

# Sports Activity Report (2024–25)

Department of Physical Education  
RKMV Shimla

The Department of Physical Education, RKMV Shimla, successfully organized various sports and fitness activities during the academic session **2024–25** with the objective of promoting physical fitness, mental well-being, teamwork, leadership, and sportsmanship among students. The details of the activities conducted are as follows:

## 1. International Yoga Day (21st June 2024)

### Objective:

To create awareness about the importance of yoga for physical, mental, and spiritual health.

### Activities Conducted:

A mass yoga session was organized within the college campus. Students, faculty members, and staff actively participated in performing various yogic asanas, pranayama, and meditation under expert guidance. The session emphasized adopting yoga as a daily lifestyle practice.

### Number of Participants:

**300 participants**



### Outcome:

The event helped in spreading awareness about holistic health and encouraged participants to incorporate yoga into their daily routine.

## 2. National Sports Day (29th August 2024)

### Objective:

To commemorate the birth anniversary of Major Dhyani Chand and to promote sports culture and physical activity among students.

### Activities Conducted:

Various sports activities, friendly matches, and awareness programmes highlighting the

*Anusha*  
PRINCIPAL  
Rajkiya Kanya Mahavidyalaya  
RKMV Shimla

importance of sports in personality development were organized. Students enthusiastically participated in large numbers, reflecting a strong sporting spirit.

**Number of Participants:**

**1000 participants**



**Outcome:**

The celebration motivated students to actively engage in sports and adopt a physically active lifestyle.

**3. Intramural Competitions (2024–25)**

**Objective:**

To encourage mass participation in sports, develop leadership qualities, teamwork, discipline, and competitive spirit among students.

**Games Conducted and Participation Details:**

S. No.	Game	Number of Participants
a.	Volleyball	60
b.	Kho-Kho	48
c.	Table Tennis	16
d.	Chess	12
e.	Badminton	10
f.	Kabaddi	36
g.	Basketball	38

**Total Participants in Intramurals:**

**220 participants**

**Outcome:**

The intramural competitions provided a vibrant platform for students to showcase their sporting skills, fostered unity, and enhanced overall physical fitness and mental resilience.

*(Signature)*  
PRINCIPAL  
Rajkumari Shiksha Niketan  
Shiksha Niketan  
Shiksha Niketan

## Overall Participation Summary (2024–25)

Activity	Number of Participants
International Yoga Day	300
National Sports Day	1000
Intramurals (All Games)	220
<b>Grand Total</b>	<b>1520 Participants</b>

### Conclusion

The academic session **2024–25** witnessed enthusiastic participation in sports and fitness activities at RKMV Shimla. These programmes played a significant role in nurturing physical health, social interaction, leadership, and discipline among students. The Department of Physical Education remains committed to organizing such activities to promote a strong sporting culture in the institution.

### Prepared by:

**Dr. Jitender Thakur**

Assistant Professor

Department of Physical Education

RKMV Shimla

  
PRINCIPAL  
Rajendra Prasad Mahavidyalaya  
RKMV Shimla

### 2.14.iii Intra College Co-Curricular Activities

S.N O	INTRA-COLLEGE EVENTS	No. of students	SUPPORTING DOCUMENT
1.	31 <sup>st</sup> August 2024 - Freshers' Day Celebration	80	
2.	06 September 2024 - Women Safety Workshop	30	
3.	16 October 2024 - Annual Prize Distribution Ceremony	60	

4.	12 March 2025 - Farewell Ceremony	80	
5.	13 March 2025 - Holi Celebration	40	

  
 PRINCIPAL  
 Rajendra Kanya Mahavidyalaya  
 RKMV Shimla-1