## **Sports Activities -2019-20**

Annual Road Race



Department of Physical Education & Sports

## Government Degree College

Vailoo Lamoo Anantnag

Email: gdclarnoo@gmail.com









### Annual Road Race 2019

Department of Physical Education & Sports, Gost. Degree College Vailoo Larmoo organized Annual Road Race 2019 today on 04/04/2019

The race was flagged off by wordsy Principal Dr. Mohd. Yusuf Dar at 7:30 am from Khretti to Rajaparian Wildlife Sanctuary, Daksum 70 Athletes from both categories took part in the event. It was worth to emplate and catch the sight of their strength and the overwhelming enthusiasm & lecumes to play.

Mahd. Umer Padder of BG 3th sens, won the 1th position among male category with Niyar Ahmad Beked and Mehd. Umar Mahk at 2th and 3th positions, respectively. In female category, Igra Rehman of 2th semester won the 1th position, Nagrama Jan and Sharia Jan stationts of BG 2th and 4th Semester was 2th and 3th positions respectively.

After the event, to celebrate the sweat & hard work

After the event, to celebrate the awest & hard work firrough grit and temendous determination of our Afaletes, a closing / award ceremony was held in the college campus to recognize & appreciate the valuable efforts of our Afaletes by giving away medals and mementos to participating Afaletes.

The proceedings of the event were conducted by Raof Ahmad Bhat, Head Department of Physical Education & Sports and the concluding remarks were given by Ramiz Raja, Assistant Prof. political science by thanking BMO Lames, SHO Lamoo, Faculty members and volunteers of the college for providing necessary support during the event.



Raof Ahmad Blust



## Department of Physical Education & Sports Government Degree College

Vailoo Lamoo Anantnag

Email: gdclamoo@gnail.com Mobile: 7006529743



Dated: 22/04/2019

### All Principals/Chairmen

Department of Physical Education & Sports, Govt. Degree College Vailoo Larnoo is going to organize 1st Breng Athletic Meet 2019.

The details are as under-

Meet

1\*Breng Athletic Meet 2019.

Proposed Date Venue

1º & 2 May 2019

Sports Stadium Khretti

### Groups and Events

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8.50	8.3		ж.	-

100 Mir.	200 Mfr.	400 Mtr.	800 Mtr.	1500 Mtr.	3000 Mtr.
Long Jump	Shot-put	Discuss Throw	Javelin Throw	4 X 200 Mtr	. Relay

### Women's

100 Mtr.	200 Mtr.	400 Mtr.	800 Mtr.	1500 Mtr.	3000 Mir
Discuss Throw	Javelin Throw	Long Jump	Shot put	4X200 Mtr Relay	

### Girls' (U-16, U-18)

100 Mir.	200 Mtr.	400 Mtr.	800 Mir	1500 Mtr
Long Jump	Shot put	Discuss	4 X 200 Mtr Relay	

### Bous' (U-16, U-18)

100 Mir.	200 Mtr.	400 Mtr.	800 Mtv.	2500 Mtr
Long Jump	Shot put	Discuss	4 X 200 Mtr Relay	

### Individual, Team Championship, Overall Championship

Entries: The Entries would only be accepted in the enclosed entry form, therefore, must reach to the undersigned through the concerned authorities through mail/in Person. roufsalam@gmail.com by or before 30/04/2019.

### Programme for:-

Assembly of the Opening Ceremony	08:30 am	(01.05.2019)
March Past	09:00 am	(01.05.2019)
Start of Events	10:00 am	(01&02.05.2019)
Prize Distribution and Closing Ceremony	04:00 pm	(02.05.2019)
Marine State of the Control of the C	ALL ALL AND ADDRESS OF THE ADDRESS O	

May I solicit your cooperation to make this meet a success.

### Important Note:

- March past competition would be held and the winner teams would be given prizes.
- All the participants should bring their own College/School Sports kits (uniforms).

cillege for ceremonial purpose/march past. > Flag of their own Set

med the Physical Director GDC, Larnoo Anantnag

## 1st BRENG ATHLETIC MEET 2019.

Organized by

Dept. of Physical Education & Sports Govt Degree College Vailoo Larnoo.

Boys U-16, U-18) Men	and the same of th	a U-16, U-18) Comen	
	/Department/Club		
None of the Team captain			

C Min	Name of the Athlete	Date of	et		Event	
S.No.	Name of the Athlete	Birth	Class	Event I	Event 2	Event 3
1.						
2.						
3.						
4.						
5. 6.						
6.						
7.						
g.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
16.						
17.						
18.						
19.						
20.						

### Signature of the Concerned Authority with Office Seal

- Detailed entry of teams should reach to the College in between 10:00 am to 4:00 pm (Except Sunday & Holiday) on or before 30:04:2019 with the fee of Rs. 500 for each School team and 2000 for college Teams.
- 2. Proof of Date of Birth is Compulsory for each participant.
- Only too participents from a team can take part in each event.
- 4. Each participant from a team can take part not more than three events (Excluding Relay).
- 5. All the participants must have their identity card and the same shall be visibly put on before the start of
- Xerox copy of the above Performs may be used for various entegories (Boys/Girls/Men/Women)
   Captain/Manger of the team is responsible for the entry of the participants of their teams. Without presence of Captain/ Manager the participants of the allowed to take part in any event.
   A Meeting with School/Callege of Captain in the leid on 28.04.2019 at 2:00 PM at GDC Lamon

