

# Sports CELL

## IQAC



# LALA RURAL COLLEGE, LALA

## **“A sound mind in a sound body” - Thales**

This popular motto by the Greek Philosopher Thales emphasizes on the importance of physical health and its co relation to mental wellbeing. Physical activity, particularly sports has been seen to have a direct connection with healthy body and mind. Regular participation in sports is seen not only to improve health but the overall wellbeing of an individual. As sports are seen to reduce depression, anxiety, and stress. Engaging students in sports can help in their historic development. Consistently engaging students in sports will boost their confidence and help maintain good health. It will also lead to enhance social skills as sports requires working as a team, develop leadership skills to achieve goals, mutually respect its team members, to complete schedule within a time set thus requiring discipline and to accept defeat with dignity and promote fair play. Sports enhances the overall quality of a students’ life. Lala Rural College believes the important role played by sports in the development of physical health and mental growth of a student. The college has a sports cell to promote the value of sports in the life of the students. To organize sports activities within the campus and facilitates the participation of students for sports activities outside the college. A sixteen-station gymnasium is functional within the college premises to help build the strength and stamina of the student athletes

The sport cell, IQAC, Lala Rural college was established with the objective to inspire students to the physically fit and energetic by engaging in physical and mental exercise enhancing the sportsmanship sprit and attitude and learning of management principles such as leadership, team work, problem solving etc. through participation in sports.

The sports Cell has evolved over the years contributing to the promotion of sports culture and ethics. The cell was re-constituted in 2021 vide Resolution No 10 Dated 18/01/2021

### **Composition of the Cell**

SI NO	Name of the Members	Designation	Contact No
1	Dr Himabrata Chakravarty	Principal	8638873165
2	Dr. Ng Dayamay Singha	Co- ordinator IQAC	7002400339

3	Dr. L. Musindra Singha	Convenor	9435068409
4	Dr k. Jilangamba Singha	Member	9678171457
5	Tapash Nath	Member	8638080074
6	Mrs Anuradha Saha	Member	9435179926

Principal  
(Dr. Himabrata Chakravarty)  
Lala Rural College

Co-ordinator, IQAC  
(Dr. Ng Dayamay Singha)  
Lala Rural College,

**VISION:** “To nurture young minds to a vibrant, and healthy life style. To facilitate opportunities for the students to create a life with purpose to understand the need to play a decisive role in nation building. To foster spirit brotherhood through of games and sports.”

**OBJECTIVES:**

1. To promote a strong culture of sports in the college.
2. To help students to improve their physical fitness and mental wellbeing through sports both outdoor and indoor.
3. To make the students aware about the various disciplines of sports and motivate to play sports
4. To guide students for the historic development of leadership skills, teamwork etc
5. To organize sporting events (both indoor and outdoor) in the college from time to time.

**ACTIVITIES OF THE CELL:**

1. Organization of regular sporting events during every edition of annual and social meet of the college.
2. Preparation of the playground for the use of the players.
3. Providing game and sports material to the students for practice.
4. Guiding student players to achieve academic accomplishments.
5. Presenting certificate and awards to the winners and runners up of the sporting events in the valedictory event of the annual social meet.

**SPORTS FACILITIES AVAILABLE AT THE COLLEGE:**

1. Multipurpose ground used for cricket, football, volleyball, hockey, track and field, badminton on both side of the campus.
2. Indoor chess, carrom board
3. Gymnasium
4. Basketball Court. (Yet to be completed)

(Dr L. Musindra Singha)  
Signature of convenor  
Sports cell, Lala Rural college