

SHRI LAL BAHADUR SHASTRI DEGREE COLLEGE, GONDA

AN REPORT ON NATIONAL SPORTS DAY 2026

Three-Day Sports Competition, Yoga Camp and Felicitation Programme

Name of the Institution: Shri Lal Bahadur Shastri Degree College, Gonda

Event: National Sports Day 2026

Theme: Promotion of Sports, Physical Fitness, Yoga and Healthy Lifestyle

Duration: Three Days(29 August,2026 to 31 August,2026)

Venue: Main Campus, Shri Lal Bahadur Shastri Degree College, Gonda

Major Activities: Kabaddi, Volleyball, Badminton, Basketball and Yoga

Participation: More than 100 students

Organizing Unit: Sports Council and IQAC

Sports Coordinator: Dr. Santosh Kumar Srivastava

1. INTRODUCTION

Shri Lal Bahadur Shastri Degree College, Gonda, celebrated **National Sports Day 2026 on 29 August,2026** with great enthusiasm to commemorate the birth anniversary of the legendary Indian hockey player **Major Dhyan Chand**. In order to promote physical fitness, sportsmanship, teamwork, discipline and a healthy lifestyle among students, the college organized a comprehensive **three-day sports and fitness programme**.

The programme included competitive sporting events such as **Kabaddi, Volleyball, Badminton and Basketball**, along with a special **Yoga Camp** under the *Khelo India* initiative. The event provided students with opportunities to demonstrate their sporting abilities, develop team spirit and understand the importance of physical and mental well-being.

More than **100 students** participated actively in the various activities.

2. OBJECTIVES OF THE PROGRAMME

The major objectives of organizing National Sports Day 2026 were:

1. To commemorate the birth anniversary of Major Dhyan Chand and create awareness about his contribution to Indian sports.
2. To promote sports and physical fitness among college students.
3. To encourage students to participate regularly in sports and recreational activities.
4. To develop **discipline, teamwork, leadership and sportsmanship** among students.
5. To provide students with a platform to identify and develop their sporting talent.
6. To promote the importance of yoga, meditation and physical exercise.
7. To create awareness regarding healthy and balanced living.
8. To encourage active participation of both male and female students in sports.

9. To strengthen the culture of sports and physical activity within the institution.
 10. To promote the spirit of **“Healthy India • Active India • Sporting India.”**
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3. INAUGURAL PROGRAMME

The three-day programme commenced at the main campus of the college in the presence of distinguished guests, faculty members and students.

The **Chief Guest, Ms. Varsha Singh**, Vice-President, Management Committee, graced the inaugural programme. The distinguished guests included **Mr. Umesh Shah**, Secretary, Management Committee; **Dr. Omkar Pathak**, Retired Former Chief proctor; and **Mr. Sanju Chhabra**, Member, Management Committee.

The dignitaries participated in badminton and encouraged the students to take an active interest in sports.

The **Officiating Principal, Prof. Jitendra Singh**, addressed the participants and emphasized the importance of sports in the holistic development of students. He advised the participants to maintain discipline, fair play and sportsmanship throughout the competitions.

The programme was successfully coordinated and conducted by **Dr. Santosh Kumar Srivastava, Sports In-charge/Coordinator**.

4. DAY-WISE ACTIVITIES

DAY 1 – Inauguration and Preliminary Competitions

The first day began with the inauguration of the three-day sports programme. Preliminary competitions were organized in:

- Kabaddi
- Volleyball
- Badminton

Kabaddi – Men's Category

Position	Team	Score
First	Amresh Tiwari's Team	28
Second	Vishal Gupta's Team	16

Volleyball – Men's Category

Position	Team	Score
First	Akash Kumar's Team	25
Second	Durgesh Kumar Tripathi's Team	21

Adequate arrangements for **drinking water, refreshments and first-aid facilities** were made for participants and supporting personnel. **Dr Arun Kumar Verma and Ms Rukhsana Begum** Played the role as referee in first day events.

DAY 2 – Final Competitions

The second day witnessed the final matches of Kabaddi, Volleyball and Badminton. Despite heavy rainfall, students participated with considerable enthusiasm and determination.

Men's Kabaddi Final

Winner: Vishal Gupta's Team – 21 points

Runner-up: Amresh Tiwari's Team – 16 points

Winning Team: Vishal Gupta, Nageshwar Verma, Suraj Kumar, Vaibhav Bharti, Aman Dubey, Rahul Pandey and Manish Dubey.

Runner-up Team: Amresh Tiwari, Mihir Pandey, Santosh Kumar, Devansh Shukla, Shiva Singh, Anmol Tiwari and Sacchidanand Singh.

