

Best Practice-II

TITLE OF THE PRACTICE: SPORTS: VOUCHSAFING ALL ROUND DEVELOPMENT

1. Sports are considered to be an indispensable part of student's life. It inculcates the spirit of discipline and punctuality amongst them and prepares them as better citizens for future their lives. Sports are 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. The 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 event in different games through the approval of HPU Shimla to promote the talent of students. In addition to it the college also conduct 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 activities were conducted in the college campus during session 2023-2024.

i) Annual Athletic Meet was hosted in the campus to develop sports culture among students where 500 students participated in various events.

ii) 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.

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

1

Sports

This is the list of Prize Winners in Sports Section. Objections, if any be raised to Dr Kuldip Singh, Associate Professor in Physical Education by appearing personally

List of Prize Winners at Inter College, Inter Varsity and Khelo India University Games for the Academic Session 2023-24

S. No.	Name	Class	Roll No	Achievements
1 40	Balram	BAl	231119007	<ol style="list-style-type: none">1. Represented HPU in Khelo India University Games held at Guwahati from 18th February, 2024 to 29th February, 20242. Represented HPU in North Zone Inter Varsity Wrestling Championship held at MDU Rohtak and selected to represent HPU in All India Inter Varsity Championship3. Represented HPU in All India Inter Varsity Championship held at Chandigarh University, Mohali4. Winner Trophy Inter College Wrestling Championship5. Gold Medal in Inter College Wrestling Championship6. Bronze Medal in Inter College Judo Championship
2 38	Harshat Verma	BAl	231119009	<ol style="list-style-type: none">1. Represented HPU in North Zone Inter Varsity Wrestling Championship held at MDU Rohtak and selected to represent HPU in All India Inter Varsity Championship.2. Represented HPU in All India Inter Varsity Championship held at Chandigarh University, Mohali3. Winner Trophy Inter College Wrestling Championship4. Gold Medal in Inter College Wrestling Championship
3 XL	Shubham	BAl	231135007	<ol style="list-style-type: none">1. Represented HPU in North Zone Inter Varsity Wrestling Championship held at MDU Rohtak and selected to represent HPU in All India Inter Varsity Championship.2. Winner Trophy Inter College Wrestling Championship3. Runner Up Trophy of Inter College Wushu Championship4. Gold Medal in Inter College Wrestling Championship5. Won Silver Medal in Inter College Wushu Championship

2

4 XL	Irfan Khan	BAI	231119014	<p>1. Winner Trophy Inter College Wrestling Championship</p> <p>2. Runner Up Trophy in Inter College Wushu Championship</p> <p>2. Won Bronze Medal in Inter College Wrestling Championship</p> <p>3 Won Silver Medal in Inter College Wushu Championship</p> <p>4 Won Bronze Medal in Inter College Judo Championship</p>
5 40	Saloni	BAIII	21110057	Saloni was selected to represent HPU in Inter Varsity Handball Championship won bronze medal Junior National Handball Championship held at Patna
6 XXXL	Gaurav	BAI	231119003	<p>1. Winner Trophy Inter College Wrestling Championship</p> <p>2. Runners Up Trophy in Inter College Wushu Championship</p> <p>2. Won Bronze Medal in Inter College Wrestling Championship</p> <p>3. Won Bronze Medal in Inter College Judo Championship</p>
7 38	Usha Bhatti	BAI	22110240	won Bronze Medal Junior National Handball Championship held at Patna
8 36	Meenu Thakur	B Sc I	232102017	won Bronze Medal Junior National Handball Championship held at Patna
9 36	Preeti Kumari	BBAllI	22610024	Preeti Kumari won Bronze Medal in Khelo India Women League held at Lucknow
10 40	Govind Singh	PGDCA	239110006	<p>1. Represented HPU in North Zone Inter Varsity Wrestling Championship held at MDU Rohtak and selected to represent HPU in All India Inter Varsity Championship.</p> <p>2. Winner Trophy Inter College Wrestling Championship</p> <p>3. Gold Medal in Inter College Wrestling Championship</p>
11 XXL	Vishal	BAI	231119009	<p>1. Winner Trophy Inter College Wrestling Championship</p> <p>2. Won Silver Medal in Inter College Wrestling Championship</p> <p>3. Won Bronze Medal in Inter College Judo</p>

