

Govt. Arya Degree College Nurpur, District Kangra, H.P. 176202

A Report

National-level Seminar Series

on

Indian Knowledge Systems (IKS)

4. Sports in Indian Knowledge Systems

(24 December 2025)

On December 24, 2025, at the National Seminar Series on Indian Knowledge Systems, organized by the Internal Quality Assurance Cell of Government Arya Degree College, Nurpur, the keynote speaker, Dr. Ashwani Kumar, Associate Professor of Physical Education from Govt. College Indora, delivered a lecture on "Sports in Indian Knowledge Systems". A total of 80 students attended the programme. Dr. Rakesh Kumar, Coordinator I.Q.A.C. welcomed all participants. The keynote speaker highlighted the difference between sports and games. He interacted with the college students and ignited their minds to participate in every sports or game for their overall development as a healthy mind resides in a healthy body. He also discussed about traditional sports like playing with stones and marbles, pitthu, gulli danda, hide and seek, rolling of cycle tyre etc. and how these contributes towards well-being. He quoted the examples from Ramayana and Mahabharat and Introduction of Indian knowledge System in curriculum under National Education Policy 2020. He told that students should not mis use the technology like mobile phones, be not internet addicted and remain free from any kind of drug addiction. The different sports awards and various career opportunities in sports field and how to prepare for them were discussed by the speaker with the students. The lecture ended with vote of thanks by the coordinator. On this occasion Dr. Anjana Gautam, Assistant Professor of Sociology, Dr. Anil Kumar, Assistant Professor of Hindi, Dr. Bharti Bhagsain, Assistant Professor of Music, Dr. Kumari Seema, Assistant Professor of Physics, Dr. Manoj Kumar, Assistant Professor of Chemistry and Dr. Rohit Kumar, Assistant Professor of Political Science were present.