Women's Kabaddi Final

Winner: Rukhsana's Team – 15 points

Runner-up: Padmini Yadav's Team – 9 points

Winning Team: Rukhsana, Noorussaba, Gyanu, Anushka Pandey, Manisha Kashyap, Rekha Kashyap and Vishekhi Kashyap.

Runner-up Team: Sahiba Bano, Aaradhya Singh, Jyoti Tiwari, Mahima, Saniya Bano and Tanisha.

Men's Volleyball Final

Winner: Akash Kumar's Team – 25 points

Runner-up: Durgesh Kumar Tripathi's Team – 21 points

Winning Team: Akash Kumar, Devansh Shukla, Aman Dubey, Sarvagya Chaurasia, Rahul Mishra, Vaibhav Bharti, Abhay Tiwari, Rahul Pandey and Amar Singh.

Runner-up Team: Durgesh Kumar Tripathi, Sameer, Manish Dubey, Akshay Babu, Adarsh Goswami, Ojas Pratap Singh, Imran, Shivam Tiwari and Gaurav Dubey.

Badminton Finals

Men's Doubles:

Winner – Pranjal Sharma & Durgesh Kumar Tripathi – 21 points

Runner-up – Suraj Prakash Pankaj & Devansh Mishra – 16 points

Women's Doubles:

Winner – Noorussaba & Anushka Pandey – 21 points

Runner-up – Padmini Yadav & Aaradhya Singh – 16 points

Women's Singles:

Winner – Rukhsana – 15 points

Runner-up – Mahima – 6 points

The final competitions were conducted under the supervision of **Dr. Santosh Kumar Srivastava, Sports Coordinator**. **Dr. Arun Kumar Verma, Sports Secretary**, performed the duties of referee and ensured the systematic conduct of the matches. **Ms. Rukhsana Begum, Sports Coach**, provided assistance in the organization of the events.

The Officiating Principal, **Prof. Jitendra Singh**, encouraged the participants and appreciated their dedication towards sports.

5. DAY 3 – YOGA, FITNESS AWARENESS AND FELICITATION

The third day of the programme focused on **Yoga, physical fitness, healthy lifestyle awareness and recognition of sporting achievements**.

A **Yoga Camp was organized at 7:00 a.m.** under the *Khelo India* initiative and under the direction of the Officiating Principal, Prof. Jitendra Singh.

Yoga Instructor Mr. Sudhanshu Dwivedi provided practical training in:

- Various Yoga Asanas
- Pranayama
- Meditation
- Breathing techniques
- Physical and mental relaxation

The students were made aware of the importance of regular yoga practice in maintaining flexibility, strength, balance, concentration and mental well-being.

Prof. Jitendra Singh emphasized that yoga is not merely a physical exercise but an effective means of maintaining a **healthy and balanced lifestyle**.

Dr. Rekha Sharma encouraged students to adopt the spirit of:

“Healthy India • Active India • Sporting India”

6. FELICITATION OF WINNERS AND PARTICIPANTS

As part of the concluding activities, winners and runners-up of the various sporting events were felicitated.

Students participating in:

- Kabaddi
- Volleyball
- Badminton
- Basketball

were recognized for their performance and participation.

Medals and certificates were awarded to the winners and runners-up in recognition of their achievements and contribution to the successful conduct of the sports programme.

The Sports Coordinator, **Dr. Santosh Kumar Srivastava**, also informed the students about various sports-related activities and opportunities available in the college.

7. PARTICIPATION

More than **100 students** participated in the three-day programme.

Participation was encouraged among both **male and female students**, with separate events organized wherever applicable.

Major Participating Groups

Category	Activities
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Male Students	Kabaddi, Volleyball, Badminton, Basketball
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Female Students	Kabaddi, Badminton, Basketball
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General Fitness	Yoga, Pranayama and Meditation
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The enthusiastic participation of students, even in adverse weather conditions, reflected their commitment towards sports and physical fitness.

8. OUTCOMES OF THE PROGRAMME

The programme achieved the following major outcomes:

8.1 Promotion of Physical Fitness

Students were encouraged to participate actively in sports and physical activities, contributing to awareness of fitness and well-being.

8.2 Development of Sportsmanship

The competitions provided students with practical experience of teamwork, fair play, discipline and healthy competition.

8.3 Identification of Sporting Talent

The event provided a platform for identifying students with potential in different sporting disciplines.

8.4 Gender-inclusive Participation

Separate competitions for male and female students encouraged wider participation and opportunities for sporting achievement.

8.5 Promotion of Yoga

The Yoga Camp created awareness about yoga, pranayama and meditation as components of a healthy lifestyle.

8.6 Leadership and Teamwork

Participation in team games helped students develop leadership, coordination, communication and cooperation skills.

8.7 Institutional Sports Culture

The programme strengthened the culture of sports and physical activity within the college.

8.8 Student Motivation

The felicitation with medals and certificates encouraged students to continue participating in sports and represent the institution in future competitions.

