

7.3 – Institutional Distinctiveness 2018 - 2019

Institutional Distinctiveness provides the details of performance of institution in one area distinctive to its Mission. The mission of our college is Hard work, Physical Strength and Mental Development. In order to achieve the mission the Apparna Matric School, Murugesapuram, Paramankurichi, Tamil Nadu- 628213 is adopted by our College. The School is located in rural area. We have taken initiative to develop physical fitness and sports performance among the school children. Our, faculty members are giving motivational awareness of Physical fitness. Different methods are followed to develop physical fitness. Exercises and training are given to school children to improve their physical fitness components such as Speed, Strength, Endurance etc. School children are divided into different groups based on their age and gender. Physical fitness training is given to them in the school for different groups on rotation basis. The Physical fitness training load for all the students are not same and it differ based on age and gender. Physical fitness components like Speed, Strength and Endurance are tested by conducting 100 meters run, 1RM test and Cooper tests are conducted before and after training to ascertain the improvement in physical fitness. We are able to identify improvement in physical fitness components among boys and girls. Hence these school children are healthy to lead a happy life and also to serve best to the Society.