

Best Practice I:

Encouraging Physical Fitness and Mental Well-being

Objective

The objective is to enhance physical fitness and mental well-being through a variety of sports activities and mental health programs. This initiative underscores our institution's commitment to foster the overall wellness of our students.

Context

Our institution aims to provide a diverse platform for students to improve both their physical and mental health. This is achieved through a combination of sports activities and mindfulness programs that are integrated with the academic curriculum ensuring holistic development.

Practice

A wide range of sports activities are offered to cater to the diverse interests and needs of our student community. Whether students prefer team sports like cricket, basketball, football, hockey or volleyball or individual activities such as running, yoga, badminton or athletics; there is something for everyone. This variety ensures that students can choose activities that align with their personal preferences and skill levels, promoting inclusivity and active participation. Additionally, through collaborative events, team-building exercises and student-driven initiatives, we encourage students to interact and foster a sense of community and belonging.

Challenges

Our objective is to broaden students' understanding of health and wellness by providing educational opportunities alongside sports activities and well-being programs. However, a key challenge is the limited resources in the Physical Education Department, with only one Physical Education Teacher (PET) and minimal mental health courses available. Although, faculty from other departments assist as team managers, the shortage of dedicated staff in the Physical Education Department poses a challenge in meeting the diverse needs of students participating in these activities.

Various activities were organized throughout the session for enhancing and promoting physical and mental well-being of the students:

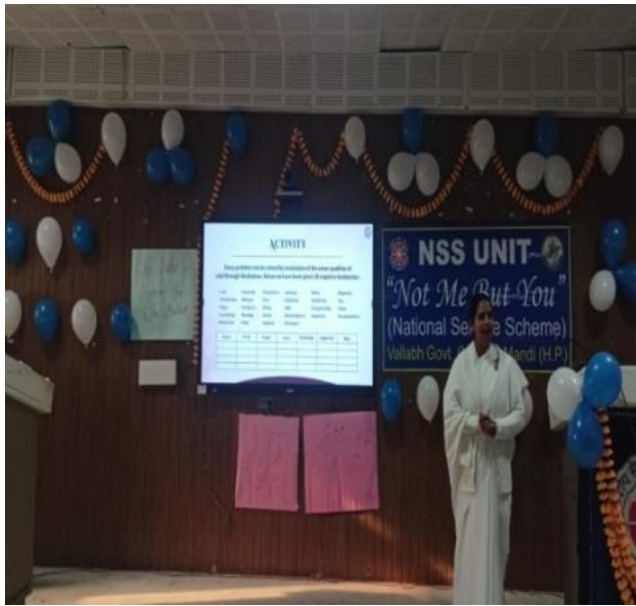
1. Workshop on stress mnagement:

One-day workshop on stress management was organised on 16th September 2023 in the college for the students. Dr. Pawneesh Sharma District Programme Officer, Zonal Hospital Mandi was the resource person about 150 students participated and interacted in the workshop.



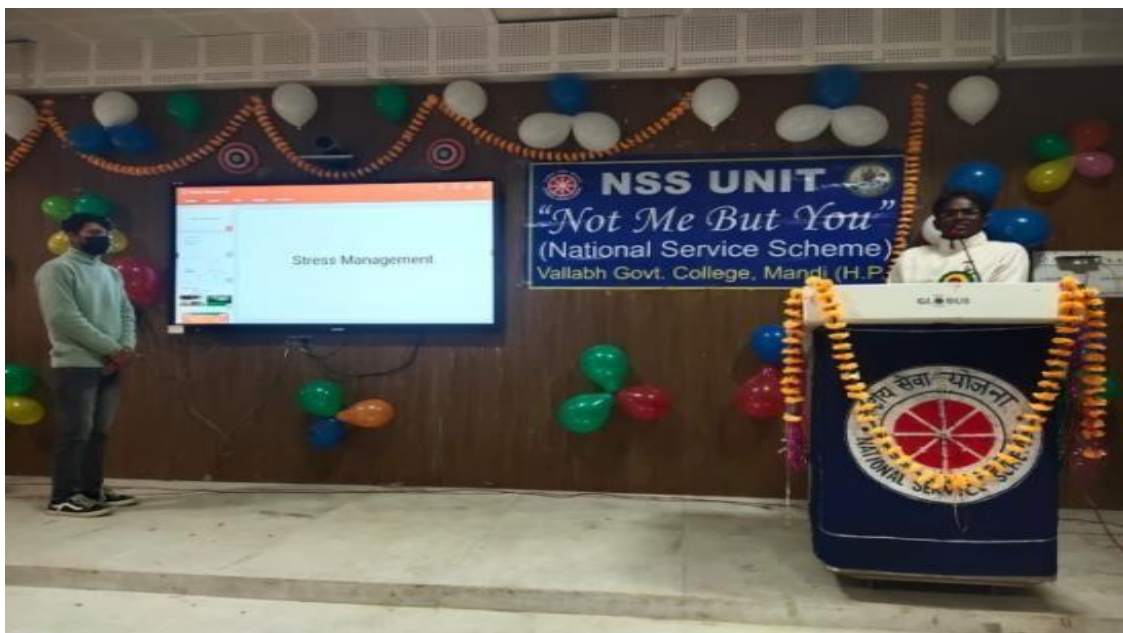
2. Seven Days Meditation course for NSS Volunteers

NSS Unit Vallabh Govt. College Mandi in collaboration with Prajapita Brahmakumaris Ishwariya Vishwavidyalaya Mandi organised a 7 days (30/12/2023 till 05/01/2023) meditation course for NSS Volunteers in which hundred volunteers actively participated. Volunteers learned a lot of things about mental health, about benefits and perks of doing meditation and what are the powers that we can acquire through meditation. In our life and mental health is an important aspect. During the seven days of the meditation course volunteers learned a lot of things and they also did a lot of tasks through which they can understand mediation in a better way.



3. Stress Management Workshop

NSS Unit Vallabh Govt. College Mandi in collaboration with prajapita brahmakumaris ishwariya Vishwavidyalaya Mandi organised a 1-day stress management workshop on 01/ 01/ 2024 for NSS Volunteers in which hundred volunteers took active participation. In today's life it becomes very important to have knowledge about stress management. Students learned a lot of things about stress, its causes and how to deal with it.



4. Art of winning Without Stress Workshop

Vallabh Govt. College Mandi in collaboration with Prajapita Brahmakumaris Ishwariya Vishwavidyalaya Mandi organised a 1 day (on dated 26/ 02/ 2024) Art of winning without Stress workshop for college students in which 168 students took active participation. Every person wants to achieve great things. Every youth wants to win in every field but stress becomes a hurdle in the path of achieving these things. To solve this problem College authority organized this workshop. Students learned a lot of things about this topic.





Special Achievements in Sports during the session 2023-24

Sr. No.	Name of Student	Fathers Name	Class	Roll. No.	Achievement
1.	KUSUM THKUR	DOLU RAM	BA 2 ND	APEDU1-21-24	<ul style="list-style-type: none"> • Won Gold Medal in 200 mtr race in All India Inter- Varsity Athletics (W) Championship-2023 held at KIIT University Bhubneshwar, Odissa. • Won Gold Medal in 200 mtr race in Khelo India University Games Athletics (W) Championship 2023-24 held at Guwahati, Assam. • Won Silver Medal in 100 mtr race in Khelo India University Games Athletics (W) Championship 2023-24 held at Guwahati, Assam. • Won Bronze Medal in 4x400 mtr relay race in Khelo India University Games Athletics (W) Championship 2023-24 held at Guwahati, Assam. • Won Gold Medal in 100 mtr race in HPU Inter College Annual Athletic Meet- 2023 held at GC Dharamshala. • Won Gold Medal in 200 mtr race in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala. • Participated in U-23 National Athletic Meet - 2023 held at Chandigarh.
2.	AVINASH CHANDEL	CHAMAN LAL	MA 1 st	23MENG031	<ul style="list-style-type: none"> • Won Silver Medal in Khelo India University Games Boxing (M) Championship 2023-24 held at Guwahati, Assam. • Participated in All India Inter- Varsity Boxing (M) Championship- 2023 held at Chandigarh University Chandgarh. • Participated in Senior National Boxing (M) Championship-2023 held at Shillong. • Won Gold Medal in HPU Inter- College Boxing (M) Championship - 2023 held at GC Jogindernagar. • Won Gold Medal in Senior State Boxing (M) Championship-2023 held at Kullu. • Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.

3.	HIMANSHU	RAJENDER KUMAR	BA 1 ST	23ENG103	<ul style="list-style-type: none"> • Won Silver Medal in Khelo India University Games Boxing (M) Championship 2023-24 held at Guwahati, Assam. • Participated in All India Inter- Varsity Boxing (M) Championship- 2023 held at Chandigarh University Chandigarh. • Won Gold Medal in HPU Inter- College Boxing (M) Championship - 2023 held at GC Jogindernagar. • Won Silver Medal in Senior State Boxing (M) Championship-2023 held at Kullu. • Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.
4.	TARAN PREET SINGH GILL	GURMIT SINGH GILL	BA 1 st	23POL017	<ul style="list-style-type: none"> • Won Bronze Medal in All India Inter- Varsity Wushu (M) Championship- 2023 held at University of Jammu. • Won Gold Medal in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan. • Won Silver Medal in HPU Inter- College Judo (M) Championship - 2023 held at GC Solan. • Won Silver Medal in HPU Inter- College Taekwondo (M) Championship - 2023 held at GDC Dhami at 16 Mile, Shimla. • Won Bronze Medal in HPU Inter- College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar. • Over All Winner in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan. • Over All Runner's-up in HPU Inter- College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar. • Over All Winner in HPU Inter- College Judo (M) Championship - 2023 held at GC Solan.
5.	GUNJAN	BHUPENDER KUMAR	BSc -II	22Z00053	<ul style="list-style-type: none"> • Participated in All India Inter Varsity Chess (W) Championship-2023 held at Marwadi University Gujrat. • 3rd place in North Zone Inter Varsity Chess (W) Championship-2023 held at Bundel Khand University Jhansi. • Declared best female chess player in Senior State Chess (W) Championship-2023 held at Kullu.

