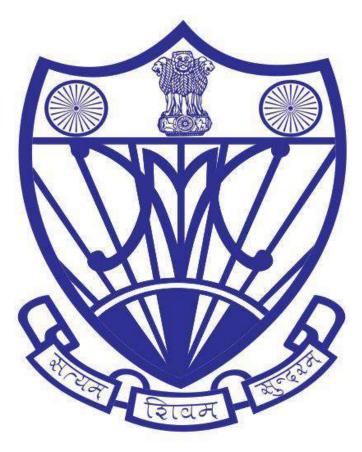
INTRA- COLLEGE COMPETITIONS 2024-25

(23⁸⁰ SEPTEMBER TO 5[™] OCTOBER, 2024)

A Report



ESTD. 1948

ORGANISED BY: DEPARTMENT OF PHYSICAL EDUCATION VALLABH GOVT. COLLEGE MANDI (H.P.)

INTRA-COLLEGE COMPETITIONS 2024-25

A Report

Department of Physical Education, Vallabh Government College, Mandi organized the Intra-College competitions 2024-25 from 23rd September to 5th October 2024.

Sr. No.	Name of the Event	Page
		Numbers
1.	Intra-College Volleyball (Men & Women) Championship - 2024	3-5
2.	Intra-College Kabaddi (Men & Women) Championship - 2024	6-8
3.	Intra-College Wushu (Men & Women) Championship - 2024	9-11
4.	Intra-College Shooting (Men & Women) Championship – 2024 (10 m Air Rifle and 10 m Air Pistol)	12-15
5.	Intra-College Basketball (Women) Championship - 2024	16-17
6.	Intra-College Chess (Men & Women) Championship - 2024	18-21
7.	Intra-College Badminton (Men & Women) Championship - 2024	22-23
8.	Intra-College Table Tennis (Men & Women) Championship - 2024	24
9.	Valedictory of Intra-College Competitions -2024	25-29

<u>Detailed Report on Intra-College Volleyball (Men & Women) Championship – 2024, held</u> w.e.f. 23^{rd} to 25^{th} September, 2024

The Department of Physical Education, Vallabh Government College, Mandi, successfully organized the Intra-College Volleyball Championship for both men and women categories from 23rd to 25th September 2024. The competition witnessed enthusiastic participation from students across various departments and classes. A total of 20 teams – 11 from the men's section and 9 from the women's – competed with great zeal and sportsmanship. Altogether, 160 volleyball players, including 88 male and 72 female students, showcased their talent and team spirit during the tournament.

The opening ceremony of the Intra-College Volleyball Championship – 2024 was marked by the esteemed presence of Prof. Ram Singh Attal, Head of the Department of Political Science, Vallabh Government College, Mandi, who graced the event as the Chief Guest. He was accompanied by Sh. Sushil Kumar Sharma, Member of the Sports Advisory Committee, who attended as the Guest of Honour. Several other distinguished faculty members were also present to support and encourage the participants.

Dr. Dayak Ram, Game President of the Men's Volleyball Team, warmly welcomed the Chief Guest, Guest of Honour, and all dignitaries attending the ceremony. His words reflected the spirit of sportsmanship and the college's commitment to promoting physical education.

The Chief Guest then delivered his address, highlighting how sports play a vital role in shaping character by teaching resilience, determination, and the pursuit of excellence. He applauded the Principal and the faculty for their dedicated efforts in fostering a supportive environment that encourages student participation and achievement in the field of sports.

As a gesture of appreciation and respect, Dr. Suman Bhardwaj, Game President of the Women's Volleyball Team, presented mementoes to the Chief Guest and the Guest of Honour. This moment highlighted the college's tradition of honoring those who contribute to the growth of sports and student engagement.

The presence of such eminent personalities added prestige to the event and inspired the student athletes to perform with greater enthusiasm and dedication.

The matches were held daily at the college ground. After several thrilling matches, the final was played between BA 3rd Year (Physical Education Major) and BA 1st Year in the men's category, where BA 3rd Year (Physical Education Major) emerged victorious. In the women's category, the final match was played between VGC-1 and VGC (NSS), with VGC-1 clinching the title.

