



EKNM GOVERNMENT COLLEGE ELERITHATTU
(Established in 1981, Affiliated to Kannur University)

Accredited by NAAC with 'B' Grade

Elerithattu(PO), Nileshwar (Via), Kasaragod (Dist.), Kerala-671314, Ph: 04672245833, 9188900213

e-mail: eknmgovtcollege@yahoo.com , Web: <http://www.eknmgc.ac.in>

DOCUMENTARY EVIDENCE FOR

7.2.1. Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual

BEST PRACTICE – 2

'PLAY' – Physical Activity and Lifestyle Adaptations for You



PLAY – Physical Activities and Life Style Modifications for You

Life style of an individual is being considered to steer the transformation of life cycle through different phases. The trends over twenty first century, its the individual's preferences and choices are vital in defining the routine as well as the quality-of-life style. Life style -the term in its broad sense the pattern of behaviours that we exhibit during the daily living. As we all know its an era of things are being 'sensed', processed and put into actions, it's the high time for humans to really 'sense' the quality of lifestyle that everyone exhibits. Over a couple of decades, it was showcased that the rate of premature death is increasing gradually over the period of time and also the life quality index of elderly is falling nose down. The cases are more sensitive in India. The problems associated with a bad lifestyle are common among a large population. The ongoing reformations of educational set up and its wholistic approach will be the thought-provoking factors that may determine the life quality of an individual in future. The perspectives of higher education must be able to transform or shape an individual in multi-dimensional way in terms of thoughts and actions.

The department of physical education, E. K. Nayanar Government college, Elerithattu here by present a voyage that has undergone with an experimental study that relay upon interventions an individual's daily habits and practices. The post covid importance of having a healthy life style in action was intended as the key outcome from the participants of the study. The project 'PLAY' was identified to focus up on all basic practices that an enthusiastic individual to learn about physical activities and essential modifications of one's own lifestyle. As the programme demands there was short term as well as long term plans so as a consistent and progressive change on the practices towards an healthy habit of incorporating not only daily physical activities but also creating awareness on factors that influence the schedule of physical activity for health benefits. The single faculty department, ensured the cooperation of different stakeholders in this regards through out the duration of the programme. The action plans of the project "PLAY' was defined based on the need of the primary stakeholder – the students – through interactive sessions, experimental exercise sessions and also using the basic questionnaires that measure attitude towards physical activity. The piolet studies and the initial experiments over the period of 2020-21 academic year made clear that a comprehensive approach is necessary to withstand as a trend setter for the youth in terms of role of physical activities and lifestyle modifications in determining the quality of life. With a broad understanding of the need of the targeted population an experimental study has been designed and implemented as detailed below.

Title of the project: - 'PLAY' – Physical Activities and lifestyle Modifications for You.

Time Line of the Project: - The initial time line of the project was set for period of three years starting from the academic year 2021-2022.

Target Population :- Regular College Students between the age group 18 to 22 years.

Major Highlights of the project: -

- ✚ To transform the students' thoughts in to actions in relations to healthy lifestyle modifications.
- ✚ To create awareness on the factors that influence healthy lifestyle.
- ✚ To bring out desirable and realistic outcomes interms of health and physical fitness.
- ✚ To find out, nurture and streamline the talents for competitive sports.
- ✚ To present role models and brand ambassadors of achievers among students.
- ✚ To bring about students with high self-esteem and self-confidence.

Need of the Project

Physical fitness is an integral part of total Fitness of an Individual. There are social, mental, physical, and cognitive corresponding to these traits. Academic achievement is correlated with physical fitness attributes. Almost all of the components of physical fitness, such as diet and exercise, are modifiable, but many markers of academic performance, like intellect, are fixed and hard to alter. One area where college students should focus on developing resilience is their physical health. A range of treatments have been created by school psychologists, physical educators, and other educational professionals to assist college students in developing their physical health. The areas of nutrition and physical activity are where the majority of school health promotion and physical fitness initiatives are being conducted. The students in higher education may need to be reoriented in such a way that its not all about securing marks or grades to their account, but it's the period to register themselves with good identity of a responsible human being in all sense.

The students of E.K. Nayanar Memorial Government college are a sub set of an ideal group of students with potential to grow up in all aspects. The resources of the college makes them to think more realistic in terms of student achievements. The level of physical fitness among college level students were brought into action by many researchers across the globe, but still it's a new initiative of its kind at E.K. Nayanar Memorial Government college, Elerithattu. There for the period under this project was considered as Phase -1 of a long term plan for the upliftment of the physical fitness, life style modifications and achievements in competitive sports.

Introduction to the project

‘PLAY’ – A comprehensive initiative of Department of Physical Education for the students of the college, provides ample opportunities to bring out desirable and realistic changes and achievements in terms of physical fitness and performance sports. Being youth the students need to be brighter enough to sense the requirements of daily living and bring about high potential to grow up as responsible citizens for the goodness of themselves, family, society and ultimately for the country. As phase – 1 of a long term plan the PLAY focus up on the basic physical fitness of an individual and at the same time to prepare the students to appear before competitive sports or performance sports with focused and task oriented goals to achieve. Frequent exercise can help kids and teens get more fit aerobically and respiratory, grow strong bones and muscles, manage their weight, lessen the symptoms of anxiety and despair, and lower their chance of having hypokinetic illnesses. It was necessary to insist them to learn about basics about fitness and its broad aspects, a as first step the department started offering Generic Elective Course in Physical Education from the academic year 2020-2021. Later on due to its limitations to cover the whole students in the college, the department frequently tried to continue discussions and debated on topics related to health and fitness along with the practice sessions. The students were found to have benefited as and when they understand the theoretical basis of what do they do practically. The focus of phase – 1 of PLAY was limited to the following objectives.

Objectives of the project

1. To promote physical fitness and health among students
2. To motivate students to adopt a healthy lifestyle
3. To make students aware about the need for exercise in daily life
4. To raise a healthier generation promoting a culture of physical fitness

Delimitations of the project

1. The programme was delimited to students of E. K. N. M. Govt. College Only.
2. The age group of the subjects were ranged between 18 to 21.
3. The study was further delimited to two category of students called Physical Fitness Activity Group and Sports Performance Enhancement Group.
4. The study was delimited to two types of training called Regular Training for Physical Fitness and Sports Specific Training for Performance Enhancement.

Limitations of the project

1. Socio-economic factors and lifestyle of the subjects was beyond the control of researcher. Even though timely advices were given to the students to keep up a healthy environment to support the study.
2. The nutritional status and other types of physical labor was out of control of the researcher. Its was further advised to avoid junk foods during any time in a day.
3. The students are only made available during the training hours at the department of physical education.
4. The individual differences and the difference in the efforts made during testing may be considered as a limitation of the study.

Significance of the project

1. The study will provide ample opportunities to undergo training for improving physical fitness and enhancement of sports performance.
2. The study will bring out a common training protocol to develop physical fitness of college level students.
3. The study will be a motivational factor for more students to undergo physical fitness training and lifestyle modifications that stream line them to a healthy way of living.