## 1st Breng Athletic Meet On1st & 2nd May 2019

Results

Event Shot put

Group: Boys 6 16

Place	Name	School/College	Performance
4	Shakri Asif	CIHSS Ciohan	48.4. (ISH)
12th	Sheikh Shahabaz	M.H.s bilgram	42.1 (2nd)
. 411	Aggle Huisain / too	CHSS Lesson	30-1 (5rd)

Group: Girls W 18

Place Name	School/College	Performance
L Sumay gan	CHSS Larnes	26.7 ( Tst) V
Shuguffa Youris	- do -	204 Couts 4
III Nayala Zan	CHSS Gowhan	18-0 (Brd)

Group: Men

Place	Name		School	college	Perform	ance
ON	Aami	Hamid	COC	Pulwama	31.4	(1st 1
LA PARTIE	Morrid	mushtag	CIDC	Drighehara	30.6	(Swell) t
-	Smran	Lone	Cioc	Lakues.	26.3	(3rd)

Group: Women

Ptace Name		Name	Sehool/College	Performance
0	1	MEHAK JON L	G. D. C. LERANDD	19.6 (1st) 19.06
6	414	RASHIYA BASAR	GIOC AMARTIMALA	
		TAYASTE NASAR		7



## 1st Breng Athletic Meet On1st & 2nd May 2019

Results

Event 400 mfr

Group: Boys 10/16

			School/College Performance		
Soud Marke Co	15-	AST HUSSAIN	HISIS LARNOD	1.04 (9st)	4
arif.		SUMPIL AHRAD GAMES	HSS. LARNOD	1.07 Ents	4
	444	SHOTE AN-LONE	HS · DESOO	1.00 (214)	

Group: Girls U\18

Place	Name	School/College	Performance		
1	SHUGNETA YOUNTS	HSS LARNOD	1.26 (1st) L		
11	TAHERA JAN	HSS LARNOD	1.29 (244)		
111	NATE AJAN	GHSS GOHAN	1.34 (374)		

Group: Men

Place	Name	School/College	Performance	
de la	Youngs RESHT	G.D.C. DOORU	58 (1st)	1-
ALL	SAKUB AHMAD	G.D.C. AMERITHMAN	1:00 (2nd)	4
4	MAJID ASHRAF			4

Group: Women

	Plate	Name	School/College	Performance
0	1	PNJUM BASHIR	G.D.C. PULWAME	1:26 (954)
/	-	Fehrmida Bashir	50 D.C. LARNOD	1:34 (2nd) 2
0	#11	Rubeana	GO.C. CREHOO	1:38 (3rd)
MRAN ABB AS  THE TO JOHN STATES			School college HSS LARMOD HSS LARMOD HSS KovernaGy	Performance 1.05 (1st) (



### Department of Physical Education & Sports

## Government Degree College

Vailoo Larnoo Anantnag

Email: gdclamoo@gmail.com



### Press Release 1" Breng Athletic Meet for Colleges and Schools, May 1" and 2nd, 2019

Department of Physical Education & Sports Govt. Degree College Valloc Larnoc Anustrag organized 1st BRENG Athletic Meet on May 1<sup>st</sup> and 2<sup>nd</sup>, 2019.

This was undoubtedly 1st of its kind in terms of sports events in Kashmir valley. The Meet got an overwhelming response from participants in six different categories, Men's, Women's, U-19 Boys & Girls and U-17 Boys & Girls. Degree colleges from South Kashmir and Islamis College Srinagar participated in the meet along with different Higher Secondary and High Schools of Breng area. 400 plus athletes from different categories took part in eleven. (11) different events. The integral ceremony was graced by Prof. Abdul Rehman Najar, Principal GDC Kulgam as Chief Guest, Prof. Dikviba Hamdam, HOD Department of English GDC Boys Anantmag as Guest of Honor and ZEPO Zone Visioo Mohd, Youvaf Khan as Special Guest.

Welcoming the Daix, Athletes and officials of meet. Principal GDC Larnoo Dr. Mohammad Yusuf Dar informed the august gathering that such events would be much helpful in channelizing the surplus energy of our youth in positive way. Chief guest Prof. Abdul Rehman Najar. Principal GDC Kulgam while addressing the gathering also stressed on the need of being physically active as several Non-communicable diseases including some type of cancers has physical inactivity as one of its main causes. Formally inaugurating the meet chief guest handed over the flame to captains of different teams from six categories of both genders. The meet started with 100 Mr Men and Women category along side with Shotput for U-19 boy's category.

The 2nd day of the Meet also witnessed a large gathering of athletes who took part in different events like 3000 Mtr men. 1500 Mtr Women, javelin for Men & Women, Long jump. Discuss throw and 4x 50 Mtr Relay in all categories. To celebrate the sweat and hard work of our athletes, a medal distribution/closing eccentory was held after concluding the events. The closing eccentory was graced by Mr. Noor Mohammad Zarges, cluster head Jammin & Kashmir Bank as chief guest. Prof. Syed Javid Hussain, Department of Zoology GDC boys Anantag as guest of honor and or Physical Director Gh. Rasool Rather GDC women Anantag. & Branch head J&K Bank Larnoo, Mr. Tariq Ahmad Lone as Special guests.

GDC Bijbehara got team championship in Men category; GDC Valloo Larnoo got Team Championship in Women's Category. While GHSS Larnoo got Team Championship in both U-19 Boys and girls, GHSS Gohan Vailoo got Team Championship in U-16 boy's category. The most prestigious trophy of the meet, the overall Championship was lifted by GDC Pulwama. Athletes from both genders of GDC Pulwama showed an all-round performance in the Meet.