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				Championship
12 36	Deepa Devi	B Sc III	201712	1.Represented HPU in North Zone Inter Varsity Wrestling Championship held at MDU Rohtak and selected to represent HPU in All India Inter Varsity Championship. 3.Gold Medal in Inter College Wrestling Championship
13 40	Raman	BAI	231133133	Runner Up Trophy in Inter College Wushu Championship Won Silver Medal in Inter College Wushu Championship
14 42	Imran Khan	BAI	231119001	1.Winner Trophy Inter College Wrestling Championship 2. Won Bronze Medal in Inter College Wrestling Championship
15 40	Suraj	BAIII	201016	Suraj won Silver Medal in Inter College Tae Kwando Championship.
16 40	Payal Rana	BAI	234101004	Scored Silver Medal in Weight Lifting
17 38	Palak	BAI	231120001	Palak won bronze medal in Wrestling
18 38	Nidhi	BAIII	2337	Won Silver Medal in Inter College Wrestling Championship
19	Madhu Sudan	B ComII	21210149	Captain of College Football Team
20	Karanveer	BBA Vth Sem	235508005	Captain of College Cricket Team
21	Dhanish Shukla	BAIII	23110028	Captain of College Kabaddi Team
22	Pratham	B Com II	23210090	Captain of College Badminton Team

Write
these
only

Dr Kuldip Singh
Associate Professor in Physical Education

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This is the list of Prize Winners in College Athletics Meet for the Academic Session 2023-24. Objections, if any, may be submitted to Dr Kuldip Singh, Associate Professor in Physical Education till 06/03/2024

Prizes of College Athletics Meet 2023-24

Girls Section →

05/03/2024

links

S No	Name	Class	Roll No	Achievements
1 36	Bharti	BA I	231119015	Best Athlete of the college. 1 st in 400m, 800m, 1500m
2 38	Manju	BA I	22110019	1 st in 100m, 200; 2 nd in Long Jump
3 38	Jailalita	BA III	21110274	3 rd in 100m, 2 nd in Discus Throw, 1 st in Relay Race
4 36	Preeti	BBA IV Sem	22610024	2 nd in 200m, 400m & 800m
5 38	Amanpreet Kaur	BA II	22110022	2 nd in 100m, 1 st in Long Jump
6	Deepa	B Sc III	201712	1 st in Javelin Throw, 3 rd in 800m
7	Harpreet	B Com I	233117040	2 nd in Shot Put, 3 rd in Long Jump
8	Menakshi	B Sc III	21310232	3 rd in 200m & 400m
9	Sukhpreet Kaur	B Com I	233117045	1 st in Shot Put
10	Harjot Kaur		21110019	1 st in Sack Race
11	Anchal	BCA III	22410024	1 st in Discus Throw
12	Shivalika	B Sc II	22310051	1 st in Three Legged Race
13	Ambika	B Com II	22210117	1st in Three Legged Race
14	Ku. Sushma	B Sc III	201613	2 nd in 1500m
15	Kanchan	B Sc II	22310065	2 nd in Sack Race
16	Anuradha	B A III	21110278	2 nd in Three Legged Race
17	Kanchan	B Sc II	22310065	2 nd in Three Legged Race
18	Mahirna	BA 3rd		2 nd in Javelin Throw
19	Sushma	B Com I	233117058	3 rd in Sot Put
20	Meenu Thakur	B Sc I	232102017	3 rd in 1500m
21	Reena Devi	BA III	21110280	3 rd in 800m
22	Sweta Thakur		21110264	3 rd in Sack Race
23	Sandesh	BA 3 rd		3 rd in Javelin Throw
24	Anchal Chandel	BCA IV Sem	22410024	3 rd in Three Legged Race
25	Meenu Thakur	B Sc III	232102017	3 rd in Three Legged Race
26	Jai Lalita & Team	Arts Faculty		1 st in Relay Race
27	Santosh & Team	Commerce Faculty		2 nd in Relay Race
28	Jyoti & Team	Science Faculty		3 rd in Relay Race