Materials and Methods Used in the study

a. Training Facilities and Equipment

It was challenging for the department of physical education to offer modern facilities and training equipment to the students during the starting of the programme. The department managed to open the college fitness centre academic year 2020-2021, which was only the indoor facility in the college. Later on the department mobilised fund from annual plan fund of Directorate of Collegiate Department to upgrade the department facilities and to an extend the department has uplifted its infrastructure facility as on 2023-2024 financial year to a standard one of its kind. The plan fund proposals were prepared in accordance with need of the students and made effectively used. The major shares of the plan fund allocations were used upgradation of college fitness centre, purchase of modern sports equipment and coaching camp allowances for students. The details of Infrastructure upgradations and purchase of equipment is detailed Annexure. The attempts of the department in terms of infrastructure facility will be full filled hopefully with the allocation of PM-USHA Scheme (RUSA 3.0) AND Plan Fund Allocations in upcoming years.

b. Type of Training used

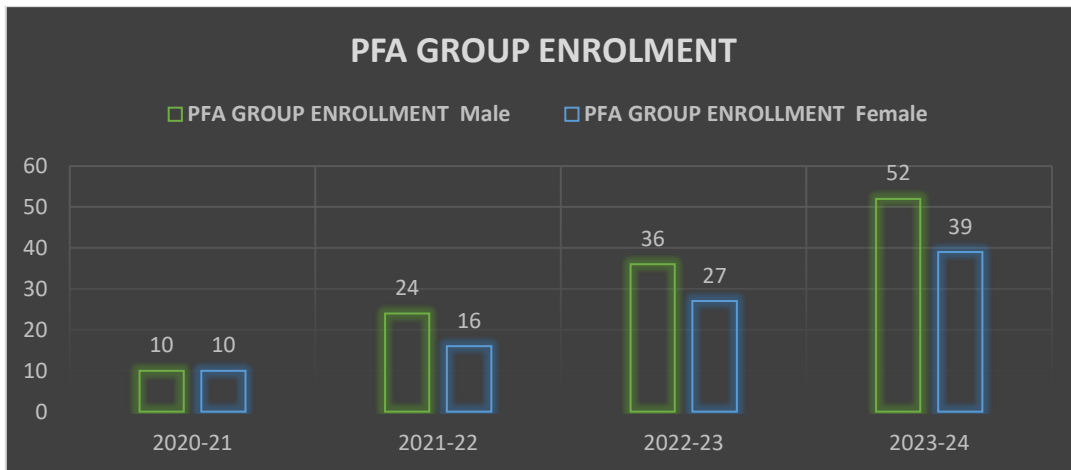
The total subjects were treated as two groups namely Physical Fitness Activity Group and Sports Performance Enhancement Group. Two types of training called Regular Training for Physical Fitness and Sports Specific Training for Performance Enhancement were given to PFA Group and SPE Group respectively. Training schedules were prepared after considering the availability of free time to the students, master time table, department timetables and utilizing the facility of all students effectively. Each training sessions were instructed and supervised by the Head of the Department of Physical Education. The training load and volume were continually monitored and feedback from the students were obtained at a regular interval.

Personalised fitness goals were prepared for students and its was effectively trained for maximum benefits. The improvement of health-related physical fitness components such as Cardio vascular Endurance, Muscular Strength, Muscular Endurance, Flexibility and Body Composition were the primary focus for all the participants were as sports specific goals were structured for SPE Group. After the pilot study period during 2020-21, from the students admitted in the academic session 30 students were selected (15 in each group) as experimental groups for the study for a period of 3 years starting from 2021-22 to 2023-24. A comprehensive training programme was ensured to be carried out in its most effective manner. The latest training methods such as cross fit training, cross training, different forms of resistance training methods were used for training purpose. Assessment of fitness components of both the groups were done periodically to ensure the effectiveness of training programmes given for both the groups. The schedule of semester examinations, vacations and other personal reasons of the students were found as challenges for the students in terms of regularity of the students. The training sessions were planned from 6:30 am to 8:30 am in the morning and it was 3:45 pm to 5:45 pm in the evening session. Time schedule for each groups were arranged in such manner that each groups were ensured at least 6 sessions in a week. Saturday and Sunday were kept the training off for PFA Group were as Saturday morning session was given for SPE Group. The progression of training load for PFA Group was done using stair case method were the load progression for SPE group was done using progressive training. Extreme care and support was given to the students with comparatively low level of fitness and ensured a the consistency in training. Then major components of PFA group was Cardiovascular Endurance, Muscular Strength and Flexibility were as the skill components such as speed, agility, power, reaction time were given focus during the later phase of training cycle. The use of Micro, Meso and Macro training cycles were effectively deployed for the training purpose of both the groups. In

addition to physical training sessions, adequate feedbacks on recommended dietary behaviours, the science behind exercise programmes were explained on a regular basis to both the groups.as a basic level of fitness monitoring the procedures for measuring resting heart, calculation of BMI was taught to all training students. Proper Warm up and Warm Down sessions were completed before and after respectively after each training sessions.

