Thakur won gold, Happy secured silver, and Ritesh Kumar won bronze.



- “Victory teaches confidence, and defeat teaches determination.”
- “In sports, every effort matters more than the result.”

In the women’s events, the 100-metre race was dominated by Tamanna Sharma (B.Com. 1st year) who won the gold medal, followed by Jamna devi (B.Com. 3rd year) with silver and Kushma Devi (B.Com. 2nd year) with bronze. In long jump, Bhumika (BA 3rd year) secured gold, Tamanna Sharma (B.Com. 1st year) won silver, and Jamna Devi won bronze. In high jump, Kushma Devi (B.Com. 2nd year) won gold, Tamanna Sharma (B.Com. 1st year) won silver, and Nagina (BA 3rd year) secured bronze. In shot put, Sushmita (BA 2nd year) won gold, Pooja Sharma (BA 3rd year) won silver, and Sakshi Bhardwaj (BA 1st year) secured bronze. In javelin throw, Jamna Devi won gold, while Sushmita won silver and Pooja Sharma (BA 3rd year) won bronze. In discus throw, Pooja Sharma won gold, Jamna Devi secured silver, and Kushma Devi won bronze.



- “Winners inspire today; learners succeed tomorrow.”
- “True champions are made by courage, discipline, and never giving up.

At the conclusion of the meet, Chief Guest Dr. Padam Guleria and 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, **Gaurav (BA 1st Year) was declared Best Male Athlete, while Jamna Devi (B.Com. 3rd Year) was awarded the title of Best Female Athlete.**

In the staff’s event, the shot put was dominated by Prof. Yash Pal (AP Commerce/Sports Incharge) who won the gold medal, followed by Mr. Lalit Kumar (College Suprintendent) with silver and Prof. Ramneek Sharma (AP Commerce) with bronze.



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 2025–26. 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.



Participation in SPU Inter-University Chess Trials (Women)

The college proudly celebrates a remarkable achievement in the field of chess. Two girl students Tripta Devi (B.Com. 2nd Year) and Babita Thakur (BA 2nd Year) were selected for the SPU Inter-University Chess Trials on the basis of their excellent performance in the Inter-College Chess Championship. The trials were conducted on 19th February 2026 at SPU Mandi. Team participated under the supervision of the Prof. Yash Pal (Sports Incharge) and Prof. Ramneek Sharma (Team Incharge), who accompanied the team and provided guidance, encouragement, and continuous motivation throughout the event. Both players displayed exceptional skill, strategy, and determination during the trials and successfully secured positions among the top 10 participants. This is a historic accomplishment, as it is the first time that students from the college have reached this level in chess. Their achievement has brought great pride and recognition to the institution and serves as an inspiration for other students to actively participate in sports and extracurricular activities.



Prof. Yash Pal

*Sports Incharge/HOD Commerce
Govt. Degree College Rewalsar*