The Chief Guest for the Finals, **Dr. Sanjay Sharma**, Head of the Department of Mathematics, Vallabh Government College, Mandi, commended all the players for their exemplary performance and team effort. He also motivated all participants to continue striving for excellence in sports.

Glimpses of the Championship











<u>Detailed Report on Intra- College Kabaddi (Men & Women) Championship – 2024, held</u> w.e.f. 23rd to 25th September, 2024

The Intra-College Kabaddi Tournament, organized from 23rd to 25th September 2024 by the Department of Physical Education, Vallabh Government College, Mandi, was a resounding success. This three-day sporting event provided a dynamic platform for students to demonstrate their athletic talent, competitive spirit, and teamwork.

The Intra-College Kabaddi Championship – 2024 commenced with a vibrant opening ceremony held at Vallabh Government College, Mandi. The occasion was dignified by the gracious presence of **Dr. Raj Kumar**, Member Sports Advisory Committee, who inaugurated the event as the **Chief Guest**. Accompanying him as **Guest of Honour** was **Dr. Banita Saklani**, also a valued Member of the Sports Advisory Committee. Their presence, along with several other esteemed faculty members, significantly uplifted the spirit of the event.

The formal welcome address was delivered by **Dr. Bandana Chauhan**, Game President of the Women's Kabaddi Team, who warmly greeted the dignitaries and highlighted the college's unwavering commitment to sportsmanship, inclusivity, and overall student growth. The Chief Guest then addressed the gathering, emphasizing the life-enriching values imparted by sports, such as resilience, discipline, and the pursuit of excellence. She congratulated the Principal and faculty for encouraging student participation in sports. In appreciation of their presence and motivational support, **Dr. Hoshiyar Singh**, Game President of the Men's Kabaddi Team; presented mementoes to the Chief Guest and Guest of Honour.

The participation of such distinguished guests not only enhanced the ceremonial significance but also served as a strong source of encouragement for the student athletes. Their inspiring words and presence set a positive tone for the championship, motivating all teams to exhibit their best performance with integrity and enthusiasm.

A total of 16 teams — 10 boys' and 6 girls' teams — from various classes and departments participated with great enthusiasm. The matches, held on the college sports ground, were conducted in knockout format. After intense preliminary rounds, four teams from each category advanced to the semi-finals. In the boys' category, the final was played between the Sardar Patel Team and Adarsh Team, while in the girls' section; Kalpana Chawla Team faced

Subhash Chander Bose Team. The Sardar Patel and Kalpana Chawla teams emerged as champions in their respective sections.

The Chief Guest for the finals, **Dr. Harish Kumar**, Head of the Department of Physics at Vallabh Government College, Mandi, praised all the players for their outstanding performances and strong team spirit. He also encouraged the participants to keep pursuing excellence in the field of sports with dedication and determination.









<u>Detailed Report on Intra- College Wushu (Men & Women) Championship – 2024, held</u> w.e.f. 23rdto 25th September, 2024

The Intra-College Wushu Competition, held from 23rd to 25th September 2024, was successfully organized by the Department of Physical Education, Vallabh Government College, Mandi. The three-day event served as a dynamic platform for students to exhibit their athletic prowess, competitive spirit, and teamwork.

The competition commenced with a vibrant opening ceremony at the college campus. The event was graced by the esteemed presence of **Dr. Seema Sharma**, Member of the Sports Advisory Committee, who inaugurated the championship as the Chief Guest. Her presence added great enthusiasm and prestige to the occasion.

A formal welcome address was delivered by **Dr. Tara Sen**, Game President of the Women's Wushu Team, who extended warm greetings to all dignitaries. In her speech, she articulated the college's strong commitment to promoting sportsmanship, inclusivity, and holistic development among students through physical education.

Following this, the Chief Guest addressed the gathering and underscored the lifeenriching lessons taught by sports—particularly the values of perseverance, striving for excellence, and gracefully handling setbacks. She also commended the Principal and faculty for their continued efforts in encouraging student participation and excellence in the field of sports.

