

Vallabh Govt. College (Mandi)
Participation of students in various sports activities

Sr. No.	Name and level of the tournament	No. of participants
1.	Inter Varsity Tournaments (Different Sports/Games)	45
2.	HPU Inter College Annual Athletics (Men) Championship	17
3.	HPU Inter College Annual Athletics (Women) Championship	04
4.	HPU Inter College Badminton (Men) Championship	05
5.	HPU Inter College Basketball (Men) Championship	12
6.	HPU Inter College Basketball (Women) Championship	12
7.	HPU Inter College Boxing (Men) Championship	13
8.	HPU Inter College Boxing (Women) Championship	08
9.	HPU Inter College Canoeing & Kayaking (Men) Championship	06
10.	HPU Inter College Canoeing & Kayaking (Women) Championship	06
11.	HPU Inter College Chess (Men) Championship	06
12.	HPU Inter College Chess (Women) Championship	06
13.	HPU Inter College Cricket (Men) Championship	16
14.	HPU Inter College Cross Country (Men) Championship	06
15.	HPU Inter College Football (Men) Championship	20
16.	HPU Inter College Football (Women) Championship	20
17.	HPU Inter College Handball (Men) Championship	16
18.	HPU Inter College Handball (Women) Championship	15
19.	HPU Inter College Hockey (Men) Championship	18
20.	HPU Inter College Hockey (Women) Championship	18
21.	HPU Inter College Judo (Men) Championship	07
22.	HPU Inter College Kabaddi (Men) Championship	12
23.	HPU Inter College Kabaddi (Men) Championship	12

24.	HPU Inter College Kho-Kho (Men) Championship	15
25.	HPU Inter College Kho-Kho (Women) Championship	15
26.	HPU Inter College Shooting (Men) Championship	06
27.	HPU Inter College Shooting (Women) Championship	06
28.	HPU Inter College Table Tennis (Men) Championship	05
29.	HPU Inter College Taekwondo (Men) Championship	08
30.	HPU Inter College Taekwondo (Women) Championship	08
31.	HPU Inter College Volleyball (Men) Championship	12
32.	HPU Inter College Volleyball (Women) Championship	12
33.	HPU Inter College Wrestling (Men) Championship	10
34.	HPU Inter College Wrestling (Women) Championship	07
35.	HPU Inter College Wushu (Men) Championship	11
36.	HPU Inter College Wushu (Women) Championship	08
37.	HPU Inter College Judo (Women) Championship	04
37.	Annual athletic meet	145
	Intra class competitions:	
38.	Volleyball	160
39.	Kabbadi	192
40.	Wushu	46
41.	Shooting	74
42.	Basketball	48
43.	Chess	82
44.	Badminton	62
45.	Table Tennis	25
46.	Trials for participation in Inter-college events	516
Total		1777



ESTD. 1948

COLLEGE ANNUAL ATHLETIC MEET 2024-25

A Report



VALLABH GOVT. COLLEGE MANDI (H.P.)

**College Annual
Athletic Meet**

8th and 9th November 2024



WELCOMES YOU

ORGANISED BY:

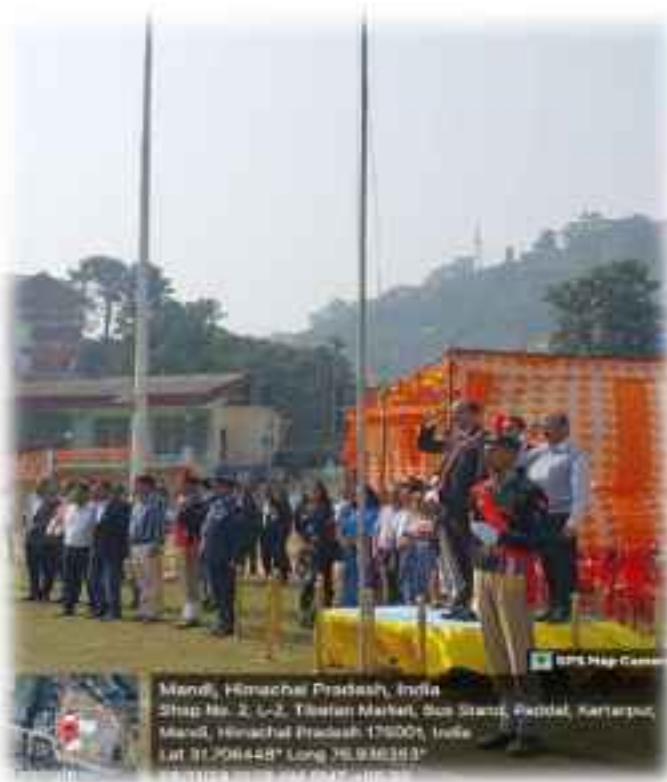
VALLABH GOVT. COLLEGE MANDI (H.P.)

