

## **Best Practices- II**

**Title:** Creating a culture of positive physical and mental health and team building through various Sports events on National, University and Intercollegiate level

**Objective:**

- To promote the outdoor sports amongst the student community and to keep them away from the screentime B. K. Birla College promotes several outdoor sports at College, University and Inter-university level.
- To develop the qualities of togetherness, leadership, cohesiveness, decision-making and the values of helping each other.
- To develop the mental and physical health of the students through the various intellectual and physical games.

**Context:**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Regular physical activity is one of the most important things that one should do for their better health. Being physically active can improve our brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve our ability to do everyday activities.

**Practice:**

The College promotes sports activities amongst the students by various ways. The College has infrastructure for most of the indoor and outdoor games. These facilities are made available for the students during their zero hours. Any student who excels into any game is chosen to represent the College at the Inter-collegiate sports or Inter-collegiate tournaments.

The talent of the students in sports is also identified through the annual sports meet conducted every year in the month of December.

The College also conducts various kinds of tournaments at the Inter-collegiate, Inter-zonal and at Inter-university level on behalf of University of Mumbai.

The College also conducts annual sports meet (Krida Mahotsav) for Mumbai zone of Yashwantrao Chavan Maharashtra Open University (YCMOU), Nashik.

Many Inter-collegiate sports activities are also conducted on behalf of KDMC and Thane District Sports Officer at the College.

**Evidence of the success:**

46 Players were represented University of Mumbai at the various All India Inter-University Tournaments. Ms. Nidhi Singh of M.Com.-II has won 4 Gold Medals in 400 meters hurdles and 400 meters run at both All India Inter-University and Khelo India University Games held at Chennai and Lucknow respectively. Our players have also won 6 Silver and 6 Bronze Medals in other All India Inter-University and Khelo India University Games held at Chennai and Lucknow respectively.

The College conducted West Zone Inter-University Tennis Tournaments on behalf of University of Mumbai from 26th to 30th Nov. 2023 in which 289 players from 56 Universities participated and expressed their satisfaction for the organisation of the tournament in a very professional manner.

Our Two Players have been awarded Cash award of Rs 5 Lakhs each by Govt. of Maharashtra for winning Silver Medal in Rugby at the National Games.

Our players have won 67 Medals in the various inter-collegiate games conducted by University of Mumbai.

The college also conducted the following Tournaments during the academic year 2022-23 in which more than 3500 players from the different colleges of University of Mumbai participated.

No	Name of the event /competition	Date of event/competition (DD-MM-YYYY)
1	University of Mumbai Inter Zone Yoga (M&W) Championship	12th December 2022
2	University of Mumbai Inter Zone Squash (M&W) Championship	15th Sept. 2022
3	University of Mumbai Inter Zone Gymnastics (M&W) Championship	7th Nov. 2022
4	University of Mumbai Inter Zone Volleyball (M) Championship	11th &12th November 2022
5	University of Mumbai Inter Zone Football (W) Championship	10th &11th November 2022
6	University of Mumbai Inter Zone Archery (M &	10th & 11th

	W) Championship	December 2022
7	University of Mumbai Inter Zone Cycling (M & W) Championship	22nd January 2022
8	Thane Zone Inter Collegiate Cross country (M&W) Championship	20th August 2022
9	Thane Zone Inter Collegiate Football (M&W) Championship	12th December 2022
10	Thane Zone Inter Collegiate Squash (M&W) Championship	14th September 2022
11	Thane Zone Inter Collegiate Basketball (M)	15th December 2022
12	Thane Zone Inter Collegiate Archery (M&W) Championship	20th November 2022

The College has granted 100% fee concession to 15 players and 50% Fee concession to 10 players worth Rs. 2,51,688/- during the academic year 2022-23. We have also felicitated our player with the cash award of Rs. 1,24,000/- for their achievements during the year 2022-23.

Our 4 Staff members (Mr. Y. D. Bagrao, Physical Director, Dr Harish Dubey, Prof. In-Charge Gymkhana, Ms Revtai Hunswadkar and Mr Jeetendra Saini, Member, Gymkhana Committee) were selected to lead University of Mumbai as Team Manager at the various Inter-University games held during the academic year.

The College has facilities for many indoor and outdoor games. However, a new Shooting range with imported Sports Rifles and Pistols worth Rs 10 Lakhs has been added to the Gymkhana facilities at the College.

#### **Problems encountered and resources required:**

During the conduct of various tournaments, few areas of concerns have been identified viz. the accommodation facility, transport facility, the qualified referees, etc.



