

REPORT

NATIONAL SPORTS DAY

Government Degree College Theog | 29 August 2025

Introduction

Government Degree College Theog observed **National Sports Day** on **29th August 2025** with enthusiasm and active student participation under the dynamic leadership of our esteemed **Principal Dr. Bhupinder Singh Thakur**. The observance aimed to promote the importance of sports, physical fitness, discipline, teamwork, and a healthy competitive spirit among students.

National Sports Day provided the institution with an opportunity to underline the important role of sports in the holistic development of young people. Sporting activities help students develop physical strength and endurance while also nurturing confidence, leadership, cooperation, perseverance, discipline, and the ability to work as part of a team.

Objectives

- To encourage maximum student participation in sports and physical activities.
- To promote physical fitness and awareness of healthy lifestyles.
- To develop teamwork, leadership, discipline, cooperation, and sportsmanship.
- To provide students with opportunities to demonstrate their sporting skills and competitive abilities.
- To identify and encourage emerging sporting talent within the institution.

Sports Activities

A wide array of sports activities were conducted as part of the observance — **Kabaddi, Volleyball, Kho-Kho, Basketball, Badminton**, and several others. The variety ensured that every student found something to enjoy and compete in. The events saw enthusiastic participation from over **150 students**.

The sporting activities generated considerable enthusiasm among students. Participants displayed determination, team spirit, discipline, and respect for fellow competitors. The activities also provided an informal yet constructive environment in which students could interact, cooperate, and demonstrate their abilities outside the classroom.

Significance for the Institution

The celebration strengthened the sporting culture of Government College Theog and reflected the institution's commitment to providing students with opportunities for physical development. It complemented the college's participation in inter-collegiate competitions and its broader efforts to nurture sporting talent.

Conclusion

The celebration of National Sports Day, **led by Dr. Vikrant Gautam, Assistant Professor**, Department of Physical Education, successfully brought the student community together through sports. The overwhelming participation reflected their passion for physical activity and reinforced the need for a healthy and active lifestyle.

Moving forward, the college will continue to encourage students to excel in sports at institutional and university levels, while imbibing the core values of discipline, sportsmanship, and fair play.