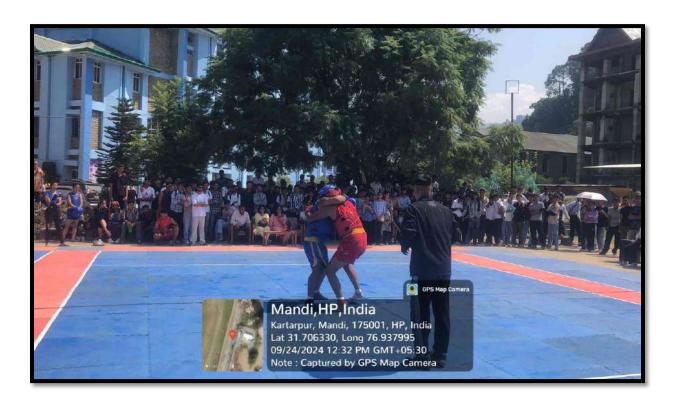
As a token of appreciation, **Dr. Mahinder**, Game President of the Men's Wushu Team, presented a memento to the Chief Guest in recognition of her valuable presence and her role in inspiring the students. This gesture reflected the college's enduring tradition of honoring individuals who contribute to the growth of sports and student engagement.

A total of **46 players** (26 men and 20 women) showcased their skills in the competition, which featured spirited performances and close contests. The Wushu (Men) competition witnessed several outstanding performances across different weight categories. In the 48 kg category, **Rahul Thakur** clinched the **Gold medal**, while **Ritesh** secured the **Silver medal**. In the 52 kg weight division, **Varun** emerged victorious with the **Gold**, followed by **Admay Rana**, who took home the **Silver**. The 56 kg category saw **Mohd. Shammi** winning the **Gold medal**, and **Lovnish** earning the **Silver**. In the 60 kg category, **Shivam Sharma** showcased excellent

skills to claim the Gold, while Piyush Thakur received the Silver. The 90 kg+ bout concluded with Taran Preet Singh Gill being awarded the Gold medal, and Vishal finishing with the Silver. In the 70 kg category, Sumit dominated his event and was awarded the Gold medal, with Dheeraj taking the Silver. In the 70 kg category, Aditya Chaudhary clinched Gold medal, while Vishal Jaswal secured the Silver Medal. The Wushu (Women) competition was also marked by commendable performances and strong sportsmanship from all participants. In the opening category, Shivani showcased her skill and determination to win the Gold medal, while Neha secured the Silver medal. Kanika dominated her bout to claim the Gold, with Resha putting up a valiant effort to take home the Silver. In another exciting contest, Saniya clinched the Gold medal, while Pakshi earned the Silver. The final category saw Manisha rise to the top with a Gold medal performance, and Deepika bagged the Silver medal.

The event concluded on a high note, leaving a lasting impression of enthusiasm, discipline, and unity among participants and spectators. The Department of Physical Education looks forward to organizing more such enriching events that promote physical fitness, confidence, and team spirit among students.









<u>Detailed Report on Intra- College Shooting (Men & Women) Championship – 2024, held</u> w.e.f. 23rdto 25th September, 2024

The Intra-College Shooting Competition (10m Air Rifle and 10m Air Pistol), held from **23rd to 25th September 2024**, was successfully organized by the **Department of Physical Education**, Vallabh Government College, Mandi. This three-day event provided an excellent platform for students to showcase their shooting skills, competitive spirit, and commitment to excellence.

The championship began with an energetic **opening ceremony** at **Lakhanpal Shooting Sports Academy, Bhiuli, District Mandi (H.P.)**. The event was honored by the presence of **Dr. Pardeep Kumar**, Head of the Department of Geography, VGC Mandi and Member of the Sports Advisory Committee, who inaugurated the competition as the **Chief Guest**. His inspiring presence greatly uplifted the morale of all participants and attendees.

The welcome address was delivered by **Dr. Chaman Premi**, Game President of the Men's Shooting Team, who warmly greeted the distinguished guests. In his address, he highlighted the college's vision to nurture sportsmanship, inclusivity, and overall student development through active participation in sports.

