

SRI GURU TEG BAHADUR KHALSA COLLEGE SRI ANANDPUR SAHIB

NSS DEPARTMENT

Report on PM Khelo India Contact Programme, 27th August 2026

Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, Rupnagar, organised an online PM Khelo India Contact Programme for NSS volunteers and students of the Physical Education Department. The programme was organised in collaboration with the District Sports Authority, NSS Department, Punjabi University, Patiala, and State NSS Office, Chandigarh. The main purpose of the programme was to encourage students to understand the importance of sports and fitness and to make them aware of opportunities for youth participation under the Khelo India initiative.

Around 100 NSS volunteers and students took part in the programme with great enthusiasm. The event was held under the guidance of Principal Dr Jasvir Singh. The NSS Programme Officers—Dr Jagpinderpal Singh, Dr Amandeep Kaur, Dr Virpal Singh, Dr Kamaljeet Singh, and Prof. Sukhleen Kaur Baweja—coordinated the participation of the volunteers. Prof. Ashok Kumar, Head of the Department of Physical Education, also encouraged the students to take an active interest in sports, fitness, and other physical activities.

An important part of the programme was the Nasha Mukht Bharat pledge, administered by Dr Amandeep Kaur. The pledge encouraged the students to stay away from drugs and make healthy and positive choices in life. The participants were also given an orientation about the My Bharat Portal. They were guided on how to register themselves as youth and take part in the different activities, programmes, and opportunities available through the portal.

Addressing the participants, Principal Dr Jasvir Singh appreciated the efforts of the NSS and Physical Education Departments in organising the programme. He highlighted that sports are not only important for physical fitness but also help young people develop discipline, confidence, teamwork, and leadership skills. He encouraged the students to make the most of the opportunities offered through Khelo India and My Bharat and to remain actively involved in sports and community activities.

The programme was informative as well as motivating for the participants. The NSS volunteers and Physical Education students took an active interest in the session and showed enthusiasm for participating in future activities under the Khelo India and My Bharat initiatives. Overall, the programme helped promote the message of fitness, healthy living, youth participation, and a drug-free lifestyle among the students.