6.	HIMAKSH I	HARISH KUMAR	BSc -III	SM1-21-63	<ul style="list-style-type: none"> Participated in All India Inter Varsity Chess (W) Championship-2023 held at Marwadi University Gujrat. 3rd place in North Zone Inter Varsity Chess (W) Championship-2023 held at Bundel Khand University Jhansi.
7.	AKSHAY KUMAR	MAHENDE R SINGH	BA 2nd	22HIS504	<ul style="list-style-type: none"> Runner's –Up in North Zone Inter Varsity Cricket (M) Championship-2023 held at MLSm College Sundernagar, Himachal Pradesh.
8.	DILIP KUMAR	VIDYA SAGAR	V.Boc-I	23RM018	<ul style="list-style-type: none"> Runner's –Up in North Zone Inter Varsity Cricket (M) Championship-2023 held at MLSm College Sundernagar, Himachal Pradesh.
9.	ASHISH BHANDOR	SES RAM	BA 1 ST	23PED051	<ul style="list-style-type: none"> Won Bronze Medal in National Games-2023 in Boxing held at Goa. Won Gold Medal in HPU Inter- College Boxing (M) Championship - 2023 held at GC Jogindernagar. Won Silver Medal in Senior State Boxing (M) Championship-2023 held at Kullu. Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.

73rd Annual Prize Distribution Function - 2024
Vallabh Government College Mandi (H.P.)

**Detail of prizes of students participated in different games/sports during the
session 2023-2024 (As per the decision taken by the council w.e.f. 2022)**

	Name of Student	Fathers Name	Class	Roll. No.	Achievement
10.	KUSUM THKUR	DOLU RAM	BA 2 ND	APEDU1-21-24	<ul style="list-style-type: none"> Won Gold Medal in 200 mtr race in All India Inter- Varsity Athletics (W) Championship- 2023 held at KIIT University Bhubneshwar, Odissa. Won Gold Medal in 200 mtr race in Khelo India University Games Athletics (W) Championship 2023-24 held at Guwahati, Assam. Won Silver Medal in 100 mtr race in Khelo India University Games Athletics

					<p>(W) Championship 2023-24 held at Guwahati, Assam.</p> <ul style="list-style-type: none"> • Won Bronze Medal in 4x400 mtr relay race in Khelo India University Games Athletics (W) Championship 2023-24 held at Guwahati, Assam. • Won Gold Medal in 100 mtr race in HPU Inter College Annual Athletic Meet- 2023 held at GC Dharamshala. • Won Gold Medal in 200 mtr race in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala. • Participated in U-23 National Athletic Meet -2023 held at Chandigarh.
11.	MUKESH KUMAR	ROOP SINGH	PGDCA	23PGDCA071	<ul style="list-style-type: none"> • Participated in All India Inter- Varsity Wushu (M) Championship- 2023 held at University of Jammu. • Participated in All India Inter- Varsity Wrestling (M) Championship- 2023 held at MDU Rohatak. • Participated in All India Inter- Varsity Judo (M) Championship- 2023 held at Kanpur University. • Participated in National Games-2023 in Wrestling held at Goa. • Won Gold Medal in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan. • Won Gold Medal in HPU Inter- College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar. • Won Gold Medal in HPU Inter- College Judo (M) Championship - 2023 held at GC Solan. • Over All Winner in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan. • Over All Runner's-up in HPU Inter- College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar. • Over All Winner in HPU Inter- College Judo (M) Championship - 2023 held at GC Solan.
12.	SIDHARTH RAO	TARA CHAND	BA 1 st	23PED052	<ul style="list-style-type: none"> • Participated in All India Inter- Varsity Wushu (M) Championship- 2023 held at University of Jammu.

					<ul style="list-style-type: none"> • Participated in All India Inter- Varsity Wrestling (M) Championship- 2023 held at MDU Rohatak. • Participated in Senior National Wrestling (M) Championship-2023 held at Pune. • Won Gold Medal in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan. • Won Gold Medal in HPU Inter- College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar. • Won Gold Medal in Senior State Wrestling (M) Championship-2023 held at Ghumarwin. • Won Silver Medal in HPU Inter- College Judo (M) Championship - 2023 held at GC Solan. • Over All Winner in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan. • Over All Runner's-up in HPU Inter- College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar. • Over All Winner in HPU Inter- College Judo (M) Championship - 2023 held at GC Solan.
13.	AVINASH CHANDEL	CHAMAN LAL	MA 1 st	23MENG031	<ul style="list-style-type: none"> • Won Silver Medal in Khelo India University Games Boxing (M) Championship 2023-24 held at Guwahati, Assam. • Participated in All India Inter- Varsity Boxing (M) Championship- 2023 held at Chandigarh University Chandgarh. • Participated in Senior National Boxing (M) Championship-2023 held at Shillong. • Won Gold Medal in HPU Inter- College Boxing (M) Championship - 2023 held at GC Jogindernagar. • Won Gold Medal in Senior State Boxing (M) Championship-2023 held at Kullu. • Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.

14.	HIMANSHU	RAJENDER KUMAR	BA 1 ST	23ENG103	<ul style="list-style-type: none"> • Won Silver Medal in Khelo India University Games Boxing (M) Championship 2023-24 held at Guwahati, Assam. • Participated in All India Inter- Varsity Boxing (M) Championship- 2023 held at Chandigarh University Chandigarh. • Won Gold Medal in HPU Inter- College Boxing (M) Championship - 2023 held at GC Jogindernagar. • Won Silver Medal in Senior State Boxing (M) Championship-2023 held at Kullu. • Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.
15.	TARAN PREET SINGH GILL	GURMIT SINGH GILL	BA 1 st	23POL017	<ul style="list-style-type: none"> • Won Bronze Medal in All India Inter-Varsity Wushu (M) Championship- 2023 held at University of Jammu. • Won Gold Medal in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan. • Won Silver Medal in HPU Inter-College Judo (M) Championship - 2023 held at GC Solan. • Won Silver Medal in HPU Inter-College Taekwondo (M) Championship - 2023 held at GDC Dhami at 16 Mile, Shimla. • Won Bronze Medal in HPU Inter-College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar. • Over All Winner in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan. • Over All Runner's-up in HPU Inter-College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar. • Over All Winner in HPU Inter- College Judo (M) Championship - 2023 held at GC Solan.
16.	ROHIT	MUNSHI	BA1	23PED028	<ul style="list-style-type: none"> • Participated in All India Inter Varsity Cross Country Competition 2023-24 held at Dnyanopasak College, Parbhani (M.S.). • Won Gold Medal in HPU Inter College Cross Country Competition -2023 held at GC Jawalaji.

					<ul style="list-style-type: none"> • Won Silver Medal in 10000 mtr race in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala. • Won Silver Medal in 5000 mtr race in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala. • Won Gold Medal Junior State Cross Country Competition -2023 held at Nahan. • Won Bronze Medal in 4X400 mtr relay race in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala. • Participated in Junior National Cross Country Competition-2023 held at Bhopal. • Over all 2nd Runners's-up in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala.
17.	RAHUL	KRISHAN SINGH	BA1	23PED014	<ul style="list-style-type: none"> • Participated in All India Inter Varsity Cross Country Competition 2023-24 held at Dnyanopasak College, Parbhani (M.S.). • Won Bronze Medal in HPU Inter College Cross Country Competition - 2023 held at GC Jawalaji. • Won Gold Medal in 5000 mtr race in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala. • Won Silver Medal in 1500 mtr race in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala. • Participated in Junior National Cross Country Competition-2023 held at Bhopal. • Won Silver Medal Junior State Cross Country Competition -2023 held at Nahan. • Won Bronze Medal in 4X400 mtr relay race in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala. • Over all 2nd Runners's-up in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala.
18.	CHETAN CHOUDHARY	ANKUR CHOUDHARY	BA 2 nd	APEDU1-21-9	<ul style="list-style-type: none"> • Participated in All India Inter- Varsity Boxing (M) Championship- 2023 held at Chandigarh University Chandigarh.

					<ul style="list-style-type: none"> • Participated in Senior National Boxing (M) Championship-2023 held at Shelong. • Won Gold Medal in HPU Inter- College Boxing (M) Championship - 2023 held at GC Jogindernagar. • Won Gold Medal in Senior State Boxing (M) Championship-2023 held at Kullu. • Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.
19.	POONAM	NARENDER KUMAR	BA 1 st	23SPT001	<ul style="list-style-type: none"> • Participated in All India Inter- Varsity Wushu (W) Championship- 2023 held at University of Jammu. • Participated in All India Inter- Varsity Wrestling (W) Championship- 2023 held at Chandigarh University Chandigarh. • Won Gold Medal in HPU Inter- College Wushu (W) Championship - 2023 held at GC Solan. • Won Gold Medal in HPU Inter- College Wrestling (W) Championship - 2023 held at Gayatri College of Education Kangoo, Sundernagar. • Over All Winner in HPU Inter- College Wushu (W) Championship - 2023 held at GC Solan.
20.	NIKHIL BHANWAL	KEHAR SINGH	PGDCA-1st	23PGDCA077	<ul style="list-style-type: none"> • 4th Place in Khelo India University Games Volleyball (M) Championship 2023-24 held at Guwahati, Assam. • 4th Place in North Inter- Varsity Volleyball (M) Championship- 2023 held at Kurukshetra University, Kurukshetra. • Participated in All India Inter- Varsity Volleyball (M) Championship- 2023 held at Kurukshetra University, Kurukshetra. • 2nd Runner's-up in HPU Inter- College Volleyball (M) Championship - 2023 held at GC Una.
21.	RAJAT THAKUR	SANJAY KUMAR	BA 1 ST	23PED060	<ul style="list-style-type: none"> • 4th Place in Khelo India University Games Volleyball (M) Championship 2023-24 held at Guwahati, Assam. • 4th Place in North Inter- Varsity Volleyball (M) Championship- 2023 held at Kurukshetra University, Kurukshetra.