The affiletes from GDC Boys Anastrag, GDC Women Anastrag, GDC Kolomag, GDC Doors, GDC Bijbebara. Islamia College, GDC Kulgam and the host college GDC Vailoo Lamoo, higher secondary schools, high schools also got a fair share of medals in medal tally.

While presenting vote of thanks or. Prof. Mohd Shafi Malik extend his vote of thanks to all participating institutes, affiliates, officials, guests, health officials from Health Course Lumoo and our sponsors, Max Sports by Acme Fitness Batmaloo Srinagar, Guteway Sports Industry, kathas Jammu, Jammu & Kashmir Bank Ltd., Al-Hilal Fast-food & Restrarant, Lamoo Anantrag, M/S Will Corporation, Pulvama and Halima Enterprises Raibagh, Acad by



## Department of Physical Education & Sports

# Government Degree College Vailoo Larnoo Anantnag Emeil: gfclamoo@gmail.com









## Department of Physical Education & Sports

## **Government Degree College**

Vailoo Larnoo Anantnag

Email: gdclamoo@gmail.com



Raof Ahmad Bhat HOD Physical Education & Sports



## **Sports Activities -2020-21**

Participation in Rolling Trophy Inter-College Kabaddi Men 2020









## Office of the Principal

## **Government Degree College**

Vailoo Larnoo Anantnag

Emilylcloroongunitem

NO: GDCVL /20/30

Dated: 10-02-2-

Principal, Govt Degree College, Anantnag.

Subject: Rolling Trophy Volleyball (men)-2020

Sir,

With regard to your letter regarding rolling trophy for volleyball men 2020, kindly find attached the list of participants for favour of information at your end.

VC Principal



## Government Degree College Anantnag

Department of Physical Education

ROLLING TROPHY VOLLEYBALL (MEN)

Etigibility Froforma

Name of the team: Goot Degree College Vail to Column

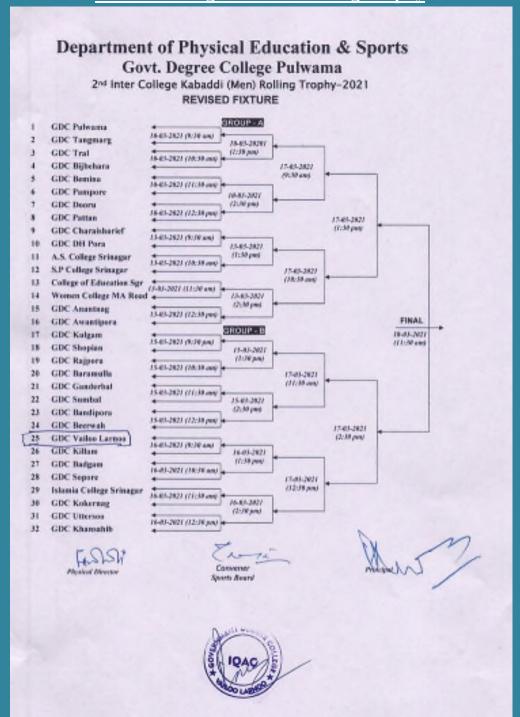
## List of Players:

		Take player	Class	Roll No.	Signature
S.No.	Name of	the player		99	guign.
1.	amean	tone -	38d Sem		Ingular
2.	Quillan.	Phodullah	and Sem	248	Jelies.
3.	markens	Khaneley	5th sem	212	trust
4.	Bilal	An Shah	30d Sem	149	dias.
5.	A-low-	per khandy	5th sem	214	zahid
6.	Talid	Majerd	Ith sem	244 134	aleite
7.	la by	- Magray	5th sem	193	gamil _
	Arouts	Malik "	5th Sem	172	PUTATIO
g.	H OLLY	to Mujeeb	and sem	0.00	Mari
9-	MINNES	ound Bridger	5th bem	2.22	Blezu
257	nave &	phod Phyller	5th lem	1201	
11.	Reviell	Ah Bhot	aws 10	125	0 (1/5×
12.	ambiga	2 Khatmia			

Sgal & Signature of Principal

## **Sports Activities -2021-22**

## 2<sup>nd</sup> Inter-college Kabaddi Rolling Trophy





Office of the Principal

## **Government Degree College**

Valloo Lamoo Anantnag

Emil glelaroodyskoscom , glelaroodymilcom



Romush Inter-College Sports Festival, 2021

Eligibility Form



College Govt Degree College Vailor Lamos	
Team in charge: Ray Ahmad Pohat   Dr. Sayad Oh. Pas	day
Name: Kisar Ahmad Sheikh	,
Parentage Mohd Amin Sheikh	
Semester: 4th	
Roll No: 193	
Contact No. 7051539810	
Date of Birth 05 / 03 / 1997	
Registration Number 678 - LA - 2019	
7 2 0	
Veam In Sharge Signature of Principal	
Vallan Larmon, Kambrie	

### **Annual Road Race 2021**



Department of Physical Education & Sports

## Government Degree College

Vailoo Larnoo Anantnag

Email gérlamoo@gmail.com











### Annual Road Race 2021

Department of Physical Education & Spotts, Gott. Degree College Vailoo Lemoo organized Amrasi Road Race 2021 today on 12/04/2021 under the banner of

### "AZADI KA AMRIT MAHAUTSAV"

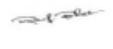
The race was flagged off by Findase Ahmad Mir, Assistant Prof. EVS at 7:30 am from Khretti to Dessu Junction. 43 Arbletes from both categories took part in the event it was worth to smulate the sight of their strength and the everwhelming enfrastism & keenness to play was no less captivating.

