



**Department of Physical Education**  
**Government College Theog**

## **Report on National Sports Day – 2024**

**Date of Event:** 29 August 2024

**Venue:** Government College Theog

**Chief Guest:** *Dr. Lalita Chandan, Principal*

**Coordinator:** *Mr. Vikrant Gautam, Assistant Professor, Physical Education*

National Sports Day 2024 was celebrated with great enthusiasm at Government College Theog on 29 August 2024 to commemorate the birth anniversary of hockey legend Major Dhyan Chand. The event aimed to promote physical fitness, sportsmanship, and the importance of sports in overall personality development.

The celebration began with a warm welcome of the Chief Guest, **Dr. Lalita Chandan, Principal**, who addressed the students and highlighted the significance of sports in building discipline, confidence, and teamwork among youth. She appreciated the efforts of the Physical Education Department for organizing a wide array of events and encouraged students to actively participate in sports and adopt a healthy lifestyle.

Under the able leadership of **Mr. Vikrant Gautam, Assistant Professor of Physical Education**, a series of indoor and outdoor sports competitions were conducted. The events included:

- **Volleyball**
- **Kabaddi**
- **Basketball**
- **Chess**
- **Kho-Kho**
- **Badminton**
- **Boxing**
- **Tug of War**

More than **150 students** enthusiastically participated in the various competitions, demonstrating excellent team spirit, discipline, and competitive energy. A key highlight of the day was the **equal participation of boys and girls**, showcasing the college's commitment to gender equality and inclusive sports culture. Students displayed remarkable energy, discipline, and team spirit throughout all events.

The campus remained vibrant throughout the day as students showcased their talents and enjoyed healthy competition.

The winners in each category were felicitated at the closing ceremony, and participation certificates were distributed to acknowledge the efforts and enthusiasm of all students.

National Sports Day 2024 concluded successfully, reinforcing the message that sports are an essential part of holistic education and play a crucial role in shaping responsible, energetic, and disciplined individuals.



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