

INSTITUTIONAL BEST PRACTICES: 2016-2017

Best Practice – I

Title of the best practice: Serving the Society through Sports Coaching

Objectives:

Coaching In the College sports coaching for public is done for two categories of people:

1. Coaching for School Children

The college is offering coaching for the school children in Badminton

a) The main objective of giving coaching for school children is to teach them fundamental skills in a scientific way and to nurture their natural talent.

b) To conduct district level and state level tournaments for providing competitive exposure to school children.

II. Rural Coaching

a) The main objective of this rural coaching is to provide an opportunity to the rural based students to learn the fundamental skills in a scientific way and provide a platform to go for higher levels.

b) To provide proper coaching to the students of rural based schools and colleges.

c) Volleyball coaching is given to the school students.

d) For college students coaching is given in 'Football'.

e) Teacher trainees also would have coaching experience by handling these rural students.

f) Tournaments were conducted separately for school children and to the college students.

The context:

This College we have been extending our services to the society through sports.

The practice:

Coaching for School Children:

- i) The teacher trainees give coaching in volleyball to the school students and football to the college students. This coaching is given for twenty days in two phases. ii) Finally the players are brought to sports competitions in the college campus

Fitness centre:

- ii) In the institution, fitness centre is functioning which is utilized by the students, clients of the fitness centre, members of the walkers club and members of the sports academies like badminton. After assessing their fitness levels, suitable exercise programmes are designed and prescribed for each individual. This will be monitored by the fitness instructor.

Evidence of success:

- Identifying the talents in the schools and colleges
- Correcting the improper technique and methods of the players
- Overall performance is improved for all the players
- ‘Sports culture’ is developed among the school students as well as the college students.

Problems encountered and resources required:

Though the school children are very much interested in taking part in the sports and games coaching, but the parents of the children are reluctant: From our college, we have conducted many orientation and awareness programmes to the parents to make them to understand that participation in sports is not a hindrance to the academics but helps in a positive way.

II. Second Best practice:

Community Development Programme - Play festival Objectives:

1. The teacher trainees visit various Government elementary schools, where the physical education teachers are not available, and teach the physical activities which include free hand exercises, flag drills, wands drills, flower stick drills, yogasanas and minor games.
2. All these activities are taught to the tunes of patriotic songs, which develop sense of rhythm and patriotism.

The context:

Nothing is more important than that the strong and healthy body of child. Compulsory classes are to be included in the school time tables. Physical training and recreative activities play vital role in developing children’s personality and social esteem.

The practice:

Significance of play festival this extension activity renders service to the children studying in panchayat union elementary schools through teaching various physical activities, related to health, hygiene, fitness and social harmony. These schools do not have the physical education programme due to non availability of physical education teachers. Play festival function on the day of play festival all the school children were

brought to our college the programme is conducted as per the schedule. At the end of the programme all the children are provided with refreshments.

Evidence of success:

1. Parents of the school children, school teachers and public are all supporting this play festival event as it develops the children's personality.
2. Teacher trainees are benefited through this play festival, as they get rich experience in teaching the activities to the elementary school children, preparing the required equipments, transporting the kids, and organising the massive event. This gives confidence to organise any such mega event. College management is supporting in all the possible ways to organize the play festival. All the staff members are cooperating and extending their support for the success of this play festival.