



Rayat Shikshan Sanstha's

**Shri Sadguru Gangageer Maharaj Science, Gautam Arts and Sanjivani
Commerce College, Kopargaon, Dist. Ahmednagar**

Institutional Distinctiveness

As we know, Sports are very essential for every human life which keeps them fit and fine with good physical strength. It has great importance in each stage of life which improves the personality. Different people have different interests in sports but the action is the same in all sports .By playing sports even at a young age you can also be better and free from some diseases. Sports also improves bone strength even in old age. As an individual one has to face many challenges, and playing sports helps them with physical and mental strength. In today's era of excessive competition and changing environment, people barely care about thier health and have to face its consequences in the later stages of their life. To maintain physical fitness and good health one must have proper infrastructure. By keeping these views in mind, college has developed sport infrastructure for the benefit of various stake holders to maintain community health.

The college has a campus of nearly 22.5 acres, where good Sports facilities are available. Some of the most common sports facilities are basketball courts, football, Volleyball , kho-kho and cricket grounds. We have also 400m. running Track , tennis tables , Power lifting set, double Bar, single bar, weight lifting, wrestling mat etc.

Objectives:

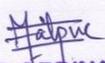
- ✚ The college provides this infrastructure for such services which will help to create health awareness for better quality life.
- ✚ To foster and promote cordial relationship among the parents, teachers and students and stakeholders.

- ✚ It is essential for the community and is needs of hour where they can get such facilities.
- ✚ The optimum utilization of sport infrastructure is done through this activity.
- ✚ To be create Sound mind in sound body is agenda behind this activity.

These services are in conformity with the goals and objectives of the institution.. The programmes are planned through this activity accordingly. As a part of this practice non-formal classes of stakeholders, are conducted by physical director and supporting staff frequently. This practice includes, importance of walking, running, exercise, yoga, meditation, *Surya Namaskar* and also discussion on healthy diet, food nutrient values. Specific treat on minor individual health problems and guidance are performed. They also creates awareness through campaigning on health issues.

Evidence of Success is the positive feedback from various stakeholders. The alumni, faculty and the employees have always been benefited for maintaining their good health.

For the effective implementation of this practice, college is trying to resolve the funding problems to update infrastructure. Financial input to enhance the infra structures and avail the new equipment's is necessary. It also uses other sources such as UGC Grants, sending proposals to SPPU, donations from philanthropists etc. The alumni, faculty has always been generous enough to support this activity.


IQAC CO-ORDINATOR
 S.S.G.M. COLLEGE, KOPARGAON




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