9. FACILITIES AND SUPPORT PROVIDED

The college administration made appropriate arrangements for the smooth conduct of the programme, including:

- Drinking water facilities
- Refreshments
- First-aid kit
- Sports equipment and playing facilities
- Refereeing and technical support
- Faculty coordination
- Yoga instruction
- Medal and certificate distribution

These arrangements helped ensure the safe and systematic conduct of the activities.

10. ORGANIZING TEAM AND CONTRIBUTORS

The successful organization of the programme was made possible through the active support and cooperation of the college administration, faculty members and sports personnel.

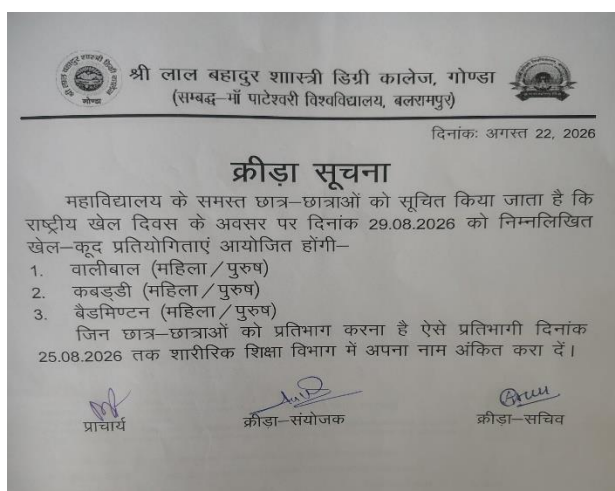
Key Contributors

- **Prof. Jitendra Singh** – Officiating Principal
- **Dr. Santosh Kumar Srivastava** – Sports In-charge/Coordinator
- **Dr. Arun Kumar Verma** – Sports Secretary/Referee
- **Ms. Rukhsana Begum** – Sports Coach
- **Dr. Pooja Yadav**
- **Dr. Arun Kumar Verma**

- Dr. Vivek Singh
- Dr. Arun Pratap Singh
- Dr. Ajit Mishra
- Dr. Ramit Patel
- Dr. Harish Shukla
- Dr. Karunesh Dubey
- Dr. Chaman Kaur
- Dr. Rekha Sharma
- Yoga Instructor Sudhanshu Dwivedi
- Yoga Instructor Ashish
- Surendra
- Other supporting faculty members and staff

The collective efforts of the organizing team contributed significantly to the successful completion of the programme.

11. PHOTOGRAPHIC EVIDENCE



Notice for Sports Competition on National Sports Day and Inaugural Session (Day First)



Chief Guest and Special Guest playing badminton



Kabaddi Competition for male and female



Final Match of Kabaddi (Day Second)



Volleyball Competition for male and Badminton Competition for female



Yoga Competition and Prize distribution ceremony (Day Third)

गोण्डा। प्रधानमंत्री खेलो इंडिया अभियान के तहत श्री लाल बहादुर शास्त्री डिग्री कॉलेज में योग शिविर एवं खेल प्रतियोगिता आयोजित हुई। प्रभारी प्राचार्य प्रो. जितेंद्र सिंह ने विद्यार्थियों से खेल और योग को दैनिक जीवन का हिस्सा बनाने की अपील की। योगाचार्य सुधांशु द्विवेदी ने योगासन, प्राणायाम व ध्यान का प्रशिक्षण दिया। डॉ. रेखा शर्मा ने विद्यार्थियों को स्वस्थ भारत-सक्रिय भारत-खेलता भारत की भावना से जुड़ने का संदेश दिया। क्रीड़ा संयोजक डॉ. संतोष कुमार श्रीवास्तव के मार्गदर्शन में कबड्डी, वॉलीबॉल, बैडमिंटन व बास्केटबॉल प्रतियोगिता के विजेताओं को मेडल व प्रमाणपत्र दिए गए।

श्री लाल बहादुर शास्त्री डिग्री कॉलेज में योग शिविर एवं खेल प्रतियोगिताओं के विजेताओं का हुआ सम्मान



एलबीएस पीजी कॉलेज में तीन दिवसीय खेल प्रतियोगिता का समापन



The **National Sports Day 2026** celebration at **Shri Lal Bahadur Shastri Degree College, Gonda**, successfully combined competitive sports, physical fitness, yoga and student recognition. The three-day programme provided students with meaningful opportunities to participate in sports, demonstrate their abilities and develop qualities such as discipline, teamwork, leadership and sportsmanship.

The programme concluded with the recognition of outstanding sporting performances through medals and certificates. The initiative reaffirmed the college's commitment to promoting **sports, fitness, wellness and holistic student development**.

Shri Lal Bahadur Shastri Degree College, Gonda