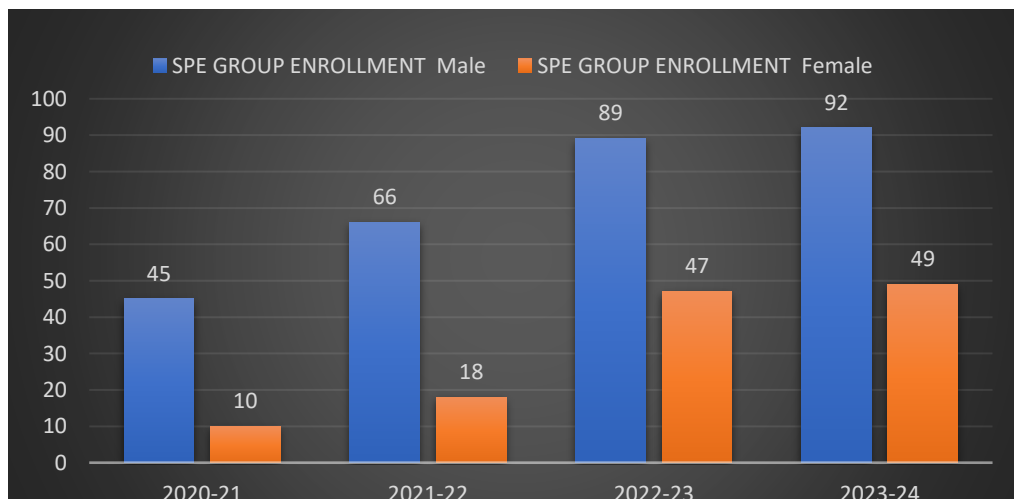
Results and Outcomes of the Project

a. Student Enrolment in PFA Group



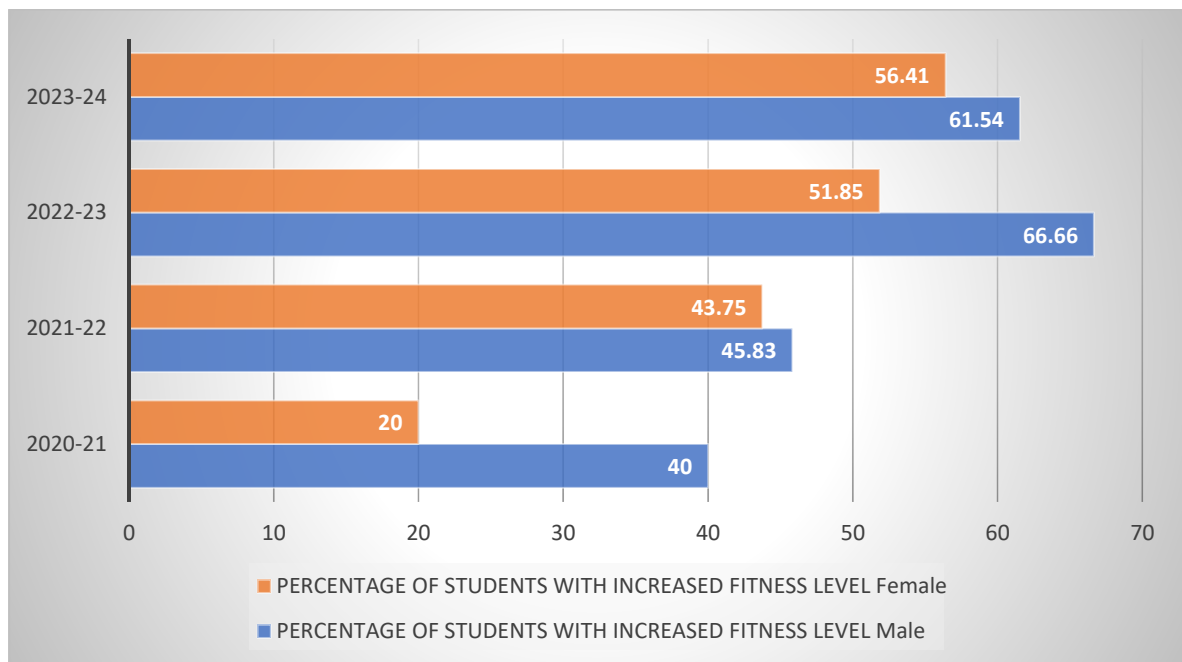
The total enrolment of Male students in PFA Group was 10 in the year 2020-21 and it increased to 52 in the year 2023-24. In the case of female enrolment increased to 39 in the year 2023-24 from 10 in the year 2020-21.

b. Student Enrolment in SPE Group



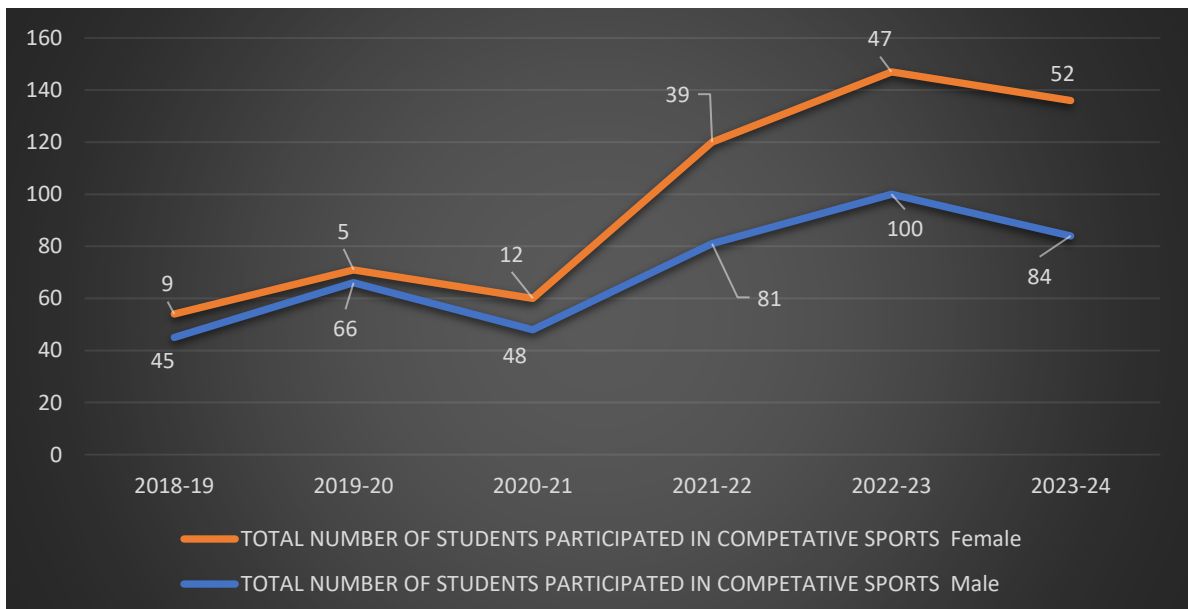
The total enrolment of Male students in SPE Group was 45 in the year 2020-21 and it increased to 92 in the year 2023-24. In the case of female enrolment increased to 49 in the year 2023-24 from 10 in the year 2020-21.

c. Total percentage of students with increased level of Physical Fitness



The percentage of students found with significant improvement in level of physical fitness was found to be increasing across both the gender, which can be concluded as the programme carrying over is successful with its goals achieved.

