

Session 2021-22

Best Practice 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 vigour." 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 has reduced the attraction to outdoor sports activities significantly. Obesity is growing at large and creating a diabetic generation. Even teenage students are staying at home stuck to their mobile or computer screens and developing heart disease due to a lack of physical activities. Moreover, the rat race for the white-collar job makes parents blind and they forget that a healthy body is needed for a sound receptive mind.

Mankar College has always kept faith in the traditional teachings of great teachers and philosophers. It believes that students must be engaged in sports for their 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 participate in inter-college, district-level, state level and national sports and athletics 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 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 on their activities wholeheartedly.

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.

- Rahul Pandey, a student of Mankar College, participated in the All India Inter University Kabaddi Tournament.
- Payel Garai, a female student of Mankar College, participated in the long jump in the All India Inter University Athletics Meet.
- Subhajit Ghosh, a student of our college, got the 2nd position in the 200 mt runs and the 3rd position in the 400 mt runs in Inter College Meet (B.U).
- Payel Garai, got the 2nd position in 100mt runs and 1st position in the long jump in Inter College Meet (B.U).

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 meals twice a day. But athletics and sports require good meals and a balanced diet. Moreover, good shoes and other equipment are often costly. Often aid is 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 an 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 faculties. 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 us.