



DEPARTMENT OF PHYSICAL EDUCATION

SSJDWSSS GOVERNMENT P.G. COLLEGE, RANIKHET, ALMORA

ANNUAL DEPARTMENTAL REPORT: SESSION 2024–25

Introduction

The Department of Physical Education at SSJDWSSS Government P.G. College, Ranikhet, continues to play a pivotal role in fostering the overall personality development of students through physical fitness, discipline, and active participation in sports. The academic session 2024–25 witnessed a host of dynamic activities, tournaments, and student achievements that showcased both enthusiasm and excellence in the field of sports. Under the supervision of Dr. Ruchi Sah (Assistant Professor Physical Education) the students of our college had performed in various Inter-Collegiate, North Zone, and All India University Tournament in the session 2024-25.

Intercollegiate Cross-Country Tournament

On 23 August 2024, our college had the honour of hosting the Intercollegiate Cross-Country Tournament under the auspices of Soban Singh Jeena University, Almora. The event was marked by rigorous competition, team spirit, and successful organization, with several colleges participating and cheering on their athletes in this endurance-based challenge. Dy. Director Sports (Retd.) Government of Uttarakhand, International Athlete Shri Suresh Pande Ji was the Chief Guest of this tournament accompanied with the Uttarakhand Dronacharya Awardee Shri Liyakat Ali Khan Ji who is the present sports

officer of the SSJ University. Team of the SSJU Campus Pithoragarh was the overall champion of this tournament.



क्रॉसकंट्री में एलएसएम चैंपियन

शाह टाइम्स संवाददाता
अल्मोड़ा। स्व. जयदत्त बैला स्वतंत्रता संग्राम सेनानी राजकीय स्नातकोत्तर महाविद्यालय रानीखेत में क्रॉसकंट्री प्रतियोगिता में 11 महाविद्यालयों ने प्रतिभाग किया। छात्र वर्ग में विजेता एलएसएम कोम्पस पिथौरागढ़ तथा उप विजेता एसएसजेयू कोम्पस अल्मोड़ा रहे। बही छात्रा वर्ग में विजेता एलएसएम कोम्पस पिथौरागढ़ तथा उप विजेता एसएसजेयू कोम्पस अल्मोड़ा रहे। छात्र वर्ग में सागर सिंह भौनी चंपावत कोम्पस व कविता रावत पिथौरागढ़ कोम्पस ने प्रथम स्थान प्राप्त किया। इस अवसर पर महाविद्यालय के बरिष्ठ प्राध्यापक प्रो. पीएन तिवारी, डा. प्राची जोशी, डा. दीपा पाण्डे, डा. निर्मला जोशी, डा. प्रसून जोशी, डा. महिराज माहरा, डा. वीके जोशी, डा. सोबी भट्ट, डा. राहुल चंद्रा द्वारा महाविद्यालय सभागार में अतिथियों का स्वागत किया गया। इस अवसर पर महाविद्यालय के समस्त प्राध्यापक, कर्मचारी वर्ग छात्र-छात्राएं उपस्थित रहे। अंत में प्राचार्य द्वारा सभी प्रतिभागियों का मनोबल बढ़ाते हुए उनके उज्ज्वल भविष्य की कामना की गई। डा. रवि साह द्वारा सभी का धन्यवाद ज्ञापित किया गया। मंच-संचालन डा. पारुल भारद्वाज ने किया।

🏆 Annual Sports Meet – 2025

The Annual Sports Meet was successfully held on 27–28 March 2025, drawing wide participation from students of all streams and semesters. The meet featured track and field events, team competitions, and fitness assessments. Hon'ble MLA Ranikhet Dr. Pramod Nainwal Ji was the chief guest of this tournament. Under the Patronage of Prof. Pushpesh Pande (Principal), the annual sports meet reached the great height. All the participating students under the supervision of Dr. Ruchi Sah, Assistant Professor Physical Education gained so much experience through practice. The final results are here under:

Overall Champion (Girls Division): Diksha Bhatt (M.A.)

Overall Champion (Boys Division): Chandan Singh Bora (B.A.)

These students were recognized for their outstanding consistency and athletic performances throughout the meet.



<https://prakritlok.com/uttarakhand-news/two-day-annual-sports-ceremony-in-pg-college-ranikhet-launched-several-athletics-events-on-the-first-day/>

Participation at All India and North Zone Inter-University Level

A matter of great pride for the college is the representation of our students at national-level tournaments. A total of six students from our college participated in All India and North Zone Inter-University Championships, raising the bar of athletic and sporting achievement.

Name	Sport	Tournament	Venue
Ronit Mehra	Volleyball (Men)	North Zone Inter-University	Kurukshetra University, Haryana
Akshansh Thakur	Volleyball (Men)	North Zone Inter-University	Kurukshetra University, Haryana
Aarti Bisht	Hockey (Women)	North Zone Inter-University	Patiala, Punjab

Lalita Chaudhary	Hockey (Women)	North Zone Inter-University	Patiala, Punjab
Ajay Mawri	Hockey (Men)	North Zone Inter-University	Patiala, Punjab
Nikita Mehra	Yogasana (Women)	All India University	Bhubaneswar, Odisha

Participation in Intercollegiate Sports (SSJ University)

Our college actively participated in several Intercollegiate Sports Tournaments organized by SSJ University, Almora. The college teams competed with vigor and sportsmanship in the following events:

- Hockey (Women)
- Cross Country
- Volleyball (Men)
- Yogasana
- Athletics
- Hockey (Men)
- Badminton (Men)

The students demonstrated team spirit, discipline, and competitive edge, bringing accolades and valuable experience to the college.

Other Initiatives and Departmental Focus

- Regular intramural competitions were conducted to promote fitness and inclusivity in sports across all student demographics.
- Emphasis was laid on holistic physical education, with sessions on Yoga, health awareness, and lifestyle fitness.
- The department aligned its objectives with NEP 2020, encouraging sports integration in the academic curriculum and co-curricular engagement.

Conclusion

The session 2024–25 has been one of remarkable achievements, student participation, and institutional pride. The Department of Physical Education remains committed to providing students with the opportunity, guidance, and facilities to excel not only in sports but in life through the values they gain on the field.

We express our sincere gratitude to the college administration, staff, and supporting faculty for their constant encouragement and contributions toward the success of our initiatives.

Prepared by:

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