



## **SPORTS POLICY**

**Prepared By:**

**SPORTS COMMITTEE**

**Ganga Institute of Technology and Management, Kablana (Jhajjar)**

**Approved by AICTE, Affiliated to M D University Rohtak, recognized under section 2(f) of UGC Act, 1956**

# Sports Policy

## Introduction:

Sports play a crucial role in enhancing physical fitness and mental well-being. Beyond their obvious health benefits, sports foster essential life skills and attributes. Engaging in sports can significantly enrich students' lives on campus, contributing to their overall personal and academic growth. The institution strongly believes that a balanced focus on both academic and extracurricular activities, including sports, is vital for holistic development.

## Benefits of Sports Participation:

### 1. Enhanced Self-Confidence and Leadership:

Active participation in sports boosts students' self-esteem as they witness their efforts leading to tangible outcomes. It also cultivates leadership skills and teamwork, essential for both personal and professional success.

### 2. Improved Physical and Mental Fitness:

Regular participation in sports helps improve stamina and overall physical health. It supports better functioning of various bodily systems, including cardiovascular, digestive, and nervous systems. Mentally, sports provide a valuable break from academic pressures, rejuvenating the mind and enhancing creativity and focus.

### 3. Balanced Lifestyle:

By incorporating sports into their routine, students can achieve a balanced lifestyle that positively impacts their academic performance and personal development. Sports activities help students stay physically active and mentally sharp.

## Facilities Provided:

- Athletics
- Cricket
- Football
- Basketball
- Volleyball
- Table Tennis
- Chess
- Badminton
- Carrom board
- Indoor Gymnasium

## Annual Sports Meet:

Our Annual Sports Meet, "G-SPARDHA," showcases student talent and includes motivational sessions with prominent sports personalities. Notable guests have included:

1. Mr. Manoj Kumar (Arjuna Awardee Boxer and Olympian)
2. Mr. Dilip Tirkey (Former Hockey Captain and Member of Parliament)
3. Mr. Anoop Kumar (Former Captain, Indian Kabaddi Team)
4. Mr. Neeraj Chopra (World Record Holder in Javelin Throw)
5. Mr. Pardeep Narwal (Famous Pro-Kabaddi League Player)
6. Ms. Nirmal Tanwar (Vice Captain of Indian Volleyball Team)
7. Mr. Subhash Dhankhar (Professional Bodybuilder & Mr. Asia)

## Sports Committee:

Sports Committee		
S. No.	Positions	Designation
1	Mr. Aseem Harit	Convener
2	Mr. Kuldeep	Co-Convener
3	Mr. Parveen Kumar	Member
4	Mr. Parvesh Dahiya	Member
5	Mr. Amit Dalal	Member
6	Mr. Rohit Kajla, Admin	Member
7	Mr. Naveen, Admin	Member
8	Dr. Anju	Member
9	Ms. Nikita	Member

## Roles and Responsibilities:

- Identify the talent of students in each sports activity.
- Conducting Sports meet in the Institute.
- Encourage the students to participate in sport events.
- Ensure the proper upkeep of sports equipment and facilities.
- Encourage a healthy lifestyle through sports participation.
- Monitor and facilitate participation in competitions inside and outside the Institute.

Prepared by: *Aharit*  
Coordinator -Sports Committee

Approved/Not approved

DIRECTOR  
Director

G-SPARDHA Institute of Technology and Management  
Kablana, Jhajjar