

LALA JAGAT NARYAN EDUCATION COLLEGE
SHRI MUKTSAR SAHIB ROAD, JALALABAD (WEST)

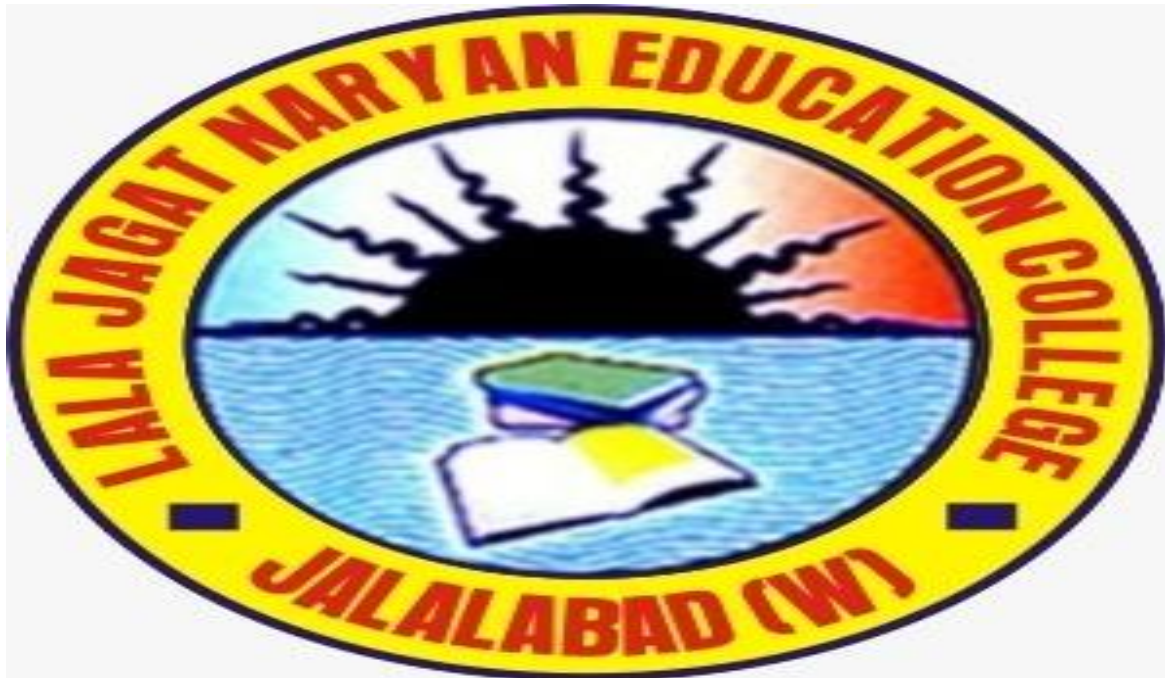
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Sports Activities

2023-25



Lala Jagat Naryan Education College
Jalalabad (w)

Sports

College has a well equipped Sports Room. It offers indoor games like Chess, Carrom, Table Tennis, etc. for outdoor sports the facilities include a playground for Kho-Kho, Volley Ball, Basket-Ball, Badminton and field tracks. The Gymnasium features equipment modules related to Yoga and a Health club with height and weight measuring system. It also provides physical fitness equipment such as Dumbbells, Treadmill and Exercise Cycle, It also contains models and charts of Physical Education and other learning material concerning health and physical education.



Chess Competition (Women)

The Chess Competition was organized by Lala Jagat Naryan Education College, on 3rd and 4th July, 2025 as part of the carnival, The competition was held at the Seminar Hall. Total 30 students participated in the competition. Judges and umpires officiated the Chess competition.

Chess Competition results details are given below:

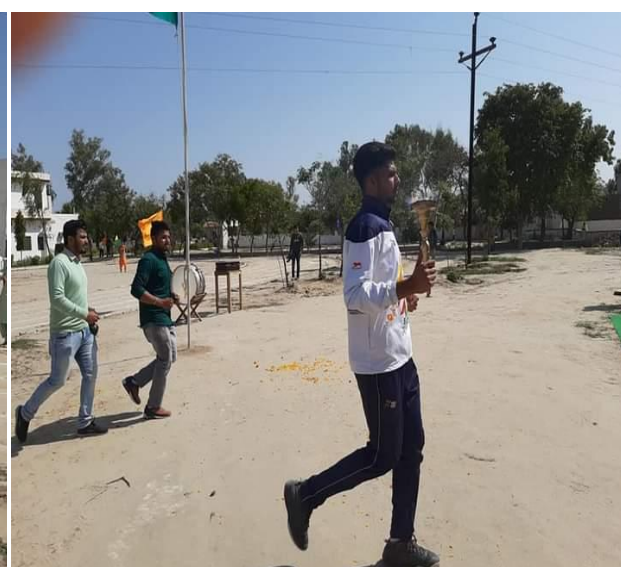
1st place secured by Prachi and Anmol

2nd Place Secured by Paras and Arzoo



Annual Athletics Meet Nov. 6, 2023

The Annual Athletic Meet of the Lala Jagat Naryan Education College, Jalalabad (w), was Organized on November 6, 2023. Chairman Sh. Ashok Aneja, President Sh. Pardeep Chugh, Treasure Sh. Chander Shekhar Gumber and Educationist S. Gurbakhsh Singh Khurana along with Principal Dr. Neetika were the chief guests in the occasion. Various sports like 100 m race, 200 m race, 400 m race, long jump, Javelin throw, Shot put and tug of war were errhanized. Aarif Kataria student of B.Ed sem IV and Rahul Ett. 2nd Year were adjudged best athletes among boys and girls respectively.



Slow Cycle Rally (1st , 2nd June 2024)

A Slow Cycle Rally was organized by Lala Jagat Naryan Education College, Jalalabad (w) on 1st and 2nd June 2024. Total 25 Students participated in the competition. The winners were felicitated with trophies by the guests.

Details of prize winners given below:

1st prize won by Kawaljeet

2nd Prize won by Payal Babbar



Yoga Day

International Yoga day was celebrated with full enthusiasm at Lala Jagat Naryan Education College, Jalalabad (w), with full enthusiasm on June 21st, 2025. Various activities were organized on the occasion, which included an awareness lecture Cum-Workshop. The focus of the entire event was to make the participants aware of the various benefits of practicing Yoga on a regular basis. Different Asans of Yoga were performed by students and faculty members followed by Omkar Chanting. While explaining the benefits of practicing Yoga. Assistant Prof. Ashish Kumar and Ms. Rubina stated that Yoga helps to cure and prevent diseases and reduce mental tension. It also helps to correct body posture, improve the immune system and maintain body weight. Dr. Neetika, Principal of the College, appreciated the efforts put in by students and faculty members for celebrating the International Yoga day and urged the participants to adopt Yoga in their daily lives.



National Sports Day

National Sports Day was celebrated at Lala Jagat Naryan Education College, Jalalabad (w) on August 29th, 2025, to commemorate the Birth Anniversary of Hockey Legend Major Dhyan Chand. The celebration included floral tribute, The fit India movement, which encourages one hour on the playground and sporting events across India, was also part of the day. The day also serves to promotes sports and physical activity, encouraging healthy lifestyles and a stronger sporting culture in India.