d. Total number of students participated in Competitive Sports

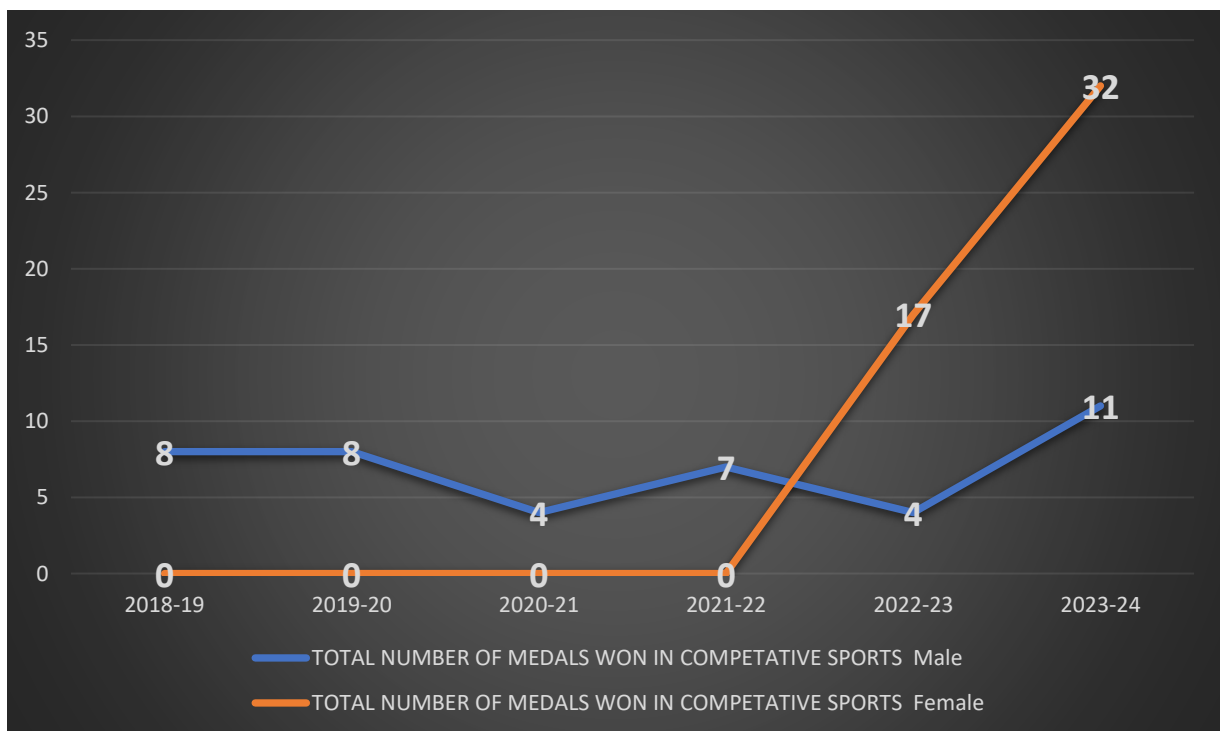


The total number of students participated in competitive sports found to be increased across the years in both the genders and it will be counted as one of the key out come of the programme.

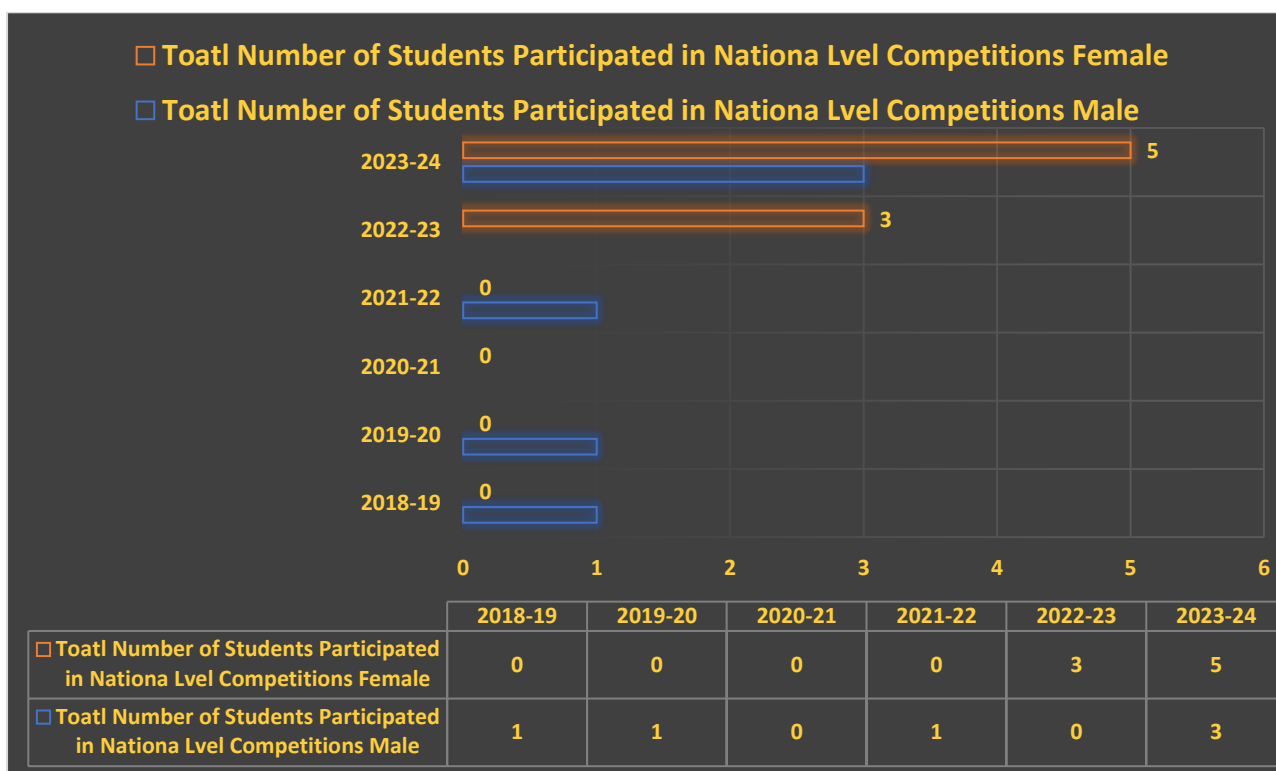
e. Total Number of Medals Won in Competitive Sports

TOTAL NUMBER OF MEDALS WON IN COMPETITIVE SPORTS		
	Male	Female
2018-19	8	0
2019-20	8	0
2020-21	4	0
2021-22	7	0
2022-23	4	17
2023-24	11	32

The total number of medal won by male and female students across the academic years from 2018-19 to 2023-24 increased substantially and could be concluded that SPE objective of the ‘PLAY’ was successful and is evident from the table.



f. Total number of Students Participated in National Level Competition



From the year 2018-19 to 2021-22 there was no female student representation from the college to a national Level Tournament, where as in the year 2022-23 three students and 2023-24 five students represented Kerala state or Kannur University in National Level Tournament. In the case of male student representation, the highest representation across last 6 academic years was found in the year 2023-24. These are to be concluded as the evidence for the improvement in the standard of competitive sports performance level of students into a benchmark of national level.

Conclusions

1. The Enrolment to Physical Fitness activity group and Sports Performance Enhancement Group under the Scheme 'PLAY' was found to be increasing over the time period.
2. The percentage of students with improved level of Physical Fitness found to be increased from 2020 to 2024.
3. There was significant increase in total number of students participating in competitive sports.
4. There was significant increase in total number of medals won from competitive sports.
5. The Sports performance Enhancement Group significantly able to raise the standard to the benchmark of National Level, which was evident from the increase in the number of student representation at National Level.

