

Proposed Sports activity Calander/Plan

Department of Sports

RGGC. Saha

Session – 2024-25

Sr. no	Name of sports activity to be organized/practiced	Sports activity to be organized/practiced in the month
1	Football, Badminton, Table-Tennis, Cricket, Track & Field, Kabaddi, Martial Arts, Volleyball, Kho-Kho etc.	These sports activities will be practiced regularly throughout the session for the preparation of various DGHE sponsored state competitions and kuk sponsored Inter College Championship.
2	Intra- Mural Sports competitions in the above cited sports	August-2024 Sept-2024 Oct.-2024 Nov.-2024 Feb.-2025 March-2025
3	Various Selection Trials In the above cited Sports	Whenever the sports competition schedule is received
4	18 th Annual Athletic Meet of the College	Oct./Nov./2024
5	Yoga/Meditation workshop	Jan/Feb. 2025
5	Yoga Practices in Yoga Centre of the College	Regularly, as per the time-table/vacant period throughout the session
6	Indoor and outdoor Gym. Facility in the college	Regularly, as per the time-table/vacant period throughout the session
7	Celebration of International Yoga Day	21 June 2025

Objectives: -

- to motivate/encourage the maximum students for sports activities.
- to identify the hidden sports talent.
- to motivate/encouraged maximum students and staff towards Yoga/Yoga asanas
- to motivate/encouraged the maximum students towards fitness through the available Gym facility.
- to achieve the goals of sports policy.
- overall development of the students.
- to develop a Sports Culture in the College.

Sports committee



Principal