This was followed by an insightful address by the Chief Guest, who emphasized the important life lessons that sports impart—particularly perseverance, the pursuit of excellence, and resilience in the face of challenges. He also congratulated the Principal and faculty for their consistent support and efforts in encouraging student involvement in sports.

To acknowledge and appreciate the Chief Guest's presence and encouragement, **Dr. Sunil Sen**, Organizing Secretary of the event, presented a **memento** as a token of gratitude.

The competition witnessed enthusiastic participation from a total of 74 shooters—52 men and 22 women—who competed across the Air Rifle and Air Pistol categories. In the Men's Air Pistol category, Sarthak Lakhanpal secured the first position with a remarkable score of 97 out of 100. He was followed by Arman Verma, who claimed the second position with a score of 93 out of 100, while Mehul Lakhanpal secured the third position with a close score of 92 out of 100. In the Women's Air Pistol category, Arpita Sharma delivered an outstanding performance and bagged the first position with a score of 93 out of 100. Kashish Sharma

followed closely and earned the **second position** by scoring **92 out of 100**, and **Kiran Rawat** achieved the **third position** with a commendable score of **91 out of 100**. The competition highlighted the precision, concentration, and skill of all the participants, making it a memorable event. In the **Men's Air Rifle** event, **Aditya Singh Rana** emerged as the top performer, securing the **first position** with an excellent score of **89 out of 100**. **Arpit Singh** claimed the **second position** with a score of **71**, while both **Hitesh** and **Shubham** scored **48 out of 100**, sharing the **third position**. In the **Women's Air Rifle** event, **Ankita Chauhan** delivered a strong performance and secured the **first position** with a score of **66 out of 100**. **Prabhjot Kaur** earned the **second position** with a score of **53**, while the **third position** was jointly awarded to **Lakshmi Devi** and **Dheerti Sharma**, both scoring **52 out of 100**.

The event concluded on a highly positive note, leaving a lasting impression of camaraderie, enthusiasm, and sporting excellence. The **Department of Physical Education** remains committed to organizing more such events that contribute to the physical well-being, confidence, and all-round development of students.











<u>Detailed Report on Intra- College Basketball (Women) Championship – 2024, held w.e.f.</u> 23rdto 25th September, 2024

The Intra-College Women's Basketball Championship, held from 23rd to 25th September 2024, was a commendable initiative by the Department of Physical Education, Vallabh Government College, Mandi. The event successfully provided an engaging and competitive platform for young female athletes to display their skills, coordination, and team spirit.

The tournament commenced with a lively **opening ceremony** at the **Basketball Court**, **Paddal Ground**, **Mandi**. The ceremony was graced by the presence of **Dr. Sanjay Kumar**, Member of the **Sports Advisory Committee**, who attended the event as the **Chief Guest**. His encouraging presence inspired the participants and added prestige to the occasion.

The formal **welcome address** was delivered by **Prof. Yachana Sharma**, Game President of the Women's Basketball Team. She warmly welcomed the dignitaries and expressed gratitude for their continuous support towards women's sports. As a gesture of appreciation, **Prof. Yachana Sharma** presented a **memento** to Dr. Sanjay Kumar, acknowledging his valuable presence and support.

Following this, the **Chief Guest addressed** the gathering, emphasizing the importance of sports in building leadership, discipline, and resilience among students, especially women. He also appreciated the efforts of the college administration and faculty in promoting a vibrant sports culture.

A total of **four teams** participated in this championship, competing with enthusiasm and sportsmanship. The matches were intense and showcased commendable teamwork and athletic ability. The final match was played between BA 3rd Year and BA 1st Year, with BA 3rd clinching the title.

Dr. Arvind Kumar, Member Sports Advisory Committee, graced the finals as the Chief Guest. He lauded the players for their remarkable performances and commendable display of team spirit. In his address, he inspired all participants to remain committed to their sporting journey and to continuously strive for excellence with unwavering dedication and perseverance.

The event concluded on a high note, reinforcing the spirit of unity, empowerment, and healthy competition among the participants.





