



Government of Jammu & Kashmir, India  
**GOVT. GENERAL ZORAWAR SINGH MEMORIAL DEGREE COLLEGE REASI**  
(Affiliated to University of Jammu)

**NAAC Accredited Grade B (CGPA 2.22)** **Estd. 2003**

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**NO.:** GZSMDC/RSI/23 NIL

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## **NSS Unit of Govt. Gen. Zorawar Singh Memorial Degree College, Reasi organized bunch of Sports Activities**

NSS Unit of Government General Zorawar Singh Memorial Degree College Reasi organized a bunch of sports activities as a part of National Sports Day Celebrations, 2023 to commemorate the birth Anniversary of India's Hockey Leged Major Dhyan Chand. The said activities were organized on the direction of the Ministry of Youth Affairs and Sports, Government of India under the "Fit India Mission" to promote a sense of fitness among the students and staff members.

The day started with a Road Race competition for both Men and Women sections from Mari Chowk to the College in which about 50 NSS volunteers and Students participated. Dr. Samriti Aggarwal, Associate Professor of Zoology flagged off the race along with other staff members including Prof. Ajay Kumar, NSS (P.O.), Prof. Kewal Krishan, Dr, Rajinder Kumar, Prof, Gaurav Gupta (Convener Sports Committee), Prof. Upasana, NCC Officer (Girls) etc. In the Road Race Mr. Sourav Sharma secured first position while Atul Kumar and Rohit Sharma remained in second and third positions respectively. In Girl's section, Vasudha Devi got first position while Poonam and Priya gave a tough fight to Vasudha but had to settle with second and third positions in the end.

The second event of the day was "Tug of War" in which the students were divided into four teams i.e. Mary Kon House, P.V. Sindhu House, Karman Maheshwari House and Deep Grace House in which Mary Kon House defeated P.V. Sindhu House to lift the first spot. The participants of the winner Mary Kom house were Vikrant Sharma, Atul Kumar, Samriti, Anshu, Vasudha, Vishali Rajput, Jyoti, Garima, Pallavi and Simran.

The day concluded with a fun game activity called "Human Chain" in which the students were divided into two equal groups and were given the task of making a chain with whatever resources they had at their disposal. The motive of this fun activity was to develop the presence of mind among the students as well as the sense to use the minimum resources available within a very short time to produce maximum results which is a core Life Skill nowadays. During the activity, two Alumni of the college namely Kavita Thakur and Bhawani Thakur (President Student Council, 2020) interacted with the students and shared their experiences during their stay in the college. Simultaneously, they also motivated the students to participate in sports and fitness activities to make India Fit and Healthy.

The one-day sporting event was organized as a part of the activity calendar of NSS and Sports Department issued earlier under the guidance of Dr. Kulvinder Kour, College Principal. NSS Program Officer, Prof. Ajay Kumar and Physical Training Instructor Mr. Shashi Kumar Sharma supervised the activities. The prize distribution function will be organised on the 29<sup>th</sup> of August, 2023 in order to pay tributes to India's Hockey Legend, Major Dhyan Chand Ji.



















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Sd/-  
**NSS Programme Officer**  
**GGZSMDC, Reasi.**