



GOVERNMENT COLLEGE MEHAM INSTITUTIONAL DISTINCTIVENESS



Excellence in Sports

College sports offer a distinctive blend of academics and athletics. They promote discipline, teamwork, and physical fitness while fostering a sense of community. With access to coaching and facilities, Government College Meham, create opportunities for athletes to excel both on and off the field, making the college sports experience unique and rewarding.

Facilities

Sr. No.	Sports Facilities
1	400 Metre Track
2	Standardized Basket Ball Court
3	2 Badminton Court(Indoor)
4	KHO-KHO Ground
5	Cricket Pitch
6	Volleyball Ground
7	Football Ground
8	Games Equipments
9	Yoga Mats
10	Kabbadi Ground(Outdoor)



Achievements of Students in last 5 years

Over the years, our institution has consistently excelled and made a mark in various sporting arenas across the nation. From inter-college competitions to National Championships our students have showcased outstanding individual and team performances. **In the last five years, our eight students won medals at national level and one at state level.** Our college has been a hub for nurturing talent and achieving excellence in the field of sports. This brief overview is just the beginning of the remarkable journey our college has undertaken in the world of sports. Few notable achievements are as follows :

National Level Achievements

Sr. No.	Session	Name	Sport	Medal
1.	2018-19	Sanju	Kickboxing	Gold
2.	2018-19	Gaurav	Karate	Bronze
3.	2019-20	Monika	10 Km Race	Silver
4.	2021-22	Aman Ruhil	Weightlifting	Gold
5.	2021-22	Renu	Kickboxing	Silver
6.	2021-22	Aman Ruhil	Weightlifting	Silver
7.	2022-23	Deepak	Handball	Bronze
8.	2022-23	Mamta	Karate	Gold

- **Sanju** participated in **10th Junior Women National Boxing Championship** organised by Assam state boxing Association held at Golaghat. She secured **first** position in the 54 kg weight category.
- **Gaurav** won a **bronze** medal at an all India inter-university level karate tournament in 2018-19.
- **Monika** won a silver medal in the 10 km **race** in the 2019-20 national games.
- **Aman** participated in the All India Inter-University weightlifting tournament and won a **gold** medal in 2021-22.
- **Renu** participated in the All India Inter University level tournament of kickboxing and won a **silver** medal.
- **Aman** participated in IWLF **Junior National Weightlifting Championship** 2021-22 held at Bhubaneswar Odisha (19-31 March 2022) in the 102 kg category and secured **2nd** position.
- **Deepak** participated as a player in the **54th Senior Men National Handball Championship** at Ahmedabad Gujarat (24-29 Dec 2022). The team secured joint **third** position.
- **Mamta** won a **gold** medal in the National Karate Championship in 2022-23.

State Level Achievements

Sr. No.	Session	Name	Sport	Medal
1.	2022-23	Veeru	Baseball	Gold

- **Veeru** participated in the **state** level baseball tournament and the team got **first** position.

Inter-College Level Achievements

At Inter-College level Sports tournaments, our students performed well in individual as well as team games like Handball, Softball, Volleyball, Baseball etc and grabbed number of positions .



