



Post Graduate Government College for Girls Sector 42, Chandigarh

(A Premium Multi-Faculty NAAC Accredited Grade 'A' Institute)

Affiliated to Panjab University, Chandigarh

Institutional Sports Policy



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1. Aim of the Policy

Sport is essential for the social and all-round development of an individual, thus needs to be encouraged. Established in 1982, Post Graduate Government College for Girls, Sector 42, Chandigarh, is a premier institution affiliated to Panjab University, Chandigarh. The College, which is dedicated to academic success as well as holistic, cultural, and social advancement, has earned a name for itself in sports at all levels of competition, including the Panjab University Inter-College Championships and at various State, National, and International levels.

Believing that sports inculcate discipline, comradeship and sportsmanship, students from all streams, whether they have opted for Physical Education as a subject or not, are encouraged to take up any game and represent the college at different championships. The aim of this policy is to support the efforts of the students to reach high levels of performance by providing them with adequate facilities, competent coaching and appropriate competitive opportunities with students from similar institutions.

2. Objectives

The sports policy adopted by the college is based on the following beliefs:

- To encourage sports culture amongst the students of the college.
- To inspire students to participate in the various recreational and competitive sports activities.
- To educate the students on the advantages of leading an active lifestyle.
- To involve faculty members in order to support the Department of Physical Education in promoting, planning, and managing the college's 'Healthy Life' initiatives.
- To foster a respect for the ideas of sportsmanship, fair play, and competitive integrity.
- To be recognized as an important nurturing ground for sporting talent in Chandigarh.

3. Scope

All the stakeholders of Post Graduate Government College for Girls, Sector 42, Chandigarh including the Management, Principal, Teaching and Non-Teaching Staff, Students and those who use the college sports facilities shall adhere to the Policy.



4. Policy statement

The sports policy is intended to address issues that have been brought up in relation to certain requirements for upholding good sportsmanship and respect for each other and visiting persons or teams. The policy outlines accommodations for students who compete at the national and international levels in their chosen sport in terms of admission, attendance, assessment, and progression.

4.1 Admission Policy

The college will ensure the representation of all the rules and regulations related to sports issues by the government or Panjab University, Chandigarh.

- Total of 2% of seats in each course (UG and PG) shall be reserved for sports category.
- At the time of admission against sports seats, the players should have a minimum standing of the state level i.e. First, Second or Third position in any Inter-School or Open Championship and the Gradation Certificate issued by the Department of Sports, Chandigarh.

4.2 Assessment Policy

Giving each sports student a conducive sports environment is the prime objective of the college. Each sports individual should have reasonable accommodations made for them, and the college administration and staff should be willing to address assessment issues. The following principles of assessment will be perceived:

- Relaxation in the minimum attendance requirement.
- Duty leave is given to the staff and students of physical education for participating in the competitions.
- Special chance will be given to the students who missed the mid-semester examinations because of their participation in the sports competitions.
- To ensure the awareness programmes for all the teachers and non-teaching staff regarding the issues of assessment.
- If performance is not maintained or enhanced upon, the facilities offered to students may be discontinued.



4.3 Incentives for Excellence in Sports

The institution shall follow the Panjab University, Chandigarh rules and regulations in terms of the benefits and incentives to be provided to the sports students.

- Roll of Honour
- College Colour
- Mementoes
- Certificate of Merit
- Best Athlete trophy and Cash prize of Rs. 3000/-
- Cash incentives for international and National Players
- PU Cash prize of Rs. 30000/- for First position, Rs. 20000/- for second position and Rs. 10000/- for third position in All India University Level/National and International Competitions.
- Free medical-aid if injured during competitions.
- Free sports-kit and sports equipment.
- Refreshments are given to players while participating and preparing for Inter-College competitions.
- Coaches are arranged to impart training to the players.
- Conveyance facility to participate in various sports competitions.
- Trainings and Camp facilities.

4.4 Olympic Movement Society

The Olympic Movement Society undertakes to promote sports culture amongst the stakeholders and is thus actively involved in celebrating sports related activities such as Annual Sports Day, Run for Fun, and days of National Importance such as Fit India Movement, National Sports Day, Yoga Day and many more. Dr. Ram Niwas Yadav is the convener of the Olympic Movement Society.



5. Facilities

5.1 Training in multiple sports

The college provides training in the following sports and games:

- Archery
- Athletics
- Basket Ball
- Cricket
- Cross Country Race
- Football
- Fencing
- Gymnastics
- Hand-Ball
- Hockey
- Judo
- Kho-Kho
- Kabaddi
- Karate
- Kayaking
- Lawn Tennis
- Martial Art and Combat Sports
- Net-Ball
- Pancksilat
- Rowing
- Rugby
- Sepak Takraw
- Soft Ball
- Table Tennis
- Taekwando
- Volley-Ball
- Wushu
- Weight-Lifting
- Wrestling
- Power Lifting
- Yachting
- Yoga

5.2 State-of-the-Art Facilities

The college provides following infrastructure for the sports and games:

- Dedicated Department of Physical Education
- Fully Air-Conditioned Indoor gymnasium equipped with Cardio strength and flexibility equipment.
- Home theatre and digital sports Library
- Facilities and Equipment for 25 games
- Synthetic Lawn tennis court
- Cricket Net and Cricket Pitch
- Indoor Badminton Court
- 400-meter Grass Track
- Two flood light Basket Ball Court



- Track and field facilities like Pole Vault, hurdles, steep/chase etc.
- Aerobics, Dance, Calisthenics, Zumba facilities.
- Yoga hall and mats.
- Recreational Sports Facilities: Indoor Table Tennis, Chess, Carom board.
- Massage Chair and Nuga Relaxing Bed for Relaxation.
- Equipment, dress, and refreshment for participants of a game/tournament.

6. Pictorial Representations of the facilities

6.1 Infrastructural Facilities



Cricket Pitch and Net



Golf Putting Range



Judo Mats



Sports Equipments



6.2 Activities Promoting Sports



International Yoga Day



Annual Sports Meet

DISCLAIMER

The '**Institutional Sports Policy**' is not a legal document. It has been created solely for reference purpose of stakeholders of Post Graduate Government College for Girls, Sector 42, Chandigarh. The college reserves the right to amend the policy as and when required. All efforts have been made to avoid errors and omissions. However, any error or omission made inadvertently would be rectified if brought to the notice of the authorities.