



## DEPARTMENT OF PHYSICAL EDUCATION

### SSJDWSSS GOVERNMENT P.G. COLLEGE, RANIKHET, ALMORA

#### ANNUAL DEPARTMENTAL REPORT: SESSION 2023–24

The Department of Physical Education at SSJDWSSS Government PG College, Ranikhet, has experienced an active and productive academic year, marked by enthusiastic student participation and notable achievements in sports. Throughout the session 2023–24, the department consistently promoted physical fitness, discipline, and sportsmanship among students. This report highlights the major activities, tournaments, and accomplishments of the department during the academic session 2023–24, reflecting its continued commitment to excellence in physical education and overall student development.

#### **1. Tug of War Competition Organized on the Occasion of National Sports Day, 2023**

On the occasion of National Sports Day, celebrated on **29th August 2023**, a Tug of War competition was organized in both Men's and Women's categories at SSJDWSSS Government PG College, Ranikhet. The event witnessed enthusiastic participation from all 16 departments of the college, reflecting a strong spirit of unity and sportsmanship.

The competition showcased remarkable team coordination, physical strength, determination, and mutual cooperation among the participants. It served as a vibrant platform to foster camaraderie and healthy competition, successfully bringing together the entire college community in the true spirit of National Sports Day.



## **2. Participation in the Inter-Collegiate Tournament Organized by Soban Singh Jeena University**

During the academic session 2023–24, our college proudly showcased its athletic excellence at the Inter-Collegiate Tournament organized by Soban Singh Jeena University. The participation of our students reflected dedication, discipline, and a strong competitive spirit.

College teams actively competed in the following sports disciplines:

- Badminton
- Volleyball
- Football
- Yoga
- Athletics
- Hockey

Through their participation in these events, students were provided with a valuable platform to compete at a higher level, demonstrate their skills, and gain meaningful exposure to inter-college competition. The experience not only enhanced their technical abilities and confidence but also strengthened teamwork and sportsmanship, contributing significantly to their overall development.



## **3. International Yoga Day Celebration**

On the occasion of International Yoga Day 2023, the Department of Physical Education organized a special Yoga Day celebration in collaboration with KRC Ranikhet (Indian Army). The programme was conducted with the objective of spreading awareness about the immense benefits of yoga for physical fitness, mental well-being, and holistic health.



## 5. Achievements in Inter-Collegiate Athletics Meets

The athletes of our college achieved remarkable success at the Inter-Collegiate Athletics Meet organized by Soban Singh Jeena University at its Bageshwar Campus. Their outstanding performances brought pride and recognition to the institution.

The medal winners are as follows:

- **Diksha Bhatt** (B.A. 5th Semester) – Bronze Medal in the 200-meter race
- **Yamini** (B.A. 3rd Semester) – Bronze Medal in the Half Marathon
- **Saurabh Bhandari** (B.Com. 3rd Semester) – Bronze Medal in the 1500-meter race
- **Kamal Singh Adhikari** (M.Sc. 3rd Semester) – Bronze Medal in the Long Jump

Their achievements reflect dedication, perseverance, and rigorous training. The Department of Physical Education extends its heartfelt congratulations to all the athletes for their commendable performances and for upholding the honour of the college through their sporting excellence.



## 6. Annual Sports Meet 2023–24: Intramural Table Tennis and Badminton Tournament

As part of the Annual Sports Activities for the academic session 2023–24, the Department of Physical Education organized an Intramural Table Tennis and Badminton Tournament. The event was conducted under the efficient supervision and coordination of Dr. Ruchi Sah, Sports Secretary and Assistant Professor of Physical Education.

The tournaments provided an excellent platform for students to demonstrate their technical skills and competitive spirit in a healthy and friendly environment. The competitions not only enhanced students' sporting abilities but also fostered teamwork, confidence, and mutual respect among participants.

The Department of Physical Education continues to play a vital role in promoting sports culture and physical fitness within the college. Through consistent efforts and well-organized activities, the department encourages students to actively participate and strive for excellence in various sporting disciplines. The achievements and initiatives undertaken during the year clearly reflect

the department's commitment to nurturing athletic talent and instilling the true spirit of sportsmanship among students.

## मनीष, राजेंद्र, कमलेश और नवनीत सेमीफाइनल में

**रानीखेत महाविद्यालय में दो दिनी बैडमिंटन और टीटी प्रतियोगिता शुरू**

संवाद न्यून एजेसी

**रानीखेत (अम्बोजा)।** रानीखेत महाविद्यालय के बहुउद्देशीय सभागार में दो दिनी अंतर-संकाय बैडमिंटन और टेबल टेनिस प्रतियोगिता शुरू हो गई है। इसमें 57 से अधिक खिलाड़ी प्रतिभाग कर रहे हैं। छात्र वर्ग एकल बैडमिंटन प्रतियोगिता में मनीष जोशी, राजेंद्र विं, कमलेश चौधरी और नवनीत ने सेमीफाइनल में प्रवेश किया। बहुउद्देशीय सभागार में आयोजित प्रतियोगिता का आरंभ डॉ. सुरेश पांडे ने शुभारंभ किया। कहा कि प्रतियोगिताएं प्रतिभाओं को विकसित और उन्हें संच प्रदान करने का कार्य करती हैं। आयोजक संचालक डॉ. कंचि साह ने बताया कि 14 मार्च को सेमीफाइनल और फाइनल मुकाबले खेले जाएंगे। यहां पर डॉ. राहुल चंद्रा, डॉ. कंचि साह, डॉ. रॉय रॉयल, डॉ. गणेश मेठी, डॉ. महिराज मेहरा, डॉ. निधि पाण्डे, डॉ. विनेश चन्द्रा, डॉ. सुरेश साह, आदि थीं।

