

## THE SPORTS ACTIVITIES DURING THE ACADEMIC SESSION 2017-18

### DEPARTMENT OF SPORTS AND PHYSICAL EDUCATION

The Department of Physically education is guided, motivated and inspire the young minds of the college to participate in games and sports activities both at college as well as intercollegiate levels. The department, in its Endeavor, to Channelize their energy and generate since of discipline and team spirit, activated them for participation at different levels and brought laurels in boxing, cross country, swimming, judo, wrestling weightlifting, volley ball and athletics etc. Besides, the intercollegiate activities were regularly managed to infuse the spirit of sportsmanship among the students. All these activities under the able supervision of Sh. Rakesh Puri Physical Director and Capt. Tanwir Ahmed Asstt. Physical Director of the College.

- a) **Judo 10-10-2017:** - In the inter-collegiate Judo Championship held at University of Jammu five students of our college namely Sahil Kumar, Rahul Chandan, Vishal, Rajat, Sajad Mir won 5 bronze medals.



- b) **Cross Country 22-08-2017:** In intercollegiate cross country competition held at University of Jammu two students Mr. Afzal B.Sc-III Semester and Mohd Tariq B.A. semester Ist participated. In this event Mr. Afzal won **bronze medal**.



Mr. Afzal at S.No.01 along with officials



Athletes with officials

- c) **Wrestling 12-10-2017:** - Mr. Kulbir Singh a Student of our College begged **silver medal** in Wrestling Championship held at University of Jammu.



d) **Boxing 07-11-2017:-** Mr. Vishal Singh, Vikas Bhargav, Yasin Rathor won three bronze medals in Intercollegiate Boxing championship held at University of Jammu.



e) **Power lifting 11-11-2017:** In Intercollegiate power lifting championship held at University of Jammu Mr. Vishal Bhasin won Gold Medal whereas Vishal Singh bagged bronze medals.



f) **Three gold and two bronze medals weight in weight lifting 09-11-2017:-** In Intercollegiate weightlifting championship held at University of Jammu Mr. Akshy Dayal, Vishal Singh and Mukhtar Ahmed won gold medal each whereas Vishal Bhasin and Rajat Sasan bagged Bronze.

- g) Our College teams participated during session. In **Chess (22/08/2017)**, **Table Tennis (23/08/2017)**. **Kho-Kho 04/09/2017**, **Badminton (05/09/2017)**, **foot Ball (11/09/2017)**, **Volley Ball (24/10/2017)** inter-collegiate tournaments held at University of Jammu.



- h) **On 25<sup>th</sup> and 26<sup>th</sup> of September 2017, District Inter Collegiate Sports Mela held at Govt. P.G. College Rajouri.**

The inter-Collegiate Sports Mela held in Govt. P.G. College Rajouri under the patronage of Dr. J.A. Qazi the Principal of the College. There were three Finalist Colleges i.e. Govt. P. G. College Rajouri, Govt. Degree College Nowshera and Govt. Degree College Budhal. Govt. PG College Rajouri defeated Govt. Degree College Nowshera in Volley Ball by 3.1, Govt. Degree College Budhal defeated Govt. P.G. College Rajouri in Kabaddi by 23 points whereas Govt. Degree College Budhal beaten by Govt. P.G. College Rajouri in Tug of War. Govt P.G. College Rajouri remained top in the overall performance. The proceedings of the concluding Mela were presided over by the Principal Dr. J. A. Qazi and Honourable MLA Advocate Jb Qamar Hussain was the Chief Guest on the occasion. The welcome note was read out by Prof Mohd Iqbal Raina Convener Cultural & Literary Committee and the prize announcement was made by Capt. Tanvir Ahmed. The trophies to winners, the consolation prizes and the appreciation certificates were given away to the winners, participants and those who were directly or indirectly connected with this grand sports event. The stage was beautifully conducted by Prof M. Iqbal Raina Convener Cultural & Literary Committee and Prof. Raheela Mushtaq supported by the students anchors as well. The renowned citizens of the town, functionaries youths and sports department and all the senior faculty of the college namely Prof H S Isher, Dr Abdul Rouf, Dr Abdul Qayoom Khan, Prof Shamim Ahmed Azad, Prof M R Sharma, Dr Anwer Shah, Prof Ghulam Abbas, Dr. Naseem Malik, Prof Abdul Karim , Prof. Manzoor Ahmed Dar Convener Sports Committee were present on the occasion who encouraged the players. The Chief Guest Honourable MLA Advocate Jb Qamar Hussain assured all possible support to the College in making long strides in the field of sports, curricular and extracurricular activities. Dr. J. A. Qazi while appreciating and recognizing the bold initiatives of the Department of Physical Education, talking about the brilliant past of the College and praising the spirit of sportsmanship of the students said that such events are the dire need of the hour especially in today's society of various pulls and pressures. The mega event was concluded with the vote of thanks by the Director Physical Education.

