

1. Title of the practice: Intramural in Sports & Games

Introduction:

Intramurals encourage involvement of all students in physical activity during non-instructional times that occur during the college days. Quality intramurals are student-focused, inclusive, fun events or activities that maximise physical activity participation for all students in one college campus. Friendly competition may be an element of an intramural program in sports and games. It is important to recognize that there are many activities (e.g., cup stacking, card games, or tasks that may link directly to a theme) that can be included in any intramural program that can contribute towards achieving some of the desired outcomes.

Intramurals are a great way to increase student engagement by providing students with opportunities to interact socially with their peers, which fosters a sense of belonging, positive mental health, and greater engagement in both academic and non-academic activities. Participation in intramurals helps students further develop their social skills, co-operation, teamwork, physical literacy, and overall health. Most importantly, intramurals provide much-needed opportunities for students who do not have the opportunity to participate in organised sport or physical activities within the one college campus.

2. Goals:

1. To create a well-designed action plan with student leaders at the core in order to provide enthusiasm and direction and to help build an intramural culture that will grow year after year.
2. To foster students leadership, teamwork, social skills, organisation, officiating, modelling inclusion.
3. Skills – To Provide opportunities for students to further develop or enhance skills learned in Health and Physical Education by providing additional, varied opportunities to apply those learned skills.
4. Awareness – To Consider the age and stage of development of all participants, being aware of the diversity of identities, needs, and interests of all students in the school community.
5. Fun – To Emphasise fun, pleasure, social interaction, and inclusive participation.
6. Environment – To Create an inclusive environment in which all participants feel safe with others to make mistakes, try new things, and feel a sense of belonging.

3. The Context:

A healthy body houses a healthy mind. The students will be given an ample opportunity to exhibit their inherent talent, exuberant skills and charismatic leadership qualities. In this context all the students are divided into teams and the competitions will be conducted in the

following Team Games / Events between the teams on a Knock-Out Basis to decide the Winners and Runner Up in each tournament/event:

S No	Game / Event	S No	Game / Event
1	Athletics (Men & Women)	10	Kabaddi(Men)
2	Badminton(Men & Women)	11	Powerlifting(Men)
3	Basketball(Men & Women)	12	Swimming(Men & Women)
4	Carrom(Men & Women)	13	Table Tennis(Men & Women)
5	Chess(Men & Women)	14	Tennis(Men)
6	Cricket(Men)	15	Throwball(Women)
7	Football(Men & Women)	16	Volleyball(Men & Women)
8	Handball(Men)	17	Weightlifting
9	Hockey(Men)		

4. The Practice:

The Department of Physical Education welcomes all teams to participate in large numbers as per the schedules. Intramurals can be categorised by different types of activities. The faculty and staff members also get an opportunity to showcase their skills in selected games and athletic events listed in the table below.

S. NO	STAFF GAMES (MALE)		STAFF GAMES (FEMALE)	
1	Cricket		Tenni-Koit	Doubles
2	Sevens Football		Table Tennis	Singles
3	Volleyball		Chess	Singles
4	Chess	Singles	Badminton	Doubles
5	Badminton	Doubles	Carrom	Doubles

6	Carrom	Doubles
7	Table Tennis	Singles

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Intramurals can be a one-day event or can take place daily, weekly, monthly, or throughout the year. Intramurals can include leagues, open gym, clubs, one-time activities or events, and novelty games or activities.

Certificates and Medals for all the Intramural Events will be distributed during the Annual Sports Meet which is the culminating event of the Intramural Competitions. Individual Championships will be awarded separately for Men & Women in Swimming and Athletics. Accumulating the points scored in all the games/events by a team, Over All Winners and Runner-Up are decided.

5. Evidence of Success

Planning Is the Key to Success .It takes passion, patience, and planning to run a quality, inclusive, and sustainable intramural program.Students will participate in well-organised programs with a focus on student participation, fun, and social inclusion. It is important to create a well-designed action plan with student leaders at the core in order to provide enthusiasm and direction and to help build an intramural culture that will grow year after year.

When students are given the responsibility for intramurals under staff guidance they tend to take ownership for the program, promote and encourage participation amongst their peers, and over time become mentors to younger students. Having students co-develop and co-deliver also reduces the responsibilities of educators, leaving them to handle the supervisory tasks and adopt the supporting role of helping students develop their leadership skills.

6.Problems:

1. Due to technological advancement in sports and games, aspirants do not attract towards traditional sports and games mentioned in practice.

2. Due to the deadly Covid-19 pandemic, the practice was suspended temporarily in the academic year 2020-2021 and 2021-2022 while following the guidelines of Covid-19 issued by state and central governments from time to time.

7. Notes: (Optional)

8. Contact Details:

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