रानीखेत में बैडमिंटन और टेबल टेनिस प्रतियोगिता का हुआ शुभारंभ। **ये रहे परिणाम**

छात्र वर्ग एकल बैडमिंटन प्रतियोगिता में मनीष जोशी, राजेंद्र विं, कमलेश चौधरी और नवनीत ने सेमीफाइनल में प्रवेश किया। बैडमिंटन छात्र एकल वर्ग में कुतिका रावल एवं पलक ने फाइनल में प्रवेश किया। बैडमिंटन छात्र वर्ग में मुकुल जलल एवं कमलेश चौधरी, मनीष जोशी एवं नवनीत जॉर्जिन आदि एवं प्रवेश किए थे। मनीष जोशी एवं राजेंद्र विं, डॉ. जोशी ने सेमीफाइनल में प्रवेश किया। बैडमिंटन छात्र एकल वर्ग में मनीषा एवं मेघाली, पलक और कुतिका की जोड़ी ने फाइनल में प्रवेश किया। टेबल टेनिस प्रतियोगिता में मुकुल, कमलेश, अमित और राजेंद्र ने सेमीफाइनल में प्रवेश किया।

## टीटी में मुकुल ने जीता मुकाबला

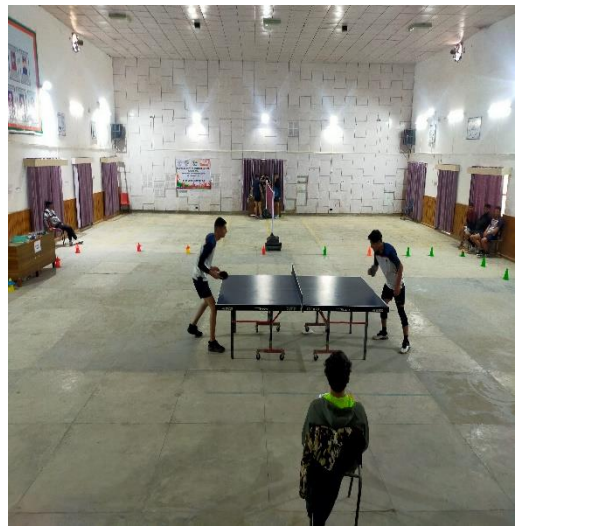
**रानीखेत महाविद्यालय में आयोजित अंतर संकाय बैडमिंटन और टेबल टेनिस प्रतियोगिता का समापन**

संवाद न्यून एजेसी

**रानीखेत (अम्बोजा)।** रानीखेत महाविद्यालय में आयोजित अंतर संकाय बैडमिंटन और टेबल टेनिस (टीटी) प्रतियोगिता के फाइनल मुकाबले खेले गए। टेबल टेनिस पुरुष वर्ग में मुकुल जलल ने फाइनल मुकाबला अपने नाम किया। बैडमिंटन के पुरुष एकल वर्ग में कमलेश चौधरी और महिला एकल वर्ग में कुतिका रावल ने मुकाबला जीता। वहीं, पुरुष वर्ग के पुरुष में मुकुल जलल और कमलेश चौधरी और महिला युवा वर्ग में कुतिका रावल और पलक की जोड़ी विजेता रही। महाविद्यालय को ओ से विजेताओं को प्रमाण पत्र और ट्रॉफी देकर सम्मानित किया। यहां आयोजक संचालक डॉ. संचि

रानीखेत महाविद्यालय में पुरुषों के साथ विजेता खिलाड़ी और आयोजक। संवाद

साह, डॉ. राहुल चंद्रा, डॉ. रॉय रॉयल, महिराज मेहरा, डॉ. अर्पित कुमार डॉ. डॉ. प्रवीण जोशी, डॉ. गणेश मेठी, डॉ. निधि पांडे आदि मौजूद थीं।



### 7. Other Initiatives and Departmental Focus

- Throughout the academic session, regular intramural competitions were systematically organized to encourage physical fitness, active participation, and inclusivity among students from all streams and backgrounds. These activities ensured that every student had an opportunity to engage in sports and develop confidence, teamwork, and leadership skills.
- The department placed special emphasis on holistic physical education by conducting sessions on Yoga, health awareness, mental well-being, and lifestyle fitness. The focus extended beyond physical strength to cultivating balanced habits and overall wellness among students.
- In alignment with the vision of the National Education Policy 2020 (NEP 2020), the department actively promoted the integration of sports and physical education into the academic framework. By strengthening co-curricular and extracurricular engagement, it contributed meaningfully to the comprehensive development of students.

## **8. Conclusion**

The academic session 2023–24 has been distinguished by significant accomplishments, enthusiastic student involvement, and a strong sense of institutional pride. The Department of Physical Education remains dedicated to offering students the necessary support, mentorship, and facilities to excel—not only in sports but also in life by embracing the values of discipline, teamwork, and perseverance cultivated on the field.

We sincerely acknowledge and appreciate the continuous support and encouragement extended by the college administration, faculty, and staff, whose cooperation and guidance have been instrumental in the successful execution of our programmes and initiatives.

Prepared by:

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