Gallery



ഇ.കെ. നായനാർ മെമ്മോറിയൽ ഗവ. കോളേജ് എളേരിത്ത്

എളേരിത്ത് പി.ഒ., നീലേശ്വരം, കാസർഗോട്രോഡ് 671314
www.eknmgc.ac.in Ph: 9188900213

കണ്ണൂർ സർവ്വകലാശാല 2022-23 അക്കാദമിക വർഷത്തെ നാക് ജേതാക്കൾ

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2023-24 കണ്ണൂർ സർവ്വകലാശാലയെ പ്രതിനിധീകരിച്ച് അന്തർ സർവ്വകലാശാല മത്സരങ്ങളിൽ പങ്കെടുത്തവർ

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അന്ത്യർക്ക് വനിത വിഭാഗം ഓഡൻ - മൃഗസംരക്ഷണം



കണ്ണൂർ സർവ്വകലാശാല യൂണിവേഴ്സി കലാത്മകം 2023-24 ഫോർട്ട് ഹിലം A ഏഷ്യേഷ്യ കൂട്ടി മത്സരസംരക്ഷണം



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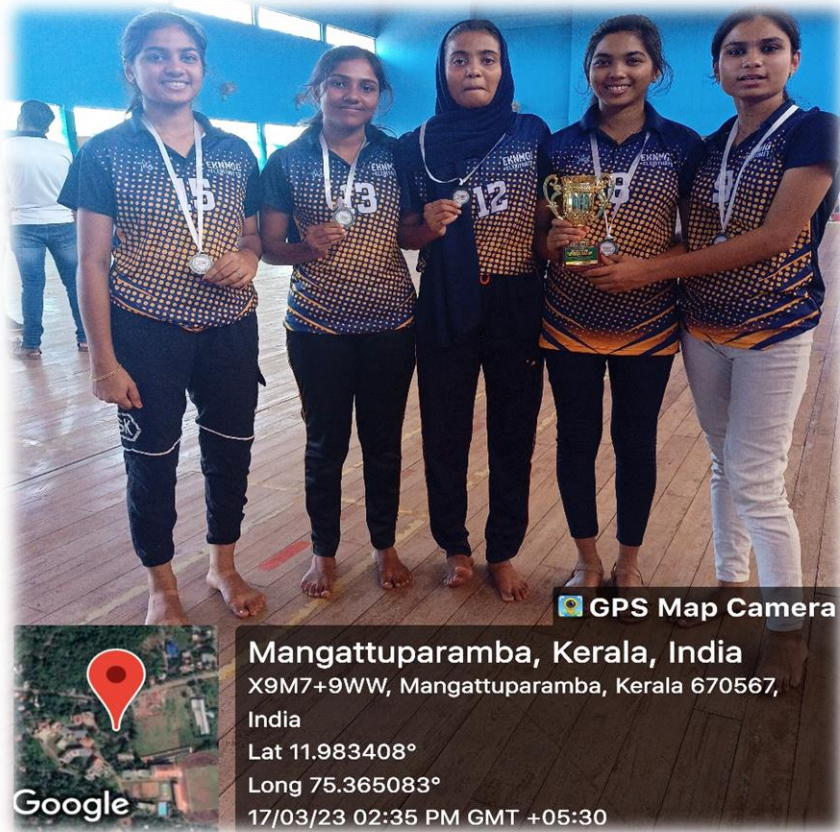
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ദേശീയമത്സരം

പി.ടി.എ 2023-24







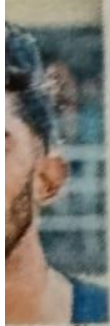


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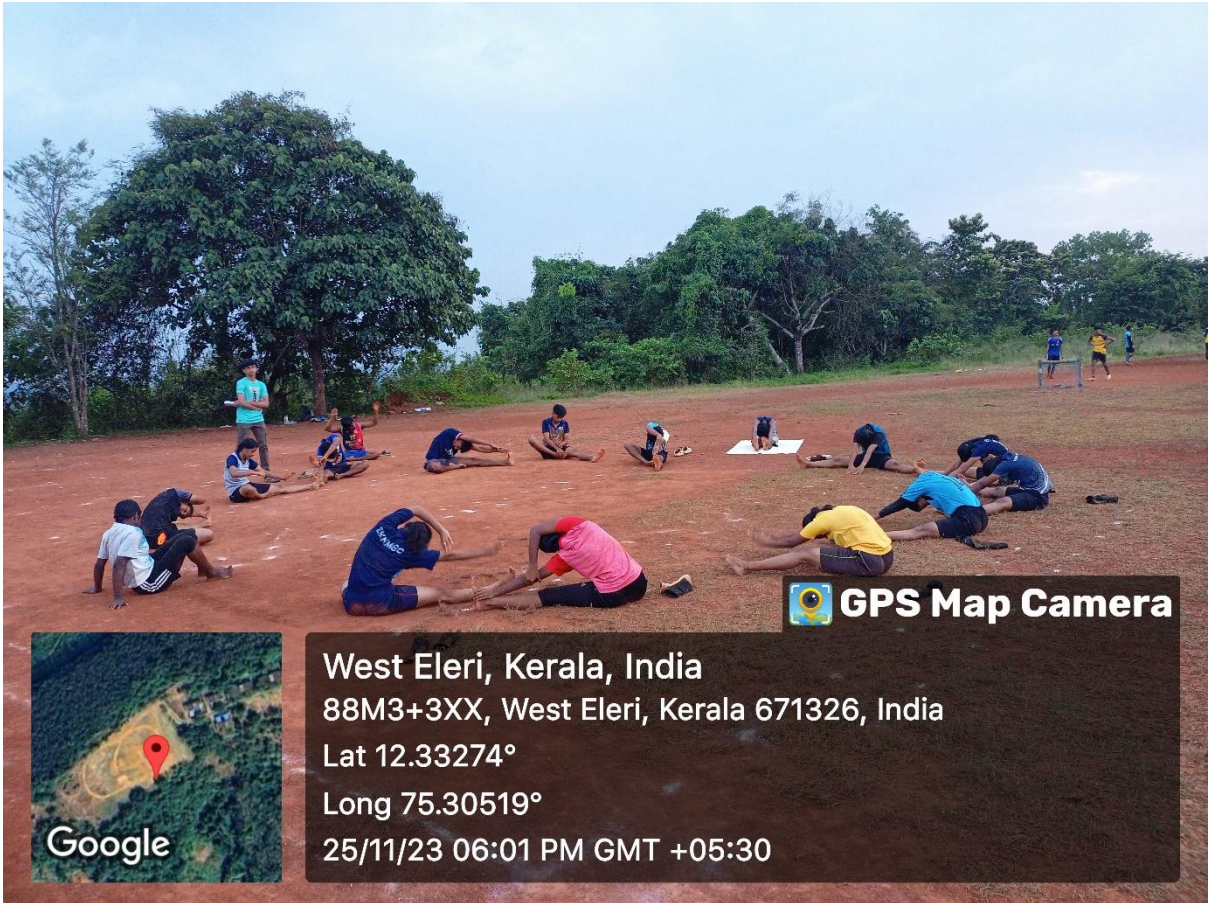
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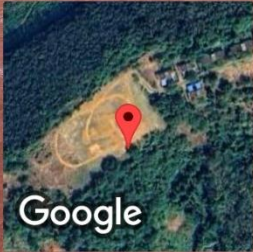
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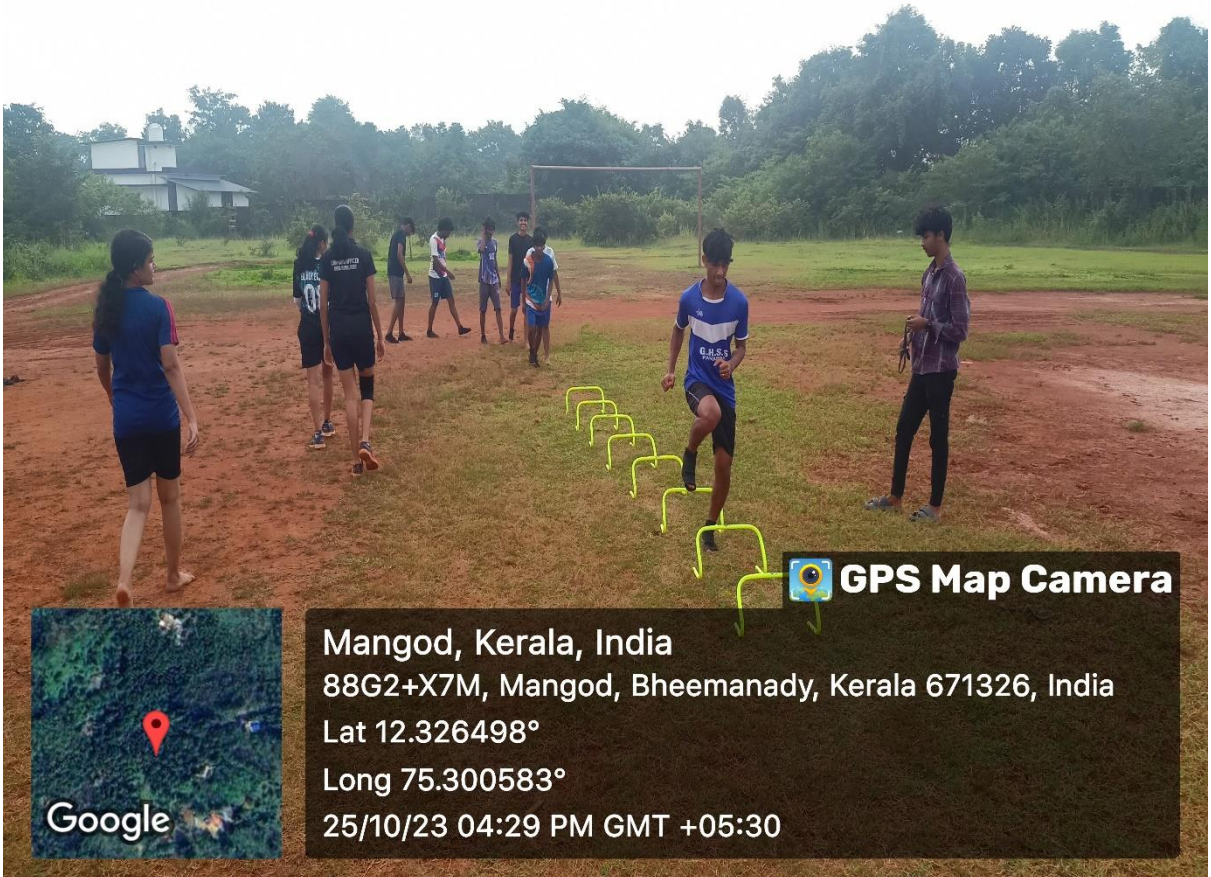



