

## **Best Practice: 01**

### **Title of Practice: Sports for Physical fitness**

#### **Objective of the Practice:**

Through academic activities are importance for the student development sports activities also play valuable role in the all-round development of student. Sports not only keep the body fit and healthy but also help to reduce body fat and slow down the aging process. Sports help student to streamline their life style and to maintain the balance of physical and mental development. Through sports activities the decision making power of students improves and they also learn various ways to tackle pressure issues in different situation sports and physical education provide opportunity to student to improve their leadership quality and competencies

#### **The Context:**

The college has excellent sports infrastructure facilities and encourage students to participate in sports activities selection trials of games are conducted to select the players for different games. After the selection of the player, they are allotted the games as per their selection. The players are train for the games of their choice and achievements. Regular practice sessions are arrange for the players to improve their performance

#### **The Practice**

College enthusiastically motivates students to participate in sports. Every year our college students participate in university, state and private tournament such as university zonal hockey tournament. Our college team also participates in various university games like kabbadi, football, reselling, and hockey. Our students have been selected in khelo India and national level hockey tournament. Our college not only participated in university level tournament but also in private tournament like open kabbadi tournament, CM Chashaka wrestling competition, Inter-Zonal Fencing Tournament. College organized "Sporto-Cultural Carnival" in college campus in which various sports event are organized. This carnival strengthens the physical ability of students and shows their sporting spirit.

#### **Evidence of the Success**

#### **Result of college in sports**

- A.** Eight players had participated in khelo India national level hockey tournament.
- B.** Seven players had participated in all India interuniversity hockey championship
- C.** Fourteen players had participated in interzonal hockey tournament
- D.** Two players had participated in interzonal archery tournament
- E.** One player had participated in inter rowing tournament
- F.** One player had participated in interzonal fencing tournament
- G.** One player had participated in interzonal best physique tournament
- H.** One player had participated in interzonal wrestling tournament
- I.** Thirty One players participated in University State Nationals
- J.** Thirty Six Players played for state/ Zonal
- K.** The college won seventy four medals in various tournament

#### **Problem Encountered and Resources Required**

Restricted availability of sports facility and equipment

2022-23



**Intercollegiate Hockey Tournament**

**Intercollegiate Football Tournament**



**Intercollegiate Kabbadi Tournament**

**Intercollegiate Boxing Tournament**

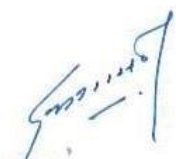
2021-22



**Inter zonal Hockey Tournament**

**Intercollegiate Hockey Tournament**



  
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**Inter zonal Hockey Boys**

**2019-20**



**SNBP ACS Organized University Inter Collegiate Hockey Tournament**



  
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## Students at National & University Zonal Sports

2018-19



## Students at National & University Zonal Sports



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Congratulation



"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently."



  
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Students in Inter - Collegiate Sports Competition



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