

ANNUAL SPORTS DAY -2025

The Department of History and Culture, Jamia Millia Islamia, organized its much-awaited Annual Sports Day on the 27th and 28th of February in the Nawab Mansur Ali Khan Pataudi Sports Complex, Jamia Millia Islamia. The event brought together students and faculty, members to participate in a variety of sports and physical activities, encouraging teamwork, fitness, and camaraderie within the department. The two-day event included thrilling competitions in **athletics, cricket, tug of war, and badminton.**

Sports day was conducted with the aim to promote physical fitness, mental and health well being. Sports Day encourages students to participate in physical activities, helping them maintaining and improve their physical health. Engaging in races, games, and sports competitions boosts cardiovascular health, endurance, and overall fitness. Events like cricket, tug of war, and badminton require teamwork and collaboration. Participating in these activities helps students develop valuable skills in cooperation, communication, and group dynamics, which are essential in both academic and professional settings.