

Sports Club Report

(2023-24)



G.H.G. Khalsa College of Education

Guruser Sadhar (Ludhiana)

NAAC Accredited 'A' Grade (Cycle-II) (CGPA = 3.30)

Website: - www.ghgkce.org

Email: - ghg_edu@yahoo.co.in

Ph. No. 01624-275228

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Student Exchange Programme

College undertook a remarkable initiative in the form of a student exchange programme with MIER College of Education, Jammu from February. This initiative was aimed at promoting cultural exchange and academic enrichment with the participating institution. The exchange programme was packed with a variety of activities designed to ensure a holistic experience for all the participants.



Spectacular Sports Achievements

Table Tennis Team of the College Won Bronze Medal

Table Tennis team (Boys) of G.H.G. Khalsa College of Education, Gurusar Sadhar brought laurels to the College by showing wonderful performance in Intercollege Sports Tournament organized by Panjab University, Chandigarh held on March 01, 2024. Table tennis team of college boys won the bronze medal in the tournament.



Achievement in Kheda Vatan Punjab Dian at Block Level

Students of the College performed splendidly in the Block Level Sports Competition under “Khela Vatan Punjab Dian” held at G.H.G. Khalsa College, Gurusar Sadhar. In the age group of 21-30 years, College Girls Volleyball, Kho-Kho and Tug of War teams secured first position. In Athletics, boys and girls of the College won 14 Gold Medals in different categories. Gurjit Singh won gold medal in 100m race while Hartej Singh won Gold medal in 800 m and 1500 m races. Kamaldeep Singh won one gold medal each in Discus throw and Shotput. Kamaldeep Kaur won one gold medal each in 400m race and Javelin throw while Ramandeep Kaur won one gold medal each in 200 m race and Shotput. In the age group of 31-40 years, Sumanjit Kaur won gold medal in Long jump. Simarpal Kaur won gold medal in Shot put and Discus throw. Gursharan aur won the bronze medal in Shot Put.



Achievement in Kheda Vatan Punjab Dian at District level

Students of the College performed marvelously in the Kheda Vatan Punjab Dian Sports Event-2023 at the District level. The College Kho-Kho team (Girls) won Gold medal while the Volleyball team of girls was placed at second position in the event. Kanu Priya, B.Ed. Students of the College won Gold Medal in Wrestling while Amrinder Singh won Silver medal in the Shooting competition. In athletics, Sandeep Kaur won Silver medal in Long Jump and Shot Put. Sumandip Kaur won bronze medals in Discus throw and Long jump. It is worth mentioning that at the District level College students won 44 Gold Medals, 14 Silver Medals and 03 Bronze Medals thereby winning a total of 61 medals. The College bagged first place amongst the Education Colleges of the district in Kheda Vatan Punjab Dian.



Panjab University Sports Meet of Evening and Educational Colleges

Students of the College performed marvelously in the Panjab University Annual Athletic Meet of Evening and Educational Colleges. The meet was held from November 25-27, 2023 at Panjab University, Chandigarh. The College won the overall trophy in the Women's Category. College won a total of 11 medals in the athletic meet. College student Sandeep Kaur won the Best Athlete trophy in the event. Besides this College girl students won gold medal in 4*100 m relay race. Kamaldeep Kaur won gold medal in Long jump and Javelin throw. Sandeep Kaur, another student, won a gold medal in the High Jump category. Gurpreet Kaur won gold medal and silver medal in 200 m race and long jump respectively. Among the boys team of the College, Tejinder Singh won Silver medal in Long Jump Category while Jashanpreet Singh won the Bronze medal in the Javelin throw.



Independence Day Celebration

77th Independence Day was celebrated with full fervor by the B.Ed. Semester III students in their respective internship schools. Various activities were organized by the interns on the occasion which included cultural performances, poster making and quiz competitions etc. The celebrations were aimed to foster a sense of patriotism and unity among the students.



National Sports Day

In order to celebrate the spirit of Sportsmanship College faculty and students celebrated National Sports Day on August 29, 2023. The day was celebrated both in the College campus as well as in the internship schools by semester II students of the College. The various activities organized on the occasion included Fitness pledge, indoor and outdoor games and lectures on the importance of sports in the life of students.