Mahd. Arif Khatana of BO 3<sup>rd</sup> sem, won the 1<sup>rd</sup> position among male category with Vasir Humain Boked and Turiq Ahmad Khatana at 2<sup>rd</sup> and 3<sup>rd</sup> position, respectively. In female category, Vasmeena Jan of 3<sup>rd</sup> semester won the 1<sup>rd</sup> position. Munaza Abdullaha and Shaffa Mohinddin both students of BO 3<sup>rd</sup> Semester won 2<sup>rd</sup> and 3<sup>rd</sup> position.

After the event, to celebrate the awest & hard work through grit and tremendous determination of our Athletes, a closing / award ceremony was held in the college campus to recognize & appreciate the valuable efforts of our Athletes by giving away medals and mementos to participating Athletes.

The proceedings of the event were conducted by Raof Ahmad Bhat, Head Department of Physical Education & Sports and the concluding remarks were given by Rouf Ahmad Malik, Assistant Prof. Economics by finaking BMO Lampo, 5HO Lampo and other Faculty members of the college for providing necessary support during the event.





## Celebration of International Day of Yoga, 2021



## Government of Physical Education & Sports Government Degree College Vailoo Lamos, Anantaag



Email guiciamas @gmail.com

Dated: 21/06/2021

## Press Release Celebration of 7th International Yoga Day, 2021

Department of Physical Education & Sports in collaboration with EBSB club, Govt. Degree College Vailoo Larnoo celebrated "7th International Yogaday" on 21<sup>st</sup> of June, 2021 under the Banner of

### "AZADIKAAMRITMAHAUTSAV"

The event saw an overwhelming response from students and faculty members of the college. Prof. Firdose Ahmad Mir, Head Department of Environmental Science formally welcomed the participants and stressed on the need of performing yoga during this unprecedented times of covid-19.

The proceedings of the event were conducted by Roaf Ahmad Bhat, Head Department of Physical Education & Sports. Several Asanas and Pranayams were performed by the participants and at the same time their benefits, indications and contraindications were also revealed to the participants

> Raof Ahmad Bhat Head Department of Physical Education & Sports





### Department of Physical Education & Sports Government Degree College



Vailoo Lamoo, Anustrag

Email:gdclarnood/gmail.com











## **Badminton Workshop**





Inter Semester Cricket Tournament

### **Inter Semester Cricket Tournament**



Date: 02-12-2021

Department of Physical Education & Sports
Government Degree College
Vailoo Lamoo Americag
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### PRESS RELEASE

December 2<sup>rd</sup>, 2021. Department of Physical Education & Sports, Govt. Degree College Vailoo Larnoo, Anantnag organized intramural in Badminton and Volleyball among teams of different semesters of the college. A total of 12 teams participated in Singles and Doubles events of Badminton in Women and Men Categories. Whereas 4 teams from different semesters and a team of faculty members participated in the volleyball event.

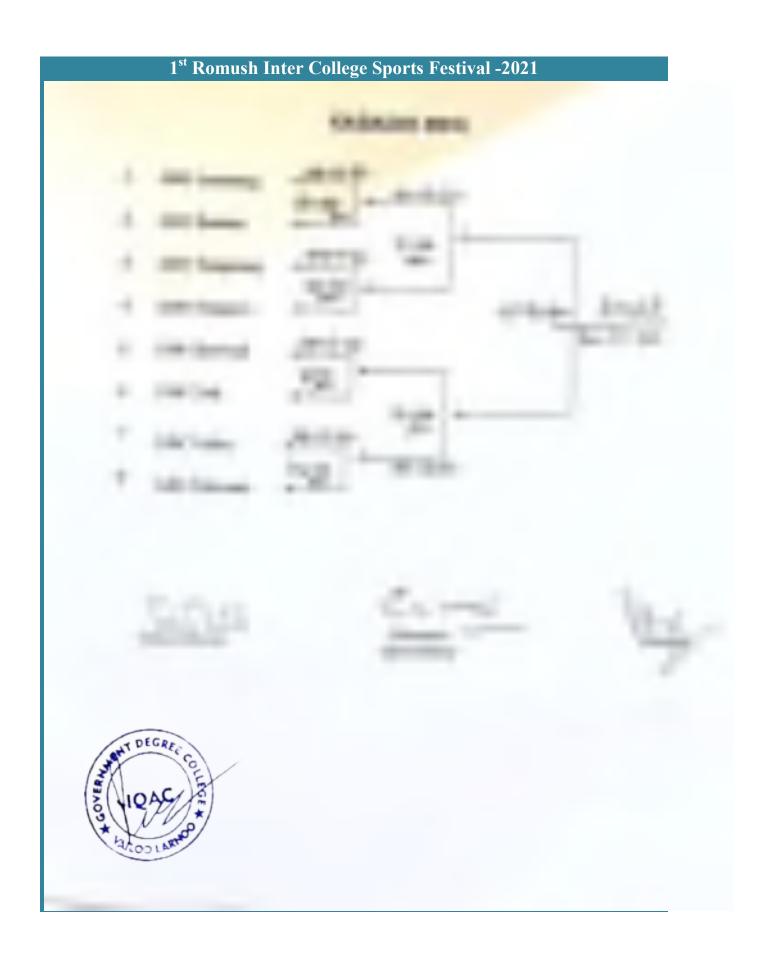
Mr. Firdose Ahmad Mir, Head Department of EVS while welcoming the Athletes stressed that youth should adopt games and sports as a part of their daily lives as it teaches team spirit, develops leadership skills and above all help to overcome failure. He motivated student community, particularly female students to participate in sports events and other physical activities which in turn help to contribute to positive mindset and overall health of youngsters.

