



NETAJI MAHAVIDYALAYA

AFFILIATED TO THE UNIVERSITY OF BURDWAN

ESTD - 1948

ARAMBAGH * HOOGHLY * WEST BENGAL * PIN CODE - 712601

ACCREDITED (2ND CYCLE) BY NAAC

Ref. No. **Aram / NM / Office /** **Best Practice-1:**

Date

Title: A Holistic Approach to Physical Education and Sports Excellence

Objective:

Enhance the quality of Physical Education (PE) and sports programs within the institution to promote holistic development, physical fitness, and a lifelong appreciation for a healthy and active lifestyle among students.

Context:

Physical Education plays a pivotal role in the overall educational experience, contributing to the physical, mental, and social development of students. A well-designed PE and sports program aligns with the institution's commitment to providing a comprehensive and enriching education that goes beyond academic learning. A curriculum that encompasses a variety of sports, fitness activities, and wellness components is already designed and implemented. We need to incorporate further elements of sports science and personal development within the curriculum.

The Practices:

Physical Education plays a pivotal role in the overall educational experience, contributing to the physical, mental, and social development of students. Analyse attendance records for PE classes and sports events to showcase increased student engagement. A well-designed PE and sports program aligns with the institution's commitment to providing a comprehensive and enriching education that goes beyond academic learning.

Evidence of Success:

- Achievements of students in various sports competitions, tournaments, and events. Include records of individual and team accomplishments.
- Students have received recognition, awards, or scholarships based on their performance in sports.

Problems Encountered and Resources Required:

Allocating the necessary resources can contribute to the overall improvement and success of the physical education and sports programs within the educational institution.

B. Aram
29/02/24