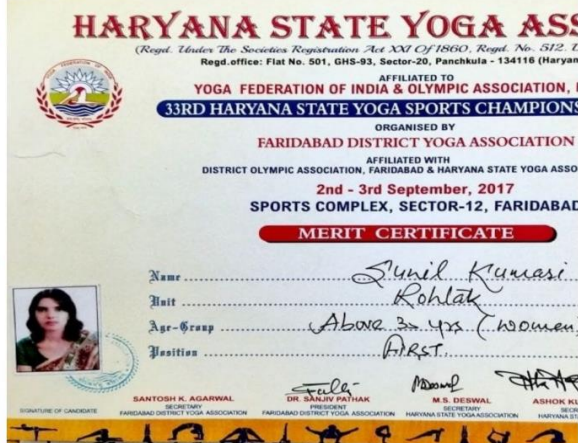
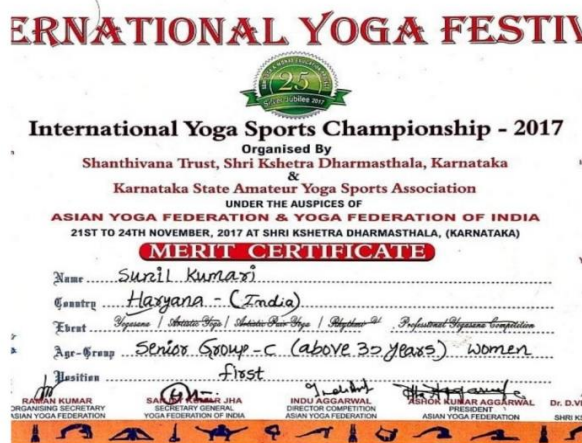
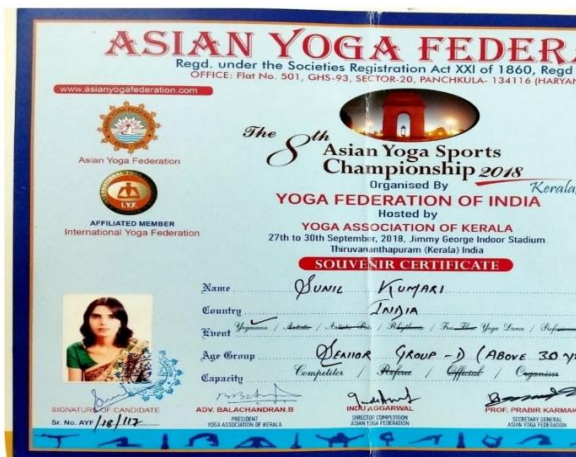
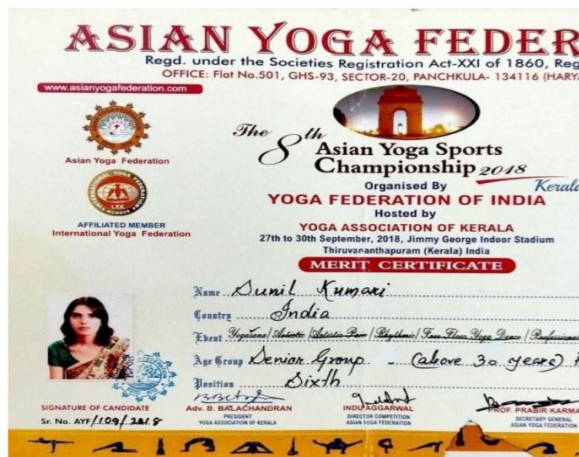
Weightlifting

- College sports, especially weightlifting, offer a unique and distinct experience for athletes. Unlike professional sports, college weightlifting combines rigorous training and competition with academic pursuits, fostering a well-rounded and disciplined approach to life.
- One key distinctiveness is the emphasis on education. College athletes, including weightlifters, must balance their athletic commitments with their studies, teaching them time management and discipline that will serve them beyond the sports arena.

- Collegiate weightlifting also provides a close-knit community of like-minded individuals. Athletes train together, share their triumphs and struggles, and build lasting friendships. This camaraderie instils teamwork and sportsmanship values crucial in sports and life.
- In summary, college weightlifting's distinctiveness lies in its blend of education and sports, fostering a supportive community, and offering resources for holistic athlete development.

Yoga

- Dr Sunil Kumari, Assistant Professor of Commerce has won the Gold Medal in District, State, National and International Yoga championships in the last five years. Further she participated in the Asian Yoga Championship.
- She also created a you-tube channel named Dr. Sunil Kumari (Professor & Yogi) which consists of three playlists- 1) Yoga Insights 2) Life Skills 3) Educational.
- She is a yoga player as well as Referee at Yoga Federation of India.
- She has a keen interest to teach students yoga for a healthy life and also encourages them to consider yoga as a career option.



Participation

College has a very sporty environment. Throughout the year our students participate in a number of events organized within and outside the Institution, but Annual sports day in college is an eagerly anticipated event that brings together Students, Faculty, and Staff for a day of spirited competition and celebration of athleticism. This event holds a special place in the college calendar for several reasons.

- Firstly, it promotes physical fitness and healthy competition among students. It encourages them to actively participate in sports, fostering a culture of fitness and well-being.
- Secondly, sports day is a great equalizer. It provides a platform where students from various backgrounds and disciplines can showcase their athletic talents, promoting inclusivity and diversity.
- Furthermore, it enhances the sense of community within the college. Students form teams, cheer for their peers, and share in the joy of victory or the spirit of sportsmanship in defeat.
- Sports day often includes a range of events, from traditional races to creative and fun games, ensuring there's something for everyone to enjoy.
- In conclusion, college annual sports day is not just about competition; it's about fostering a healthy lifestyle, building a sense of togetherness, and creating lasting memories for students. It's a day when the college community comes together to celebrate the importance of sports and physical activity in education.



In conclusion, college balances both sports and academics for holistic development of students. The facilities and culture of sports in college culminates into medals at National level. It also helps students from rural and agricultural background to secure government jobs through sports quota. Weightlifting of Meham has a visible impact at National level and Government College Meham played an important role in it.