

Best Practice: 2

Title of practice

Four wings of sports- volleyball, basketball, athletics, and handball.

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There are 4 wings of sports such as volleyball , basketball, athletics, and handball.

Objectives of the practice

1. To promote college students to achieve peak level performance in different types of competitions.
2. To promote college students to participate in different type of sports activites.

The context

1. To develop the game of sportsman
2. To promote and motivate the students towards the sports.

The practice

Free diet and hostel are provided to sportsman, sports kit and sports equipment are provided to the sportsman free of cost.

Evidence of success

1. SCD Govt. College Ludhiana is getting medals from last 5 years in inter-college level competition of basketball and volleyball.
2. Many players have participated in 'KHELO INDIA', all India university level, national level and senior state level tournament.
3. Many players of different sports have participated in 'KHELO INDIA' competition in 2021-2022.

Sr no.	Sportsman/team name	Game /sport/event	Tournament year 2021/2022	position
1.	Gurkomal singh	800m (athletics)	1. Inter college & 2. u-23 state tournament	1 st position 1 st position
2.	Harpal singh maan	Triple jump	1. Inter college & 2. u-20 national federation cup	1 st position 3 rd position
3.	Harpal singh maan	Long jump	Inter college	1 st position
4.	Mukul dham	3000m steeple chase	u-23 open senior state	2 nd position
5.	Aryan sainsi & rajvir singh	4x400 relay	U 20 open state	3 rd position
6.	Basketball team	Basketball	Inter college	1 st position
7.	Basketball 7 players	Basketball	Senior state basketball championship	1 st position
8.	Kawar gurbaj singh	Basketball	3bl professional basketball league	2 nd position
9.	Navkarman singh, kawar gurbaj singh , mohitpreet singh, arvinder singh and manjot singh	Basketball	All india university	3 rd position
10.	10 handball players	Handball	50 th handball senior state	3 rd position
11.	Anmol kanujeya	Taekwando 58kg	Inter college	2 nd position
12.	Ashok kumar	Taekwando 68kg	Inter college	3 rd position
13.	Harkaran singh	Karate	Inter college	3 rd position
14.	Chess team	Chess	Inter college	2 nd position
15.	Volleyball team	Volleyball	Inter college	2 nd position
16.	Rajanpreet , Deepak Sharma, samar Sharma, haranmol & dheeraj patia	Volleyball	North zone inter university	3 rd position
17.	Sanjeed singh	Wrestling	Inter college	2 nd position
18.	Surinder singh	Wrestling	Inter college	3 rd position
19.	Chetan	Weight lifting	Inter college	2 nd position
20.	Karanvir singh	Weight lifting	Inter college	3 rd position
21.	Nehal wadhwa	Cricket	Ranji trophy	---
22.	Bhuvan gupta	cycling	Inter college	3 rd position

Sr no.	Sportsman/team name	Game /sport/event	Tournament year 2017/2018	position
1.	Basketball team	Basketball	Inter college	1 st position
2.	Handball team	Handball	Inter college	1 st position
3.	Mandeep singh	Handball	All india inter university	2 nd position
4.	Navtez singh	400m athletics	Inter college	3 rd position
5.	Gurdas singh	Long jump	1. Inter college 2. State tournament	2 nd position 1 st position
6.	Kho kho team	Kho kho	Inter college	3 rd position
7.	Gurpartap singh	shooting	North zone inter university	2 nd position

Problem encountered and resources required

The biggest challenge in sports is recovery from injury, sportsman got injury while practice very often and they often needed physiotherapy. Our faculty members of Physical Education Department help them to recover from injury.

Notes (optional)

We have standard sand track of athletics. We need synthetic athletic track for the betterment of athletes.