Kuldip Singh

5

Boy Section

S No	Name	Class	Roll Number	Achievements
1 38	Madhusudan	B Com III	21210149	Best Athlete of the college 1 st in 400m, 1500m & 5000m
2 42	Shehnwaj	BA II	22110371	1 st in Long Jump & High Jump, 2 nd in Triple Jump and 3 rd Three Legged Race. 1 st in Relay Race
3 42	Abhishek	BBA IV Sem	220640007	1 st in 100m & 200m, 3 rd Sack Race
4 42	Cnaranjit Singh	BA I	231135006	1 st in 800m & 3 rd in 1500m. 1 st in Relay Race
5 42	Veeru	BA III	231119005	1 st in Hammer Throw, 2 nd in Javelin Throw & 3 rd in Discus Throw
6 42	Ashwani Kumar	BA I	22110053	3 rd in 800m & 1500M, 1 st in Three Legged Race
7 42	Karanpreet Singh	BCA I	236109007	1 st in Shot Put, 2 nd in Hammer Throw
8	Aditya	B Sc I	22310103	1 st in Triple Jump & 3 rd in Long Jump
9	Yogesh Kumar	M Com I	2015053	2 nd in Shotput & Discus Throw
10	Durgesh Mishra	B Sc III	201872	1 st in Discus Throw & 3 rd in Javelin Throw
11	Akash	B Sc I	234101006	2 nd in 100m & 200m
12	Dayanand	BA I	22110055	2 nd in 800m & 5000m
13	Pankaj	BA II	21110190	3 rd in 400m & 5000m
14	Sahover Kr. Bhatt	BA I	231120010	3 rd in 100m & 200m
15	Harbinder Singh	B Com 2 nd	22210156	1 st in Javelin Throw
16	Hemant Kumar	B Sc I	22310068	1 st in Sack Race
17	Devender Sharma	BA I	22110360	1 st in Three Legged Race
18	Raman	BA I	231133133	2 nd in High Jump
19	Parminder Singh	B Sc I	22313012	2 nd in 400m
20	Mani Kumar	BA I	231141004	2 nd in Sack Race
21	Gagan deep Singh	B Com 2 nd	233117055	2 nd in Three Legged Race
22	Karanveer	BA I	231141001	3 rd in Shotput
23	Rakesh Kumar	BCA Sem I	236109033	3 rd in High Jump
24	Kamal Kumar	B Com III	2210153	3 rd in 5000m
25	Vinod Kumar	BBA IV Sem	22610032	3 rd in Triple Jump
26	Abhay Garg			3 rd in Hammer Throw
27	Gaurav	BA I	231141005	3 rd in Sack Race
28	Deepak	BA 3rd	21110096	3 rd in Sack Race
29	Parminder	BA I		1 st in Relay Race
30	Nikhil & Team	Vocational Faculty		2 nd in Relay Race
31	Akash & Team	Science Faculty		3 rd in Relay

Kuldeep

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मधुसूदन व भारती बेस्ट एथलीट चुने



