



Department of Physical Education
Janta Vedic College, Baraut, Baghpat – 250611

Best Practice: Sports & Physical Activity (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 07th 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 6th 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, 100 Mtr and Cricket were also organized for staff members.



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

Dr. Virendra Pratap Singh
Principal

CC to, 1. IQAC
2. College Website

2. Best Practice: Human Chain and Road Safety Awareness Campaign (2024-25)

On 23 January 2025, the NSS unit of Janta Vedic College, Baraut organized a Human Chain and Road Safety Awareness Campaign at 1:00 PM. NSS volunteers actively participated by preparing slogans and posters to spread awareness about road safety.

NSS Programme Officers Dr. Amit Nagar, Dr. Mukesh Kumar, and Dr. Indu, along with NCC Officer Lt. Dr. Vijaypal Singh, administered a road safety pledge to students. Volunteers and NCC cadets also interacted with commuters, encouraging them to follow traffic rules and wear helmets.

Students delivered short speeches on road safety, making the program more impactful. The event was successfully coordinated by Dr. Mukesh Kumar, and the vote of thanks was given by Dr. Amit Nagar.

This initiative reflects the institution's best practice of promoting social responsibility and community awareness through student engagement.