COLLEGE ANNUAL ATHLETIC MEET 2024-25

A REPORT

The annual athletic meet of Vallabh Government College Mandi was held on 8-9 November 2024 at Paddal Ground, Mandi. The event began on 8 November 2024 at 9:30 a.m. with the assembly of students of the college in the Paddal Ground. Registration for various events began at 9:30 am at the registration desk near the pavilion. The chief guest of the occasion, Hon'ble Vice Chancellor of Sardar Patel University, Prof. Lalit Kumar Awasthi, arrived at 11 a.m. He was accompanied by the Controller of Examination, Prof. Sunil Verma. They were greeted warmly by the Principal, staff, and all the students present in the ground.

The march-past ceremony marked the beginning of the athletic meet. The college students were divided into twenty-five contingent groups based on classes, clubs, and units. Each group was led by a flag bearer. Taran Preet Singh Gill, the college sports captain, led the march past, bearing the college flag. He was followed by the college units of NCC Army Boys Wing, Army Girls Wing, Air Force Wing, NSS, Rovers and Rangers, students of various classes, and the last group comprised of students from the Department of Physical Education. It was a beautiful synchronization of the steps. The ground wore a festive look with all the sports enthusiasts.



The chief guest was felicitated with a Himachali cap and a muffler by the Principal, Prof Sureena Sharma, as a token of our culture. The Principal also felicitated Prof. Sunil Verma. After that, Prof. Surina Sharma gave her welcome address, highlighting the value of sports in our lives. She also stressed the fact that sports teach ethics and values to the students, which are essential for fair play and sportsmanship. This was followed by the address of the chief guest. He also

reiterated the fact that sports teach us a lot in our lives, mainly to excel and cope with failures. He congratulated the Principal and the staff members for giving ample opportunities to the students in sports. He, thereafter, declared "the college Annual Athletics Meet 2024 open". For the flag hoisting ceremony, the chief guest and the other guests were led by the principal, the convener of the event, the organizing secretary, and the game presidents to the flag post. The chief guest hoisted the flag.

The Sacred Torch was carried into the ground by Ms Mansi Thakur and Mr Rohit, athletes from the Department of Physical Education. After the arrival of the sacred torch, the students were administered the Athletes' Oath by Captain Taran Preet Singh, in which they pledged to respect and abide by the rules of Athletics and the college. Dr. Ravinder Kumar, the convener of the event, proposed a vote of thanks.

After the inaugural function, the competitive events began. The first event was 100 m Heats in the Men's category, in which 42 athletes contested. This was followed by the heat round in 100 m (women), 400 m (men), and 400m (women) in which 15, 37, and 09 athletes participated respectively. This was followed by the final rounds of Shot Put(women), High Jump(men), Shot Put (men), Javelin Throw(men), and women in which 19,7,6 and 10 athletes participated. The Final rounds of 800m (men), 800 (women), long jump(men) Discuss (women), 100m (women), 100 m (men), 400 m (women), and 400m(men) were also held and the winners for the same were as follows. Kanika Thakur of B.Sc III year bagged the first position in 100 meters, Roshani bagged the second position and Kavita Thakur won the third position. In 400 meters(women) Kanika Thakur won the first position, Ritika secured the second position and Kavita Thakur secured the third position. In 800 meters(women) Roshani secured the first position, Kavita Thakur won the second position and Nisha secured the third position. In the 100 meters(men), Dixit Prashar secured the first position, Nitesh Kumar won the second position and the third position was bagged by Uday Chauhan. In the 400 meters(men) Bhulesh Kumar won the first position, Chetan Kumar Atal won the second position, and Lal Singh with Kabir Singh both bagged the third position. In the 800 meters (men), Pratham secured the first position, Aryan Thakur secured the second position and the third position was bagged by Bhavan Kumar. In Shot Put(men), Siddharth came first, Rahul stood second and Anshul came third.