					<ul style="list-style-type: none"> • Participated in All India Inter- Varsity Volleyball (M) Championship- 2023 held at Kurukshetra University, Kurukshetra. • 2nd Runner's-up in HPU Inter- College Volleyball (M) Championship - 2023 held at GC Una.
22.	ASHISH BHANDOR	SES RAM	BA 1 ST	23PED051	<ul style="list-style-type: none"> • Won Bronze Medal in National Games- 2023 in Boxing held at Goa. • Won Gold Medal in HPU Inter- College Boxing (M) Championship - 2023 held at GC Jogindernagar. • Won Silver Medal in Senior State Boxing (M) Championship-2023 held at Kullu. • Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.
23.	AADITYA CHAUDHARY	VIPIN KUMAR	BA 3 rd	AEN1-21-99	<ul style="list-style-type: none"> • Participated in All India Inter- Varsity Wushu (M) Championship- 2023 held at University of Jammu. • Won Gold Medal in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan. • Won Bronze Medal in HPU Inter- College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar. • Won Bronze Medal in HPU Inter- College Judo (M) Championship - 2023 held at GC Solan. • Over All Winner in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan. • Over All Runner's-up in HPU Inter- College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar. • Over All Winner in HPU Inter- College Judo (M) Championship - 2023 held at GC Solan.
24.	VISHAL	DINESH KUMAR	BA 1st	23POL439	<ul style="list-style-type: none"> • Participated in All India Inter- Varsity Wushu (M) Championship- 2023 held at University of Jammu. • Won Gold Medal in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan. • Won Bronze Medal in HPU Inter- College Wrestling (M) Championship -

					<p>2023 held at Gayatri College of Education Sundernagar.</p> <ul style="list-style-type: none"> • Won Bronze Medal in HPU Inter-College Taekwondo (M) Championship - 2023 held at GDC Dhami at 16 Mile, Shimla. • Over All Winner in HPU Inter-College Wushu (M) Championship - 2023 held at GC Solan. • Over All Runner's-up in HPU Inter-College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar. • Over All Winner in HPU Inter-College Judo (M) Championship - 2023 held at GC Solan.
25.	AMIT KUMAR	TILAK RAJ	BA 2 nd	22PED015	<ul style="list-style-type: none"> • Participated in North Zone Inter-Varsity Hockey (M) Championship-2023 held at Govt. Arts & Sports College, Jalandhar. • Participated in Senior National Hockey (M) Championship-2023 held at Chennai. • Winner in HPU Inter-College Hockey (M) Championship - 2023 held at GC Una.
26.	AYUSH	SURENDER KUMAR	BA 1 st	23HIS391	<ul style="list-style-type: none"> • Participated in North Zone Inter-Varsity Hockey (M) Championship-2023 held at Govt. Arts & Sports College, Jalandhar. • Participated in Senior National Hockey (M) Championship-2023 held at Chennai. • Winner in HPU Inter-College Hockey (M) Championship - 2023 held at GC Una.
27.	ISHANI	KASHMIR SINGH	BA-III	APEDU1-21-04	<ul style="list-style-type: none"> • Participated in All India Inter Varsity Kayaking (W) Championship -2023-24 held at Punjabi University Patiala. • Won Gold Medal in 200 mtr Race (K1) HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra. • Won Gold Medal in 1000 mtr Race (K2) HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra. • Overall Winners in HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra.

28.	GARIMA	TARA CHAND	BA-III	AEN1-21-122	<ul style="list-style-type: none"> Participated in All India Inter Varsity Kayaking (W) Championship -2023-24 held at Punjabi University Patiala. Won Gold Medal in 500 mtr Race (K1) HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra. Won Gold Medal in 1000 mtr Race (K2) HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra. Overall Winners in HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra.
29.	PRIYANKA THAKUR	YASH PAL	BA-III	APS1-21-272	<ul style="list-style-type: none"> Participated in All India Inter Varsity Kayaking (W) Championship -2023-24 held at Punjabi University Patiala. Won Gold Medal in 500 mtr Race (K2) HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra. Won Bronze Medal in 200 mtr Race (Mixed) HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra. Overall Winners in HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra.
30.	TANIYA	JAGDISH KUMAR	BA-III	APSYCHO-21-05	<ul style="list-style-type: none"> Participated in All India Inter Varsity Kayaking (W) Championship -2023-24 held at Punjabi University Patiala. Won Gold Medal in 500 mtr Race (K2) HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra. Won Silver Medal in 200 mtr Race (K2) HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra. Overall Winners in HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra.
31.	HITESH KUMAR THAKUR	SURENDER KUMAR	BA 1 st	23HIN067	<ul style="list-style-type: none"> Participated in All India Inter- Varsity Boxing (M) Championship- 2023 held at Chandigarh University Chandigarh. Won Gold Medal in HPU Inter- College Boxing (M) Championship - 2023 held at GC Jogindernagar.

					<ul style="list-style-type: none"> • Won Silver Medal in Senior State Boxing (M) Championship-2023 held at Kullu. • Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.
32.	SWAPNIL GULERIA	NARESH KUMAR GULERIA	BA-III	AEN1-21-67	<ul style="list-style-type: none"> • Participated in All India Inter Varsity Kayaking (M) Championship 2023-24 held at Panjab University Chandigarh. • Won Gold Medal in 200 mtr Race (K1) HPU Inter College Kayaking (M) Championship -2023 held at GC Dehari, Distt. Kangra. • Won Bronze Medal in 200 mtr Race (Mixed) HPU Inter College Kayaking (M) Championship -2023 held at GC Dehari, Distt. Kangra. • Overall Runner's Up in HPU Inter College Kayaking (M) Championship - 2023 held at GC Dehari, Distt. Kangra.
33.	SARTHAK LAKHANPAL	AJAY KUMAR LAKHANPAL	BA 2 nd	22ENG061	<ul style="list-style-type: none"> • Participated in North Zone Inter – Varsity Shooting (M) Championship - 2023 held at Kurukshetra University, Kurukshetra. • Won Gold Medal in Senior State Shooting Championship -2023 held at Nahan. • Won Bronze Medal in HPU Inter-College Shooting (M) Championship - 2023 held at P.G. Centre Shimla. • Over all winners in HPU Inter- College Shooting (M) Championship - 2023 held at P.G. Centre Shimla.
34.	MEENAKASHI	DEVI DUTT	MA 1 st	23MENG035	<ul style="list-style-type: none"> • Participated in Senior National Hockey (W) Championship -2024 held at Pune, Maharashtra. • 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. • 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur. • Best Defender Awardees in Senior State Hockey (W) Championship - 2023 held at Hamirpur.
35.	UPASANA	RANJEET SINGH	BA 2 nd	22GEO041	<ul style="list-style-type: none"> • Participated in North Zone Inter-Varsity Basketball (W) Championship-2023 held at MJP Rohilkhand University Bareilly.

					<ul style="list-style-type: none"> Participated in Junior National Basketball (W) Championship- 2023 held at Bhubaneswar, Odissa. Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
36.	GUNJAN	BHUPENDE R KUMAR	BSc -II	22Z00053	<ul style="list-style-type: none"> Participated in All India Inter Varsity Chess (W) Championship-2023 held at Marwadi University Gujrat. 3rd place in North Zone Inter Varsity Chess (W) Championship-2023 held at Bundel Khand University Jhansi. Declared best female chess player in Senior State Chess (W) Championship- 2023 held at Kullu.
37.	HIMAKSHI	HARISH KUMAR	BSc -III	SM1-21-63	<ul style="list-style-type: none"> Participated in All India Inter Varsity Chess (W) Championship-2023 held at Marwadi University Gujrat. 3rd place in North Zone Inter Varsity Chess (W) Championship-2023 held at Bundel Khand University Jhansi.
38.	SATYA	RAMESH	BA 1 st	23PED016	<ul style="list-style-type: none"> Participated in North Zone Inter- Varsity Hockey (W) Championship- 2023 held at Punjabi University Patiala. 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur.
39.	MALIKA SHARMA	DEVINDER SHARMA	BA 1 st	23PED036	<ul style="list-style-type: none"> Participated in North Zone Inter- Varsity Hockey (W) Championship- 2023 held at Punjabi University Patiala. 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur.
40.	AMARPALI	DEV RAJ	BA 3 rd	Ahs1-21-90	<ul style="list-style-type: none"> Participated in North Zone North Zone Inter Varsity Football (W) Championship-2023 held at VGC Mandi, Himachal Pradesh. 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur.

