

INSTITUTIONAL BEST PRACTICES: 2017-2018

Best practice-I

Title of the best practice: Serving the society through sports coaching

Objectives:

In the institution sports coaching for public is done for two categories of people:

I. Coaching for School Children

The college is offering coaching for the school children in Badminton, Cricket and Tennis.

- a) The main objective of giving coaching for school children is to teach them fundamental skills in a scientific way and to nurture their natural talent.
- b) To conduct district level and state level tournaments for providing competitive exposure to school children.

II. Rural Coaching

- a) The main objective of this rural coaching is to provide an opportunity to the rural based students to learn the fundamental skills in a scientific way and provide a platform to go for higher levels.
- b) To provide proper coaching to the students of rural based schools and colleges.
- c) Volleyball coaching is given to the school students.
- d) For college students coaching is given in 'Football'.
- e) Teacher trainees also would get coaching experience by handling these rural students.
- f) Tournaments were conducted separately for school children and to the college students.

The context:

As our institution gives top most priority to the ideals of Swami Vivekananda, we have been extending our services to the society through sports.

The practice:

Coaching Academy for School Children:

- i) For school children the coaching was given in two modules
 - a) During week days – 4.30pm to 6.30pm (Monday to Friday)
 - b) During weekends – 7.00am to 9.00am, 4.00pm to 6.00pm (Saturday and Sunday)
- ii) During school holidays intensive coaching is given both in the morning and evening.
- iii) During summer vacation, special coaching programme is organised for 45 days.

Rural Coaching:

- i) The teacher trainees give coaching in volleyball to the school students and football to the college students. This coaching is given for twenty days in two phases.
- ii) Finally the players are brought to sports competitions in the college campus

Fitness centre:

In the institution, fitness centre is functioning which is utilized by the students, clients of the fitness centre, members of the walkers club and members of the sports academies like tennis, badminton and cricket. After assessing their fitness levels, suitable exercise programmes are designed and prescribed for each individual. This will be monitored by the fitness instructor. In the Maruthi fitness centre every day around 200 members do their fitness workouts. The members include public from the local areas and many students from the various institutions of the Vidyalaya.

Evidence of success:

- Identifying the talents in the schools and colleges
- Correcting the improper technique and methods of the players
- Overall performance is improved for all the players
- ‘Sports culture’ is developed among the school students as well as the college students.

Problems encountered and resources required:

Though the school children are very much interested in taking part in the sports and games coaching, but the parents of the children are reluctant: From the college, we have conducted many orientation and awareness programmes to the parents to make them to understand that participation in sports is not a hindrance to the academics but helps in a positive way.

Best practice-II

Title of the best practice: Community development programme - Play festival

Objectives:

1. The teacher trainees visit various Government elementary schools, where the physical education teachers are not available, and teach the physical activities which include free hand exercises, flag drills, coconut shell drills, wands drills, flower stick drills, yogasanas , kalari paayttu(defensive arts), oyillattam and minor games.
2. All these activities are taught to the tunes of devotional and patriotic songs, which develop sense of rhythm, patriotism and devotion.

The context:

According to Swami Vivekananda, the future of the man is in the child. Nothing is more important than that the child must have a strong and healthy body. Compulsory classes are to be included in the school time tables. Physical training and recreative activities play vital role in developing children's personality and social esteem

The practice:

Since the inception of Maruthi College of Physical Education i.e., from 1956, our college has taken up the responsibility of organising the play festival.

Significance of play festival

This extension activity renders service to the children studying in panchayat union elementary schools through teaching various physical activities, related to health, hygiene, fitness and social harmony. These schools do not have the physical education programme due to non availability of physical education teachers.

Play festival function

On the day of play festival all the school children were brought to our college. Later our teacher trainees make entries in the reception counter. Caps are provided to all the 3000 children to have protection from sunlight. The programme would be conducted as per the schedule. At the end of the programme all the children are provided with refreshments i.e. soya, sweet, mixture, Bengalgram and lime juice.

Evidence of success:

1. Parents of the school children, school teachers and public are all supporting this play festival event as it develops the children's personality.
2. Teacher trainees are benefited through this play festival, as they get rich experience in teaching the activities to the elementary school children, preparing the required equipments, transporting the kids, and organising the massive event with 3000 children. This gives confidence to organise any such mega event.

Problems encountered and resources required:

a) Since the school children are coming from long distances they feel hungry at the end of the event: Nutritious food items like soya, sweet, mixture and bengalgram are being given to all the school children.

b) The institution is having all the resources required to conduct this programme. The college management is supporting in all the possible ways to organize the play festival. All the staff members are cooperating and extending their support for the success of this play festival.