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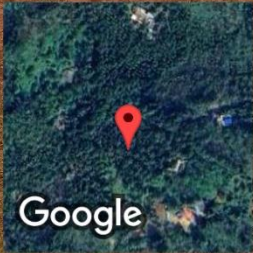


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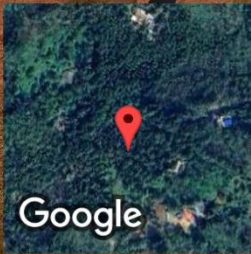


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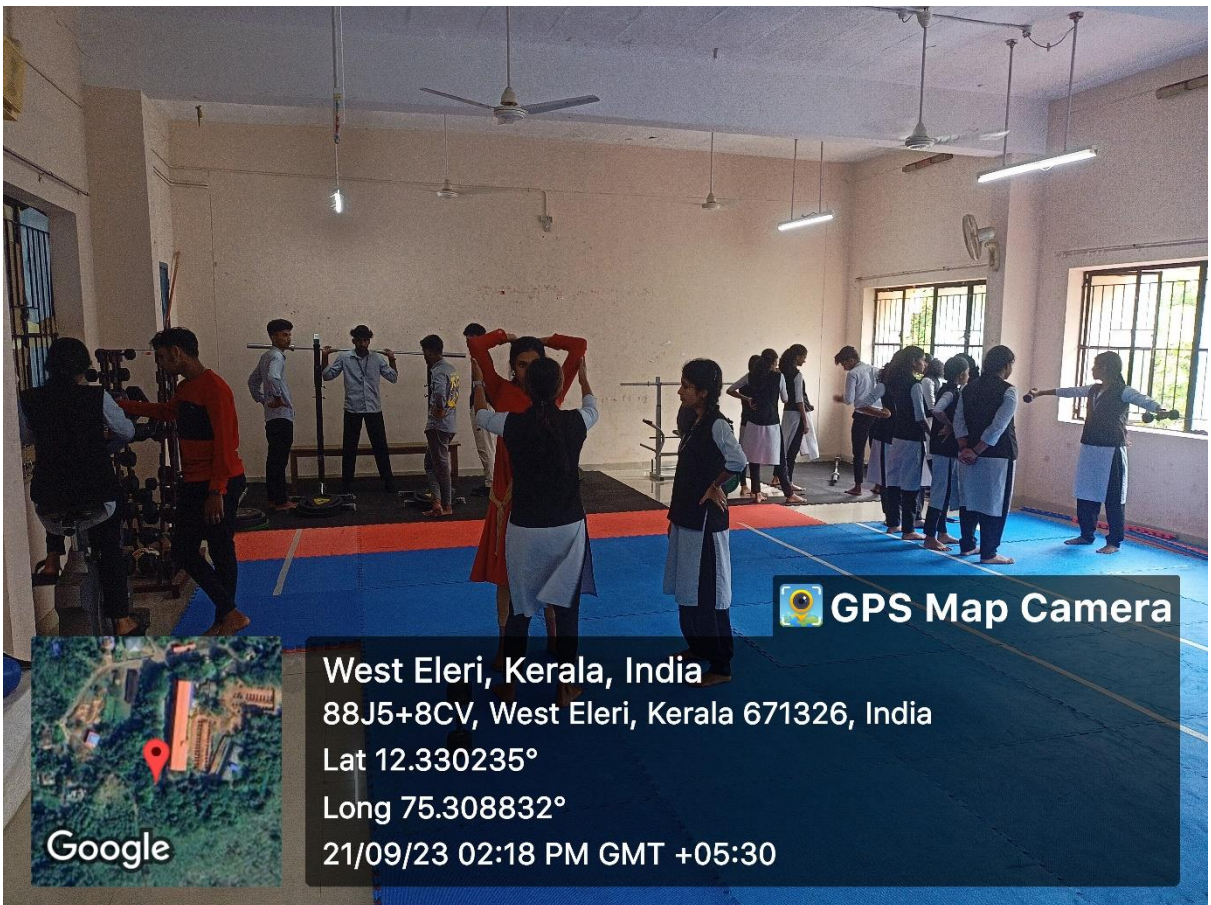


