

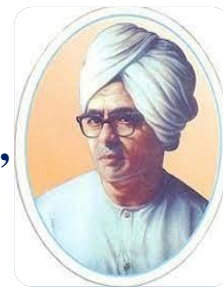


Shri Shivaji Education Society, Amravati's

**SHRI SHIVAJI SCIENCE AND ARTS COLLEGE,**

Chikhli, Dist Buldana(M.S)443201

NAAC Re-accredited B++ Grade (CGPA 2.82)



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**DR. OMRAJ S. DESHMUKH**

**SHRI HARSHVARDHAN DESHMUKH**

**PRINCIPAL**

**PRESIDENT**

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## DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

### BEST PRACTICES

- **Title of the Practice:**

To provide infrastructural facilities to the community.

- **Goal:** Taking in to consideration, the present burning need of health awareness in society, the department has provided sufficient facilities and infrastructure to the women, youths and the senior citizens.

**For youth:** The department provides special physical service to the youth (girls and boys) outside the college. The expert faculty guides and coaching the youth in different kinds of games and sports every day morning and evening. The youth trying for police, military and Para military forces are provided proper training and guidance in Running, Long Jump, Shot Put, Pull Ups and other necessary physical activities. The department has maintained its documentation proper.

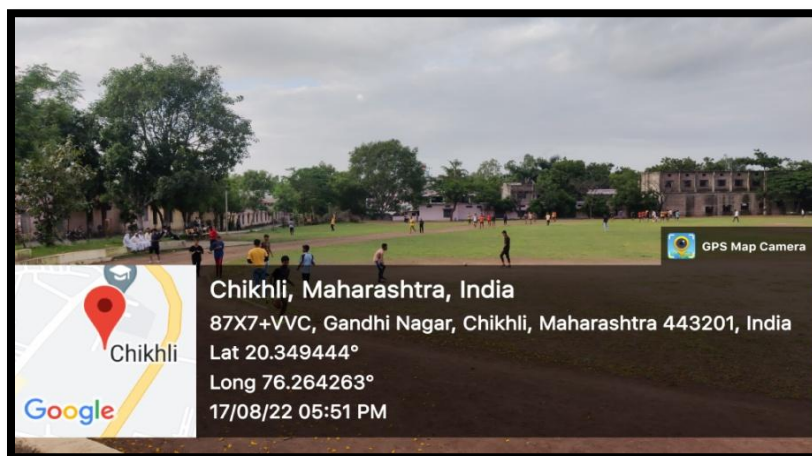
**Senior Citizens:** Senior citizens daily use the college ground for morning walk, running and jogging. Many of them use and take advantage of the beautiful and pleasant morning natural atmosphere for meditation and yoga's.

- **The Context:** The College has the Gymnasium entitled “Tanaji Gym” for the healthy practices of the community. The college provides this infrastructural facility for the empowerment of women, youth, and senior citizens as well as for the college staff members and students of the college.

- **The Practice:** It is one of the unique facility **provided** by the college, as the college comes under the rural area, it is major problem to guide about the infrastructural facility to identify the health constraints in the field of higher education. As the college is established in the year of 1967, it has the various playgrounds like Running Track, Kabaddi, Kho-Kho, Ball Badminton, Cricket, Football, Volleyball etc. in the college premises.
- **Evidence of Success:** At present, there are 70 members are benefited from college gymkhana. They are totally satisfied with the service provided by the college, the results are very positive in the calculation of healthy practices. The department of the college always tries for the best of satisfying needs of the users.
  - 1) 17 youths are recruitment in force.
  - 2) 01 students Bronze medal in the National level.



**Participants performing “Treadmill”**



**Senior citizens daily use the college ground for morning walk, running and jogging.**

- **Problems Encountered and Resources Required:** The major challenges that are faced by the college are about the ignorance of the people about health awareness. To create health awareness and interest about physical fitness and proper diet is main challenge being for us. Since it is rural area, the State and National level organization of games & sports are not conducted for the awareness and promotion of activity.

Lady physical instructor would be was beneficial for the Gym girls.

- **Contact Details:**

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**Pin Code :** 443201

**Accredited Status :** NAAC Accredited B++ Grade (CGPA 2.82)

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