Underlying the significance of Games and Sports in daily lives, Raof Ahmad Bhat, Head Department of Physical Education & Sports in his address spoke about the sports as an important aspect of curriculum in educational institutions, which previously was considered as a part of extracurricular activities. Mr. Bhat further added that new National Educational Policy (NEP 2020) also incorporated sports as a fundamental part of curriculum for the overall development of the student community.

Iqra Mushtaq and Sumi Jan from 3<sup>rd</sup> semester emerged as the winner in doubles, whereas Iqra Mushtaq was the winner of singles event of Badminton in Women's Category. In Men's Category, Asif Ahmad Bhat and Imran Ahmad Wagay emerged as the winner in doubles category and Asif Ahmad Bhat student of 3<sup>rd</sup> semester was the winner of singles category. In volleyball event team of 2<sup>rd</sup> semester emerged as the winner by defeating team of faculty members in the final match.









## **Sports Activities -2022-23**

## Annual Road Race, 2022 Men



Department of Physical Education & Sports

## Government Degree College

Vailoo Lamoo Anantnag

Email: gdclarnoo@gnail.com











#### Annual Road Race 2022

Department of Physical Education & Sports, Govt. Degree College Vation Larmoo organized Armual Road Race 2022 today on 16/03/2022 under the banner of

#### "AZADI KA AMRIT MAHAUTSAV"

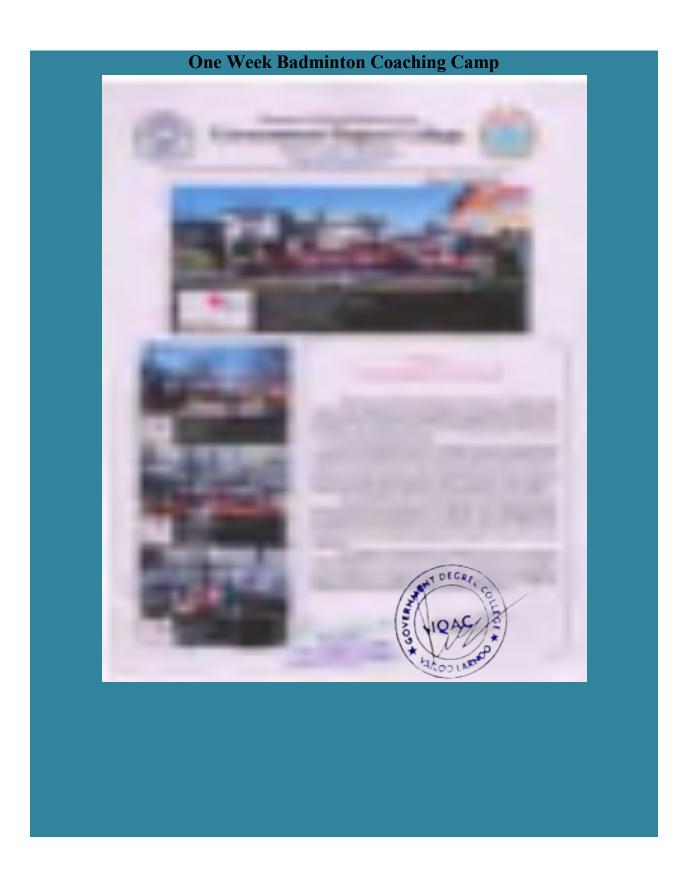
The race was flagged off by Worthy Principal Dr. Naseer Hussain at 8:40 am from Kiretti to Dessu Junction. 52 Aduletes from both categories took part in the event. It was worth to emulate the sight of their strength and the overwhelming enthusiasm & keenness to play was no less captivating.

Muneer Ahmad Bokad of BG 2nd sem, won the 1<sup>st</sup> position among male category with Zubair Ahmad Itoo and Mohammad Aqiblone at 2<sup>nd</sup> and 3<sup>nd</sup> position, respectively. In female category, Shagufta Jan of 3<sup>nd</sup> semester won the 1<sup>nd</sup> position, Sumey Jan and Rasiyah Altaf students of BG 3<sup>nd</sup> and 2<sup>nd</sup> Semester won 2<sup>nd</sup> and 3<sup>nd</sup> position.

After the event, to celebrate the sweat & hard work through grit and tremendous determination of our Athletes, a closing / award commony was held in the college campus to recognize & appreciate the valuable efforts of our Athletes by giving away medals, certificates and mementos to participating Athletes.

The proceedings of the event were conducted by Ranf Ahmad. Bhat, Head Department of Physical Education & Sports.Dr. Naseer Hussain Principal while addressing the gathering stressed on the need and importance of physical activity and haw events like this will help to increase dully activity levels and health thereby. Prof. Findow Ahmad Mir presented the vote of thanks by thanking BMO Larmoo, SHO Larmoo and other Faculty members of the college for providing necessary support during the event.