Swachhta Hi Sewa Campaign

The NSS Unit of the College as per the direction of Department of Higher Education, Govt. of Punjab organized a series of activities to commemorate the birth anniversary of Mahatma Gandhi. A plethora of activities were organized on this occasion in the College Campus. A Cleanliness drive was organized as the initial activity for the day where the students cleaned the College campus including classrooms, staff room, College Hall, parking area and various labs of the College. Students and faculty of the College also organized a rally on the ill effects of indiscriminate usage of plastic. During the awareness rally, students raised the slogan ‘Say no to Plastic and Save the Environment’. College students also created awareness among the local people about the harm of using single use plastic. Students visited the homes of the local people and made them aware of the dreadful impact of plastic on the environment. They also told them about the alternatives of using plastic and thereby helping in sustaining a clean and green environment. Students of the College participated in Slogan writing activity. They prepared various slogans to highlight the need of saving the environment from harmful plastics.

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Republic Day Celebration

The Social Vision Club of the College celebrated 75th Republic Day with patriotic fervour. After the flag hoisting and oath taking ceremony, a cultural programme was organized by the students of the College to mark the event. The cultural programme commenced with the College Shabad Deh Siva Var Mohi Ihai followed by a welcome speech by Dr. Jasleen Kaur, In-charge Social Vision Club. Ashmeet Kaur, from B.Ed. Semester I delivered a speech on “Importance of

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Celebrating Republic Day” while Himanshu from PGDGC recited a beautiful poem on the theme “Patriotism”. The students of B.Ed. and M.Ed. filled the atmosphere with a sense of patriotism by performing dances on the patriotic songs. Chetna, another B.Ed. student enthralled the audience with her melodious song dedicated to the Republic Day.



Annual Athletic Meet

Annual Athletic Meet of G.H.G. Khalsa Colleges was held on February 20, 2024 the event witnessed enthusiastic participation from students, faculty and staff marking a day of sportsmanship teamwork and vibrant athletic display. A variety of Athletic events ranging from track and field events but organized on the occasion Sandeep Kaur and Hartej Singh from PG diploma and B.Ed semester 4 respectively were declared as best athletes among girls and boys respectively.

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Cycle rally and special lecture dedicated to the Birth Anniversary of Shaheed-e-Azam Bhagat Singh

NSS Wing, Punjabi Sahitya Sabha and Social Vision Club of G.H.G. Khalsa College of Education, Gurusar Sadhar commemorated the birth anniversary of Shaheed Bhagat on March 23, 2024. The day was jointly celebrated by the G.H.G. Khalsa College of Education, G.H.G. Khalsa College, and G.H.G. Khalsa College of Pharmacy. A bicycle rally was taken out by the students and teachers at 7.00 am. This rally was flagged off from G.H.G. Khalsa College to G. H. G. Khalsa College of Education and passing through Sadhar market and Exchange road finally reached Degree College. A special lecture related to the life of Shaheed Bhagat Singh was organized at 11.00 on the initiative of Punjabi Sahitya Sabha of the college, the topic of which was A Glimpse on the Life of Shaheed Bhagat Singh. Degree College Principal Prof. Inderjeet Singh while addressing the students on the occasion said that Bhagat Singh's life was greatly influenced by the social conditions of his time. Prof. Inderjeet encouraged the students to emulate Bhagat Singh's courage

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and dedication in the pursuit of a better future for our country. Dr. Pargat Singh Garcha while speaking on the occasion said that Bhagat Singh is the name of an ideology. He further said that his legacy inspires us to uphold the values of freedom, justice and equality. In the second phase of the day at one o'clock, a special symposium was organized by the Punjabi Sahitya Sabha in the library of B.Ed. College, the topic of which was the “story of Shaheed-e-Azam Sardar Bhagat Singh”. On this occasion Dr. Jagjit Singh from Punjabi Sahitya Sabha of the college gave a detailed lecture on Bhagat Singh Ji’s life and teachings. In the end, this special symposium was concluded with the musical sounds of the words “Hind Vasio Rahana Yaad Sanu...” by all the teachers and students of the college. S. Manjit Singh Gill, President College Governing Council and Dr. S. S. Thind, Secretary College Governing Council appreciated the efforts of faculty and the students for organizing the events.



International Yoga Day

In order to promote the physical, mental, and spiritual benefits of yoga among students, faculty, and the broader community, NSS Wing and Red Ribbon Club of the College celebrated International Yoga Day on June 21, 2024 by conducting an online session. The celebration began with an inspiring opening address by Dr. Jagjit Singh, NSS Programme Officer in College, who emphasized the importance of incorporating yoga into daily routines for improved physical and mental health. The event featured interactive yoga sessions led by esteemed yoga instructor Ms.

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Satleen Kaur, from Guru Nanak International Public School, Ludhiana who guided participants through a series of postures and breathing exercises. Dr. Mini Sharma, NSS Programme Officer in the College extended a vote of thanks at the end of the event.

