





**GOVT. P.G. COLLEGE, SECTOR-1, PANCHKULA**  
**SPORTS ACTIVITIES ORGANISED DURING THE SESSION 2020-21**

Name of Sports Activity-> **PHYSICAL EDUCATION/ SPORTS CLUB**

Month/ Date	Activity Conducted	Purpose	Number of Participants
22-01-2021	Organised Intra- mural Kabaddi (M) Tournament.	Organised by Physical Education Department and the Sports Club.	4 teams (48 players)
28-01-2021	Organised Intra- mural Volleyball (M) Tournament.	Organised by Physical Education Department and the Sports Club. To motivate the other students so that they should participate in Sports.	7 teams (84 players)
29-01-2021	Organised Intra- mural Hockey (M & W) Tournament.	Organised by Physical Education Department and the Sports Club.	4 teams (48 players)
18-06-2021 to 21-06-2021	Yoga in Practice (Resource Person- Dr. Gyanendra Tripathi)	Celebrate International Yoga Day	Staff and B.P.Ed students

**OFFICIALS:**

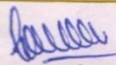
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 Department of Physical ducation  
 Govt. P.G. College, Sector-1  
 Panchkula

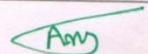


## Academic Calender 2020-21 Department Of Physical Education

October '20	Lecture On Fitness & Wellness (Fitness At Home)
November	Yoga & Meditation Practice To Improve Immunity During Covid-19
December	Lecture On Balanced Diet For Good Health and Healthy Living
January '21	Inter-Class Hand Ball Competition
February	Athletic Meet
March	Cricket Intra-Mural Tournament
April	Foot-Ball Inter-Class Tournament
May	Tug-Of-War Competition

  
(Srupinder Mahal)

*Deptt. Of Phy. Edu.*

  
(Principal)



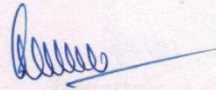
## REPORT

### Intramural Kabaddi Tournament

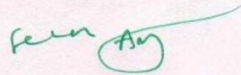
दिनांक : 22/01/2021

राजकीय महाविद्यालय के Department of Physical Education ने Kabaddi Intramural Tournament दिनांक 22/01/2021 को करवाया जिसमें महाविद्यालय की चार टीमों ने भाग लिया तथा इस Tournament का उद्घाटन कॉलेज के प्राचार्या महोदय Dr. Archana Mishra द्वारा किया गया। उन्होंने विद्यार्थियों को खेलों में बड़ चढ़ कर भाग लेने के लिए परोत्साहित किया। इस प्रतियोगिता का फाइनल मैच बड़े ही उत्साहपूर्वक वातावरण में खेला गया जो कि College Hostel और B.A.-III के मध्य हुआ। College Hostel की टीम ने 47/36 का स्कोर बना कर B.A.-III की टीम पर विजय प्राप्त कर प्रतियोगिता में प्रथम स्थान प्राप्त किया। महाविद्यालय द्वारा सभी प्रतिभागियों को रिफ्रेशमेंट पर्दान कि गयी। इस अवसर पर Mrs. Srupinder Mahal, Dr. Ram Mehar, Mr. Partap Singh, Dr. Vijay Kumar, Mr. Parveen Kumar, Mr. Anvir Singh व अन्य सदस्य मौजूद रहे।

