



SHARADCHANDRA MAHAVIDYALAYA, SHIRADHON

Best Practice 2

SPORTS – A TOOL TO DEVELOP PERSONALITY





Hindustani Education Society, AUSA'
SHARADCHANDRA MAHAVIDYALAYA, SHIRADHON

Tq. Kallam Dist. Osmanabad- 413528 (Maharashtra)
Affiliated to Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

Presentation of Best Practices: 2

Title of the Practice

SPORTS – A TOOL TO DEVELOP PERSONALITY

2. Goal

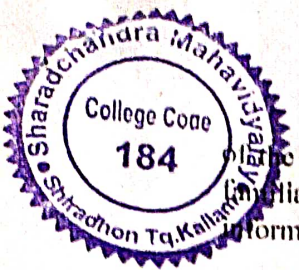
- To make students physically fit and active.
- To develop effective decision making power.
- To develop the organic systems of the body
- To develop correct health habits
- To develop leadership qualities in student
- To create team spirit through sports.
- To create team national unity among students.
- To build future Indian youth through various sports.
- Develop the capacity to work within a team.
- To make aware the ethical issue through sports.
- To develop administrative skill required in many position
- To give theoretical knowledge of sports and information of sports.
- To Eliminate of worries and anxieties through developing appropriate interests and habits of engaging in exercise and sports;

3. The Context

Ours is one of the youngest institutions. The students are from economically weaker community. It's a challenge to attract these students towards Sports and train them. The student have inferiority complex. They have the inner desire for sports, but do not respond it because of the complex. Many students are new to the modern games. Our Department of sports accepted the challenge and motivated and encouraged students to participate in the games. Programme of physical education is based on sound psychological principles. It develops amongst the individuals wholesome attitudes towards play and physical activities and cultivates recreational and hobbies. A rational programme of physical activities can stimulate the participant to develop favorable attitudes and habits in physical, mental, moral, social and emotional health. The department has extended the full support to the students in order to contribute to the building of a strong nation.

4. The Practice

The Institution has made available a sports department. The full time physical instructor is appointed. At the time of admission, the students are asked to register their interests and hobbies in the application form. This information helps us to identify the interest



The students in his particular game. In the Principal-students meeting, students are made familiar with the objectives and benefits of the sports. Students are provided the detail information regarding sports and available facilities in the campus.

The department of sports is always engaged in counseling. With the underline of the importance of the sports, students are convinced for the participation in sports.

After the approval of students for participation in games, the practice session begins. The practice takes place regularly. The students get the special coaching from the physical director. After the special coaching, the students are ready to participate in games at District, University, State and National level.

The sports equipment is provided by the department for practice. The balanced diet is advised to students. Occasionally the balanced diet is also provided.

The various guest lectures are arranged to motivate the students. Yoga training is also made available. The students are inspired by duly awarding in annual gathering of the college.

5. Evidence of Success

Our Students has participated and won prizes for both individual and the team in various Local, University, State and National Level games like Krida Mahotsav, Khelo India etc. and has brought an additional glory in the field of sports to our College.

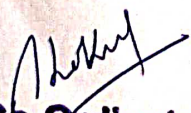
6. Problems Encountered and Resources Required

The modern sports equipment are not available. Because of the limited financial assistance, we are unable to provide balanced diet to students.


Well-furnished open play ground, indoor sports hall, gymnasium hall are required for good practice. Updated demo room with internet facilities, e-library and modern equipment are also required for sports development.

7. Notes (Optional)

The institution is trying to enlarge the playground by acquiring neighbouring land. In spite of the limited resources, the department of Sports has achieved the success. Of course, the success is limited and can be enhanced in future.


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