The second day of the Annual Athletic Meet started with great enthusiasm shown by the audience and the participants. Dr Hemraj Rana and Dr. Banita Saklani coordinated all the events brilliantly, both as anchors and commentators. On this day, all the committees efficiently conducted the final rounds of the various sports competitions, such as Men's and Women's 200 m

race, 1500 m race, High Jump, Discuss Throw, Javelin Throw, Shot Put, Women's Long Jump, etc as per the schedule and the final list of winners was handed over to the prize presentation committee to be declared during the closing ceremony. The final list of winners was as follows:

In the 200 m race (men), Rohit secured first position, Latesh took second and Upendra got third place. In the Long Jump(women), Hemlata earned first place, Kavita Thakur got second and Chetna Kumari took third position. In the High Jump(women), Sarita secured first place, Prema came second and Kavita finished third. In Discus Throw(women), Sakshi secured first place, Sania got second and Hemlata took third place. In the 200 m race (women), Prema secured first position, Kavita bagged second and Chetna bagged third. In the Shot Put(women), Sakshi claimed first place, Shivani got second and Saniya finished third. In the Javelin Throw(women), Sakshi earned first place, Kanika Sharma took second and Shivani got third position.

In the 100 m race (teaching staff, female), Prof. Aditi claimed first place, Dr. Madhavi secured second and Dr. Bandana got third place. In the 100 m race (non-teaching staff females), Mrs. Hansa Devi claimed first place, Mrs. Lata Devi took second and Mrs. Ruma Devi got third place. In the High Jump (teaching male staff), Prof. Vijay Kumar secured first place, Prof. Arvind Kumar got second and Prof Chooda Mani claimed third place. In the Musical Chair competition (female teaching staff), Prof. Aditi secured first place, Prof. Bipasha got second and Prof. Anju Bala took third place.

Post lunch session began with the grand event of the Closing Ceremony. Professor Padam Singh Guleria, former Principal, Maharaja Lakshman Sen Memorial College Sundar Nagar presided over the function as the chief guest. Major Man Singh Jamwal (Retd.) former Principal Vallabh Government College Mandi was the other distinguished guest who graced this occasion. Professor Surina Sharma, Principal, Vallabh Govt. College Mandi, the entire college staff, NCC volunteers, athletes, and students welcomed all the eminent guests and escorted them onto the stage. Dr Banita Saklani, President, of HGCTA, formally welcomed the chief guest. Professor Padam Singh, a very renowned and eminent personality presently serving as Sr. Vice-President of the Indian Kayaking and Canoeing Association and General Secretary of Himachal Pradesh Kayaking and Canoeing Association. A sportsperson and an academician who has also served as Coach, Chief, Chief Technical Official, and Manager of various sports events at national and international levels. He has raised the standard and status of sports in our state. He has also been a recipient of Him Gaurav Puraskar. Everybody felt immensely honoured and inspired by such a dynamic personality to have with us as our Chief guest.

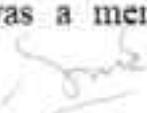
Some of the main events such as, the men's 1500 m race and Tug of War were conducted in front of the guests. In an exciting Men's 1500 m race competition, Shashi Thakur bagged first place, Rahul secured second and Rohan got third position. In a tug-of-war competition, the academic staff defeated the non-academic staff. In another tug-of-war competition held between college staff and students, the students won with a score of 2-1 defeating the college staff in both the male and female categories. Our distinguished guests and audiences enjoyed all these fun events immensely through which our college staff displayed a great sense of sportsman spirit. Refreshment was also served to all the guests, staff, and participants during this event. After that, the Principal honoured the chief guest, Professor Padam Singh Guleria and Professor Man Singh Jamwal with our traditional Himachali topi and shawl and also presented mementos as a token of love and respect. Then Dr Sanjay Thakur, Game President, presented a brief report of this two-day Annual Athletic Meet 2024-25.

The Principal also addressed the students and remarked that the athletic meet provided participants with a platform to showcase their skills and also encouraged them to identify talented athletes. She acknowledged all the distinguished guests and congratulated the prize winners of this event. She also appreciated the sincere efforts of Dr. Sunil Sen, Sports Incharge and Organizing Secretary of this athletic meet for bringing laurels to our college consistently. After that, while addressing the students, the Chief guest, Professor Padam Singh Guleria explained the importance of good health to lead a happy and successful life. He emphasized that sports contribute to the holistic development of an individual and also play a significant role in fostering brotherhood and social connections. He congratulated the prize winners and Principal, Dr. Sunil Sen, and the entire organising team for making this annual athletic meet a grand success.

