

I.G.N. College, Ladwa has established the culture of conducting regular sports activities which are the most eventful and esteemed events conducted by the college. The main objectives of the activities are:

- To enhance the sport skills of the students conducive to the achievements of higher targets in sports events at University, State, National and International levels
- To invest the students with the qualities of physical fitness, mental alertness and emotional steadiness
- To create awareness about the value of sports among young generation

The achievements of the college in this field are as follows:

- College celebrated National Sports Day on the college campus and conducted Intra-Mural of National Style Kabaddi matches competitions on 29th & 30th August, 2018.
- 90 (74M+16W) students of the college participated in Kurukshetra University Inter-Collegiate tournament in academic session 2018-19.
- College Air Rifle Shooting team (Men) won Overall Championship whereas the Women team was Runner-Up champion in Kurukshetra University Inter-Collegiate Air Rifle shooting tournament at Arya (P.G.) College Panipat on 3rd & 4th Oct. 2018.
- Three students of the College represented Kurukshetra University, Kurukshetra in All India Inter- University Air Rifle shooting championship at Punjab University Chandigarh from 31st Oct to 5th Nov. 2018 in which one girl student won the Silver medal.
- Track Cycling team (Men) of the college was the Runner-Up champion in Kurukshetra University Inter-Collegiate Track Cycling Championship in the academic session 2018-19.
- One girl student of the college won the bronze medal in 200 Mts. Race in 56th Annual Athletic Meet of Kurukshetra University conducted on 30 Oct. to 01 Nov. 2018.
- The College organized Kurukshetra University Inter-Collegiate Cricket Zone C tournament (Men) on the cricket ground of the college on 2nd to 4th Nov. 2018 in which six teams from different colleges participated.
- The College won one silver and one bronze medal in Rowing single scull and double scull event in Kurukshetra University Inter-Collegiate Rowing Tournament conducted on 26th & 27th January, 2019.
- The College won one silver medal in Kurukshetra University Inter-Collegiate Taekwondo Tournament conducted on K.U.Sports Complex on 11th & 12th February, 2019.

- The College won one gold and one silver medal in Kurukshetra University Inter-Collegiate Wushu Championship conducted on Kurukshetra University Sports Complex on 21st & 22nd February, 2019.
- The College won two silver medals and one bronze medal in Inter-Collegiate Cycling Road Race Championship (Men) conducted on 16th & 17th March, 2019.
- College organized DHE sponsored 3rd Inter-Collegiate Volleyball State Championship (Men & Women) from 13th to 16th Feb, 2019 on the college campus in which 27 teams [18(M) and 9(W)] from different colleges of Haryana participated.
- Keeping up the tradition of organizing enthusiastic sport events for the motivation and encouragement of the students, the college organized the 44th Annual Athletic meet on 7th & 8th March, 2019. Approximately 225 students of College participated in the event.