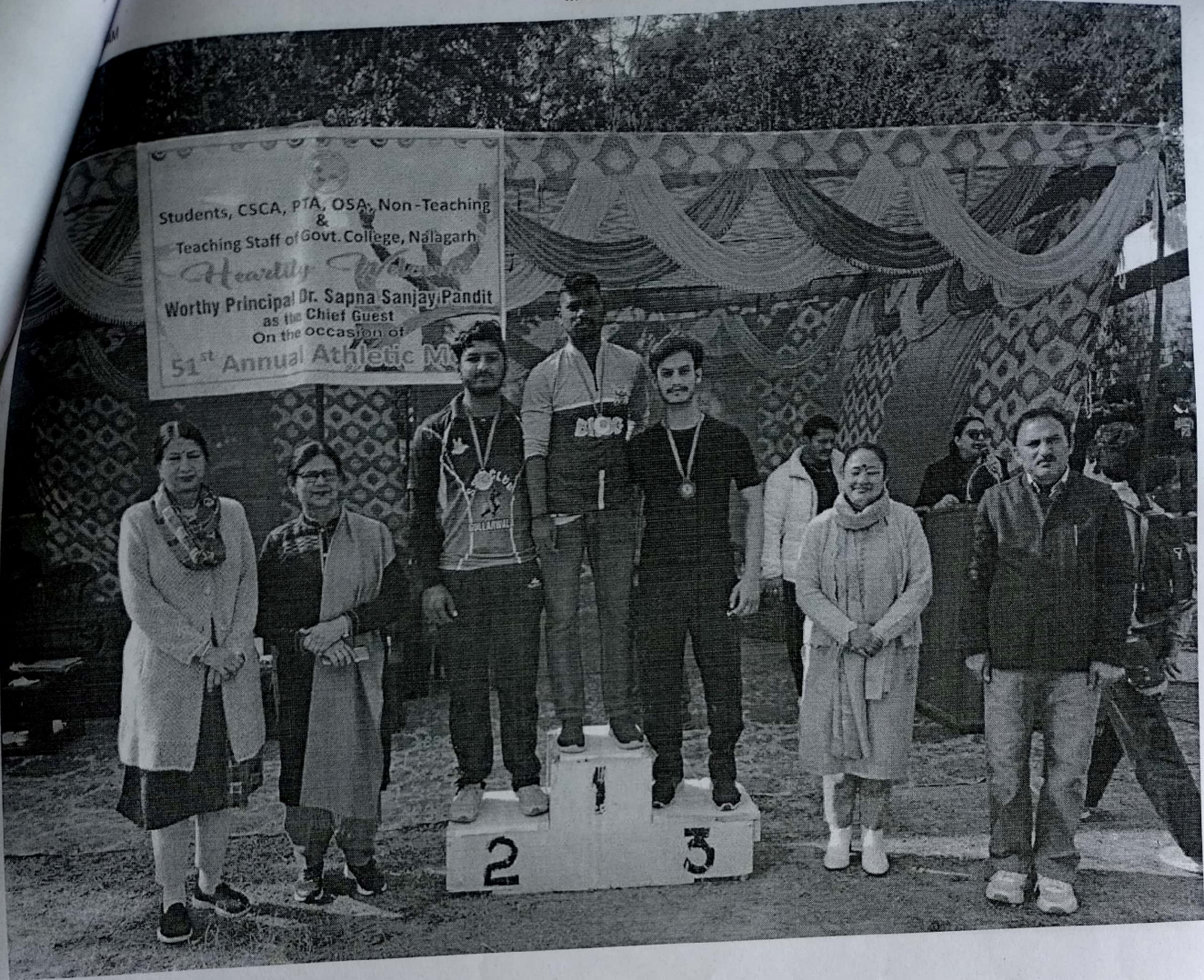
नालागढ़ महाविद्यालय में 51वीं वार्षिक एथलेटिक्स मीट के दूसरे दिन में दौड़ स्पर्धा में भाग लेते खिलाड़ी। संवाद

नालागढ़(सोलन)। महाविद्यालय नालागढ़ में 51वीं वार्षिक एथलेटिक्स मीट के दूसरे दिन मुकाबले काफी रोमांचक रहे। दूसरे दिन 5000 मीटर, ट्रिपल जंप, गोला फेंक, ऊंची कूद, सैक-रेस, जैवलिन थ्रो, ट्रिपल जंप, थ्रो-लैंग रेस और अन्य प्रतिस्पर्धाएं करवाई गईं। इसी के साथ प्रतियोगिता का समापन हो गया। मुख्यातिथि के तौर पर कॉलेज की प्राचार्य डॉ सपना संजय पंडित रही। दो दिवसीय एथलेटिक्स मीट के कार्यक्रम में मुख्य आकर्षण 5000 मीटर की दौड़ रही। जिसमें प्रथम स्थान पर मधुसूदन दूसरे स्थान पर दयानंद और तीसरे स्थान पर पंकज कुमार, कमल गौरव रहे। हर प्रतियोगिता के अंत में विजेता प्रतिभागियों को गोल्ड, रजत व कांस्य मेडल देकर सम्मानित भी किया गया। कार्यक्रम में अंतिम स्पर्धा रिले-रेस रही। संवाद

