

Maharashtriya Mandaal's
Chandrashekhar Agashe College of
Physical Education

Best Practices 2016-2017

1. Obstacle

Context that required initiation of the practice (100-200 words):

- Regular sporting events were organized on regular basis for Sportsmen.
- No big platform for individuals undergoing fitness.
- Much of the masses in school wanted new formats or events.

In order to fulfill the above a Competition based on Obstacle course was initiated.

Objectives of the practice (50-60 words):

- To introduce students to a newer competition.
- To provide opportunity for our students to be a part of the organizing and officiating team.
- Maximum participation by schools and students
- To help students achieve a health-enhancing life of physical activity
- To promote physical excellence
- To help students overcome physical and mental block

Practice (250-300 words):

Obstacle races are a regular feature at defense events or at international stages. So the idea to have such an event for school students or players at lower levels was one of the objectives in mind to start the event. With this view it was decided to organize such event for school children. The school group for the Obstacle was 7th – 10th Std. Students. A team for obstacle is consists of up to 25 students. A team must have at least 18 students on the ground at the start of the competition. All the 25 players may participate for the competition but time is considered only best 18 students. Number of challenges are between 8 to 12 and the total distance of the race is approximately 200 to 300 meter. Route of the race is not standardized and fix. According to available space and resources route may decide. Obstacle competition is played in two stages - qualifying round and finals. For the qualifying round difficulty level is lower than final stage. For the qualifying round there are around 8 to 10 Challenges and for the final 12 Challenges. Best 16 teams of Boys and 16 teams of Girls qualify for the final. Top three teams in Boys as well as Girls are felicitated with Prizes, Medals, Certificates and Trophies. Individual Top three boys and Girls are also felicitated with Trophies and cash Prizes.

Obstacles face if any and strategies adopted to overcome them (150-200 words):

Obstacles:

- No experience in managing and organizing Obstacles.
- Funds not available.
- High man power was to be required for organizing such event.

Strategies adopted:

- Experts were called and discussions with them were done regarding Obstacle course/Challenges. After discussing a Full Course was chalked out and then discussed with faculty members.
- Few Master's degree Students were made to prepare and plan fund raising plan and implement the same.
- The BPEd 1st and 2nd Year students were utilized for the competition in sessions. Adequate rest was seen and maximum output from the human resource was made.

Impact of the practice (1000 words):

- The competition was liked and appreciated by the schools, students and other stake holders.
- Schools started preparing for competition and were eager to participate in yearly competition.
- Few of the students organized a similar format of the competition at their respective workplace or clubs.

Resources required:

Funds, office support, high human resource, sound & lighting system. Different innovative equipment other than sports or games, medical facility, etc.

Contact person for further details:

Dr. Sopan Kangane

2. Gift in form of Books / Plants

Context that required initiation of the practice (100-200 words):

Traditional gifts like Bouquets, flowers, shawl or other similar forms of Gifts prove to be of less importance and use to the Guests and Visitors. CACPE decided that instead of traditional gifts why not give gifts in form of Books or plants and initiated the practice. Gifts in form of Books related to Physical Education or Sports was started to visitors and other Guests.

Objectives of the practice (50-60 words):

Green practice to be initiated by avoiding wastage of Bouquet or flowers.
Improve or initiate Reading habit.

Practice (250-300 words):

The college decided that Visitors, Guests or Lecturers when come to college will be given books or sapling/plants as Gifts. Initially books were bought as required but on occasions where the guest arrived without intimation managing Books or Plants was difficult. Later on to avoid such without intimated guest or visits books related to general education, physical education, diet, Sports, fitness, etc. were bought well in advance at the start of the academic year and given as gifts when required. On few occasions Saplings or plants are brought and are given as gifts to spread a Green initiative.

Obstacles faced if any and strategies adopted to overcome them (150-200 words):

Obstacles:

- Initially managing plants and Saplings was difficult.
- Gift wrapping the Books
- Sometimes books of less interest or related topic is given to speakers or Guests

Strategies adopted:

- A person was allotted to manage plants and gift wrap them.
- Asst. Librarian was tasked with the work of wrapping of Books.
- Books on different topics and subjects and language were selected & bought.

Impact of the practice (1000 words):

- Appreciated by all visitors and Guests
- Future Student trainers at CACPE look the initiative taken and will be aware about this practice and try to follow the same when they themselves are at respective workplaces in future.

Resources required:

Books and Plants as required, Gift wraps, person to manage the gifts, etc.

Contact person for further details:

Dr. Sopan Kangane