Thereafter, the chief guest and other distinguished guests were escorted by the College Principal and staff to the podium in the ground for the Medal giving ceremony. Then the chief guest, Professor Padam Singh Guleria, Professor M. S. Jamwal, and Professor Surina Sharma, the College Principal, and the senior faculty members of the college honoured the prize winners of various sports events by presenting them their respective gold, silver, and bronze medals. The audiences cheered and applauded for these prize winners wholeheartedly and celebrated their success with them.

Then Dr. Sunil Sen, the Organising Secretary, presented the vote of thanks. He extended his utmost gratitude to Prof. Padam Singh Guleria and Prof. Man Singh Jamwal for gracing the occasion with their kind presence and inspiring the students and audiences as well. Dr. Sen thanked our college Principal for always being supportive and encouraging to promote sports

activities. He also thanked esteemed senior colleagues, the Sports Advisory Committee, all other committees for various sports events, teaching and non-teaching staff, Sports Technical staff, CSCA, PTA, OSA, NCC cadets, NSS, Rovers & Rangers volunteers, students of Physical Education & B. Voc. athletes, participants, Media personals, and thousands of other students of our college for their collaborative efforts to make this event a great success. After that, the flag-lowering ceremony was performed to mark the formal ending of this grand event of the annual athletic meet. The chief guest lowered down the flag and then the flag was folded respectfully and handed over to the college Principal. The event ended with the national anthem. To conclude, this annual athletic meet successfully conveyed and fulfilled its purpose by fostering a sense of discipline, motivation, unity, and pride among students. Overall, it was a memorable and enriching experience to cherish for those who got a chance to witness it.



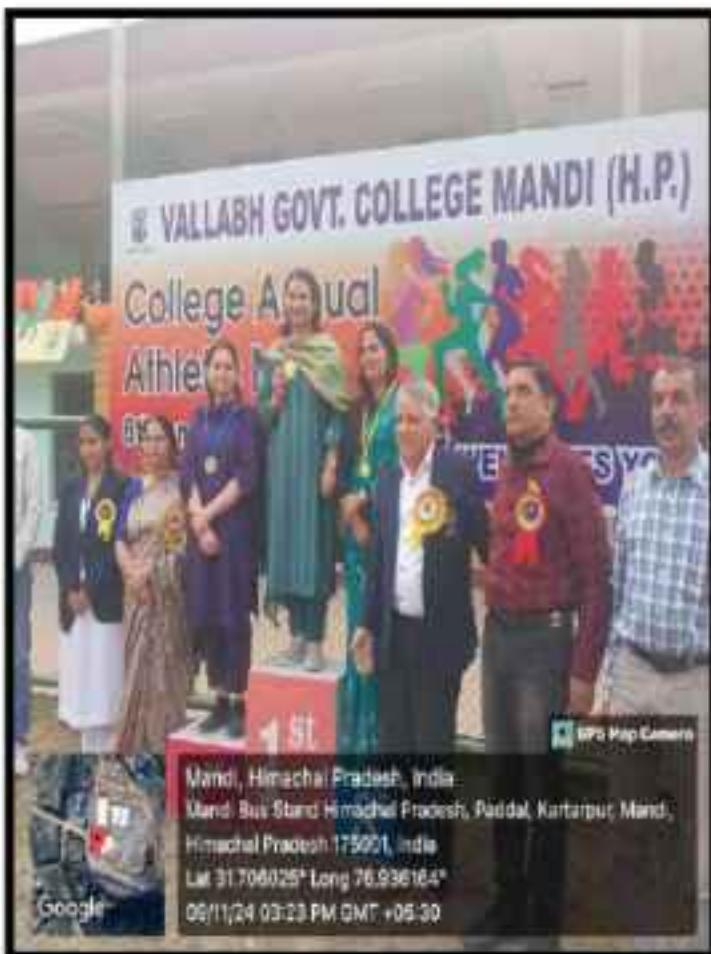
Principal
Vallabh Govt. College
Tilon, Mandi (H.P.)

Glimpses of the Championship









In the News

Principals
Vallabhbhai Patel College
Dhule, Maharashtra (M.P.)