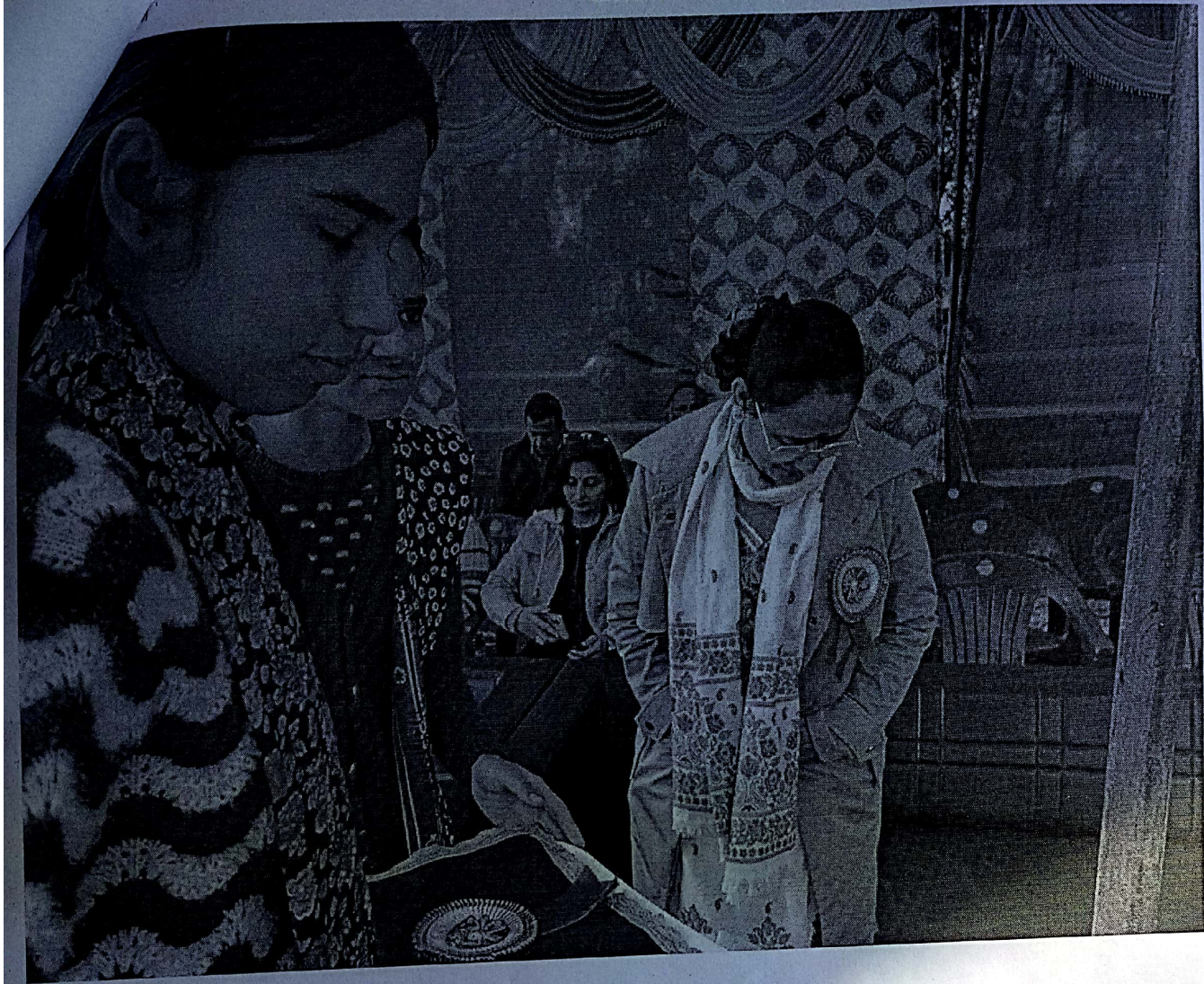
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Students, CSCA, PTA, OSA, Non-Teaching
& Teaching Staff of Govt. College, Nalagarh.
Heartily Welcome
Worthy Principal Dr. Sapna Sanjay Pandit
as the Chief Guest
On the occasion of
51st Annual Athletic Meet



