

# DEPARTMENT OF PHYSICAL EDUCATION

## SPORTS ACTIVITIES MOTTO – STRONGER , HIGHER , FASTER...

Sports is a Multidisciplinary approach to know how to live life healthy & better and a way to overall development of youths.

### Introduction –

Government College Hisar is a premier institution of North India in case of providing Sports environment to its students for their overall development. Participations & position in Olympics, Youth Olympic, Common Wealth Games, Asian Games, International and National Level Competitions is a regular feature of our college. Some of them were awarded by Government of Haryana and Government of India by awarding them Bhim Award and Arjuna Award respectively.

### Glory of College Sports achievement at a glance:

#### 1. Inter National :

Recently **Lakshy Kundu B.A.** II won Gold medal in World Bench Press Championship 2025 from 18 to 24 May 2025 held at Dremar , Narve . He also won gold medal in Asian Bench Press Championship 2025. **Dibag B.Com.** II won Gold medal in 100 Mts race in World Youth Ability Sports 2024 from 1 to 7 December 2024 held at Thailand. He won bronze Medal in long jump in Fazza World Para Athletics Championship 2025 from 5 to 14 Feb.2025 held at Dubai., **Raman B.A.** II won Gold medal in Discuss throw , silver medal in Shot Put and Bronze medal in Javelin throw in World Youth Ability Sports 2024 from 1 to 7 December 2024 held at Thailand ,**Ms. Sapna** won Gold Medal in World Grappling Championship held at 18-19 Nov. 2023 Krasnogorsk Russia. and **Ms. Nanita** represented India in 9<sup>th</sup> Asian Women Youth Hand-Ball Championship held on 18 to 25 March 2023 .**Ms. Priya B.A II** and Gourav B.A.II represented India in Invitation Cup Hand-Ball Championship held at Kazakhstan in August 2022 won Gold Medal.

**Ms. Poonam B.A.** 1<sup>st</sup> won Gold medal in Asian Youth Boxing Championship held at Mangolia in Nov.2019. She also won Gold Medal in Inter-National Golden Gloves (W) Boxing Championship held at Serbia in July-2019. **Jagriti B.A.** 1<sup>st</sup> won Bronze medal in Common Wealth Judo Championship held at England in Sept.2019. She also represented India in Asian Judo Open Championship held at Taipei (China) in Aug.2019. **Usha B.A.** 1<sup>st</sup> was attended India camp in Hockey at Bangalore. ,**Sonika – B.A.** 1<sup>st</sup> Won bronze Medal in Asian Cadet Wrestling Championship held at Taiwan in July – 2018, She also represented India in World Cadet Wrestling Championship held at Georgia in September – 2018 , **Savina – M.A** 2<sup>nd</sup> (English) Represented India in Invitational Hand-ball Championship held at London(U.K) in August - 2018 .**Tanuja B.A.** 1<sup>st</sup> Won Bronze Medal in 10 Mtr. Rifle shooting in North – Zone Shooting Championship held at Dehradun in Oct. -2018,

**Sonika B.A.** 2<sup>nd</sup> Presently Representing India as Captain Junior India team in five Nations (w) Hockey Championship at Spain., **Ashish B.A.** 2<sup>nd</sup> Won silver medal in Asian Youth Boxing Championship at Kazakhstan in May 2016. He was attended India camp at Aurangabad (Maharashtra). **Manisha B.A** 2<sup>nd</sup> is attended India camp in senior women hockey at Bhopal. **Sweety Boora** of M.A. I Political Science won Silver Medal in Sr. World Women Boxing Championship held at Juju Islands, Korea in November 2015. Previously **Aarti Kohli** represented India in Seoul Olympic Games. **Geetika Jakhar** won position in Commonwealth Games and she is first lady of India who awarded with Arjuna Award by Govt. Of India. During session 2013-14, Government College, Hisar won overall third position in Kurukshetra University Games and Sports.

In sports college has produced a large number of National , All India Inter University , North Zone , State and Inter College Championship winner players every years.

## Faculty

Sr. no.	Name of Faculty	Qualification	Designation
1.	Dr. Sukhbir Singh	B.P.Ed., M.P.Ed., M.Phil., Ph.D.	Associate Prof. (HOD)
2.	Dr. Jagbir Singh	M.A. , Ph.D., (SLET)	Associate Prof.

## Infrastructure:–

College has a sports complex of Eight Acres along with some cemented courts and fields of some games separately. The college sports complex consisting of National Level Athletic Track and fields, a Hockey ground, a Football ground along with facilities of standardized Cricket pitch. A full size stage is constructed permanently for smooth conduct of sports programmes. Two Handball ground, one Volley-Ball Court, one Kho-Kho ground, one Kabaddi ground exist. in college campus, adjourning to main sports complex. One cemented court of Basket Ball, One cemented court of Badminton Court, and one cemented court of Lawn Tennis is also available in College complex. Indoor facility for Gym , Weight Lifting , Yoga, Table Tennis, Wrestling, Badminton court and Chess game is also available in College campus. One Volleyball, One Badminton court and Open Air Jim is also provided by college in Girls Hostel Boundary along with some recreation games arrangements. Latest and specified equipments and infrastructure is provided by college to its sports person such as High Jump Mat, Hurdle, Badminton Shuttle & Rocket, Cricket Kit and playing equipments.

## **Learning outcome**

Physical activity is an essential component of a healthy lifestyle, and sports play a significant role in promoting physical health and overall well-being. Participation in sports and physical activities has been shown to have numerous benefits, including improving cardiovascular fitness, enhancing muscular strength and endurance, reducing the risk of chronic diseases, and promoting mental health. In recent years, there has been a growing recognition of the importance of physical activity in improving public health and reducing healthcare costs. As a result, there has been an increasing emphasis on promoting sports and physical activities as a means to improve the health of individuals and communities.

The importance of sports and physical activities in promoting health has been recognized for centuries. The ancient Greeks, for example, believed that physical fitness was essential for a healthy body and mind, and they placed a strong emphasis on athletic training and competition. Physical activity is defined as any bodily movement produced by skeletal muscles that results in energy expenditure. It includes activities such as walking, running, and swimming, cycling, and playing sports. Regular physical activity is associated with a lower risk of heart disease, stroke, type II diabetes, and certain types of cancer. It also helps to maintain a healthy weight, reduce stress, improve mood, and enhance overall quality of life.

Participation in sports, in particular, has been shown to have additional benefits beyond those of regular physical activity. Sports involve structured, organized physical activities that are usually competitive in nature and require skill, strategy, and teamwork. Playing sports can help to improve cardiovascular fitness, increase muscular strength and endurance, enhance flexibility and coordination, and boost self-confidence and self-esteem. In addition, sports can provide opportunities for social interaction, teamwork, and leadership development.

