**SPORTS: VOUCHSAFING ALL ROUND DEVELOPMENT**

1. Sports is considered to be an indispensable part of students life.It inculcates the spirit of discipline and punctuality amongst them and prepares them as better citizens for future their lives. Sports are also promoted for better career avenues now days. Keeping these paradigms in focus the Institution has always strived to encourage its subjects in the field of sports.From the date of admission in the college the students are made to participate in different sports activities as per the area of their interest. The students who excel in these activities are further motivated to prove their worth and achieve higher levels of excellence. This practice not only generates confidence in the students but also helps them in performing to their full potential in the prospective events.This practice has engendered many brilliant sportsmen of state and national repute and glorified the name of this Institution.The college is strictly adhering to this practice and taking advantage of its topography and sprawling campus is providing all necessary support to its sportsmen. The Institution has also been conducting inter-college sports events in different games through the approval of HPU Shimla to promote the talent of students.In addition to it the college also conducts an annual athletic meet to bring forth and identify the leading sportsmen hailing from the college. Due to the favourable topographical features and conducive ambience the sports culture is in fact the part and parcel of our students. For the development of sports among students the following activies were conducted in the college campus druring session 2018-19:

(i) Inter-college Kabaddi Championship was hosted bythe institution and the Govt. College Nalagarhsecuredfirst place in this championship.

(ii) Annual athletic meet was hosted in the campus to develop sports culture among students where 500 students participated in various events.

(iii) State level cross-country championship was hosted in the college sports ground with participation of 250 athletes from all over the Himachal Pradesh.

(iv) District level athletic meet was also hosted in Govt. College Nalagarh where 300 athletes from district Solan participated in the event.

(v) Moreover, the college sports ground is opened to the locals for sports and other physical activities in evening hours with permission from the college principal.

(vi) College is excelling in sports activities under the able guidance of Dr. Kuldeep Singh (Associate Professor of Physical Education). His sports experience in immense because of his association in many sports and athletics federations of India. He also acts as technical official and observer in many sports events all over the India. He is also member of board of studies, department of physical education, Himachal Pradesh University.

**PLANTATION PROGRAMME: AN ECO-FRIENDLY INITIATIVE**

2. Living in an eco-friendly environment is the right of every individual.The environmental concerns has gained a lot of momentum in the recent years. The government has taken exemplary steps for the conservation of nature and its resources. The institution also stands for the protection and preservation of Mother Nature. Working in this direction the college has established an eco-club which continuously works for these concerns and takes due initiatives from time to time.Besides that the volunteers of NCC,NSS and general students are too involved in eco-friendly drives throughout the session.In order to create awareness regarding our environment and its sustainable use several programmes are also conducted in the college by various clubs and socities.The students are also encouraged to participate in the eco-friendly drives and are also asked to carry the message of sustainable use of environment to their native places.Thus, the Institution also serves the society at large through its youngsters and tries to reach the people in the vicinity of the college. One of the initiatives that is taken by the college with a lot of zeal and continuity is the plantation drive. The practice of planting trees,herbal plants,fruit bearing plants,medicinal plants and ornamental plants is particularly done to commemorate ‘Van Mahotsava’.In addition to it such drives are done throughout the session in collaboration with local administration,Forest Department and various other NGO’s invoved in these endeavours.Plantation programme is only possible when our new generation become more more sincere and active towards plantation programme. If our programme of plantation makes the points of success, it is sure and certain that our nature will be in balance and the life of the people can be happy prosperous. It is very important to plant more and more trees, herbs and climbers because these are the carriers of rain and cloud. Only the nature has capacity to turn up the balance of nature to produce more and more oxygen, but it is only possible when our surroundings are full of trees and plants.The institution involves all stakeholders (teachers, students and community) in awareness campaigns for the protection of environment. Initiatives like energy conservation, water harvesting, use of renewable resources etc. are taken by the institution. NCC, NSS and Rover Ranger units of college are spreading awareness to educate people about environmental concerns. NCC boys unit have adopted the Statue at Nalagarh Local Park for cleanliness purpose and to give message to community about hygiene and cleanliness issues. The college ground is open to locals in the evening hours so that they can do physical activities or get themselves involved in sports activities.