ESTD. 1948

INTER CLASS CROSS COUNTRY (MEN & WOMEN) COMPETITION -2024

A Report



ORGANISED BY:

VALLABH GOVT. COLLEGE MANDI (H.P.)

INTER CLASS CROSS COUNTRY (MEN & WOMEN) COMPETITION – 2024

A REPORT

On the occasion of National Sports Day, the Department of Physical Education and Sports of Vallabh Government College, Mandi, successfully organized the Inter Class Cross Country Competition for both men and women. This, much-anticipated event was aimed at testing the physical endurance and stamina of the participants while also promoting a spirit of sportsmanship, unity, and discipline among the student community. The championship took place at Paddal Ground, Mandi, a venue well-known for its picturesque and challenging terrain, ideal for athletic events.

The event drew an impressive turnout of around 200 students representing various departments and faculties, demonstrating the college's commitment to inclusive participation and gender equality in sports. The primary objectives of the championship were to promote physical fitness, encourage athletic participation, prepare students for higher-level competitions, and nurture perseverance, strategy, and teamwork. It also served as a platform for identifying talented athletes who could be groomed for inter-college and state-level championships.



The program unfolded smoothly under a well-structured schedule. The organizing team ensured efficient athlete registration and provided necessary guidance regarding the course and safety protocols. Dignitaries, including the Chief Guest, Prof. Mukta Vaidya (Associate Professor, Department of English) and Guest of Honour, Sh. Ajay Lakhanpal

(President, Parent Teacher Association) were warmly received and honored by the college Principal, Prof. Sureena Sharma, along with Convenor Dr. Ravinder Kumar, members of the Sports Advisory Committee, faculty members and Organising Secretary, Dr. Sunil Sen. A ceremonial pinning of rosettes marked the welcome of the dignitaries before the much-awaited race was flagged off by the Chief Guest, signalling the official start of the 10 KM cross country event. The participants exhibited great enthusiasm and determination as they embarked on the demanding course.



After the completion of the race, the Principal presented a memento to the Chief Guest as a token of appreciation and gratitude. Similarly, the Convener, Dr. Ravinder Kumar, presented a memento to the Guest of Honour. Dr. Manoj Thakur, the Game President, presented a detailed report highlighting the preparation, execution, and participation statistics, acknowledging the collective efforts of the staff, volunteers, and students. Principal, Prof. Sureena Sharma, delivered a warm welcome address, expressing pride in the college's active sports culture and lauding the organising team's dedication. The Guest of Honour, Sh. Ajay Lakhanpal emphasized the role of sports in shaping disciplined and confident individuals, and encouraged students to continue their involvement in athletics. The Chief Guest, Prof. Mukta Vaidya, appreciated the resilience and energy of the young athletes and spoke about the importance of balancing academics with physical well-being.

Principal
Vallabh Govt. College
Distt. Mandi (H.P.)

RESULTS OF X- COUNTRY COMPETITION HELD ON 29th August, 2024 at
PADDAL GROUND MANDI

Men Section

Sr. No.	Name of the Student	Father's Name	Class	Roll No.	Position
1.	ROHIT	SH. MUNSHI	BA 2 nd	23 PED028	1 st
2.	RAHUL	SH. KRISHAN SINGH	BA 2 nd	23 PED014	2 nd
3.	SASHI THAKUR	SH. VIJAY SINGH	BA 2 nd	23 PED047	3 rd
4.	RAHUL	SH. KAMAL KUMAR	BA 1 st	24 PED017	4 th
5.	LEELAVILAS	SH. MANOHAR LAL	BA 3 rd	22POL006	5 th
6.	NITESH SANDHU	SH. SURESH SANDHU	BA 2 nd	23 PED029	6 th
7.	DOLE RAM	SH. GOPAL	BA 3 rd	22POL237	7 th
8.	MUKESH	SH. YADVENDER	BA 1 st	24POL273	8 th
9.	BHAVAN KUMAR	SH. TIKKAM SINGH	BA 2 nd	23POL356	9 th
10.	KHEM RAJ	SH. NAROTAM RAM	BA 3 rd	22 PED043	10 th

