



Utkrisht Mahavidyalaya

**Rajiv Gandhi Government College
Chaura Maidan, Shimla – 4 (H.P.)**

Best Practice – I

Importance of Sports for Physical and Mental Health



Content

SN	Title	Page No
1.	Title of the Practice	1
2.	Objective	1
3.	Context	1
4.	The Practice	2
5.	Evidence of Success	3
6.	Problems Encountered and Resource Required	4

***Title of the Best practice:* Importance of Sports for physical and Mental Health**

Objective of the Practice:

Sports is necessary for enhancing ones personality and, maintaining good health and sound mind. The institute offers conducive sports environment for students. The specific objectives of the Best practice are:

- To bring out students innate talents and hidden potentials in sports.
- To inspire, support and empower students to engage in physical activity and healthy life style
- To foster self-confidence, collaboration and perseverance while preparing them to confront challenges in life.
- To help students achieve their full potential by offering them both physical and emotional supports.
- To promote state, national, and international level players
- Special focus on involvement of girls in sports activities.

Context:

Sports are extremely important for students as it enhances concentration, discipline, teamwork, mental activity and confidence. Our Institution is known for its excellence and dedicated efforts in making sports popular among students. Our students hail from urban, semi urban and rural background and their energy can be rightfully channelized through the sports activities making them confident and goal oriented.

The competitive spirit inspires students to do well in academics. Sports activity helps develop a feeling of unity among students. The college encourages students to participate in sports by providing the best facilities including a playground for outdoor games and multipurpose hall for indoor games besides a gymnasium. The college has been organizing several sports events since many years and has proudly produced many national and state

level sports persons. However, the Institution has to face non availability of infrastructure and space in the college premises for practice of various sports activities.

The Practice:

The college stands committed to provide the required sports facilities to its stakeholders. In order to increase participation of students and give them a glimpse of opportunities in the field of sports the college has taken the initiative of providing 10 days special training camps especially for students from **Rural Background**. Sports day and Yoga day is also observed religiously for promoting physical and mental health. This is done with the motive to inculcate a sportsman spirit among students and teach them about their rich culture heritage and legacy of Yoga which has become a global phenomenon. During the academic session 2021-22, the Institute provided the students with the multipurpose court for various sports activities. Right at the time of admission, the college ascertains the sports aptitude of the student and suggests an appropriate sports form or game to follow along with the academics from indoor to outdoor games. The institution plans and provides sports material needed for the various activities to facilitate faster and professional level of learning. With the massive strength of 3300 students, the college tries its best to provide opportunities to each student interested in sports. As a healthiest best practice, the college emphasizes on physical health leading to mental and emotional wellness. Yoga is promoted among students to ensure physical endurance among the students. Grooming potential players is the laudable efforts of the college. The Department of Physical Education of the college has a well-designed Multi-purpose Indoor Hall where table tennis, badminton, volleyball, kabaddi, judo etc. are regularly organized. This multipurpose court has an acrylic/synthetic nine layered court (31×21mtrs) with moveable and adjustable poles along with it. The college is one of the few colleges in the Himachal Pradesh to construct a highly modern multi purpose basket ball court for sports. Besides, Basket Ball, the court is also used for several sports including volleyball, kho-kho, Kabaddi, judo, wrestling, wushu and taekwondo. The fitness gym is a marvelous Centre furnished with high-tech gym equipments to help the students shape and/or develop a good physique. Students are given training in recreational games and yoga for their sound mental health. The Central Civil Services Cultural and Sports in collaboration with Govt of Himachal Pradesh used our

