

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

2. Objectives of the Practice:

“It is exercise alone that supports these spirits, and keeps the mind in vigour.” This is a famous quote by Cicero. 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. Educational institute is a place for the growth of mind. But, as the leaf can not produce food without a healthy root sucking water from the mud, a sound and peaceful mind can not 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.

3. 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, rat race for white collar job makes parents blind and they forget that a healthy body is needed for 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 one self 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.

4. The Practice:

- We are organising annual sports on regular basis.
- We are participating 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 the college.
- The teachers even train the students outside the college-hour if needed.
- The college also try to look after the other needs of the athletes so that they can concentrate in their activities wholeheartedly.

5. 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 last few years, speaks for the success of the practice of encouraging sports and physical education. The achievements of this session are mentioned below.

- In 2017-18 session Mankar College has achieved the summit position in Inter College District Championship (DPI) in men's section.
- In the same session the college has won the Inter College Kabaddi Tournament (B.U) in men's section.

- Six athletes including two female athletes have achieved positions inter-college and district level meets in 2017-18 session.
- They have received 17 medals amidst which there are 7 golds.
- Partha Das, our student, has participated in long jump in All India Inter-University Athletics Meet in 2017-18 session.

6. 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 good meal and 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 faculties. But it is always better to have more skilful faculties to train the students properly. Proper provisions for financial aids 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.