11

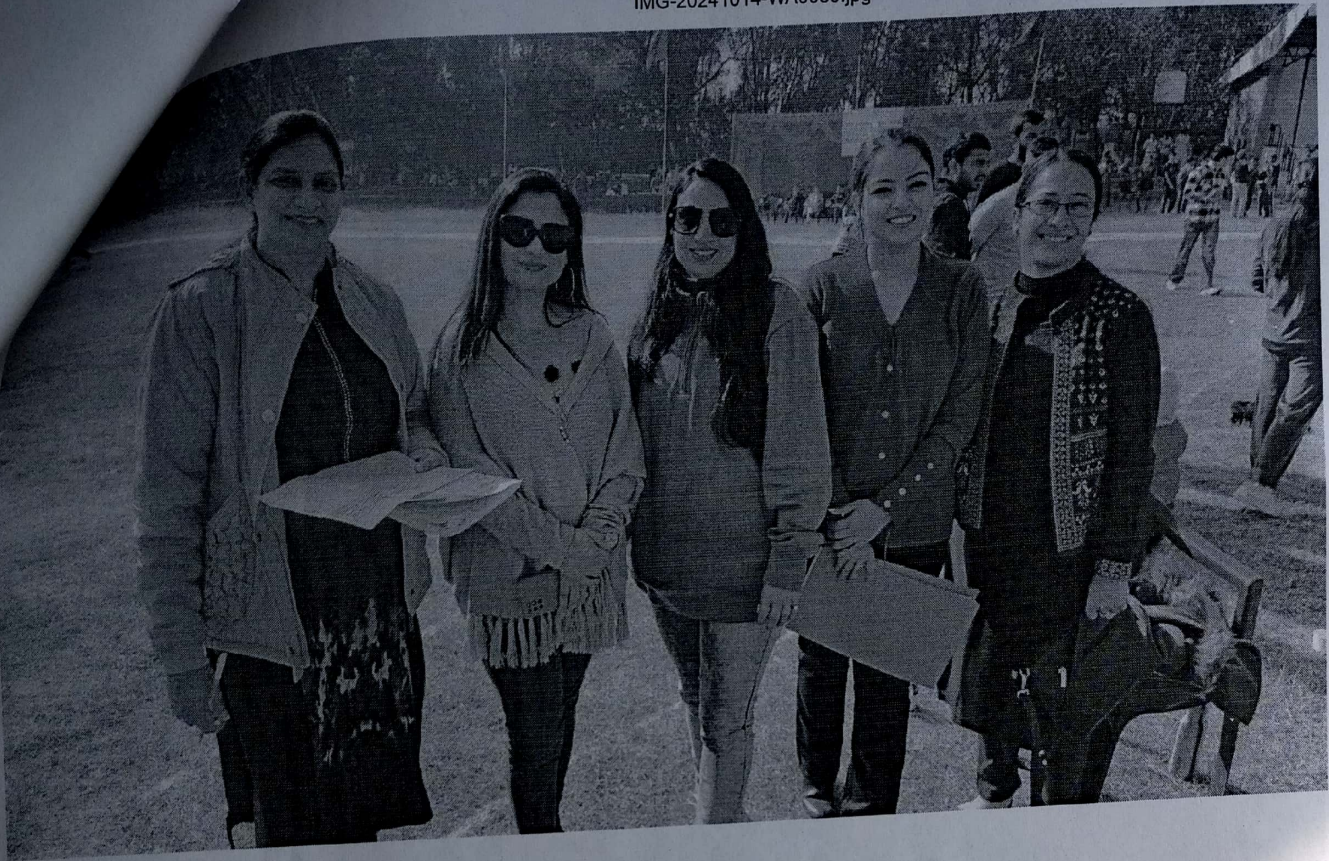


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