यह हमारे महाविद्यालय के लिए बहुत ही हर्षोउल्लास एवं गौरव का अवसर रहा।



Department of Physical Education



## REPORT

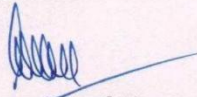
### Intramural Hockey Tournament

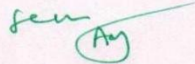
दिनांक : 29/01/2021

राजकीय महाविद्यालय के Department of Physical Education ने Hockey Intramural Tournament दिनांक 29/01/2021 को करवाया जिसमें महाविद्यालय की चार टीमों ने भाग लिया तथा इस Tournament का उद्घाटन कॉलेज कि प्राचार्या महोदय Dr. Archana Mishra द्वारा किया गया । उन्होंने विद्यार्थियों को खेलों में बड़ चढ़ कर भाग लेने के लिए प्रोत्साहित किया । इस प्रतियोगिता का फाइनल मैच बड़े ही उत्साहपूर्वक वातावरण में खेला गया जो कि B.A-I और B.P.Ed-I के मध्य हुआ । B.P.Ed-I की टीम ने 3-2 से जीत कर B.A-I की टीम पर विजय प्राप्त कर प्रतियोगिता में प्रथम स्थान प्राप्त किया । महाविद्यालय द्वारा सभी प्रतिभागियों को रिफ्रेशमेंट प्रदान कि गयी । विभाग की अध्यक्ष Mrs. Srupinder Mahal ने कहा कि कोरोना काल की नकारात्मकता के चलते यह आयोजन महाविद्यालय में सकारात्मक उर्जा भरने की एक सफल पहल हैं ।

इस अवसर पर एमडीयू के पूर्व स्पोर्ट्स डायरेक्टर और हॉकी खिलाड़ी डॉ. केवल सिंह और रिटायर्ड जॉइंट डायरेक्टर एचईएस डॉ. आरएस सांगा ने बतौर विशेष अतिथि शिरकत की ।

इस अवसर पर Mrs. Srupinder Mahal , Dr. Ram Mehar, Mr. Partap Singh, Dr. Vijay Kumar, Mr. Parveen Kumar, Mr. Anvir Singh व अन्य सदस्य मौजूद रहे । यह हमारे महाविद्यालय के लिए बहुत ही हर्षोउल्लास एवं गौरव का अवसर रहा ।

  
Department of Physical Education





## आवश्यक सूचना

(हॉकी, फुटबॉल और कबड्डी प्रतियोगिता)

महाविद्यालय के सभी छात्रों को सूचित किया जाता है कि महाविद्यालय का शारीरिक शिक्षा विभाग Intra-mural Hockey, Volleyball and Kabaddi (National Style) Tournament 2020-21 का आयोजन दिनांक 22/01/2021 से 25/01/2021 को करवाने जा रहा है जो विद्यार्थी इन खेलों में भाग लेना चाहते हैं वह अपनी Streams के हिसाब से टीम बनाकर Physical Education Department से दिनांक : 19/01/2021 तक संपर्क करें। अगर कोई टीम तैयार नहीं होती है तो टीम कैंसिल कर दी जाएगी।

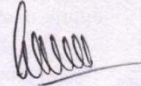
Sr. No.	Game	Incharge
1	Kabaddi	Mr. Parveen Kumar
2	Hockey	Mrs. Srupinder Mahal
3	Volleyball	Dr. Vijay Kumar