Women Section

Sr. No.	Name of the Student	Father's Name	Class	Roll No.	Position
1.	MANSI THAKUR	Sh. DHAN DEV	BA 2 nd	23 PED043	1 st
2.	SHIVANI	Sh. NAND LAL	BA 1 st	24POL241	2 nd
3.	DEEPIKA	Sh. NARESH KUMAR	BA 1 st	24BCM117	3 rd
4.	KANIKA	Sh. JAGDISH CHAND	BSc 2 nd	23BSM101	4 th
5.	PRERNA	Sh. MANSA RAM	BCOM 3 rd	C1-21-123	5 th
6.	NEEMA	Sh. GOPAL LAMA	BA 2 nd	23PED024	6 th
7.	MUSKAN	Sh. LED RAM	BA 1 st	24HIS062	7 th
8.	RANJANA	Sh. BHAGWAN SINGH	BA 2 nd	23HIS035	8 th
9.	AANCHAL	Sh. MANOJ KUMAR	BA 3 rd	22HIS508	9 th
10.	ANJALI	Sh. TEJ SINGH	BA 3 rd	22POL283	10 th

The medal ceremony was a moment of celebration as the top finishers were honoured for their outstanding performance, earning applause from all attendees. The event concluded with a vote of thanks delivered by Dr. Anita, who acknowledged the contributions of the organizing committee, faculty, volunteers, ground staff, medical staff, and most importantly, the student participants, whose enthusiasm made the championship a grand success.



The Inter Class Cross Country Competition 2024 proved to be a remarkable event that achieved multiple positive outcomes. It fostered a culture of fitness, enabled the identification of promising athletic talent, boosted the confidence of participants, and strengthened the bond between faculty and students. Above all, the event underscored the importance of sports as an integral part of holistic education and laid the foundation for future athletic endeavours at Vallabh Government College, Mandi.



Principal
Vallabh Govt. College
Distt. Mandi (H.P.)

In the News

दस किमी दौड़ में रोहित और मानसी बने विजेता

सेवान न्यूज एकेडमी

बंडो। राष्ट्रीय खेल दिवस पर कल्याप संबंधीय महाविद्यालय भट्टी ही और से पड़ुड़त मैदान में बहिरात-पुष्ट वर्ष के लिए 10 किलोमीटर ड्रॉप कंट्री मर्ग पर आ भागीदार किया गया।

इसका गुणात्मक विवरण ये, मुख्य वेत्ता ने जीत भूखारीति शरीर रोकर किया। वही, गोटीप अध्यक्ष भागीदार भट्टी वर्ष के लिये अतिथि के रूप में हारीक हुए।

इस बीके पर गोटीप मध्यनक्षत्र द्वारा चर्चा में कहा कि खेल दिवस वेत्ता व्यायाम सिंह के जन्मदिवस के रूप में आयोजित किया जाता है। उसी कंट्री पुष्ट वर्ष में गोटीप

में रोहित ने प्रथम मर्ग में अंकित किया। गोटीप वर्ष के शास्त्र ने दूसरा मर्ग जीतकर नीति दाकुन ने तीसरा मर्ग राजित किया।

गहर, लोक विलास, निर्देश, दौड़े रथ, भुक्ति, भूषण कुमार और खेलाज ने टॉप 10 में मर्ग लगाय। गोटीप वर्ष में खेल गोटीप वर्ष में लिखानी ने दूसरा और गोटीप वर्ष में टीकिका ने तीसरा मर्ग लिया। कनिका, प्रेषण, गोप, भूषणान, रजन, अंगक, अंगति ने टॉप 10 में मर्ग लगाय। टॉप पर रहने वाले विकलाहियों को भूषण अतिथि विशिष्ट अतिथि ने घोड़न प्रदान कर मर्मायित किया।



व्यायाम वेत्तीज में राष्ट्रीय खेल दिवस पर पहुंच में आयोजित क्रूज कंट्री प्रतिक्रिया में भाग लेते छात्र। तस्वीर

मांगों को सरकार से उठाएं पदाधिकारी : शर्मा

सेवान न्यूज एकेडमी

सरकाराघाट (बंडो)। दिनांक वेश्वनार्थ फैटोराम शोवल्लपुर खोड़ प्रधारी को वित्ती सरकाराघाट में हुई। इसकी अप्रस्तुति खोड़ इकाई प्रधान रेपेत डाकुन ने बी।

यह जानकारी खोड़ सचिव लक्ष्मीनाथ नरसात ने दी। उन्होंने कहा कि वित्ती में चारों के द्वारा फैटोराम के सत्ताधारक राजकुमार रामने ने कहा कि फैटोराम के उच्च

