## Govt. Degree College Rajpora Report on



## **Celebration of National Sports Day**

India is celebrating its national sports on 29 August which is observed to commemorate the birthday of the hockey great Major Dhyan Chand and also to acknowledge the contributions of the sports persons of the nation who have made the country proud with their achievements.



The weeklong sports activities conclude at GDC Rajpora, proved to be a resounding success, fostering a spirit of athleticism, teamwork, and unity among the participants. The events encompassed a variety of sports and fitness activities, promoting both physical wellbeing and a sense of camaraderie among the students, the events were organized with enthusiasm and saw active participation from students across various disciplines.



The following events took place in the campus:-Badminton:- the badminton tournament saw intense matches that showcased the participants agility and strategic prowess. The participants demonstrated their skills and the court, engaging in competitive and thrilling matches.

Chess:- The cerebral battle of chess was another highlight of the sports week.

Plank Test for Boys:- The Plank test challenged the boys core strength and endurance

Deptt. Of Physical Education and Sports



Tug of war:- The last event was tug of war that was played between students and staff, staff and Non- teaching staff, in order to build a bond between students and staff.

The teams participating in the events were named after freedom fighters, paying homage to India's historic struggle for independence. This naming convention added a touch of patriotism and historical significance to the sports activities.



The week- long sports activities conclude with a memorable moment as all participants collectively took the Fit India Pledge. The pledge reinforced the importance of regular physical activity, healthy lifestyles, and the pursuit of fitness goals. At the end worthy principal of the college highlights the importance of sports and Games in day to days life



NSS Programme Officer