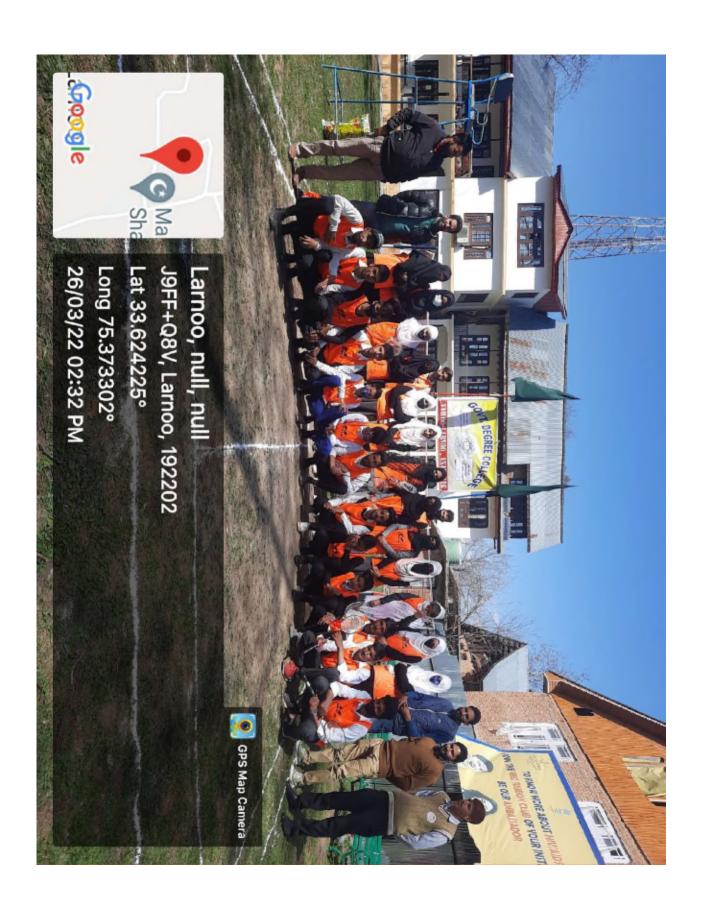










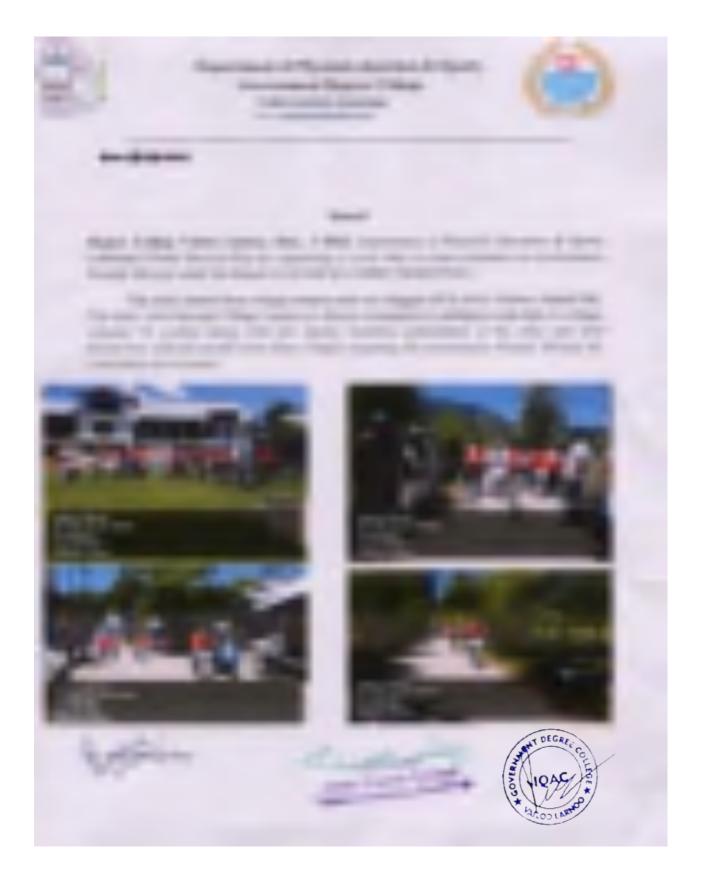


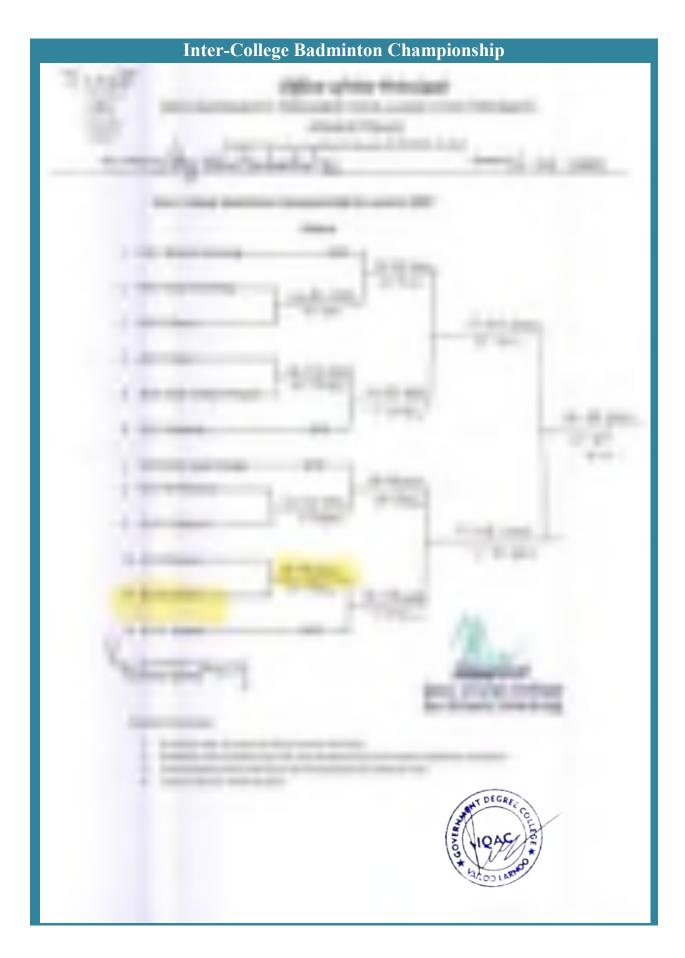
## Inter College Cosco Cricket Tournament