41.	SANIYA	DURGA DUTT	BA 2nd	22HIS196	<ul style="list-style-type: none"> Participated in All India Inter- Varsity Wushu (W) Championship- 2023 held at University of Jammu. Won Gold Medal in HPU Inter- College Wushu (W) Championship - 2023 held at GC Solan. Over All Winner in HPU Inter- College Wushu (W) Championship - 2023 held at GC Solan.
42.	ANITA	RAMESH KUMAR	BA 1 ST	23ENF141	<ul style="list-style-type: none"> Participated in All India Inter- Varsity Wushu (W) Championship- 2023 held at University of Jammu. Won Gold Medal in HPU Inter- College Wushu (W) Championship - 2023 held at GC Solan. Over All Winner in HPU Inter- College Wushu (W) Championship - 2023 held at GC Solan.
43.	NIKHIL KUMAR	LEKH RAM	BA 1 ST	23HIN144	<ul style="list-style-type: none"> Participated in All India Inter- Varsity Boxing (M) Championship- 2023 held at Chandigarh University Chandigarh. Won Gold Medal in HPU Inter- College Boxing (M) Championship - 2023 held at GC Jogindernagar. Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.
44.	ARMAN VERMA	CHANCHAL SINGH	BSc 2 nd	22BCS004	<ul style="list-style-type: none"> Participated in North Zone Inter – Varsity Shooting (M) Championship - 2023 held at Kurukshetra University, Kurukshetra. Won Gold Medal in HPU Inter- College Shooting (M) Championship - 2023 held at P.G. Centre Shimla. Over all winners in HPU Inter- College Shooting (M) Championship - 2023 held at P.G. Centre Shimla.
45.	KHEM SINGH	LALIT KUMAR	BA 3 rd	Apedu-21-10	<ul style="list-style-type: none"> Participated in North Zone Inter- Varsity Hockey (M) Championship- 2023 held at Govt. Arts & Sports College, Jalandhar. Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
46.	MANAS GHAMTA	KESAR SINGH	BA 2 nd	22PED001	<ul style="list-style-type: none"> Participated in North Zone Inter- Varsity Hockey (M) Championship- 2023 held at Govt. Arts & Sports College, Jalandhar.

					<ul style="list-style-type: none"> Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
47.	DHEERAJ	BHOOP SINGH	BA 2 nd	22PED037	<ul style="list-style-type: none"> Participated in North Zone Inter-Varsity Hockey (M) Championship-2023 held at Govt. Arts & Sports College, Jalandhar. Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
48.	KIRAN KUMARI	MOHAN SINGH	BA-I	23POL459	<ul style="list-style-type: none"> Participated in North Zone Inter-Varsity Boxing (W) Championship-2023 held at Lovely Professional University Phagwara, Punjab. Won Gold Medal in HPU Inter- College Boxing (W) Championship - 2023 held at RKMV Shimla.
49.	DIYA	SANJAY KUMAR	BA 3 RD	AHS1-21-202	<ul style="list-style-type: none"> Participated in North Zone North Zone Inter Varsity Handball (W) Championship-2023 held at Chaudhary Devi Lal University Bhiwani Haryana. Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
50.	PRERNA	MANSA RAM	BCOM 2 ND	C1-21-123	<ul style="list-style-type: none"> Participated in North Zone Inter-Varsity Basketball (W) Championship-2023 held at MJP Rohilkhand University Bareilly. Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
51.	KASHISH SHARMA	BASUDEV	BCom 2 nd	22BCM074	<ul style="list-style-type: none"> Participated in North Zone Inter – Varsity Shooting (W) Championship - 2023 held at Kurukshetra University, Kurukshetra. Won Bronze Medal in State Shooting (Youth) Championship -2023 held at Nahan. Participated in Youth National Shooting (W) Championship -2023 held at Bhopal. Over all Runner's-up in HPU Inter- College Shooting (M) Championship - 2023 held at P.G. Centre Shimla.
52.	KUSUM	OM PRAKASH	BA 2 nd	22PED011	<ul style="list-style-type: none"> Participated in North Zone Inter-Varsity Hockey (W) Championship-2023 held at Punjabi University Patiala.

					<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una.
53.	AKSHAY KUMAR	MAHENDER SINGH	BA 2 nd	22HIS504	<ul style="list-style-type: none"> Runner's –Up in North Zone Inter Varsity Cricket (M) Championship- 2023 held at MLSm College Sundernagar, Himachal Pradesh.
54.	DILIP KUMAR	VIDYA SAGAR	V.Boc-I	23RM018	<ul style="list-style-type: none"> Runner's –Up in North Zone Inter Varsity Cricket (M) Championship- 2023 held at MLSm College Sundernagar, Himachal Pradesh.
55.	PRABHJOT KAUR	GURMEET SINGH	BA 2 nd	22POL061	<ul style="list-style-type: none"> Participated in North Zone Inter – Varsity Shooting (W) Championship - 2023 held at Kurukshetra University, Kurukshetra. Over all Runner's-up in HPU Inter- College Shooting (M) Championship - 2023 held at P.G. Centre Shimla.
56.	AISHWARYA SHARMA	LEKH RAM	MA 3 rd	22MPOL022	<ul style="list-style-type: none"> Participated in North Zone Inter- Varsity Kho-Kho (W) Championship- 2023 held at Lovely Professional University Phagwara, Punjab.
57.	CHANCHA L SHARMA	GAJENDER KUMAR	BA 1 ST	23PED058	<ul style="list-style-type: none"> Participated in North Zone Inter- Varsity Kabaddi (M) Championship- 2023 held at Gurukashi University Kurukshetra.
58.	GAGAN	DHANI RAM	BA 1 ST	23POL427	<ul style="list-style-type: none"> Participated in North Zone Inter- Varsity Kabaddi (M) Championship- 2023 held at Gurukashi University Kurukshetra..
59.	RITVIK	MURARI RANA	BCA 1 st	23BCA054	<ul style="list-style-type: none"> Participated in North Zone Inter- Varsity Table Tennis (M) Championship- 2023 held at Mahatma Jyotiba Phule Rohilkhand University.
60.	VIVEK CHAUHAN	RISHI DUTT	B.Com-III	23BCM208	<ul style="list-style-type: none"> Participated in North Zone Inter Varsity Chess (M) Championship-2023 held at Bundel Khand University Jhansi.
61.	NEHA	RAJ KUMAR	MA 1 st	23MENG026	<ul style="list-style-type: none"> Participated in North Zone Inter Varsity Kabaddi (W) Championship-2023 held at Gurukashi University Talwandi Saheb.
62.	DIMPLE UPADHYA Y	ARUN KUMAR	B.Ed.	BEA-23-16	<ul style="list-style-type: none"> Participated in National Games-2023 in Boxing held at Goa. Won Bronze Medal in HPU Inter- College Boxing (W) Championship - 2023 held at RKMV Shimla.

63.	ARPITA SHARMA	SANDEEP KUMAR	BA 1 ST	22ENG068	<ul style="list-style-type: none"> Participated in Junior National Shooting (W) Championship -2023 held at Bhopal. Won Silver Medal in Junior State Shooting (W) Championship -2023 held at Nahan. Won Silver Medal in Senior State Shooting (W) Championship -2023 held at Nahan. Over all Runner's-up in HPU Inter-College Shooting (M) Championship - 2023 held at P.G. Centre Shimla.
64.	SHIVANI	SUNIL KUMAR	BA1	23PED008	<ul style="list-style-type: none"> Participated in Junior National Basketball (W) Championship- 2023 held at Bhubaneshwar, Odissa.
65.	MANSI THAKUR	DHANDEV	BA 1 st	23PED043	<ul style="list-style-type: none"> Participated in Junior National Cross Country Competition-2023 held at Bhopal. Won Silver Medal Junior State Cross Country Competition -2023 held at Nahan.
66.	MEHUL LAKHANPAL	VIJAY KUMAR	BA 2 nd	22HIS127	<ul style="list-style-type: none"> Participated in Junior National Shooting (M) Championship-2023 held at Bhopal. Won Silver Medal in Senior State Shooting Championship -2023 held at Nahan. Won Gold Medal in Youth State Shooting Championship -2023 held at Nahan. Won Gold Medal in Junior State Shooting Championship -2023 held at Nahan. Over all winners in HPU Inter- College Shooting (M) Championship - 2023 held at P.G. Centre Shimla.
67.	SUJAL THAKUR	YOG RAJ	BA-III	AHS1-21-254	<ul style="list-style-type: none"> Won Silver Medal in 1000 mtr Kayak Race (K2) in HPU Inter College Kayaking (M) Championship -2023 held at GC Dehari, Distt. Kangra. Won Silver Medal in 500 mtr Kayak Race (K1) in HPU Inter College Kayaking (M) Championship -2023 held at GC Dehari, Distt. Kangra. Overall Runner's Up in HPU Inter College Kayaking (M) Championship - 2023 held at GC Dehari, Distt. Kangra.
68.	YUV RAJ	NIHAL SINGH	BA-III	AHSI-21-447	<ul style="list-style-type: none"> Won Silver Medal in 1000 mtr Kayak Race (K1) HPU Inter College Kayaking

					<p>(M) Championship -2023 held at GC Dehari, Distt. Kangra.</p> <ul style="list-style-type: none"> • Won Silver Medal in 200 mtr Kayak Race (K2) HPU Inter College Kayaking (M) Championship -2023 held at GC Dehari, Distt. Kangra. • Overall Runner's Up in HPU Inter College Kayaking (M) Championship - 2023 held at GC Dehari, Distt. Kangra.
69.	NITIKA	TEK CHAND	BA-II	22HIS317	<ul style="list-style-type: none"> • Won Silver Medal in 1000 mtr Race (K1) HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra. • Won Silver Medal in 200 mtr Race (K2) HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra. • Overall Winners in HPU Inter College Kayaking (W) Championship -2023 held at GC Dehari, Distt. Kangra.
70.	JATIN PARIHAR	PURAN SINGH PARIHAR	MA 1 st	23MENG014	<ul style="list-style-type: none"> • Won Silver Medal in HPU Inter-College Boxing (M) Championship - 2023 held at GC Jogindernagar. • Won Bronze Medal in Senior State Boxing (M) Championship-2023 held at Kullu. • Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.
71.	GEETANJALI	DHARAM CHAND	MA 1 st	23MENG034	<ul style="list-style-type: none"> • 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. • 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur.
72.	BABITA	LALIT KUMAR	BA 3 rd	Asc1-21-11	<ul style="list-style-type: none"> • 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. • 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur.
73.	PREETI SHARMA	HEM RAJ	BA 2 nd	Ahs1-21-154	<ul style="list-style-type: none"> • 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. • 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur.