Detailed Report on Intra- College Chess (Men & Women) Championship – 2024, held w.e.f.

23rd September to 5th October 2024

The Intra-College Chess Championship (Men & Women), held from 23rd September

to 5th October 2024, was successfully organized by the Department of Physical Education,

Vallabh Government College, Mandi. The championship served as a strategic and intellectual

platform for students to showcase their cognitive skills, focus, and competitive spirit.

The opening ceremony was held with great enthusiasm and was honored by the

esteemed presence of **Prof. Devika Vaidya**, Head of the Department of Chemistry, who attended

the event as the Chief Guest. Her motivational words and gracious presence significantly

uplifted the morale of participants and added distinction to the occasion.

The formal welcome address was delivered by Dr. Surender Kumar, Game President

of the Men's Chess Team. He extended a warm welcome to all dignitaries and participants, and

expressed heartfelt gratitude for the continued encouragement of sports, particularly in

promoting gender-inclusive participation. As a token of appreciation, he presented a memento to

the Chief Guest in recognition of her support and presence.

In her address, **Prof. Vaidya** emphasized the critical role of sports, including chess, in

developing leadership, discipline, and resilience among students. She praised the efforts of the

faculty and administration in cultivating a dynamic and inclusive sports culture at the college.

A total of 82 players (62 men and 20 women) participated in the championship,

competing with focus and enthusiasm.

Final Results

Women's Category:

1st Place – Gunjan (ID: GL002)

2nd Place – Mamta Thakur (ID: GL015)

3rd Place – Lalita Walia (ID: GL003)

4th – Himakshi (ID: GL001)

5th – Manika (ID: GL017)

6th – Anita Kumari (ID: GL010)

Page

18

Men's Category:

1st Place – Kshitij Kumar (ID: BG028)

2nd Place – Shivam Grover (ID: BG005)

3rd Place – Vishal Thakur (ID: BG037)

4th – Hemang Pathania (ID: BG002)

5th – Ritik (ID: BG034)

6th – Manas (ID: BG001)

The championship concluded on a high note, leaving a lasting impression of strategic excellence and sportsmanship. The **Department of Physical Education** remains committed to organizing such events that promote mental agility, discipline, and overall student development.

FINAL RESULTS OF CHESS (MEN WOMEN) CHAMPIONSHIP-2024

Vallabh Govt. College, Mandi - Chess Competion 2024

Final Results (Girls)

ID No.	Player Name	Position
GL002	Gunjan	Ist
GL015	Mamta Thakur	2 nd
GL003	Lalita walia	3 rd
GL001	Himakshi	4 th
GL017	Manika	5 th
GL010	Anita Kumari	6 th

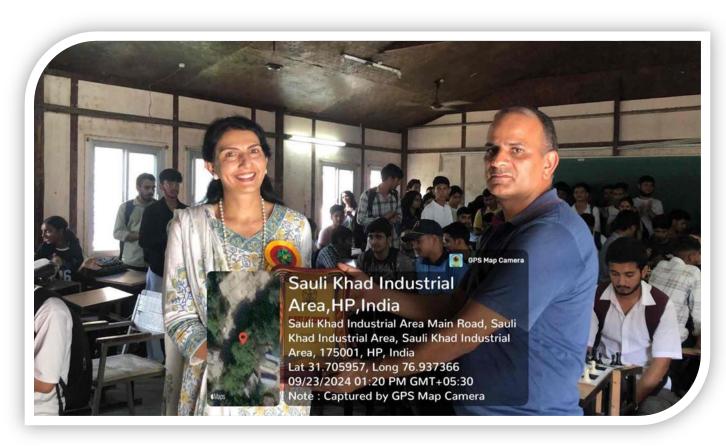
Final Results (Boys)

ID No.	Player Name	Position
BG028	Kshitij Kumar	1 st
BG005	Shivam Grover	2 nd
BG037	Vishal thakur	3 rd
BG002	Hemang Pathania	4 th
BG034	Ritik	5 th
BG001	Manas	6 th









<u>Detailed Report on Intra- College Badminton (Men & Women) Championship – 2024,</u> <u>held w.e.f. 23rd to 25th September, 2024</u>

The **Department of Physical Education**, Vallabh Government College, Mandi, successfully organized the **Intra-College Badminton Championship** – **2024** for both **men's and women's categories** from **23rd to 25th September 2024**. The event took place in the **Multipurpose Hall of VGC Mandi**, creating an energetic environment filled with enthusiasm and competitive spirit.