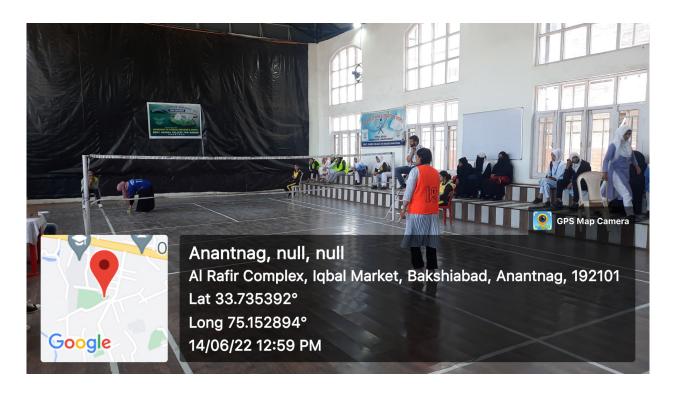




## Cycle Relay













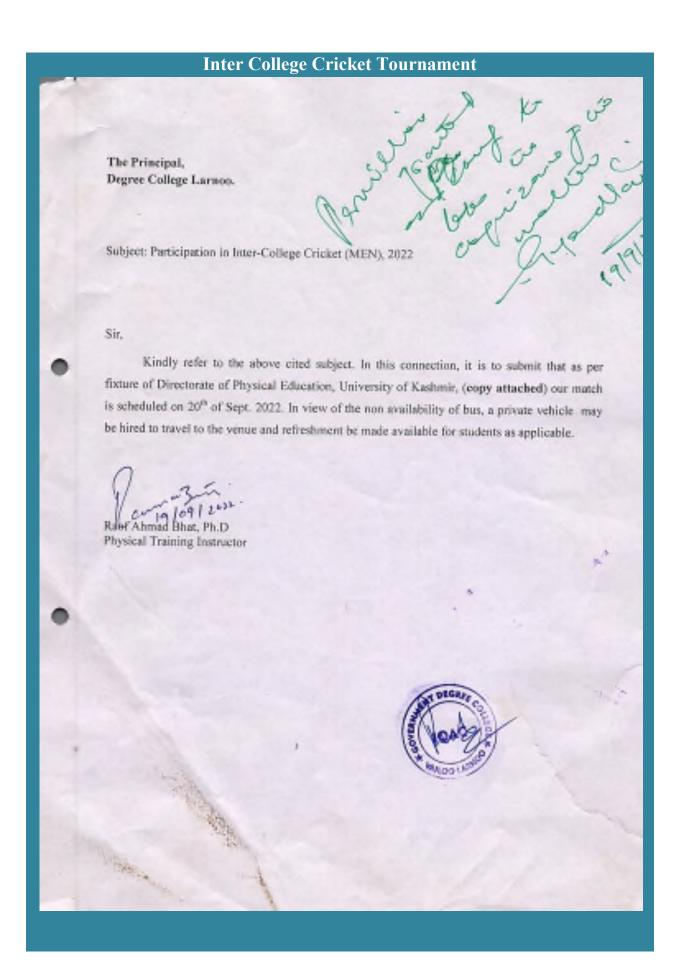


Inter College Volleyball Men Tournament











## DIRECTORATE OF PHYSICAL EDUCATION & SPORTS UNIVERSITY OF KASHMIR (NAAC ACCREDITED GRADE "A+") HAZRATBAL SRINAGAR, KASHMIR- 190006

Email- directorsports@sok.edu.in

## FIXTURE

# INTER-COLLEGE CRICKET TOURNAMENT (MEN) 2022

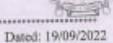




### Office of the Principal

# Government Degree College

Vailoo Lamoo Anantnag Ensil: gklamoo@mail.com



Inter-College Cricket (MEN), 2022

ELIGIBILITY FORM



- 1. Participating College: Sav1 Degree College veilor longer
- 2. Team In charge: Rangy Almied Blat
- a. Name of the Player Moh 7 Imean Megray
- b. Parentage: Ab Ahad Mag ray
- c. Semester: 4th Roll No. 2007006
- d. Mobile No: 9541 453615.
- e. Date of Birth: 63= 64= 2603.
- f. University Registration No. 789- LA- 2020 .