74.	CHURAMA NI	ROSHAN LAL	BA 3 rd	Asc1-21-32	<ul style="list-style-type: none"> • 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. • 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur.
75.	RESHMA KUMARI	SUNDER LAL	BA 2 nd	22HIS359	<ul style="list-style-type: none"> • 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. • 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur.
76.	RESHA KUMARI	SUNDER LAL	BA 1 st	23HIS318	<ul style="list-style-type: none"> • 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. • 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur.
77.	SHAGUN	SIPAN KUAMAR	BA 2 nd	22PED005	<ul style="list-style-type: none"> • 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. • 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur.
78.	SONIYA	KHEM SINGH	BSC 3 rd	SM1-21-46	<ul style="list-style-type: none"> • 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. • 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur.
79.	BHARTI	PURAN CHAND	BA 1 st	23PED019	<ul style="list-style-type: none"> • 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una. • 2nd Runner's-up in Senior State Hockey (W) Championship - 2023 held at Hamirpur.
80.	LAKHAN BHARDWA J	LATE PURAN CHAND	BA 2 nd	22PED039	<ul style="list-style-type: none"> • Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
81.	SHIVAM THAKUR	KAMLESH KUMAR	BA 2 nd	22PED014	<ul style="list-style-type: none"> • Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
82.	MANISH	KARAM CHAND	M.Com 3 rd	22MCOM022	<ul style="list-style-type: none"> • Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
83.	GANGULI	ROOP LAL	BA 3 rd	AHn1-20-6	<ul style="list-style-type: none"> • Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.

84.	ASHISH	BARFU RAM	BA 3 rd	APEDU1-21-34	<ul style="list-style-type: none"> Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
85.	VIJAY KUMAR	JHABE RAM	BA 1 st	23PED059	<ul style="list-style-type: none"> Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
86.	DOLE RAM	GOPAL	BA 2 nd	22Pol237	<ul style="list-style-type: none"> Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
87.	BHUPENDE R KUMAR	HARDEV	BA 2 nd	AHS1-21-43	<ul style="list-style-type: none"> Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
88.	BHUPENDE R PAL	GIRDHARI LAL	BA 2 nd	22Pol229	<ul style="list-style-type: none"> Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
89.	AKASH	ALAM CHAND	BA 2 nd	22Pol247	<ul style="list-style-type: none"> Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
90.	NILESH KUMAR	NARPAT RAM	BCom 2	22BCM119	<ul style="list-style-type: none"> Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
91.	AKSHAY KUMAR	AMIN CHAND	MCom 1	23MCOM026	<ul style="list-style-type: none"> Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
92.	SUHAIL KHAN	AZAD KHAN	BA 1 st	23SOC041	<ul style="list-style-type: none"> Winner in HPU Inter- College Hockey (M) Championship - 2023 held at GC Una.
93.	SIDDHARTH	SUMAN KUMAR	BA II	22POL366	<ul style="list-style-type: none"> Won Silver Medal in Hammer Throw in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala. Over all 2nd Runners's-up in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala.
94.	PALLVI	ROSHAN LAL BHARTI	BA-I	23HIN095	<ul style="list-style-type: none"> Won Silver Medal in HPU Inter-College Boxing (W) Championship - 2023 held at RKMV Shimla.
95.	VIDYA SAGAR	JAI RAM	BA 1 ST	23PED053	<ul style="list-style-type: none"> Won Silver Medal in HPU Inter-College Boxing (M) Championship - 2023 held at GC Jogindernagar. Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.
96.	VISHAL JASWAL	DHARAM PAL	BA 1 St	23PED055	<ul style="list-style-type: none"> Won Silver Medal in HPU Inter-College Wushu (M) Championship - 2023 held at GC Solan. Over all winners in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan.

97.	RAHUL	RAJU	BBA 3 rd Sem	22BBA039	<ul style="list-style-type: none"> • Won Silver Medal in HPU Inter-College Wushu (M) Championship - 2023 held at GC Solan. • Over all winners in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan.
98.	CHANDAN KUMAR	LALIT KUMAR	BA 2 ND	APEDU1-21-3	<ul style="list-style-type: none"> • Won Silver Medal in HPU Inter-College Wushu (M) Championship - 2023 held at GC Solan. • Over all winners in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan.
99.	MANISHA KASHAV	HARDEV SINGH	BA 1 st	23POL422	<ul style="list-style-type: none"> • Won Silver Medal in HPU Inter-College Wushu (W) Championship - 2023 held at GC Solan. • Over all winners in HPU Inter- College Wushu (W) Championship - 2023 held at GC Solan.
100.	SAKSHI	ROOP LAL	B.Sc.I	23BSM099	<ul style="list-style-type: none"> • Won Silver Medal in HPU Inter-College Wushu (W) Championship - 2023 held at GC Solan. • Over all winners in HPU Inter- College Wushu (W) Championship - 2023 held at GC Solan.
101.	DIKSHA KUMARI	JAGDISH CHAND	BA 1 st	22POL358	<ul style="list-style-type: none"> • Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
102.	SUKRITI	DUNI CHAND	BA 3 rd	Apsycho1-21-1	<ul style="list-style-type: none"> • Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
103.	SUGANDH A	SURENDER KUMAR	BA 3 RD	AHS-21-228	<ul style="list-style-type: none"> • Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
104.	AANCHAL	MANOJ KUMAR	BA 2 ND	22HIS508	<ul style="list-style-type: none"> • Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
105.	ANKITA PATIYAL	GULAB SINGH	BA 1 ST	AHS1-21-85	<ul style="list-style-type: none"> • Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
106.	SHIVANI THAKUR	KRISHNA CHAND	BA 1 st	23POL426	<ul style="list-style-type: none"> • Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
107.	MEHAK	HOSHIYAR SINGH	BA 2 nd	22HIS048	<ul style="list-style-type: none"> • Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
108.	SANEHA	BANSI LAL	BA 1 st	23POL379	<ul style="list-style-type: none"> • Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.

109.	PALLAVI CHAUHAN	KAMAL CHAND	BA 2 ND	Ahs1-21-382	<ul style="list-style-type: none"> • Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
110.	SANIYA	PRAKASH CHAND	BA 2 nd	22HIS400	<ul style="list-style-type: none"> • Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
111.	ISHITA	GULAB SINGH	BA2nd	22HIS234	<ul style="list-style-type: none"> • Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
112.	SITA DEVI	MANOJ KUMAR	BA 3 rd	Ahs1-21-147	<ul style="list-style-type: none"> • Runner's –up in HPU Inter- College Handball (W) Championship - 2023 held at MLSM College Sundernagar.
113.	GAURAV KUMAR	DOOM RAM	BA-III	AHSI-21-476	<ul style="list-style-type: none"> • Won Silver Medal in 200 mtr Kayak Race (K2) HPU Inter College Kayaking (M) Championship -2023 held at GC Dehari, Distt. Kangra. • Overall Runner's Up in HPU Inter College Kayaking (M) Championship - 2023 held at GC Dehari, Distt. Kangra.
114.	SHUBHAM THAKUR	DUNI CHAND	BA-III	APEDU1-21-20	<ul style="list-style-type: none"> • Won Silver Medal in 1000 mtr Kayak Race (K2) HPU Inter College Kayaking (M) Championship -2023 held at GC Dehari, Distt. Kangra. • Overall Runner's Up in HPU Inter College Kayaking (M) Championship - 2023 held at GC Dehari, Distt. Kangra.
115.	NITEESH SANDHU	SURESH SANDHU	BA1	23PED029	<ul style="list-style-type: none"> • Overall Runner's in HPU Inter College Cross Country (M) Championship - 2023 held at GC Jawalaji, Distt. Kangra.
116.	LEELAVIL AS	MANOHAR LAL	BA 2	22POL006	<ul style="list-style-type: none"> • Overall Runner's in HPU Inter College Cross Country (M) Championship - 2023 held at GC Jawalaji, Distt. Kangra.
117.	DEEPAK KUMAR	KAMAL KUMAR	BA 1	23PED030	<ul style="list-style-type: none"> • Overall Runner's in HPU Inter College Cross Country (M) Championship - 2023 held at GC Jawalaji, Distt. Kangra.
118.	ABHISHEK RAJA	KASHMIR SINGH	BA 1	23HIS031	<ul style="list-style-type: none"> • Overall Runner's in HPU Inter College Cross Country (M) Championship - 2023 held at GC Jawalaji, Distt. Kangra.
119.	UPENDER	HEM RAJ	BA 1 ST	22HIS419	<ul style="list-style-type: none"> • Won Bronze Medal in Triple Jump in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala. • Over all 2nd Runners's-up in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala.
120.	BULESH	BALDEV THAKUR	BA I	23HIS288	<ul style="list-style-type: none"> • Won Bronze Medal in 4X400 mtr relay race in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala.

					<ul style="list-style-type: none"> Over all 2nd Runners's-up in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala.
121.	SURAJ	AMAR SINGH	BA 2 ND	22SOC042	<ul style="list-style-type: none"> Won Bronze Medal in 4X400 mtr relay race in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala. Over all 2nd Runners's-up in HPU Inter College Annual Athletic Meet-2023 held at GC Dharamshala.
122.	PIYUSH THAKUR	GHANSHYA M	BA 1 st	23HIS218	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter-College Wushu (M) Championship - 2023 held at GC Solan. Over all winners in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan.
123.	KARAN	KHEM CHAND	BA 3 rd	AEN1-21-68	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter-College Wushu (M) Championship - 2023 held at GC Solan. Over all winners in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan.
124.	ROHIT	NARENDER KUMAR	BA 1ST	23POL019	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter-College Wushu (M) Championship - 2023 held at GC Solan. Over all winners in HPU Inter- College Wushu (M) Championship - 2023 held at GC Solan.
125.	GANESH BHARDWAJ	TARA CHAND	BA 1 st	23PED032	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter-College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar. Over all Runner's -up in HPU Inter-College Wrestling (M) Championship - 2023 held at Gayatri College of Education Sundernagar.
126.	MADHU	BALDEV	MA 3 rd	22MHIN022	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter-College Wrestling (W) Championship - 2023 held at Gayatri College of Education Sundernagar.
127.	KANIKA SHARMA	OM CHAND	BA 3rd	AHS1-21-293	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter-College Wushu (W) Championship - 2023 held at GC Solan. Over all winners in HPU Inter- College Wushu (W) Championship - 2023 held at GC Solan.
128.	PAYAL	KULDEEP CHAND	BA 1 st	23SOC048	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter-College Wushu (W) Championship - 2023 held at GC Solan.