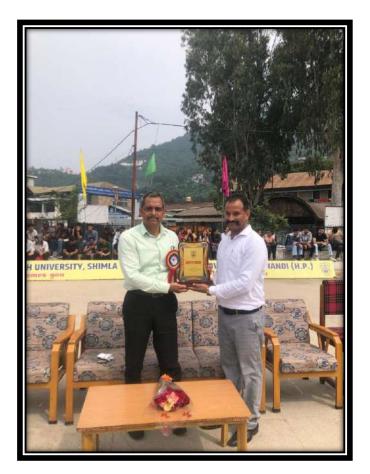
The opening ceremony commenced with great enthusiasm and was graced by the esteemed presence of **Dr. Chetan Singh Rana**, Head of the Department of English, who attended as the Chief Guest. His inspiring address and dignified presence greatly elevated the spirit of the participants and lent a special significance to the event.

A total of **62 Shuttlers** participated in the championship, with **47 male** and **15 female** players vying for top honors. The championship served as a vibrant platform for students to demonstrate their athletic abilities, mental agility, and tactical awareness in the sport of badminton.

The competition aimed not only to identify sporting talent but also to instill values of **discipline, focus, perseverance, and healthy competition** among the students. The matches were organized in a structured format, ensuring fair play and maximum participation across both categories.

The championship witnessed intense and engaging matches, with players showcasing remarkable footwork, speed, and precision. Each participant gave their best, reflecting the commitment and spirit that the college strives to nurture through sports. In the Men section, Parth Sharma from BBA 1st Year emerged as the winner, while Mitul from BA 3rd Year was declared the runner-up. In the women category, Komal Thakur from MA secured the winner's position and Diksha from BCA 3rd Year finished as the runner-up.

The event concluded successfully, celebrating not only the winners but also the efforts of all participants. The **Department of Physical Education** expressed its appreciation for the enthusiasm shown by students and reaffirmed its commitment to promoting fitness, teamwork, and sports culture within the college campus.





<u>Detailed Report on Intra- College Table Tennis (Men & Women) Championship – 2024,</u> held w.e.f. 23rd to 25th September, 2024

The **Department of Physical Education**, Vallabh Government College, Mandi, successfully organized the **Intra-College Table Tennis Championship** – **2024** for both men's and women's categories from **23rd to 25th September 2024**. The event was held at the **Multipurpose Hall of VGC Mandi** and witnessed enthusiastic participation and a display of excellent sporting spirit.

A total of **25 players—16 men and 9 women**—participated in the championship. The competition aimed at fostering a spirit of healthy competition, focus, and discipline among students, while also providing a platform for emerging talents to showcase their skills in table tennis.

The event commenced with a brief and energetic inauguration, setting a vibrant tone for the championship. Faculty members and students were present to support and cheer the participants, adding energy and encouragement to the atmosphere. The matches were conducted in a structured knockout format, allowing each player an equal opportunity to advance based on performance.

Throughout the three days, players demonstrated not only technical skill but also sportsmanship, dedication, and strategic thinking. Each match reflected the players' hard work and preparation, and the championship became a source of learning and confidence-building for all involved.

In the Men Section, Ritvik Rana from BCA 2nd Year clinched the first position, while Upender from BA 2nd Year stood as the runner-up. Among the women, Litesh Kaul from BA 3rd Year took the top position, and Hemlata also from BA 3rd Year was the runner-up. The tournament provided a competitive platform for the students and reflected their sporting spirit and commitment to excellence.

The championship concluded on a high note, with appreciation for all participants and acknowledgment of their efforts. The **Department of Physical Education** looks forward to organizing more such inclusive and engaging events that promote physical fitness and a culture of active participation in sports.

