



Department of Physical Education & Sports  
Government Degree College  
Vailoo Larnoo Anantnag  
Email: [gdclarnoo@gmail.com](mailto:gdclarnoo@gmail.com)



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**Degree College Vailoo Larnoo, 29 August 2022:** Department of Physical Education and Sports of the College celebrated National Sports Day by organizing intra college Cricket and Volleyball competition. The day is celebrated to honor the Athletes and National sports teams that earned the country glory and respect. The day is celebrated every year on 29<sup>th</sup> of August, the birth date of Hockey legend, Major Dhyan Chand.

In the event of cricket (Men) four teams participated in which Warwan 11 emerge as winner by defeating Lessu 11 in the final match of the event. In women, two teams participated in which 3<sup>rd</sup> semester defeated 4<sup>th</sup> semester to emerge as the winner in women category. Two teams in men category participated in volleyball event in which Rising stars emerge as winner by defeating Larnoo Stars in the final set of the game.

In brief address to athletes and other students of the college, Dr. Raof Ahmad Bhat. Head Department of Physical Education & Sports stressed on the need and importance of accumulating recommended levels of Physical activity through participation in different sports and games keeping in view the rising levels of overweight and obesity in population of all ages.



Raof Ahmad Bhat, Ph.D