

Institutional Distinctiveness

Title:Regular sports coaching for local students and youths

One of the most esteemed activities conducted by our college is the provision of sports coaching to local youths. This initiative aims to coach local youths in their respective sports disciplines, leveraging the expertise of senior, experienced students who have participated in national and state-level competitions. These student coaches work under the guidance of our institute's staff members. This program has been successfully running for many years and has received a great response from the community.

Objectives of the Activity:

- 1. Enhance Expertise:** To develop proficiency in specific sports skills.
- 2.Promote Well-being:** To ensure participants are physically fit, mentally alert, and emotionally balanced.
- 3.Achieve Higher Goals:** To help participants reach higher goals in sports events.
- 4.Provide Competitive Exposure:** To expose participants to competitive sporting events.
- 5.Develop Student Coaches:** To deepen the proficiency of our student coaches in their respective areas.
- 6.Instill Responsibility:** To foster a sense of responsibility among student coaches.
- 7.Contribute to Society:** To make a valuable contribution to the community.
- 8.Raise Awareness:** To create awareness about the importance of sports among the younger generation.
- 9.Inculcate Values:** To instill discipline, cooperation, and a helping nature among students.
- 10.Create Skilled Sports Persons:** To nurture skilled sports persons who can contribute to the country.

In our city, many students show great interest and potential in various sports domains. With proper guidance and coaching, these students can achieve significant success and bring honor to themselves and the city.

Our college is well-equipped to support this initiative. We have facilities including playgrounds for various sports, a research laboratory, a physiotherapy department, a gym, a yoga department, a naturopathy department, a swimming pool, and necessary sports equipment. To utilize these facilities for the betterment of society, this coaching activity was initiated.

Program Implementation

With the humble goal of coaching local and underprivileged yet potential sports persons, the College started this activity under the supervision of staff members. Every evening from 6 to 8, students who have secured significant positions in national and state-level sporting activities coach local youths in their respective sports. The sports currently coached include Swimming, Wrestling, Athletics, Gymnastics, Mallakhamb, Cricket, Basketball, Boxing, Badminton, Rifle Shooting, Taekwondo, and Judo.

On average, over 2000 sports enthusiasts participate in these activities, and more than 100 skilled students from our institute are involved in training them. Many local students trained through this program have become successful sports persons, participating in state, national, and international competitions, and receiving awards at the state and national levels. This success brings immense pride to the institute and everyone associated with the program.

A large number of local students who got trained with these activities and coached by the students and staff members of the college have been successful sports persons and participated in state, national and international level competitions and received awards in state level and national level tournament/ championship for which the institute and everyone associated feels very proud.

State, National and International level participants from evening coaching classes of last five years:

Sr.No	Name of the Game	Statelevel Participants	National level participants	International level
1	Swimming	51	18	
2	Wrestling	81	02	
3	Gymnastic	305	20	02
4	Mallakhamb	34	02	
5	Judo	58	17	
6	Athletics	05	05	
7	Gun shooting	10		
8	Badminton	06	06	
9	Boxing	10	01	

1 cricketer from this coaching classes participated in Ranji Trophy, IPL and represented India team ..

In the following games and sports, players of coaching classes received medals at state level and national level tournaments/ Championships.

Sr.No	Name of the Game	Gold Medals	Silver Medals	Bronze Medals	
1	Judo	49	29	38	
2	Gymnastic	41	86	62	
3	Wrestling	02	06	12	
4	Mallakhamb	01	02	01	
5	Gun shooting	07	02	06	
6	Badminton	01	01	01	

Challenges Encountered

1. Student Selection: Teachers face difficulties in selecting the right student for a particular activity.

2.Balancing Academics and Sports: Convincing parents and students about the need for regular practice is challenging, as students are also busy with academic activities.

3.Training Effort: Training students requires significant effort from the teachers.

4.Facility Requirements: A large number of facilities are needed for training.

5.Time Investment: Achieving high performance in sports takes years of hard work and dedication.

Despite these challenges, the program continues to thrive, making a positive impact on the lives of many young sports enthusiasts and contributing significantly to the community.