हिमाघल पेशनर्स फैटोराम गोपकल्पना की हुई दैनक

पदाधिकारीयों द्वारा वेश्वनार्थ की भागी वो वित्ती सरकार के समव्य जीवदार तरीके से स्वता चाहिए। उच्च दी विविध दृप प्रधान कुलदीप गुर्जरिया ने मध्यी को विवाह में कर्मचारियों और सरकार के मध्य चल रहे गोपर्व के बी देव अवान बनवाया और कर्मचारियों द्वारा मध्यी को जापन कराया। कहा कि अपनी मध्यी को

वित्ती अंतर्राम करना चाहे तो वेश्वनार्थ दें नहीं हटें।

इसका सभी चर्चाकारियों और सदस्यों ने समर्पित किया। यह इकाई अप्राप्त ने सरकार से वेश्वनार्थ का बदलाव भेजा, विकास किया गहिर विविध का भूगतान गोपर्व सहित करने का अनुरोध किया। इस बीच पर नोटेंड गोटीप, ममें खोड़े, राजकीय सिंह, हेम राम चंद्रिन, प्रकाश चंद, हरिता प्रकाशी आदि उपस्थित रहे।

गुरुवार

या जाता है कि रा.व.मा. को पुराने भवन स्लेट पोस

परेश व्यायाम के कार्यालय
“वेश्वनार्थी” में
amarujala.com

INTRA-COLLEGE COMPETITIONS 2024-25

(23RD SEPTEMBER TO 5TH 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

Detailed Report on Intra-College Volleyball (Men & Women) Championship – 2024, held w.e.f. 23rd to 25th 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.



Dr. Sanjay Sharma
Principal
Vallabh Govt. College
Distt. Mandi (H.P.)

Glimpses of the Championship





Detailed Report on Intra- College Kabaddi (Men & Women) Championship – 2024, held 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.

Principai
Vallabh Govt. College
Distr. Mandi (H.P.)

Highlights of the Championship





Detailed Report on Intra- College Wushu (Men & Women) Championship – 2024, held w.e.f. 23rd to 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 life-enriching 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.



Principal
Vallabh Govt. College
Distt. Mandi (H.P.)

Highlights of the Championship





Detailed Report on Intra- College Shooting (Men & Women) Championship – 2024, held w.e.f. 23rd to 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.

Highlights of the Championship

Principal
Vallabh Govt. College
Distt. Mandi (H.P.)







Sauli Khad Industrial Area, HP, India

Sauli Khad Industrial Area Main Road, Sauli Khad Industrial Area, Sauli Khad Industrial Area, 175001, HP, India

Lat 31.703497, Long 76.952676

09/23/2024 01:05 PM GMT+05:30

Note : Captured by GPS Map Camera



**Detailed Report on Intra- College Basketball (Women) Championship – 2024, held w.e.f.
23rd to 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.

Principal
Vallabh Govt. College
Distt. Mandi H.P.)

Highlights of the Championship



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)

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.

Principal
Vallabh Govt. College
Distr. Mandi (H.P.)

FINAL RESULTS OF CHESS (MEN WOMEN) CHAMPIONSHIP-2024

Vallabh Govt. College, Mandi - Chess Competition 2024

Final Results (Girls)

ID No.	Player Name	Position
GL002	Gunjan	1 st
GL015	Maana 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

Highlights of the Championship





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

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** Shutters 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.

Highlights of the Championship



**Detailed Report on Intra- College Table Tennis (Men & Women) Championship – 2024,
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.

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.

Principal
Vallabh Govt. College
Distt. Mandi (H.P.)

In the News

खेलों में उत्कृष्ट प्रदर्शन करने वाले खिलाड़ी सम्मानित



मंडी। बल्लभ राजकीय महाविद्यालय मंडी में 23 सितंबर से आयोजित इंटर कॉलेज इंटर कक्षा प्रतियोगिता का शनिवार को समाप्त हो गया। इस मौके पर आयोजित कार्यक्रम में कॉलेज की प्रधानाचार्य मुरीना 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, शॉटिंग, बैडमिंटन, वुश, चेस सहित विभिन्न खेलों का आयोजन किया गया। वॉलीबाल में छात्रों की 22 टीमों ने हिस्सा लिया। संवाद

Memorable Instances