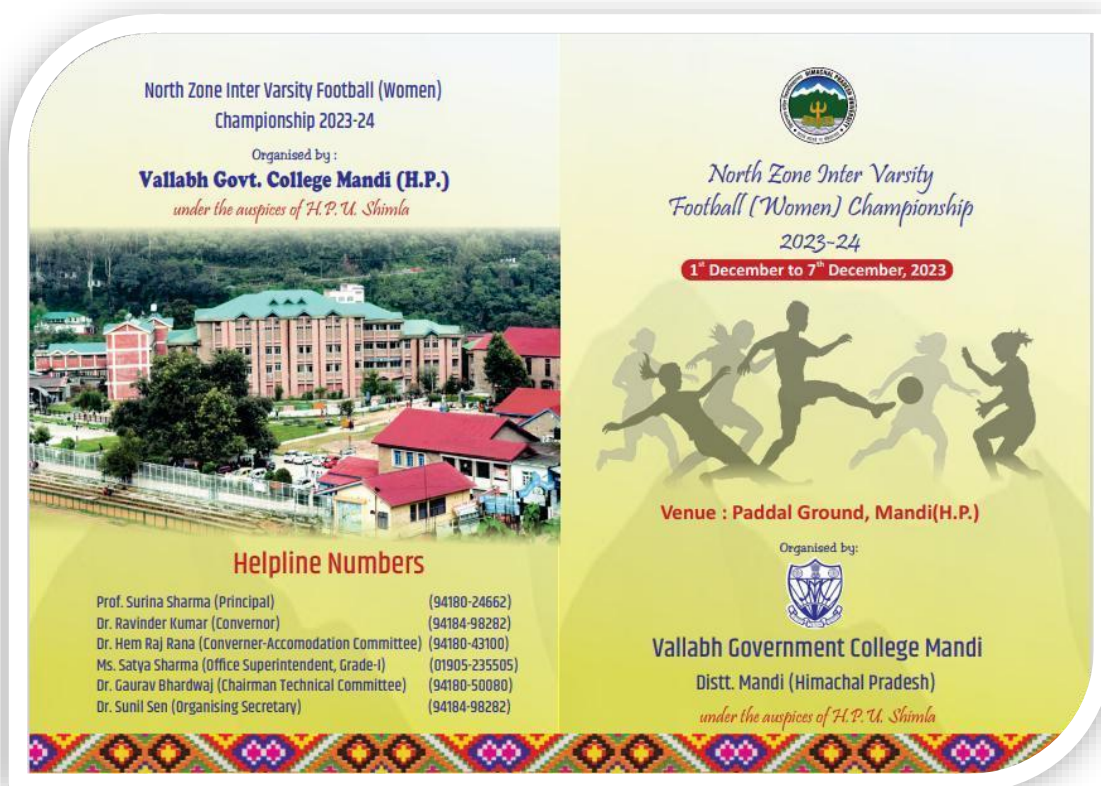
					<ul style="list-style-type: none"> Over all winners in HPU Inter- College Wushu (W) Championship - 2023 held at GC Solan.
129.	ANAMIKA SHARMA	AMAR CHAND	BA 1 st	23PED061	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter- College Wushu (W) Championship - 2023 held at GC Solan. Over all winners in HPU Inter- College Wushu (W) Championship - 2023 held at GC Solan.
130.	PARAS THAKUR	RAJ THAKUR	BA-III	APSI-21-441	<ul style="list-style-type: none"> Won Bronze Medal in 500 mtr Race (K-2) HPU Inter College Kayaking (M) Championship -2023 held at GC Dehari, Distt. Kangra. Overall Runner's Up in HPU Inter College Kayaking (M) Championship - 2023 held at GC Dehari, Distt. Kangra.
131.	GAGAN	TEK SINGH	BA-III	AHSI-21-330	<ul style="list-style-type: none"> Won Bronze Medal in 500 mtr Race (K2) HPU Inter College Kayaking (M) Championship -2023 held at GC Dehari, Distt. Kangra. Overall Runner's Up in HPU Inter College Kayaking (M) Championship - 2023 held at GC Dehari, Distt. Kangra.
132.	YOGITA	KANSHI RAM	MA 1 st	23MHIN030	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una.
133.	SHALINI THAKUR	MAST RAM	MA 1 st	23MENG037	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una.
134.	PINKI	MOHAMAD DILSAD	MA 1 st	23MENG038	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Hockey (W) Championship - 2023 held at GC Una.
135.	DHARMES H KUMAR	KHEM SINGH	BA 1 ST	23TTM032	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Volleyball (M) Championship - 2023 held at GC Una.
136.	CHANDER KUMAR	PRATAP SINGH	BA 2 ND	22 HIS139	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Volleyball (M) Championship - 2023 held at GC Una.
137.	KHUVENDER CHAUHAN	CHET RAM	BA 1 ST	23POL 236	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Volleyball (M) Championship - 2023 held at GC Una.
138.	SACHIN PATYAL	LABH SINGH	BA 1 ST	23HIS329	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Volleyball (M) Championship - 2023 held at GC Una.
139.	HANS RAJ	HUKAM CHAND	BA 3 RD	APS1-21-175	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Volleyball (M) Championship - 2023 held at GC Una.

140.	JAGDISH	MAAN SINGH	BA 1 ST	23TTM033	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Volleyball (M) Championship - 2023 held at GC Una.
141.	PRAVEEN CHAUHAN	PAWAN KUMAR	BA 2 ND	22POL440	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Volleyball (M) Championship - 2023 held at GC Una.
142.	SUNIL KUMAR	JOGINDER SINGH	BA 3 RD	APS1-21-325	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Volleyball (M) Championship - 2023 held at GC Una.
143.	HIMANSHU	HANS RAJ	BA 2 ND	22SOC007	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Volleyball (M) Championship - 2023 held at GC Una.
144.	VIKAS	RAJ KUMAR	BA 2 ND	22PED036	<ul style="list-style-type: none"> 2nd Runner's-up in HPU Inter- College Volleyball (M) Championship - 2023 held at GC Una.
145.	RAJAN	PASWAN	BCom 3 rd	C1-21-24	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter- College Taekwondo (M) Championship - 2023 held at GDC Dhami at 16 Mile, Shimla.
146.	DIYA	SURENDER KUMAR	BA-I	23POL458	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter- College Boxing (W) Championship - 2023 held at RKMV Shimla.
147.	MOHAMMAD SAMMI	MOHAMMAD AKRAM Urf MINTU	BVOC 1 st	23HT028	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter- College Boxing (M) Championship - 2023 held at GC Jogindernagar. Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.
148.	DEEPAK KUMAR	INDER SINGH	BVOC 1 st	23HT027	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter- College Boxing (M) Championship - 2023 held at GC Jogindernagar. Over all Winners in HPU Inter College Boxing (M) Championship-2023 held at GC Jogindernagar.
149.	DEEPIKA JAMWAL	AMAR SINGH	BA 1 st	23Pol457	<ul style="list-style-type: none"> Won Bronze Medal in HPU Inter- College Boxing (W) Championship - 2023 held at RKMV Shimla.

SOME MAJOR EVENTS of 2023-24

North Zone Inter Varsity Football (Women) Championship 2023-24

Vallabh Government College Mandi, Himachal Pradesh, had the honor of organizing the North Zone Inter Varsity Football (Women) Championship 2023-24 from December 1st to 7th, 2023, at Paddal Ground, Mandi. This event marked a significant milestone as it was the first time Himachal Pradesh University introduced women's football at the inter-college level, providing a crucial platform for talented female football players across the region.



A total of 18 universities from Northern India participated in the championship. The list of participating universities is as follows:

Name of the University			
1.	Guru Jambheshwar University of Science & Tech. Hisar, Haryana	10	CRS University Jind
2.	Chaudhary Bansi Lal University, Bhiwani	11	University of Jammu
3.	Guru Nanak Dev University, Amritsar	12	Chhatrapati Shahu Ji Maharaj University, Kanpur
4.	Lovely Professional University, G.T. Road, Phagwara	13	Dr. B.R. Ambedkar University, Agra
5.	Himachal Pradesh University Shimla	14	Hemvati Nandan Bahuguna University, Uttarakhand
6.	Kurukshetra University, Kurukshetra	15	Delhi University Sports Council, University of Delhi
7.	Punjabi University Patiala	16	Maharshi Dayanand University,

			Rohtak
8.	Punjab University, Chandigarh	17	Chaudhary Devi Lal University, Sirsa Sports Council
9.	Chhatrapati Shahu Ji Maharaj University, Kanpur	18	Kumaun University Nainital

The opening ceremony was graced by Sh. Chander Shekhar, Hon'ble Member of the Himachal Pradesh Legislative Assembly, as the chief guest. The event commenced at 11:00 a.m. with a formal welcome by Prof. Surina Sharma, Principal of VGC Mandi. During the event, Prof. (Dr.) Hari Singh, Director of Physical Education and Youth Programme at HPU Shimla, provided an overview of the Inter Varsity Football Championship 2023-24. The chief guest, Sh. Chander Shekhar, extended his blessings to the participating players.



