



Department of Physical Education Government College Theog

Report on Annual Athletic Meet held on 22nd February, 2025

Introduction

Government College Theog organized its **Annual Athletic Meet** on **22nd February 2025** with great enthusiasm and competitive spirit. The event aimed to encourage students to participate in physical activities, showcase their athletic talents, and promote fitness, discipline, and sportsmanship on campus.

The Meet was conducted under the dynamic leadership of **Dr. Bhupinder Singh Thakur** and **Mr. Vikrant Gautam, Assistant Professor (Physical Education)**. Their coordinated planning and efforts ensured the successful execution of every event.

Chief Guest

The college had the honour of welcoming **Dr. Ramesh Chauhan**, Retired Director, Department of Physical Education, Himachal Pradesh University, as the **Chief Guest**.

In his inspiring address, he emphasized the importance of sports in personality development, mental strength, and overall growth. He congratulated the college for promoting athletics and motivating youth towards a healthy lifestyle.

Events Organized

The Meet featured a wide range of **track and field events**, allowing students to demonstrate agility, strength, endurance, and skill. The activities included:

Field Events

- **Long Jump**
- **High Jump**
- **Discus Throw**
- **Shot Put**
- **Javelin Throw**

Track Events

- **100 meters race**
- **200 meters race**
- **400 meters race**
- **800 meters race**

All events were conducted with fairness, proper officiating, and active participation from the Department of Physical Education, NSS volunteers, and teaching/non-teaching staff.



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Participation

The Meet witnessed **remarkable participation of more than 200 students**, reflecting the growing enthusiasm of youth toward athletics and fitness. Students from various departments participated with zeal and displayed excellent team spirit and competitive energy.

Both boys and girls showcased outstanding performances, making the event vibrant and inclusive.

Highlights of the Event

- The college ground was lively with cheering students and enthusiastic competitors.
- Several students delivered exceptional performances in both track and field events.
- Safety measures and proper warm-up routines were ensured under the supervision of the Physical Education Department.
- The spirit of friendly competition and sportsmanship prevailed throughout the day.

Conclusion

The **Annual Athletic Meet 2025** at Government College Theog was a grand success. With the valuable presence of **Dr. Ramesh Chauhan** as Chief Guest and the efficient leadership of **Dr. Bhupinder Singh Thakur** and **Mr. Vikrant Gautam**, the event was conducted smoothly and professionally.

The enthusiastic participation of **over 200 students** made the Meet memorable and reinforced the importance of sports in fostering holistic development. The college aims to continue promoting athletics and nurturing sporting excellence among students in future editions of the event.





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