



## Department of Physical Education

Janta Vedic College, Baraut, Baghpat – 250611

### 1. Best Practice: Sports Promotion (January to June-2025)

#### Objectives:

- To revive indigenous sports.
- To inculcate healthy and fitness-related habits among youth.
- To identify and nurture rural sports talent.
- To promote community participation and cultural heritage.

#### Activities

##### Wushu Championship

- We organized Inter-Collegiate Wushu Championship M/W on 4<sup>th</sup> February 2025
- 13 teams in each category participated from various affiliated colleges of C.C.S. University
- Not a single objection or appeal regarding officiating came across before jury



##### Annual Sports Meet

We organized Annual Sports Meet M/W from 5 to 6<sup>th</sup> March 2025

- Approx 200 students took part enthusiastically
- 100, 200, 400, 1500 Mtr; Long Jump, Tug of War and Cricket were the events
- Tug of War, 100Mtr and Cricket were also organised for staff members



## 2. Best Practice: Yoga and Physical activity (January to June-2025)

The International Yoga Day 2025 was celebrated on the serene morning of **21st June 2025** in the lush green central lawn of the college. The event was conducted by **Mr. Anant Kumar**, Assistant Professor, Physical Education, and Yoga Nodal Officer for this program.



**Anant Kumar**  
In-Charge, Dept. of Physical Education  
CC to. 1. IQAC  
2. College Website

**Dr. Virendra Pratap Singh**  
Principal