



GAMES AND SPORTS, HGC

1. One Week Women's Self Defence & Fitness Workshop From 6th February To 2nd March 2024



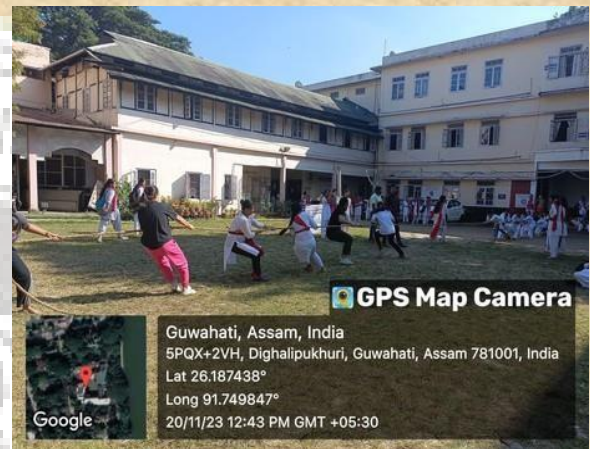
Sports, Physical Fitness and Gym Club in collaboration with Games and Sports, HGCSU and HGC Taekwondo under the aegis of IQAC, Handique Girls' college has organized one week women's self Defence & Fitness workshop from 6th February to 2nd March 2024 at College basketball ground. Total numbers of 40 students have participated in



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this one week self-defence workshop. The objectives of the workshop were to empower students with essential self defence skills and to promote awareness on personal safety. Mr. Ambrose Bora was the physical fitness trainer of the workshop.

2. Fit India Week



The Handique Girls' College Games and Sports HGC in collaboration with Sports, Physical Fitness and Gym Club has celebrated Fit India Week by organizing various sports events from 20th to 23rd November 2023. The events organized were- Tug of War, Skipping, Chess and Carrom etc. The events aimed to promote physical activity, teamwork, and healthy competition among the students. A total number of 126 students have participated in this event.

3. Annual College Week, 2024





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The Sports Event of Annual College Week, 2024 was organized from 31st January, 2024 to 4th February, 2024. Various sports were organized where more than 100 + student participated.

4. National Sports Day, 2024





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The Handique Girls' College Games and Sports HGC in collaboration with Sports, Physical Fitness and Gym Club has celebrated National Sports Day by organizing various sports events on 29th August, 2024. The events organized were- Tug of War, Skipping, Chess and Carrom etc. The events aimed to promote physical activity, teamwork, and healthy competition among the students. A total number of 73 students have participated in this event.



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ACHEIVEMENTS



Trishna Kalita, a student of 5th semester secured 12th position in **Northeast Assam under Yoga Asana Bharat, Asmita Women's League, Khelo India, and the Naional Games** and qualified for AAYSA (All Assam Yoga Association) state championship.





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Chatrima Deka, a student of HS 2nd Year won silver medal under the weight category of 20 at 6th **All Assam Grappling Championship 2024**, organized by Grappling Association of Kamrup (M) in association with Gauhati Commerce College on 18th August, 2024



Students of Handique Girls' College brought laurels to the college by winning medals at an **International Taekwondo Championship, 2024** held in Bangkok Thailand



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Pallabi Gogoi, a student of BA (Psy) 6th Sem and Syeda Farha Shamim Hussain of BA (Eco) 2nd sem won the title of Runners-up in the Badminton (Girls) competition of **ABHIVEERA** - the National level Sports fest organized by National Law University and Judicial Academy, Assam, from 23rd to 26th April, 2024.



The Basketball Team of the college won 2nd Prize in **SPiRiT 2023**, the Annual Sports Festival of IITG



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Juri Deka, student of FYUGP First Sem., Department of Education, HGC has received gold medal in athletics in the 3rd Cerebral Palsy Sports Federation of India National Games and qualified for World Ability Game 2024, to be held in December in Thailand.



Dr. Anup Choudhury and Dr. Prabhali Doley, Faculty, HGC won in the mixed double in Inter Institutional Badminton Competition held at Sipajhar College on 14/05/2024



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Dr. Anup Choudhury, Assistant professor, Dept. Of Chemistry, Handique Girls' College alongwith Pankaj Gogoi, Assistant Professor, Chemistry, Sipajhar college won at the **Men's Doubles Champion in Assam Secretariat Badminton Tournament** (31st March 2024) held at DTRP Indoor Stadium, Nehru Stadium.



Smriti Sharma, 2nd semester student of Handique Girls' College secured **Gold Medal at Mix Doubles at Archery Senior All Assam Championship 2024**.



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Aaishu Barua a student of Handique Girls College (HS 2nd Year ARTS) has bagged Silver Medal in Youth category (71 KG) & Bronze medal (71 KG) in Junior category at **51th State Weightlifting Championship** held at Sarupathar Golaghat from. 12th to 15th October 2023.

Prepared by

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