Following the directions of the Association of Indian Universities (AIU), the championship was organized on a Knock Out-cum-League basis. The teams were divided into four groups based on a draw. Each group played on a Knock Out (single elimination) basis, with the winning teams advancing to the next rounds while the losing teams were eliminated. The top four teams from this stage proceeded to the league matches (round robin).



On the basis of performance in this championship, the top four teams were: (Winner) Guru Jambheshwar University of Science & Technology, Hisar (Haryana), (Runner up) Chaudhary Bansi Lal University, Bhiwani, (Second runner up) Guru Nanak Dev University, Amritsar and (4th place) Lovely Professional University, Jalandhar.

The closing ceremony was held on December 7th, 2023, at 11:00 a.m. with Dr. Amarjeet Kumar Sharma, Hon'ble Director of Higher Education, Himachal Pradesh, as the chief guest. Prof. Surina Sharma, Principal of VGC Mandi, extended a formal welcome, followed by a detailed report of the championship by Dr. Sunil Sen, the Organizing Secretary. The chief guest, Dr. Amarjeet Kumar Sharma, bestowed his blessings upon the players and distributed trophies and mementos to the winners, runners-up, and second runners-up teams.

This championship not only promoted women's football but also provided a significant platform for emerging football talent in the region. The successful organization and participation of various universities made the event a historic milestone for Himachal Pradesh.

Glimpses of the Championship



Glimpses of the Championship



In the News

नार्थ जोन महिला फुटबल चैंपियनशिप

गुरु जंभेश्वर विवि ने लवली प्रोफेशनल विवि 1-0 से हराया

गुरु नानक विवि-सीबीएलयू 1-1 से बराबर रहे

हिमाचल प्रदेश विश्वविद्यालय के तत्वाधान में आयोजित नार्थ जोन महिला वर्ग फुटबल चैंपियनशिप के चौथे दिन गुरु जंभेश्वर विवि हिसार ने 1-0 के अंतर से लवली प्रोफेशनल विवि जालंधर को पराजित किया। गुरु जंभेश्वर विवि हिसार की खिलाड़ी किरन ने अपनी टीम के लिए गोल दाग कर जीत दिलाई।

गुरु नानक देव यूनिवर्सिटी अमृतसर और सीबीएलयू पिवानी का मैच 1-1 से बराबरी पर रहने के कारण टाई हो गया। गुरु नानक देव यूनिवर्सिटी अमृतसर की खिलाड़ी अंजलि बिपल ने खेल के 32वें मिनट पर गोल दागा। सीबीएलयू पिवानी की रंजु ने खेल के 11वें मिनट पर विरोधी टीम पर गोल किया।

आज विश्वविद्यालयों की युवाओं में सेवानिवृत्त प्रचारकों का चयन भवना, डॉ. एम. आर. वी. प्रोफेसर कबीरलाल सेनी, प्रोफेसर गौरी प्रसाद, प्रोफेसर अजित कुमार, राजकीय महाविद्यालय कोठली की प्रचारकों डॉ. पुष्पा शर्मा, सेवानिवृत्त प्रचारकों डॉ. राजेश शर्मा, डॉ. अजय शर्मा, राजकीय महाविद्यालय कोठली की प्रचारकों प्रोफेसर सुरेश शर्मा, प्रोफेसर सुरेश शर्मा ने गुरुनानक विवि हिसार को स्मृति चिन्ह भेंट कर सम्मानित किया।

प्रचारकों प्रोफेसर सुरेश शर्मा ने नेतृत्व में नार्थ जोन चैंपियनशिप की सफल आयोजन के लिए कमेटीवर्क का गठन किया गया है। नार्थ जोन चैंपियनशिप में जारी भारत के 18 विश्वविद्यालयों के 314 से अधिक खिलाड़ियों 40 से अधिक खेल अधिकारी भाग ले रहे हैं।

एचपीयू शिमला की दूसरी शानदार जीत, जम्मू विवि को 7-0 से रौंदा



खबरनामा ब्यूरो

हिमाचल प्रदेश विश्वविद्यालय के तत्वाधान में आयोजित नार्थ जोन महिला वर्ग फुटबल चैंपियनशिप में एचपीयू शिमला की लड़कियों को शानदार खेल दूसरे मैच में देखने को मिला। अपने पहले मैच में कुमाऊं विवि को 9-0 के अंतर से पराजित किया था। रविवार को खेले गए दूसरे मैच में एचपीयू की टीम ने जम्मू विवि को 7-0 के अंतर से पराजित किया। प्रथम मैच में एचपीयू की लड़कियों ने शानदार खेल का प्रदर्शन किया।

दो मैचों में एचपीयू ने विपक्षी टीमों पर 16 गोल किए हैं। वहीं एक भी गोल नहीं खाया है। खेल विशेषज्ञ एचपीयू की टीम को चैंपियनशिप का प्रबल दावेदार मान रहे हैं।

चैंपियनशिप के तीसरे दिन डॉ. भीमराव अम्बेडकर विश्वविद्यालय, आगरा और हैमवर्त नंदन बहुगुणा गढ़वाल विश्वविद्यालय (एचएलबीजीयू) के बीच मैच खेला गया। जिसमें हैमवर्त नंदन बहुगुणा गढ़वाल विश्वविद्यालय ने 4-0 से जीत हासिल की। चौथरी एचपीयू सिंह विवि जॉट ने पंजाब यूनिवर्सिटी चंडीगढ़ को 1-0 के अंतर से पराजित किया। महर्षि दयानंद विवि रोहतक ने 1-0 के अंतर से दिल्ली यूनिवर्सिटी को पराजित किया।

खेल आयोजन सचिव डॉ. सुनील सेन ने कहा कि चैंपियनशिप के तीसरे दिन प्रथम मैच के मुख्य अतिथि ईश्वर वैद्य, दूसरे मैच के मुख्य अतिथि डॉ. परमप्रीत, तीसरे मैच के मुख्य अतिथि प्रोफेसर सुरेश शर्मा, प्रोफेसर ललित चौहान व चौथे मैच के मुख्य अतिथि गुरुदत्ता प्रबंधक कमेटी के अध्यक्ष दीप प्रीत सिंह विशेष रूप से उपस्थित रहे।

महाविद्यालय की प्रचारकों प्रोफेसर सुरेश शर्मा ने कहा कि खेलों से मनुष्य का सर्वांगीण विकास होता है। खेल, समान और संस्कृतियों को जोड़ने का कार्य करते हैं। वल्लभ राजकीय महाविद्यालय की प्रचारकों प्रोफेसर सुरेश शर्मा ने मुख्य अतिथि को स्मृति चिन्ह भेंट कर सम्मानित किया।

इस अवसर पर नार्थ जोन चैंपियनशिप के संयोजक डॉ. रविंद्र, खेल आयोजन सचिव डॉ. सुनील सेन, खेल टैक्निकल ऑफिसर डॉ. गौरव भादवा, हार्दिक शर्मा, दिनेश शर्मा विशेष रूप से उपस्थित रहे।

Women's football tourney begins in Mandi

MANDI, DECEMBER 2
The North Zone Inter University Football (Women) Championship being organised under the aegis of Himachal Pradesh University (HPU), Shimla, began at Vallabh Government College here yesterday. Dharampur MLA Chander Shekhar inaugurated the seven-day long competition while Education Minister Rohit Thakur would be chief guest at the closing ceremony on December 7 at the Paddal ground in Mandi.

In the first match of the competition, the team of Bhimrao Ambedkar University, Agra, defeated the team of Lucknow University 3-0. Shekhar, while addressing the audience, said, "Sports has significant importance in our lives. It helps us to remain physically and mentally healthy." He added that women were also actively participating in sports activities to stay physically and mentally fit. He said that the state government had increased the grant of Rs 70 lakh to Rs 90 lakh to promote sports activities in the HPU. He added, "If you are not dedicated to your body and mind to be successful in any field, you will not be able to succeed."

Hari Singh, Director of Physical Education and Youth Programmes, HPU, said, "This is the first time that the women's football competition has been included in the sports itinerary of the HPU. In the first year itself, the HPU got the opportunity to host the North Zone Women's Football Competition."

He said, "Thirty universities have agreed to take part in the competition. Till now, 12 teams have arrived. Four teams that will play directly in the quarter-finals will reach here in a day or two. There will be knock-out competitions for the first four days. After that, league matches will be played in the next three days. Principal of Vallabh College Surina Sharma welcomed the chief guest and players."

Hisar university team bags overall trophy at women football c'ship

MANDI, DECEMBER 8
Guru Jambheshwar University, Hisar, won the overall trophy of the North Zone Inter University Football (Women) Championship organised under the aegis of Himachal Pradesh University (HPU), Shimla, that concluded at Vallabh Government College here yesterday.

Amarnagar Sharma, Director of Higher Education, was the chief guest of the closing ceremony of the event. He said that sportsmanship played an important role in sports and social evils could be curbed through sports.

Sharma praised the Principal and staff of Vallabh Government College for successfully organising the tournament. Principal of the college Surina Sharma honoured the chief guest. Media coordinator of the event Chaman Lal Khatni said, "Guru Jambheshwar University won the overall trophy by scoring seven points. Chaudhary Bansu Lal University, Bhiwani, secured the runner-up trophy by earning five points while Guru Nanak Dev University, Amritsar, was runner-up by earning four points. Lovely Professional University, Jalandhar, secured the fourth position in the championship. Only the four teams that remain in the championship will participate in the national games."

Khatni said, "In a match on the seventh day, Guru Nanak Dev University, Amritsar, defeated Guru Nanak Dev University, Amritsar, 2-1 to lift the overall trophy." He added that more than 317 players and over 49 sports officials from 18 universities of the North India participated in the championship.

