

## **Best Practice-2**

**Title:** Sports Competition Best Practice-2

**Objective:** Providing activities that meet the needs of a variety of student interests and abilities

**The Content:-** The winners are awarded by the state and central government every year so taking clue from this thought we created such concept at local level.

### **Practice:**

- The Institution believes that sport is an important factor in the development of students. Hence, the college has a separate sports room and play ground for the students. The college has Sports ground of 168014 Sq.mt. size, this is in sharing with other institutes running under same campus. The college has an enthusiastic and dynamic sports director looking for practice and participation of students in sports activities.
- Our sport dept boasts of a state of the art multi gym, international standard sporting facilities, such as athletics, basketball, football volley ball, softball, basketball, hockey kit, Cricket kit etc.
- We select most appropriate students for sports.
- Institute is having sports facility equipments of good quality, which are made available to our students throughout the course. We have trained personnel/coaches to train students through physical education. Sports coaches are assigned for particular games. Experienced coaches help to improve mental skills of students. Coaches make various strategies to improve mental game of players for respective game.
- Institute is having Gymnasium with Power lifting, weight Lifting, and wrestling, judo equipments, cycling machine etc. Daily schedule is prepared by sports department for athletes for physical activities. In the early morning and evening students exercise in ground under the guidance of coaches is scheduled for athletes.
- College arranges yoga classes for students. Yoga day is celebrated every year, in which staff and students perform yoga early morning.
- The college organizes the following indoor and outdoor Sports:- Power lifting, Weight lifting, Wrestling, Badminton, Kabbadi, Kho – Kho, Volley ball, Judo, Archery, Carrom, Chess, Boxing, Rope pulling, Athletics, Cross country, Softball, Netball etc.
- The students of the institution exhibit their performance by way of gymnasium on 26th January of every year. For the purpose gymnasium, all the implements like drum bells, lezim, etc. are available in the institution.
- The students are encouraged to participate in university competition as well national sports events every year. The institution organizes events on personality development, women empowerment, self-defence etc.
- We felicitate them by awarding champion blazer every year

## EVIDENCE OF SUCCESS

For year 2018-19 Students Achievements:

<b>Sr. No.</b>	<b>Rank</b>	<b>Organizing Authority at State/University Level</b>	<b>Sports/Cultural</b>	<b>No. of Participant Rankers</b>	<b>Champion Blazer Award</b>
01	Participation	State/University Level	Judo	04	04
02	Participation	State/University Level	Softball	12	12
03	Participation	State/University Level	Athletics	07	07
04	Participation	State/University Level	Cricket	02	02
05	Participation	State/University Level	Wrestling	02	02

- Problems Encountered and Resources Required:
- In college, there is a lot of reading and need for being prepared for every class beforehand. The academic workload stress that influenced their academic results
- Increases Personal responsibility of the students
- Student athletes, however, often face different and additional issues such as practices, games, and team commitments while trying to reach their goal of graduation
- Student athletes also deal with the stress of competing both on and off the field. The daily pressures of performing at their best for the team, as well as passing classes, can weigh heavily on the minds of these students.
- We counsel them to participate and manage the time and prepared a schedule.