

Report On Tribute to Major Dhyan Chand, Fit India Pledge and Sports Activities

Occasion: National Sports Day

The Institute organized a series of **sports competitions and fitness activities** focusing on Indigenous Games, Indoor Games, Fun Games, and Stretching Exercises. The objective was to promote physical fitness, teamwork, and enjoyment while also encouraging awareness of traditional and modern recreational activities

Activities Conducted

Indigenous Games Competitions

To highlight the rich cultural heritage of India, various indigenous games were organized such as:

- **Tug of war** – The most thrilling event of the day, where teams competed with great energy and spirit, demonstrating strength, unity, and determination.
- **Fun Games** – A joyful event filled with laughter and quick reflexes.
- **Stretching Exercise** - After PT, a **stretching exercise session** was conducted under the guidance of the Physical Education Teacher. Students performed **Hands Up–Hands Down, Side Bends, Toe Touching, and Tadasana**, which improved flexibility and prepared them for the upcoming competitions.
- **Pledge Ceremony** - This created a sense of unity and responsibility among the participants.

Outcome

The competitions created an atmosphere of **enthusiasm, joy, and healthy competition**, ensuring holistic physical, mental, and social development. Winners were awarded certificates and prizes, while all participants gained valuable experiences of teamwork, discipline, and fair play.

Photos and Social Media Links

- Events pics uploaded on college Website <https://www.gitiwchd.edu.in/>
- Coverage on social media handles i.e. Facebook, Instagram, Twitter & Linked-in
- Photos/videos uploaded on the mention below link:- <https://events.dgt.gov.in/NSD-2025>