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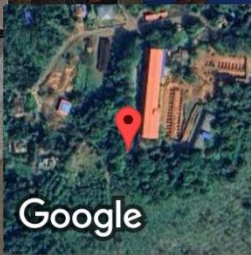


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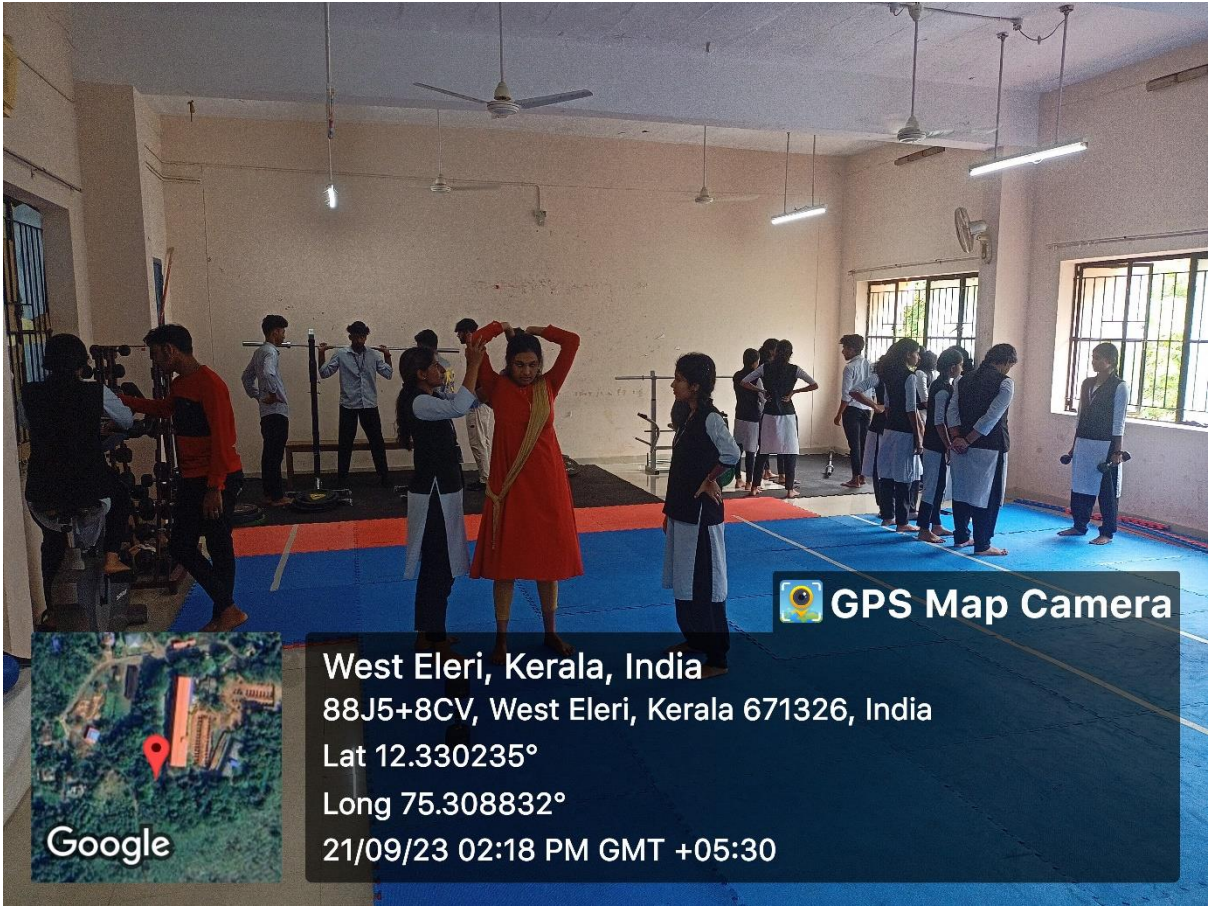


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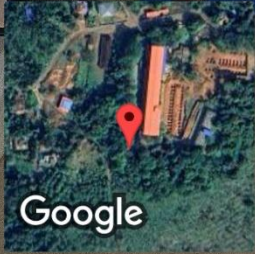
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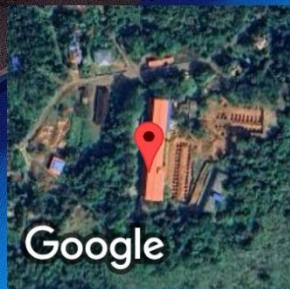


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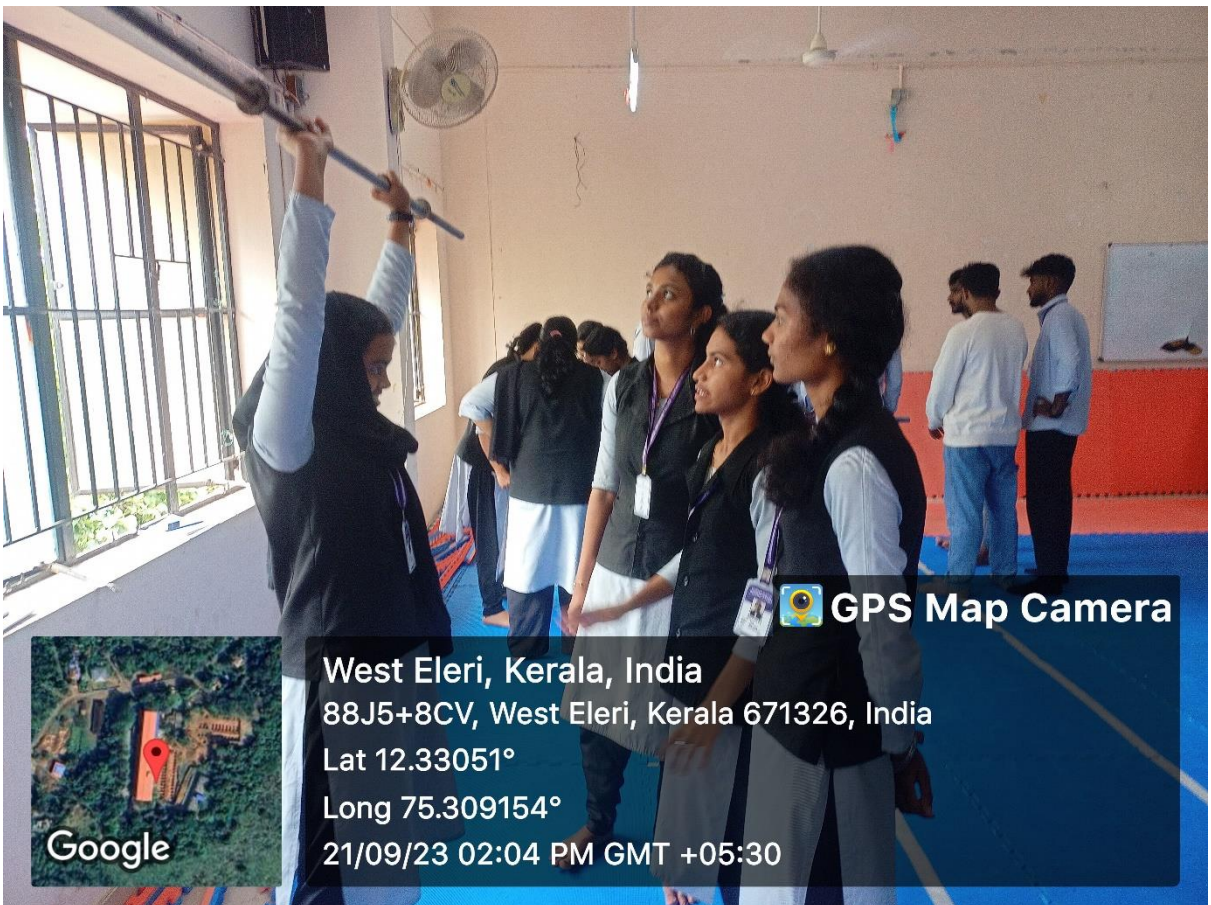
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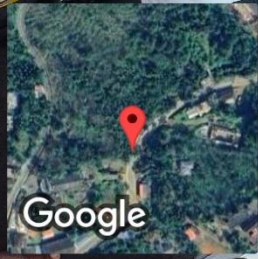
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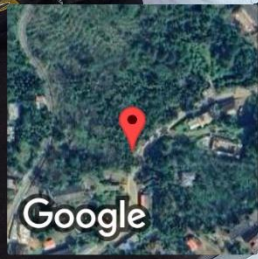


