

**2020-2021**

**Best Practice (1) :**

**1.Title : Building Awareness, Significance and Promotion of Traditional Sports and Games :**

Traditional sports and games of India have a great impact on communities, culture, tradition, social activities and many more characteristics like sustainability and inclusiveness. It may be in the form of art, craft, dance, traditional sports and games, recitation of physical chants, or verbal expressions. Some of them are in their original form or in an improvised pattern. These practices have immense values in the individuals and community life. They are the binding forces among people and their society. However, these traditional sports, games, cultural practices gradually losing their significance due to diversion of people's mind towards modern technological methods and practices. All these intangible activities, practices need to be preserved, and promoted. Degree College of Physical Education, Amravati has been engaged in preserving and promoting traditional sports, games and culture as heritage, since its inception, in their original form to cope up with modern trends of sports and games. TAFISA (The Association For International Sport for All) leading international sports for all organization has taken new initiative in safeguarding of traditional sports and games by establishing regional centers for traditional sports and games in India for Asian region and in Denmark for Europe region.

**2. Objectives of the Practice:**

1. To support the preservation, promotion and development of traditional sports and games.
2. To contribute to individual, social, community and national life quality.
3. To support international exchange.
4. To support the education of leaders.
5. To cooperate with the health, culture, education, science, recreation, environment.
6. To provide leadership and practical events and programs, consulting services.
7. To support diversity, inclusiveness and sustainable sport for all and physical activity.

### **3.Context:**

Sport plays an extremely important role, and rightly so! Taking part in sport is not just an attractive leisure-time activity; it also enhances health and general well-being. Furthermore, sport promotes values such as respect, loyalty, team spirit and fair play. It connects people across cultural, social, religious and language barriers, helping to foster identification with a group and encourage a feeling of community. International competitions provide an opportunity for everyone to experience how sport promotes solidarity and tolerance between different cultures. The Degree College of Physical Education plays a crucial leadership role in the sport for all movements by connecting people around the globe who are doing this important work, lending worldwide reach to research and strengthening our collective commitment. Display of cultural diversity as delegations from all over the world showcase their Traditional Sports and Games as well as more modern disciplines, exemplifying the Games' motto "Together through Sport for All". In sport, we are all equal. Sport is a universal language. Sport is for all people, regardless of background, age, gender, culture, belief or ability. This is why sport unites us all. Promoting sport for all is the focus with a shared belief in the power of sport to promote health, education, gender equality and many other aspects in major urban areas around the world.

### **4.Practice:**

Degree College of Physical Education, Amravati along with its students, sports school, Adivasi Ashram school and local students, adopts good practices and a network of experts to leverage physical activity, step by step approach to provide Sport for All through enhance, preserve, and promote traditional sports and games of India for individual and collective well-being. Our teams are ready and available year-round to kick-start and develop new policies and strategy for its safeguard, training, improvisation, propaganda and promotion. We consult our declarations, resolutions and calls to action with rural, urban national and international organizations towards the awareness and promotion of traditional sports and game activities for individuals and communities.

Demonstrations are planned, practiced, and delivered before rural, urban, national and international spectators on demand or invitation. Programs and events are organized as per request on schedules. Presentation of local/national Sport and games for all policy and programs is the first step, building awareness of the significance of traditional sport and games for all and its implementation is the second step, understanding local needs and

aspirations (in consultation with those responsible for delivery) is the third step , Strategy building in sport and games for all (workshop on future direction in Indian traditional sport and games for all) is the fourth step of our practice. Practitioners involved in safeguarding traditional sports and games are the sports students and personnels, people in health, recreation, education, transport, media, economic and other sectors, and Sport for All delivery practitioners, including teachers, community leaders, sports facility managers, coaches, and other stakeholders like parents of learners etc.

College is building awareness, significance, and deeply rooted in promotion of Indian traditional sports and games like Mallakhamb, Rope Mallakhamb, Floating Mallakhamb Indian Club( Jodi Kawayat), Dand Patta, Dhal-Talwar, Vita Bhala, Lathi , Banethi, Lezim, Kho-kho, Kabaddi, Surya-Namaskar a traditional complete physical exercise .

### 5. Evidence of success:

Success of practice is revealed from following record of demonstrations

Sr.No	Location of Demonstration	Date	Participants	Spectators	Activity
1	Shri sant Bramchari Maharaj Sansthan , Rewasa, Dist Amravati	30/1/2019	80	4000	Mallakhamb, Rope, Dumbbells, Gymnastics, Dandpatta, vita-bhala, jodi
2	Dr, Abasaheb Khedkar Shikshan Sanstha Khed, Dist Amravati	14/1/2019	90	2000	Mallakhamb, Rope, Gymnastics, Lathi, Vita , Dandpatta , Jodi, Yoga
3	Kho-Kho state level competition, HVPM, Amravati	28/11/2019	40	1000	Mallakhamb, Rope Mallkhamb

4	Shri.Rajendra Deshmukh college , Talwel, Dist Amravati	19/2/20	100	1000	Mallakhamb, Rope Mallakhamb, , Gymnastics, Dandpatta, Talwar, Baneti, Jodi, Vita-Bhala
5	Eleven Star Association , Arvi, Dist Wardha	10/1/20	100	3000	Mallakhamb, Rope Mallakhamb, , Gymnastics, Lathi, Dandpatta, Talwar, Baneti, Jodi, Vita-Bhala
6	Shri sant Bramchari Maharaj Sansthan , Rewasa, Dist Amravati	11/1/2018	100	3000	Mallakhamb, Rope Mallakhamb, , Gymnastics, Lathi, Dandpatta, Talwar, Baneti, Jodi, Vita-Bhala
7	Akhil Bhartiya Gurudeo Seva Mandal, Mojari, Dist Amravati	30/10/2018	50	5000	Mallakhamb, Rope Mallakhamb, Vita-Bhala, Dandpatta
8	Rashtrasant Tukdoji Maharaj Sanstha , Mojari, Dist Amravati	11/10/2017	40	5500	Mallakhamb, Rope Mallakhamb, Vita-Bhala, Dandpatta

9	Rashtriya Shaleya Douz Ball Competition, Shri Shivaji Education Society, Amravati	8/1/2018	40	1500	Mallakhamb, Rope Mallakhamb
10	Rashtriya Seva Yojana Camp, Waigaon, Dist Amravati	25/1/2019	30	300	Mallakhamb, Rope Mallakhamb, Gymnastics

#### **6.Problems Encountered and Resources required:**

1. Due to technological advancement in sports and games, aspirants do not attract towards traditional sports and games mentioned in practice.
2. For demonstrations or presentations, traditional sport equipment required is not available . Arrangement of transportation of these equipment is to be made.
3. Raising funds to preserve, enhance and promote traditional sports and games is a difficult task.
4. It is very difficult to have expert coaches for traditional sports and games.
5. Resources and support from national and international sports organizations are needed.
6. Due to the deadly Covid-19 pandemic, the practice was suspended temporarily in the academic year 2020-2021 while following the guidelines of Covid-19 issued by state and central governments from time to time.

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