Valedictory of Intra-College Competitions -2024

The Valedictory Function of the Intra-College Competitions – 2024 was held on 5th October 2024 in Room No. 208 of Vallabh Government College, Mandi. The event marked the formal conclusion of a vibrant series of sporting competitions organized by the Department of Physical Education, which saw active participation and enthusiasm from students across various disciplines.

The ceremony was graced by the esteemed presence of **Prof. Surina Sharma**, **Principal**, Vallabh Government College, Mandi, who attended as the **Chief Guest**, and **Dr. Ravinder Kumar**, **Head of the Department of Commerce** and **Convener**, **Sports Advisory Committee**, who was present as the **Guest of Honour**. Their presence added great significance and warmth to the event, making it a memorable occasion for students and faculty alike.

The programme commenced with a formal welcome by the **Dr. Sunil Sen**, **Organizing Secretary**, who extended warm greetings to the Chief Guest, Guest of Honour, faculty members, and all participating students. In his opening remarks, he acknowledged the overwhelming support received from the college administration and staff in successfully conducting the **Intra–College Competitions – 2024**. He presented a **brief report** of the events conducted under the championship, highlighting the number of participants, categories of events, and the enthusiasm and sportsmanship shown by the students throughout the competitions.

Following this, **Dr. Ravinder Kumar**, in a gesture of respect and appreciation, **honoured the Chief Guest** by presenting her with a **memento**. This symbolic act reflected the college's culture of recognizing the invaluable support of its leadership in promoting academic and extracurricular excellence.

The highlight of the programme was the **address by the Chief Guest**, **Prof. Surina Sharma**. In her inspiring speech, she expressed her appreciation for the efforts of the Physical Education Department in organizing the competitions in a well-coordinated and inclusive manner. She congratulated all the participants, especially the winners, and emphasized the vital role of sports and physical activity in the holistic development of students. Prof. Sharma encouraged the students to continue participating in such events with dedication and discipline, as they not only build physical strength but also instill life skills like leadership, teamwork, and resilience.

The most awaited moment of the function was the **medal distribution ceremony**, where **winners and runners-up** of various sports events were felicitated. **Gold and silver medals** were awarded to individuals and teams who secured **1st and 2nd positions** in their respective events. The distribution of medals was met with cheers and applause, reflecting the pride and joy of the students in their achievements.

The valedictory ceremony concluded with a vote of thanks by the Organizing Secretary, who expressed heartfelt gratitude to the Principal, faculty, support staff, and students for their collective contribution to the success of the event. The function ended on a high note, celebrating the spirit of sportsmanship, participation, and institutional pride.

In the News

खेलों में उत्कृष्ट प्रदर्शन करने वाले खिलाड़ी सम्मानित



मंडी। वल्लभ राजकीय महाविद्यालय मंडी में 23 सितंबर से आयोजित इंटर कॉलेज इंटर कक्षा प्रतियोगिता का शनिवार को समापन हो गया। इस मौके पर आयोजित कार्यक्रम में कॉलेज की प्रधानाचार्य सुरीना शर्मा ने बतौर मुख्यातिथि शिरकत की। उन्होंने खेलों में उत्कृष्ट प्रदर्शन करने वाले खिलाड़ियों को सम्मानित किया। 12 दिनों में कॉलेज में कबड्डी, वॉलीबाल, बास्केटबाल, शुटिंग, बैडमिंटन, वुशू, चेस सहित विभिन्न खेलों का आयोजन किया गया। वॉलीबाल में छात्रों की 22 टीमों ने हिस्सा लिया। संवाद

शिरकत को। उन्होंने खेलों में उत्कृष्ट प्रदर्शन करने वाले खिलाड़ियों को सम्मानित किया। 12 दिनों में कॉलेज में कबड़डी, वॉलीबाल, बास्केटबाल, शूटिंग, बैडमिंटन, बुशू, चेस सहित विभिन्न खेलों का आयोजन किया गया। वॉलीबाल में छात्रों की 22 टीमों ने हिस्सा लिया। संवाद

Memorable Instances