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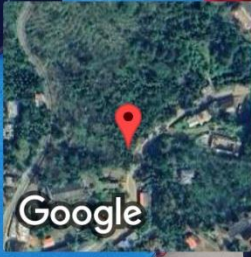


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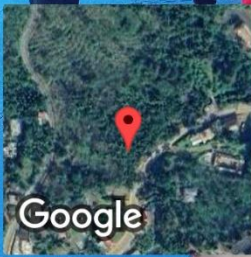
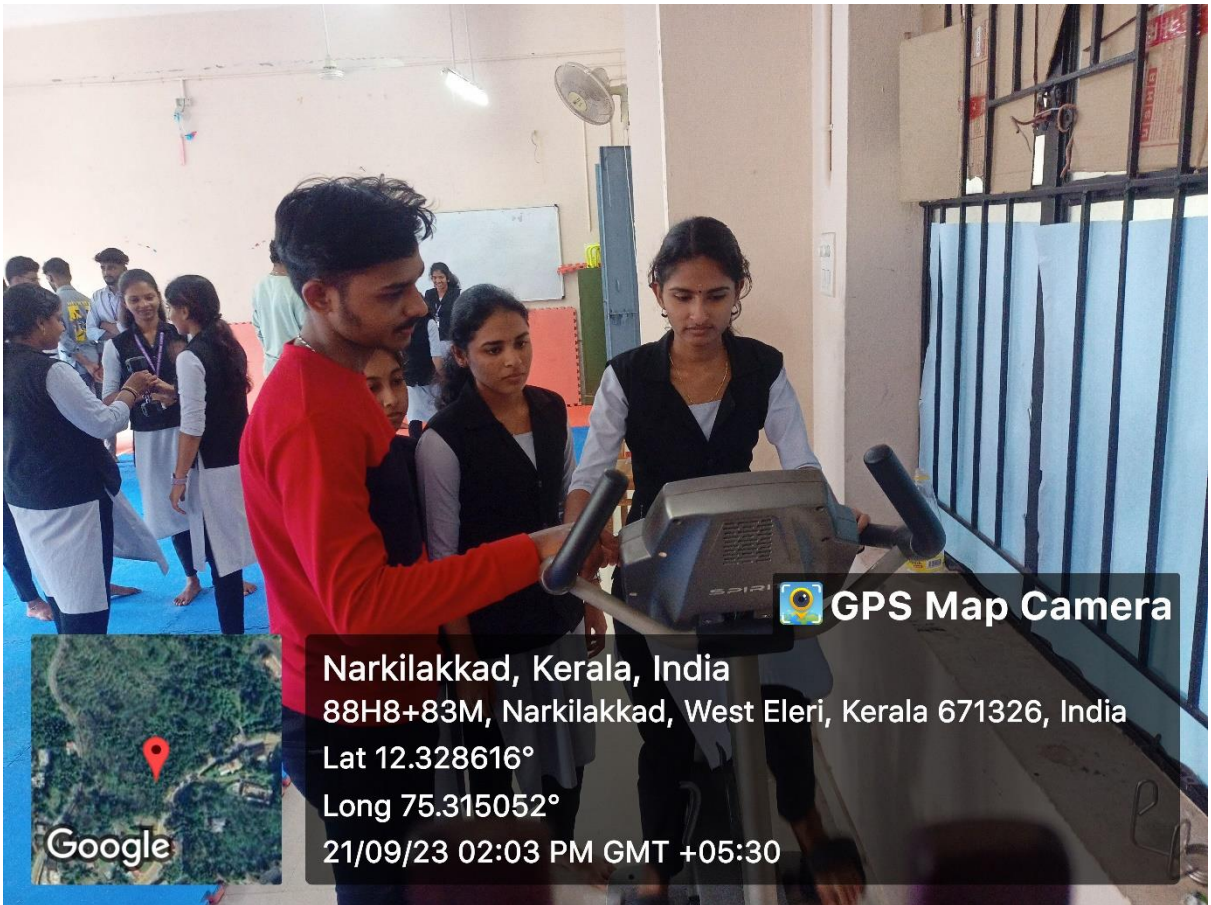
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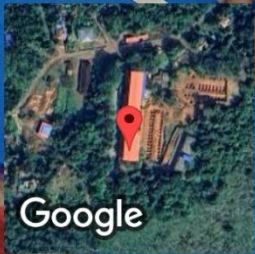


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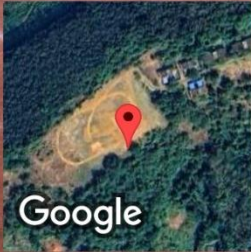


Google

West Eleri, Kerala, India
88J5+8CV, West Eleri, Kerala 671326, India
Lat 12.330519°
Long 75.308953°
14/09/23 02:18 PM GMT +05:30



 **GPS Map Camera**



Google

West Eleri, Kerala, India
88M3+3XX, West Eleri, Kerala 671326, India
Lat 12.332721°
Long 75.305179°
25/11/23 06:01 PM GMT +05:30

