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**Amar Singh College Srinagar Inaugurates Intra-College Table Tennis Tournament under 'Fit India' Movement**

In line with the national 'Fit India' initiative launched by the Government of India, Amar Singh College Srinagar, through its Department of Physical Education, inaugurated an Intra-College Table Tennis Tournament for both boys and girls. The tournament aims to promote physical fitness, encourage sportsmanship, and instill a spirit of healthy competition among students.

The event was formally inaugurated today in the college's sports complex by the Principal, **Prof Aijaz Ahmad Hakak**, in the presence of senior faculty members, sports coordinators, and enthusiastic students. In his inaugural address, Prof. Hakak highlighted the crucial role of physical activities and sports in a student's overall development. He emphasized that fitness is not merely a personal goal but a social responsibility and a vital component of a balanced lifestyle, especially for young minds engaged in academic pursuits.

Prof. Hakak also reiterated the college's unwavering support for national missions like the 'Fit India Movement,' adding that such initiatives not only build physical endurance but also promote mental well-being, discipline, and teamwork. He appreciated the efforts of the Department of Physical Education for organizing such an engaging event and encouraged all students to take active part in various fitness and sports programs offered by the college.

The tournament drew enthusiastic participation from students across various semesters and disciplines. Both male and female students registered for the event in large numbers, showcasing their skills, dedication, and passion for the game. The matches will be conducted over the next few days on a knockout basis, culminating in a grand closing ceremony during which the winners and runner-ups will be felicitated with trophies and certificates of appreciation.

This intra-college tournament stands as a testimony to Amar Singh College's continued efforts in blending physical health with academic excellence. By providing a platform for students to engage in physical activities, the college not only contributes to their holistic growth but also aligns itself with the broader vision of building a fitter and healthier India.





**Kick-off to Inter-college Table Tennis tournament under FIT INDIA ACTIVITY**



**PRINCIPAL**  
**Amar Singh College**