### प्रतिभागी टीम

- A- B.A. I, II, III
- B- B.Com. I, II, III
- C- B.Sc. I, II, III
- D- M.A., BCA & BMC

Date :- 14/01/2021

प्राचार्या  
PRINCIPAL  
Govt. College Panchkula  
राजकीय महाविद्यालय  
पंचकुला



अमर उजाला 13/2/2021

न्यूज डायरी

## महिला उद्यमियों ने दिखाई प्रतिभा



प्रदर्शनी का निरीक्षण करतीं प्रिंसिपल अर्चना मिश्रा।

पंचकूला। सेक्टर-1 स्थित सरकारी पोस्ट ग्रेजुएट कॉलेज में महिला उद्यमियों की एक प्रदर्शनी-सह-बिक्री का आयोजन किया गया। उच्च शिक्षा विभाग हरियाणा सरकार की एक पहल 'स्टार्टअप इन्व्यूबेटर सेंटर ऑफ एक्सीलेंस' द्वारा एक प्रदर्शनी का आयोजन किया गया। इसमें छात्राओं ने अपने उत्पाद की प्रदर्शनी लगाई। सेक्टर-1 कॉलेज ने अपने छात्राओं द्वारा कला, शिल्प और कपड़े की विशेषता वाले नवोदित उद्यमियों को बढ़ावा देने के लिए इस कार्यक्रम का आयोजन किया। इन छात्र उद्यमियों का स्टार्टअप विंटर स्कूल 2021 के दौरान स्टार्टअप इन्व्यूबेटर द्वारा मार्गदर्शन किया गया। इस दौरान उन्हें बाजार अनुसंधान, मूल्य निर्धारण से लेकर विपणन और बिक्री तक उद्यमिता के विभिन्न पहलुओं पर प्रशिक्षित किया गया। सत्र का उद्घाटन अर्चना मिश्रा प्रिंसिपल गवर्नमेंट कॉलेज सेक्टर-1 ने किया। उन्होंने कॉलेज के छात्राओं के स्टार्टअप को प्रेरित किया और विभिन्न अवसर प्रदान कर उनके विकास का समर्थन बढ़ाया। ब्यूरो



# 24-yr-old takes small bite out of huge LED pie, creates jobs

**T**he bug of entrepreneurship can bite anyone at any juncture of life. But one thing is for sure, either you win big or you learn big.

24-year-old Ram Parshad was struggling with depressing times he had to face during the Covid-19 lockdown in India. Being raised by parents working as daily wagers, Ram's path was set from his early age.

Studying hard and getting a job if you do not want to struggle for basic survival was his mantra. He did his schooling from Sirsa and later moved to Panchkula for higher studies. Then came the time for putting his educational skills at work and he got a job too.

However, Covid-19 lockdown took his job, which affected him financially as well as psychologically.



The frustration was such that he became hopeless and suicidal.

He then used his time in learning new skills from the internet to divert his mind. As he dived into stories about people who got successful at creating business, he was bitten by new venture bug. During his online research, he came across some stories about making and selling light emitting diodes (LEDs) with low investments.

He made a small investment of Rs 2,499 to buy a LED assembly kit and there was no looking back. The initial 100 bulbs that he made at home using this kit gave him confidence to create a high quality product with a small setup.

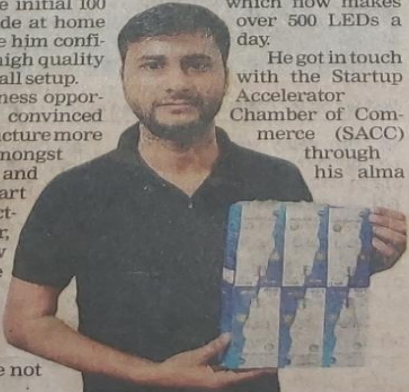
He saw a business opportunity here and convinced himself to manufacture more LEDs for selling amongst his peer group and neighbours to start with. As he connected the dots together, he realised how huge margins were made by major brands. He researched more to find out that the rural customers were not



Bharat Light provides its retail and wholesale customers an impressive range of 26 types of products

happy spending on expensive products offered by bigger companies.

This helped him decide that he would build a lighting solutions company focused mainly on quality and price sensitive rural customers. Thus was born Bharat Light, which now makes over 500 LEDs a day.



He got in touch with the Startup Accelerator Chamber of Commerce (SACC) through his alma

**Ram is hopeful of taking a small portion of the big pie for creating a large employment opportunity for the rural students like him**

mater, where a startup incubator is run by the SACC and the department of higher education, Haryana.

SACC helped him get hold of the right mentors for getting answers to all the questions he had. From helping create a business model to setting the right pricing strategy and getting legal and financial expertise, the SACC accelerated Bharat Light's startup journey manifold.

In the rural areas of Himachal Pradesh, Haryana and Rajasthan, Bharat Light provides its retail and wholesale customers an impressive range of 26 types of products. The startup has managed to become profitable within nine months.

Being a competitive market led by big brands, he was guided by the SACC.

"I always wanted to do something for others. Raised in the rural areas of Haryana, I was well versed with the challenges of improper electrification and expensive lighting products," said Prasad.

Bharat Light today offers outdoor LED bulbs, shop lighting, office LEDs, lighting lamps and home decor LED lights. It has assembling units in Sirsa, Panchkula and Mandi.