

Best Practices for the session 2020-21

1. Title of the Practice: Emphasis on Physical Education and Participation in Sports Activities

Objectives of the Practice:

Our own Swamiji opined that playing football is better than reading the Mahabharata. In ancient Buddhist viharas they used to teach the students martial arts. “It is exercise alone that supports these spirits, and keeps the mind in vigor.” This is a famous quote by Cicero. An educational institute is a place for the growth of the mind. But, as the leaf cannot produce food without a healthy root sucking water from the mud, a sound and peaceful mind cannot exist without a healthy body. Moreover, the way India is shining in sports and athletics it is the duty of any educational institution to encourage its students to continue the legacy. Keeping this in mind our college encourages the students irrespective of their gender to practice and participate in sports activities and physical education.

Context:

The new generation is a couch-friendly generation. Addiction to mobile and computer games have reduced the attraction for outdoor sports activities significantly. Obesity is growing at large and creating a diabetic generation. Even the teenage students are staying at home stuck to the mobile or computer screen and developing heart disease due to lack of physical activities. Moreover, the rat race for white-collar job makes parents blind and they forget that a healthy body is needed for the sound receptive mind.

Mankar College has always kept faith on the traditional teachings of the great teachers and philosophers. It believes that students must be engaged in sports for their own benefit. It makes them healthy and teaches them team spirit, bonding and focusing on the goal. Also, it helps them to continue the legacy of the great sportsmen and athletes of the nation. The college believes that traditional bookish education is not the only way to prove and establish oneself. One may establish oneself as a sportsperson, like Karnam Malleswari or P.T.Usha. Even it may fetch him/ her a good job at a reputed organisation. Thus, the college encourages sports and physical education among the students.

The Practice:

- We are organising annual sports on regular basis.
- We are participating in inter-college, district level, state level and national sports and athletic events on regular basis.
- Dedicated sports instructors are regularly involved in honing the sports and athletic skills of the students.
- Physical Education has been introduced as a subject in the college.
- The teachers even train the students outside the college hour if needed.
- The college also tries to look after the other needs of the athletes so that they can concentrate in their activities wholeheartedly.
- The college has also taken care of the preparation of sports ground and gym for boys and girls.

Evidence of Success:

The taste of the fruit only speaks for the growth of the tree. The way our college has performed and achieved in several sports competitions in the last few years, speaks for the success of the practice of encouraging sports and physical education. The achievements of this session are mentioned below.

- The men's Kabaddi team of the college got the second position in the tournament organised by the Burdwan University Sports Board.
- The girls received 2nd position in 100mts run and 1st position in long jump in the University Sports Competition.
- From the boys we also have the 3rd position in the 200mts race in the University Sports Competition.

Problems Encountered and Resources Required:

Problems Encountered – Ours is a rural college. Most of the students are from poor families who even can not afford meal twice a day. But athletics and sports require a good meal and a balanced diet. Moreover, good shoes, other equipment are often costly. Often aids are provided by the college, but that is never sufficient. Many leave in between – some due to malnutrition, some to engage in employment to provide for the family. Even, affording specialised trainers for event is impossible at times.

Resources Required – “Men, men, these are wanted: everything else will be ready.” This observation of Swami Vivekananda is ever a truism! We have dedicated students and faculty. But it is always better to have more skilful faculties to train the students properly. Proper provisions for financial aid and scholarships are also needed to support them so that they do not discontinue after lighting the candle of hope, in them and in us.