



GOVERNMENT OF WEST BENGAL  
OFFICE OF THE PRINCIPAL  
**Maulana Azad College**

8, RAFI AHMED KIDWAI ROAD, KOLKATA 700013, INDIA  
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## **Policy Document on Games, Sports, and Yoga Facilities at Maulana Azad College**

### **1. Introduction**

Maulana Azad College, in line with NEP 2020, UGC guidelines, and the University of Calcutta's Sports and Games Policy, promotes holistic student development through sports, games, and yoga. By fostering physical fitness, mental wellness, teamwork, and life skills, the college aims to nurture well-rounded individuals. This policy highlights the facilities, framework, and events that support a culture of physical activity and mindfulness on campus.

### **2. Objectives**

- Integrate physical education into the academic curriculum in alignment with NEP 2020, UGC and Calcutta University guidelines to promote physical fitness, mental health, and well-being among students and staff.
- Ensure equitable access to inclusive sports, games, and yoga facilities for all, including students with disabilities, while fostering leadership, teamwork, and resilience through these activities.
- Provide platforms for participation in Intercollegiate, State, and National-level Sports Events, and celebrate key events like Annual Sports Day and World Yoga Day to build community engagement.
- Recognize and reward outstanding sports achievements during the Annual Prize Distribution Ceremony.

### **3. Games and Sports Facilities**

#### **3.1. Infrastructure:**

- The college boasts a well-maintained outdoor sports ground located at 33 Gorachand Dutta Lane, Kolkata-14, specifically designed to accommodate cricket, football, volleyball, and track-and-field activities.
- Also, regular practice sessions for cricket, football, and volleyball are conducted at the nearby expansive Maidan ground (Kolkata).
- The Annual Sports and Athletic Meet is held every January at the prestigious Calcutta University Ground, Maidan (Kolkata-69), and Raja Subodh Mallick Square Park (Kolkata-13).
- The Boy's Hostel campus offers facilities for outdoor games like cricket, volleyball, and badminton, ensuring students have easy access to recreational activities.
- Comprehensive indoor sports facilities are available, including table tennis, carrom, chess, and a badminton court in the college campus, with additional badminton court facilities at the Girls' hostel.
- Modern gymnasium facilities are provided separately for boys and girls, equipped with advanced fitness equipment. An indoor gym facility is also available in the Girls' hostel.
- In collaboration with the Muslim Institute, located at 21A, Haji Md. Mohsin Square, Kolkata - 700016, the students of this college have access to a state-of-the-art gymnasium, indoor sports facilities such as billiards, table tennis, and carrom, as well as outdoor game facilities for cricket, football, and hockey.



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- Locker rooms and changing areas ensure privacy and convenience for all students and athletes.

### 3.2. Equipment:

- Sports kits and protective gear for all major sports, and Adaptive sports equipment to promote inclusivity, maintained to high safety standards.
- Regular equipment procurement and maintenance for reliability.

### 3.3. Accessibility:

- Open access to sports facilities during designated hours for students and staff.
- Inclusive programs and adaptive equipment for students with special needs.

## 4. Yoga Facilities

- A yoga hall in the students' common room and girls' hostel fosters mindfulness and relaxation.
- Audio-visual aids like projectors and sound systems support guided sessions and workshops.
- Weekly yoga classes cover asanas, pranayama, and meditation for students and staff, led by certified instructors.
- Thematic online and offline workshops address stress management, concentration, and mindfulness.

## 5. Events and Celebrations

### 5.1. Annual Sports Day:

- Organized every January, Annual Sports Day serves as a platform to celebrate athletic excellence and camaraderie among students and staff.
- The event will feature track and field events, team sports, individual challenges, and fun games such as sack races and tug-of-war.
- Recognition for outstanding performances through awards, certificates, and trophies to inspire and motivate participants.
- Active involvement of alumni, local dignitaries, and other stakeholders to strengthen community ties.

### 5.2. World Yoga Day:

- Celebrated annually on June 21 in line with national and global observances.
- Activities include mass yoga sessions, expert talks on the benefits of yoga, and interactive workshops on mental health and wellness.
- Certificates and tokens of appreciation will be provided to participants to encourage active engagement.

### 5.3. Intercollegiate, State, and National Events:

- Participation in District, State, and National level intercollegiate sports competitions and University sports meets as per directives of the University of Calcutta.
- Participation in District-level intercollegiate tournaments and State-level meets organized by the Department of Sports and Youth Culture and the Higher Education Department, Government of West Bengal, while also collaborating with colleges to host tournaments



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and promote competition and networking in line with the directives of the Higher Education Department, Government of West Bengal.

- Participation in various events organized by the Kolkata Police, including *Tejaswini*—a crash course on self-defense training for college girl students, the Kolkata Police Marathon, and awareness programs on road safety, water conservation, and more.
- Structured coaching and practice sessions for events like athletics, football, cricket, volleyball, basketball, kabaddi, and badminton.
- The college supports students in national championships with talent development, financial aid, and travel accommodations.

#### 5.5. Annual Prize Distribution Ceremony:

- Celebration of outstanding sports achievements with awards, trophies, and certificates.
- Special recognition for students excelling at intercollegiate, state, or national events.
- Inclusion of motivational guest speakers or notable sports personalities.

#### 6. Way of Conduction

- The college has a dedicated sports committee that facilitates student-led initiatives and ensures year-round engagement in sports activities.
- A Sports Committee, comprising faculty, administrative staff, and student representatives, oversees the implementation of activities and policies.
- Committee members occasionally participate in training programs to promote physical activity and mindfulness among students.
- A robust feedback system collects input from students and staff to evaluate the effectiveness of sports and yoga programs.
- Annual performance reviews and reports are conducted to monitor participation rates, outcomes, and areas for improvement.
- The college adheres to UGC, Calcutta University, and sports authority guidelines on safety and standards.
- First aid facilities and trained personnel are available during all sports and yoga sessions and events.
- Regular workshops on injury prevention, hydration, and ergonomics are conducted to educate participants on safe practices.
- A dedicated annual budget is allocated for infrastructure development, equipment maintenance, and event organization.
- Sponsorships, government grants, and partnerships with sports organizations are actively pursued to augment resources and expand opportunities.
- Financial practices are transparent, with periodic audits ensuring accountability.
- The college reviews its sports policy every three years to maintain alignment with NEP 2020, UGC, and Calcutta University directives.
- Stakeholder consultations, including input from students, faculty, and external experts, inform policy updates.