

Metric: 7.3.1: Institutional Distinctiveness (2021-22)

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

Sports Activities and Achievements of the College during the session 2021-22 (Duration: 1-6-2021 to 31-5-2022) are as follows:

- 47th Annual Athletic Meet of Indira Gandhi National College for the session 2021-22 was organized from 10 & 11 February, 2022 at college playground. Mr. Vishavjeet B.A.-I (121207002141) and Ms. Pooja Devi of B.A.-I (121207002066) were the best athletes of the meet. Total 327 players (202 Men & 145 Women) from B.A., B.Com., B.Sc. and Diploma courses participated in the 29 athletic events successfully.

Total 415 players (147 Men & 268 Women) from B.A., B.Com., B.Sc. and Diploma courses participated in 29 athletic events and Four Men and Four Women tug of war competitions.

- A cricket match was organised in the college playground between the former and recent cricket players of the college by Physical Education Deptt. in collaboration with College Alumni Affair committee on 12th February, 2022.
- On 7 August, 2021, college students celebrated the first Olympic Gold medal in athletics and distributed sweets among them.
- College celebrated National Sports Day on 28 & 29 August, 2021 in the college playground under the auspices of the Physical Education Department. On this occasion Intra-Collegiate Kabaddi (NS) and Tug of War competitions were organised among the students.
- College organised online Workshop on “Yogic Life Skill for Mental Health” under the auspicious of department of Physical Education and Swami Vivekananda Youth Cell in collaboration with Swami Vivekanand Yog Seva Sansthan, Yamuna Nagar (Reg. 1468/95-96) on 27 September, 2021. Dr. Shiv Kumar was the resource person of the workshop. Total 104 participants registered their names and 84 participants successfully submitted their feedback.
- Indira Gandhi National College, Ladwa organises the Kurukshetra University Inter-Collegiate Zonal Chess (Men) competition on 10 February, 2022. A total of four teams from different colleges participated in this tournament.
- Two cricket matches were organised in the college playground among the college faculty members by the Department of Physical Education on 24 February, 2022 and 12 March, 2022 respectively

- College organised Intramural Badminton (Men Teams) Tournament from 16 to 20 May., 2022. Total 73 students 40 Men and 33 Women participated in the said tournament. The tournament was played between 12:30pm to 4:00pm in college main hall.

Cycling track men and women teams medals in Inter-Collegiate Cycling track tournament from 22 to 23 November 2021.

Sr. No.	Player's Name	Class & Roll No	Event	Achievement
1	Nitin Kumal	B.A.-III (3162710142)	Massed Start	First in KU Cycling Track Inter Collegiate Tournament from 22-23 Nov., 2021
2	Sukhwinder Kumar	B.A.-I (1212072002229)	Individual Pursuit	Second in KU Cycling Track Inter Collegiate Tournament
			Point Race	Third in KU Cycling Track Inter Collegiate Tournament
3	Saravjeet Kaur	B.A.-I (1212072002089)	Massed Start	First in KU Cycling Track Inter Collegiate Tournament
			Individual Time Trial	First in KU Cycling Track Inter Collegiate Tournament
4	Pooja Devi	B.A.-I (1212072002066)	Point Race	Second in KU Cycling Track Inter Collegiate Tournament
	Saravjeet Kaur & Pooja Devi	B.A.-I (1212072002089) & B.A.-I (1212072002066)	Olympic Sprint	Third in KU Cycling Track Inter Collegiate Tournament

Karan, student of B. A.-III year, won the Bronze Medal in 75 Kg. weight category in Inter-Collegiate Karate tournament on 17 February, 2022.

Gurman Singh scored 393 Pt. and got third place in Inter-Collegiate shooting tournament from 7 & 8 March 2022. He was also selected in Kurukshetra University Rifle team for All India Inter University Shooting Competition at Manav Rachna University, Faridabad.

Karan, B. A.-III year student, won the Gold Medal in Inter-Collegiate Taekwondo (Men) competition in 68 Kg. weight category from 13 & 14 Feb., 2022. He represented Kurukshetra University in All India Inter University Taekwondo (Men) championship to be held at Kerala University, Kerala.

Karan, B. A.-III year student, won the Bronze Medal in Inter-Collegiate Wushu (Men & Women) competition in 70 Kg. weight category from 18 to 19 February, 2022.

Sports Performance at National & International Level Competitions

S.No.	Name of the Students	Father's Name	Class & Roll No	Name of the Game	Name of the tournament	Event	Position acquired
1	Gurman Singh	Amarjeet Singh	B.A.-III 3162710084	Shooting	64 th National Shooting Championship Competitions held at Bhopal (Madhya Pradesh) from 25 Nov., to 10 Dec., 2021	50 Mts. Three Position Senior Men	Bronze Medal
2	Gurman Singh	Amarjeet Singh	B.A.-III 3162710084	Shooting	64 th National Shooting Championship Competitions held at Bhopal (Madhya Pradesh) from 25 Nov., to 10 Dec., 2021	50 Mts. Three Position Junior Men	Silver Medal
3	Gurman Singh	Amarjeet Singh	B.A.-III 3162710084	Shooting	64 th National Shooting Championship Competitions held at Bhopal (Madhya Pradesh) from 25 Nov., to 10 Dec., 2021	50 Mts. Rifle Prone Men	Silver Medal
4	Nitish Kumar	Baljit Singh	B.A.-III 3162710059	Shooting (Under 21)	64 th National Shooting Championship Competitions held at Bhopal (Madhya Pradesh) from 25 Nov., to 10 Dec., 2021	10 Mts. Rifle Men Team	Bronze Medal
5	Nitish Kumar	Baljit Singh	B.A.-III 3162710059	Shooting Junior Men	ISSF Junior World Championship held at Lima (Peru) from 27-09-2021 to 10-2021	50 Mts. Rifle Prone Junior Men Individual	Participated
6	Gurman Singh	Amarjeet Singh	B.A.-III 3162710084	Shooting Junior Men	ISSF Junior World Championship held at Lima (Peru) from 27-09-2021 to 10-2021	50 Mts. Rifle Junior Men Individual	Participated
	Gurman Singh	Amarjeet Singh	B.A.-III 3162710084		Won bronze medal in All India Inter-University Shooting Championship from 31-3-22 to 3-4-2022	50 Mts. Rifle Prone Men Individual	Bronze Medal
	Gurman Singh	Amarjeet Singh	B.A.-III		Won bronze medal in All India Inter-University	50 Mts. Rifle Prone Men	Bronze Medal

	Singh	Singh	3162710084		Shooting Championship from 31-3-22 to 3-4-2022	Team	
	Gurman Singh	Amarjeet Singh	B.A.-III 3162710084		Won bronze medal in Khelo India University Games from 31-4-22 to 3-5-2022	50 Mts. Rifle Prone Men Team (.22)	Bronze Medal
	Gurman Singh	Amarjeet Singh	B.A.-III 3162710084		Won bronze medal in Khelo India University Games from 31-4-22 to 3-5-2022	10 Mts. Rifle Men Team	Bronze Medal

Dr. Kuldeep Singh
Department of Physical Education