

# **Comprehensive Report on the Training Schedule and Facilities for Sports Persons**

The Department of Physical Education at our college is dedicated to the holistic development of our students through an extensive and structured training schedule, supported by various facilities and expert guidance. This report outlines the various aspects of our sports training program, the facilities available, and the support systems in place to ensure the success and well-being of our athletes.

## **Training Schedule**

Our training sessions are meticulously planned and executed twice daily to maximize the performance and skills of our athletes. The morning session runs from 7:30 AM to 9:00 AM, and the afternoon session from 3:00 PM to 5:30 PM. This schedule ensures that our athletes receive ample practice while balancing their academic responsibilities.

## **Sports and Games Offered**

We provide a diverse range of sports and games within the campus to cater to the varied interests of our students. The games include:

Kabaddi

Volleyball

Football

Basketball

Kho-Kho

Table Tennis

Taekwondo

Cricket

Hockey

Throw Ball

Badminton

Handball

Yoga

Additionally, we host athletic field events on the college grounds, offering students opportunities to engage in track and field sports.

## **External Training Facilities**

For sports that require specialized facilities, such as boxing, shooting, fencing, athletics, swimming, weightlifting, powerlifting, and judo, our students practice at the SDAT Nehru Stadium. This arrangement ensures that they have access to the best equipment and infrastructure to hone their skills.

## **Coaching and Fitness Support**

Each sport is supervised by well-trained and certified coaches dedicated to training our athletes to achieve high levels of performance. To support their physical development, we have a health and fitness center equipped for weight training and basic fitness routines.

We ensure the regular attendance and participation of both coaches and players through a stringent monitoring system. Additionally, our athletes participate in general fitness classes and corrective exercise workshops twice a week, designed to enhance their overall fitness and correct any physical imbalances.

## **External Expertise and Motivational Support**

To keep our training program dynamic and inspiring, we periodically invite outside coaches for refresher classes and motivational speakers, including international players, to share their experiences and insights with our students.

## **Additional Facilities**

Our proximity to the beach offers unique training and relaxation opportunities. Our players utilize the beach swimming pool for relaxation and engage in beach sand training to improve their fitness levels. These activities provide a refreshing change of environment and contribute to their overall physical development.

## **Health and Rehabilitation**

We place a high priority on the health and well-being of our athletes. In case of injuries, immediate rehabilitation exercises and guidance are provided. If needed, injured players are sent to the SDAT sports physiotherapy center for consultation. Minor injuries are handled by our dedicated college medical officer.

For female athletes, we offer guidance from a gynecologist to ensure they have a clear understanding of women's health and lifestyle issues. Nutrition experts are also consulted regularly to provide dietary guidance to our athletes, enhancing their performance and well-being.

## **Nutritional Support**

Recognizing the importance of proper nutrition, we provide morning breakfast and lunch to our players, benefiting over 150 students. This initiative ensures that our athletes receive the necessary nutrients to sustain their rigorous training schedules.

### **Administrative and Departmental Support**

Our principal and all heads of departments are deeply supportive of our sports program. Their encouragement and backing play a crucial role in helping our athletes reach high levels of performance in their respective sports.

### **Conclusion**

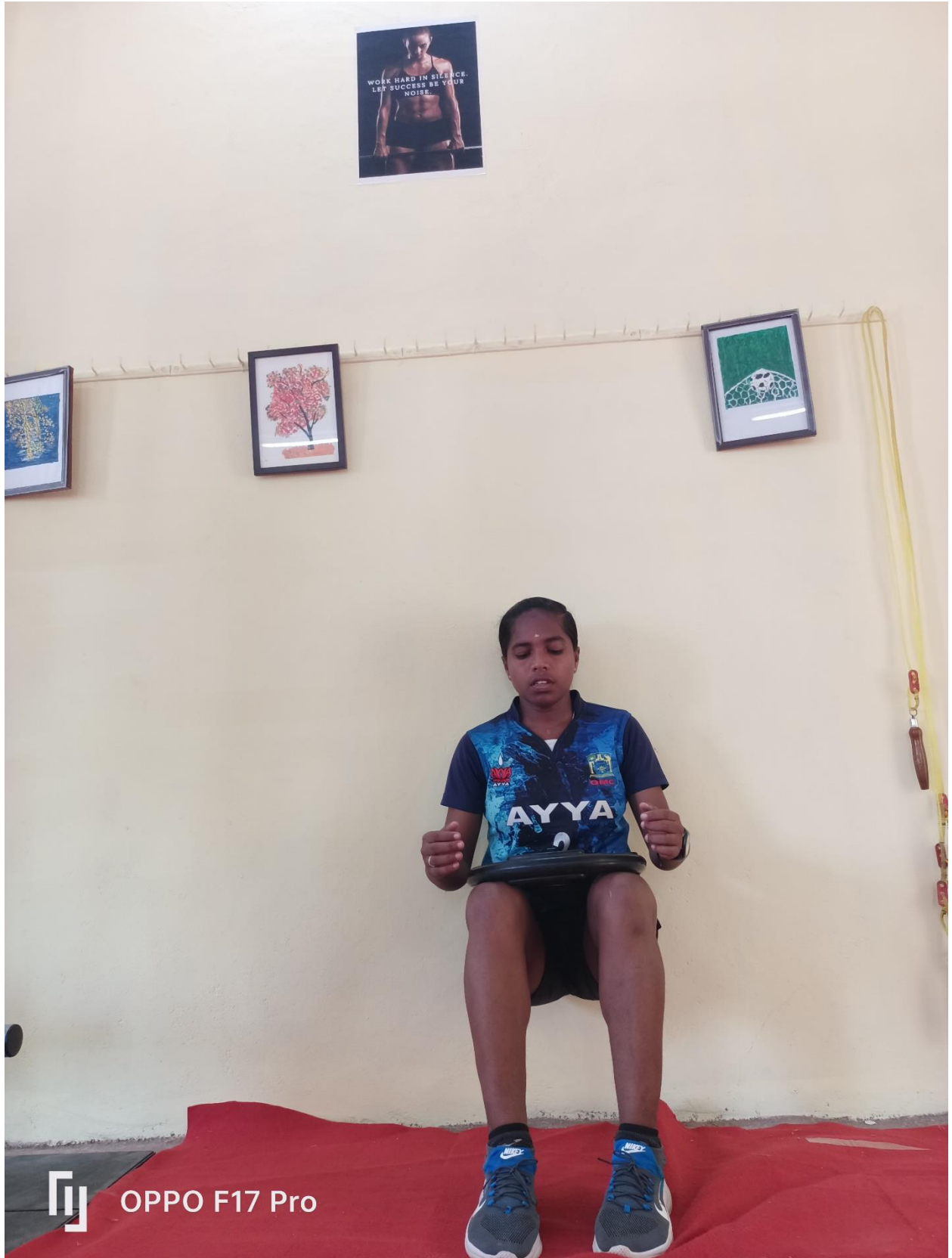
The Department of Physical Education at our college is committed to providing a comprehensive and supportive environment for our athletes. Through structured training schedules, access to specialized facilities, expert coaching, and extensive health and nutritional support, we aim to develop well-rounded sportspersons who excel in their chosen fields. Our holistic approach ensures that our students not only achieve athletic success but also maintain their overall health and well-being.







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