The Matches were officiated by Sh. Mohd Shabir PEM, Arshad PEM, Farooq Ahmed PEM, Khalid Hussain PEM, Jamil Hussain PET, Faiz Qamar PET, Mohd Kabir PET, Zaffar Wani PET and Sahil Raina PET and with the Supervisor of Sh. Wali Mohammad ZPEO and District youth services and sports officer. Some photograph of the sports mela are as under:

**“Sports fairs” attracts big crowd at P.G. College Rajouri on 25<sup>th</sup> of Sept. 2017 during open ceremony.**







**Inter Collegiate Sports Mela on 26<sup>th</sup> of Sept. 2017 during prize distribution ceremony**

## SAI & DEPARTMENT OF PHYSICAL EDUCATION GOVT. PG COLLEGE RAJOURI HOLDS SPORTS MEET AT RAJOURI COLLEGE

On 30th of October 2017 sports authority of India and department of physical education Govt P.G. College Rajouri organized one day sports meet and played the Games volley ball, Kabaddi, Tug of War and cricket at college campus the purpose of organizing this event was to promote different games and sports and to ensure maximum participation of youth, so that they can keep themselves physically and mentally fit. The event came to an end by the valedictory function in volley ball final DDC Rajouri defeated Mughal Club Rajouri by 2-0, while the 7- Star Club defeated PG Club Rajouri by 11 points in kabaddi in final. The women PG team of the college defeated UG women team of the college in Tug of war. Pir panchal cricket club of the college defeated Tagore club of the college by 17 runs. SAI also organized quiz competition on sports topic. 14 students of the college were honoured by the prizes. The sports meet was organized under the supervision of department of physical education of the college Sh. Rakesh Puri, Sh. Tanwir Ahmed and Ajeet Singh, Deputy Director Incharge SAI J&K. Principal of the college Dr. Javed Ahmed Qazi was the chief guest of the prized distribution of the ceremony who presented the sports kit and cups to winners of the one day sports meet.





### DISTRICT RAJOURI ATHLETICS MEET HELD AT P.G. COLLEGE:

On 20/10/2017 District athletics meet organized by District Rajouri athletics association in collaboration with department of physical education, Govt. P.G. College Rajouri at the college premises, the event was participated by hundred athletics from different Institution of District Rajouri the meet was declared open by the chief guest Dr. Javed Ahmed Qazi Principal host college in the presence of guest of honour, Prof. A.R. Chowdhary President of district Rajouri Athletic Association. The event was under the supervision of Sh. Rakesh Puri and Capt. Tanwir Ahmed, **1000mtrs** race Mohd Waqar 1<sup>st</sup> Anees 2<sup>nd</sup> Qamar 3<sup>rd</sup> **800mtrs** race Sahil 1<sup>st</sup> Waqar 2<sup>nd</sup> and Shakeel 3<sup>rd</sup> **100mtrs** race Sajad 1<sup>st</sup> Aftab 2<sup>nd</sup> Shabaz 3<sup>rd</sup> **200mtrs** race Arslan 1<sup>st</sup> Sayeed 2<sup>nd</sup> Shahbaz 3<sup>rd</sup>.



### GOVT. P.G. COLLEGE RAJOURI SHINES IN INTERCOLLEGIATE WEIGHTLIFTING CHAMPIONSHIP.

On 09/11/2017 Govt. P.G. College Rajouri excelled in the Intercollegiate weightlifting championship held under the banner of directorate of Sports and physical education. University of Jammu the college athletes performed well taking away overall championship trophy in weightlifting and win a good number of medals. In other individual's events of power lifting, boxing, Judo, Cross country and wrestling all there innings at athletes were given a special feel by the Principal of the College Dr. J. A. Qazi who asked about players well being congratulate athletics. In turn, medals winners shared there experience with college head, who promised all possible help in further raise the standard of sports in the institutions.



## GOVT. P.G. COLLEGE RAJOURI WINS INTER DISTRICT FOOTBALL TOURNAMENT

Department of Physical, Education Govt. P.G. College Rajouri in Collaboration with 48RR organized Inter District football tournament (Twins Border District Rajouri Poonch) at College Campus Rajouri. Six teams from twins district of participated in the tournament in which Govt P.G. College Rajouri and Balakote Mendhar reached the final Govt. P.G. College Rajouri defeated Balakote Mendhar football team by 12-0 and registered a massive historic victory. The event was chaired by Principal Dr. Javaid Ahmed Qazi and was witnessed by a number of dignitaries, students and teaching faculty. The Chief Guest Dr. Javaid Ahmed Qazi lauded the efforts of Sh. Rakesh Puri and Capt. Tanwir Ahmed Dept. of Physical Education and also encouraged the students to actively take part in variegated sports as it will help them to stay healthy and perform better in all the areas. He also distributed trophies, medals and cash prize to the winner and runner team.