SAMPLES OF STUDENT NAMED VON



Send & Principal M Gove Degrees, Kashmir Vallos Laraso, Kashmir

## One Day Trekking Programme

## Registration details for One day Trekking Programme

S.No	Name	Semester	Mobile No.
1	Inayat Mushtaq Mir	1"	9797001742
2	Hamid Shabir Khan	1 <sup>st</sup>	9622586362
3	Zakir Hussain Padder	1 <sup>st</sup>	9797913363
4	Zakir Ahmad Lone	3***	6005109129
5	Quratuleain	3**	9622766350
6	Roohi Jan	3**	9682107391
7	Nadi Jan	3 <sup>rd</sup>	7006485940
8	Muneeb Hassan Reshi	3 <sup>rd</sup>	7006814917
9	Shahid Muzaffar	3 <sup>rd</sup>	
10	Mohd. Sadiq	3 <sup>rd</sup>	6005640797
11	Ulma	3 <sup>rd</sup>	9797930253
12	Tabasum Jan	1 <sup>st</sup>	7006033081
13	Mohd Suhaib Ganie	1"	9541542460
14	Saika Jan	3 <sup>rd</sup>	9103040286
15	Jozy jan	1"	6005039146
16	Ayaan farooq	1"	7889464796
17	Zeeshan majeed	1"	9797175276
18	Nigeen fatima	1"	
19	Riyaz Ahmad Khandy	1"	7780994642
20			





### **Unity Run**



#### Office of the Principal Government Degree College

Vailoo Larnoo Anantnag





Date 30-10-2022

#### REPORT

While the whole Country is celebrating the National Unity Day, Department of Physical Education and Sports of the college organized "Run for Unity" to celebrate the National Unity Day, 2022, under the banner of Azadi ka Amrit Mahotsav. The run started from the campus to Draway Nematpora (2 Kilometres) in which more than 40 participants of both gender participated. The ceremony of the event concluded by taking Rashtriya Ekta Diwas Pledge









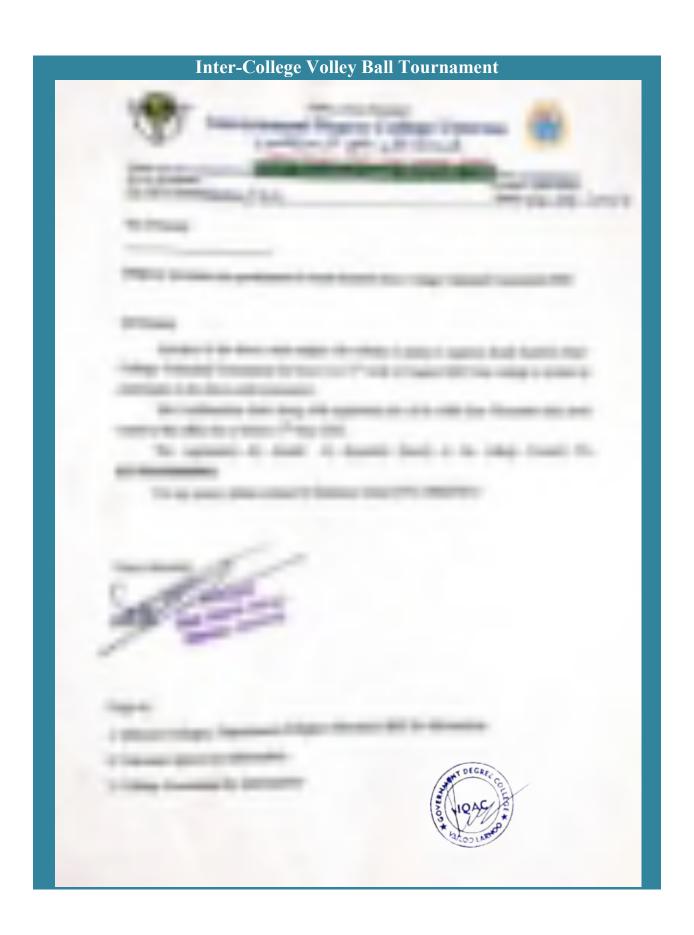
SD/ Dr.Syed Tanvir Indrabi Principal















### Week long sports activities to celebrate National sports Day



#### Department of Physical Education & Sports Government Degree College

Vailoo Larnoo Anantnag

Email: girlamoo@guail.com

Dated: 29/08/2023

#### REPORT

Govt. Degree College Vailoo Larnoo, 29/08/2023: Department of Physical Education & Sports organized National Sports Day by organizing different sports activities from 21st August to 29st August, 2023 such as Volleyball, Cricket, Badminton, Shotput, Javelin, Discuss throw, High Jump and Hockey Penalty shootout. On final Day (29st August, 2023) a long day sports festival was organized in which 100 athletes from different schools and host institution participated. A basic introduction regarding the fundamentals/ basics of badminton, volleyball, high jump, Shotput, discuss and javelin were given to young athletes from schools of block Larnoo. The day long sports festival was inaugurated by worthy Principal Dr. Syed Tanvir Indrabi by welcoming the athletes and stressed on the need to regularly participate in sports activities for a healthy living and good academic achievement, as scientific literature has indicated that regularly taking part in games and sports improve academic achievement. He also spoke about how sports can be helpful in preventing drug abuse among youth.

The proceedings of the daylong event were carried by Dr. Raof Ahmad Bhat, Head Department of Physical Education & Sports of the College.









## Department of Physical Education & Sports Government Degree College

## Vailoo Larnoo Anantnag

Email: gdclamoo@gnail.com

Dated: 29/08/2023













Dr. Raof Ahmad Bhat



## **Inter-College Volleyball Tournament**