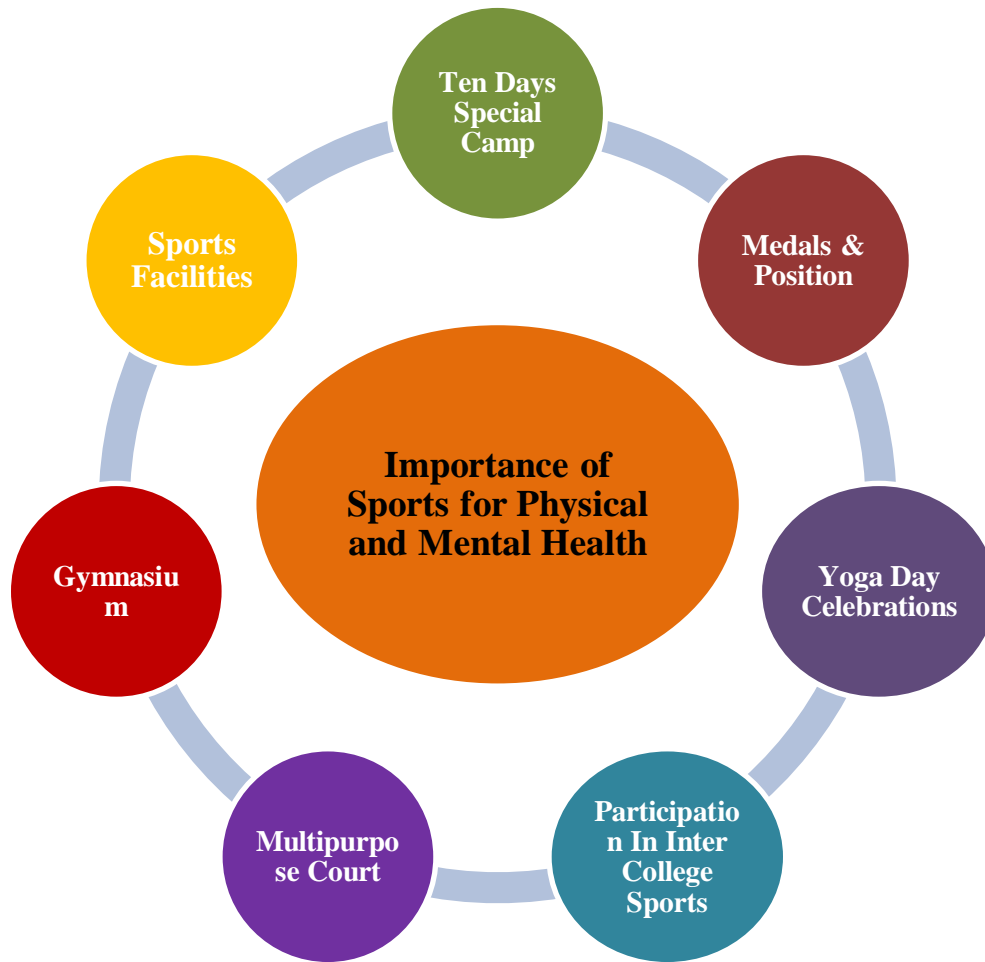
Indoor Multipurpose court to organize All India Civil Services Kabaddi Tournament in 2019-20. The Postal Department also used our Indoor court for organizing the National Level Kabaddi Championship in 2022. It is used as a venue for inter-college tournaments and various indoor sports activities by other departments too.

Evidence of Success:

A series of extracurricular activities takes place supplementing the classroom teaching. Promotion of Sports activities is one of the major achievements of RGGDC, Kotshera. Students have won many medals in State and National Level sports championships. During the academic session 2021-22, the college spent approximately Rs 25 lakhs on the construction of the highly modern Multipurpose Court for sports. Besides basketball, this court is used for several other sports including Volleyball, Kho-Kho, Kabaddi, Judo, Wrestling, Wushu and Taekwondo. Many inter-college sports activities are organized by the college every year. In 2022, the college hosted a National Level Kabaddi Championship organized by the Postal Department. Many of our boys and girl students won medals in Inter-College, All India University North Zone University Championship, U/23 National and International Championships and also participated in 'Khelo India' Games held in Gulmarg (Kashmir) in Boxing, Wrestling, Taekwondo, Kho-Kho, Table Tennis, Badminton, Volleyball, Wushu, Shooting, Judo, Kabaddi, Basketball, Football and Cricket. The proudest moment was when our student, Jyotika Bisht and Yatin Sood won Silver medal in International Boxing Championship held in Bhutan and unified Basketballs in special Olympics summer games, 2019 held in Abu Dhabi (UAE) represented India and won Silver Medal in International Boxing Championship held in Bhutan.

Proof of Evidence of Success





The Problem Encountered and Resources Required

As the college is situated on the hilly terrain within the capital city Shimla, it has a limited space for sports activity. There is an availability of a small ground which is sufficient for games like basketball, volleyball, wrestling, judo, taekwondo, kabaddi or kho-kho etc but not for games that requires extensive space. It is a big challenge to engage girl’s students in sports activities in large number as the parents of girl students are often reluctant to send them for “after- college” hour practice, and to send them to distant places for tournaments. Due to lack of sprawling space the college has to hire the places available in the vicinity for organizing of some sports events like hockey, football, and cricket. However, despite this challenge students of the college have made distinctive achievements in various sports at state as well as National and International levels.