Sports teachers want football introduced for girls at school level

Request sent to Director, Higher Education

MANDI, DECEMBER 8
A sports teachers' organisation has demanded the introduction of football for women in the sports calendar of the state Education Department. A request letter in this regard has been submitted to the Director of Higher Education.

Gaurav, football coach in Himachal Pradesh University, said, "Female football players of Himachal Pradesh have been showing great improvement in their performance at the national and inter-university competitions for the last few years. The girls of our state have won medals in Junior National and Junior State level. Football is the most popular sport in the world. Along with men's football, women's football is also becoming very popular in our country. There are many schools and colleges in our state where girls play football and their teams can be formed. However, there is no girls' soccer game on the school calendar right now."

"The game has been introduced very well for girls at the school level in Punjab, Haryana, Chandigarh, etc. and their teams participate in the School Games Federation of India's competitions regularly. So, we urged the Director, HP Higher Education Department, Amritsar, to introduce an inter-school football championship (girls) in the sports calendar of the Education Department. Amarnagar Sharma, introduce an inter-school football championship as soon as possible," he said.

गुरु जंभेश्वर विवि हिसार ने जीती ओवरऑल ट्रॉफी

नार्थ जोन अंतर विवि महिला फुटबल : चौधरी बंसी लाल यूनिवर्सिटी भिवानी की टीम रही प्रतियोगिता की उपविजेता

भिवानी के पद्मल मैदान में नार्थ जोन अंतर विवि महिला फुटबल प्रतियोगिता की विजेता टीम मुख्य अतिथि के साथ।

गुरु जंभेश्वर विवि हिसार ने नार्थ जोन अंतर विवि महिला फुटबल प्रतियोगिता में जीती ओवरऑल ट्रॉफी। प्रतियोगिता में भाग लेने वाली 18 विश्वविद्यालयों की 317 से अधिक खिलाड़ियों ने भाग लिया। गुरु जंभेश्वर विवि हिसार ने कुल 7 प्वाइंट्स हासिल कर जीत हासिल की। चौधरी बंसी लाल यूनिवर्सिटी भिवानी की टीम प्रतियोगिता की उपविजेता रही।

प्रतियोगिता के समापन पर संस्कृतिक कार्यक्रम पोरा करती छात्राएं।

प्रतियोगिता की जीत में समक प्रवीण, मयंक

प्रतियोगिता के समापन पर संस्कृतिक कार्यक्रम पोरा करती छात्राएं।

**Coaching Camp HPU Wushu team for All India Inter Varsity Wushu (Men & Women)
Team**



Mandi,HP,India

NH 3, Kartarpur, Mandi, 175001, HP, India

Lat 31.705655, Long 76.938998

02/10/2024 02:34 PM GMT+05:30

Note : Captured by GPS Map Camera

जम्मू में 13 से होगी इंटर विश्वविद्यालय महिला व पुरुष वशू प्रतियोगिता

हिमाचल प्रदेश की महिला व पुरुष वर्ग की टीम सांसू स्पर्धा में लेगी भाग

सवेरा न्यूज/दीना नाथ
जाहू, 9 फरवरी : अखिल भारतीय इंटर विश्वविद्यालय महिला व पुरुष वर्ग की वशू खेल प्रतियोगिता जम्मू विश्वविद्यालय में 13 से 17 फरवरी को होगी।

इस प्रतियोगिता में हिमाचल प्रदेश विश्वविद्यालय के खिलाड़ी सांसू स्पर्धा में हिमाचल प्रदेश का प्रतिनिधित्व करेंगे। हिमाचल प्रदेश वशू खेल संघ के महासचिव पी.एन. आजाद ने बताया कि हिमाचल प्रदेश के खिलाड़ियों को प्रशिक्षण कैंप 11 फरवरी तक बल्लभ डिग्री कॉलेज मंडी में चलेगा तथा 12 फरवरी को हिमाचल प्रदेश की टीम प्रतियोगिता स्थल के लिए रवाना होगी। उन्होंने कहा कि महिला वर्ग की टीम में आठ खिलाड़ी भाग लेंगे। जिनमें बल्लभ कॉलेज मंडी से पूनम, सान्य, अनीता, आरकेएमबी शिमला से मुस्कान नगी, एमएलएसएल

कॉलेज सुंदरनगर से ज्योति, रामपुर कॉलेज से अनीता, संजौली कॉलेज से आंचन सूर्यवंशी और नुरपुर कॉलेज से सुनीता देवी को शामिल किया गया है।

इसी तरह पुरुष वर्ग की टीम में 11 खिलाड़ी शामिल किए गए हैं। जिनमें मंडी बल्लभ डिग्री कॉलेज से आदित्य चौधरी, सिद्धार्थ राव, तरणप्रीत सिंह गिल, विशाल, मुकेश कुमार, रामपुर से मार्शल, कल्लू से चांद, अनिल, कोटशेरा शिमला से सचिन शाह, सुंदरनगर से मोहम्मद आसिम तथा सोलन कॉलेज से रणजीव सिंह को हिमाचल प्रदेश की टीम में शामिल किया गया है। उन्होंने बताया कि हिमाचल प्रदेश विश्वविद्यालय ने राजकीय महाविद्यालय भोरंज के शारीरिक शिक्षा विभाग के सहायक प्रो. विरेन्द्र कुमार को हिमाचल प्रदेश की टीम का मैनेजर नियुक्त किया है।

Intra Class Volley Ball and Kabaddi Championship-October 2023





मंडी-कुल्लू

धर्मशाला, बुधवार, 30 अगस्त, 2023

क्रॉस कंट्री में रोहित-मानसी की धाक

राजकीय वल्लभ महाविद्यालय मंडी में राष्ट्रीय खेल दिवस पर 112 धावकों ने खूब बहाया पसीना

कार्यालय संवाददाता-मंडी

राजकीय वल्लभ महाविद्यालय मंडी में राष्ट्रीय खेल दिवस के उपलक्ष्य पर 10 किलोमीटर (पुरुष और महिला वर्ग) खेल प्रतिस्पर्धा का आयोजन किया गया। 10 किलोमीटर क्रॉस कंट्री पुरुष वर्ग प्रतिस्पर्धा में प्रथम वर्ष के छात्र रोहित ने 36 मिनट चार सेकंड में 10 किलोमीटर की रेस को पूर्ण कर प्रथम स्थान प्राप्त किया। जबकि 10 किलोमीटर महिला वर्ग प्रतिस्पर्धा में बीए प्रथम वर्ष की छात्रा मानसी ठाकुर ने 49 मिनट 30

सेकंड में रेस को पूर्ण कर प्रथम स्थान अर्जित किया। शारीरिक शिक्षा विभाग के पूर्व अध्यक्ष प्रोफेसर संतोष कपूर (सेवानिवृत्ति) इस अवसर पर बतौर मुख्य अतिथि शामिल हुए। प्रोफेसर संतोष कपूर ने खिलाड़ियों को संबोधित करते हुए कहा कि खेलों से मनुष्य का सर्वांगीण विकास होता है। खेलों में युवाओं की भागीदारी महत्वपूर्ण भूमिका निभाती है। खेलों को खेल भावना से खेलना महत्वपूर्ण है। इस अवसर पर महाविद्यालय की प्राचार्या प्रोफेसर सुरीना शर्मा ने कहा कि शारीरिक व मानसिक विकास



के लिए युवाओं का खेलों में भाग लेना महत्वपूर्ण है। खेलों से समाज में टीम भावना, समाजस्य, सहयोग व सहभागिता के गुण विकसित होते हैं। इस अवसर पर प्राचार्या सुरीना शर्मा ने मेजर ध्यानचंद के

हॉकी में उल्लेखनीय योगदान की चर्चा की। इस अवसर पर ऑर्गेनाइजिंग सचिव सुनील सेन ने बताया कि पुरुष वर्ग में 86 धावकों व महिला वर्ग में 26 धावकों ने भाग लिया। इस अवसर पर खेल

समन्वयक डा. प्रदीप कुमार, खेल अध्यक्ष डा. मनोज कुमार, प्रोफेसर अनीता ठाकुर, स्थान स्थापना समन्वयक डा. रितेश वर्मा, ध्वनि व्यवस्था समन्वयक डा. सुरेंद्र कुमार और अन्य मौजूद रहे।





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10 किलोमीटर दौड़ में रोहित और मानसी ने जीता स्वर्ण पदक

मंडी। कल्लभ कॉलेज मंडी की ओर से राष्ट्रीय खेल दिवस पर पड़डल मैदान में महिला एवं पुरुष वर्ग की 10 किलोमीटर दौड़ का आयोजन किया गया। प्रो. चमन लाल ने बताया कि 10 किमी दौड़ के पुरुष वर्ग में रोहित और महिला वर्ग में मानसी ठाकुर ने प्रथम स्थान प्राप्त किया। दूसरे स्थान पर शिवानी और अभिषेक रहे।

नीतीश संभू, राहुल, लीला बिलास, अश्विनी कुमार, राजीव ठाकुर, गणेश भारद्वाज, सुरज, डिंपल, रेशमा, अंचल, जय तारा देवी, नीमा, रंजन कुमारी ने उत्कृष्ट प्रदर्शन किया। कार्यक्रम में बतौर मुख्यातिथि शरीरक शारीरिक शिक्षा विभाग के पूर्व अध्यक्ष प्रो. संतोष कपूर ने विजेताओं को मेडल देकर सम्मानित किया। पुरुष वर्ग में 86, महिला वर्ग में 26 भागकों ने भाग लिया। कॉलेज प्राचार्य सुरेश शर्मा ने कहा कि शारीरिक एवं मानसिक विकास के लिए खेलों में भाग लेना जरूरी है। तबक

मंडी के ऐतिहासिक पड़डल मैदान में कल्लभ राजकीय महाविद्यालय की ओर से कराई क्रॉस कंट्री स्पर्धा में भाग लेती युवतियां। संकाय