



Shailabala Women's Autonomous College, Cuttack

Accredited with 'A' grade by N.A.A.C. (U.G.C.) (2006 & 2017)

सत्यमेव जयते नानृतं सत्येन पन्था विततो देवयानः ।


"Oldest Women's College of Odisha!"

BEST PRACTICE-2- (Games and Sports: Nurturing the future talents)

1. Title of The Practice: Games and Sports: Nurturing the future talents
2. Objective of The Practice: The institution has vowed to bring out hidden sporting talent in the girls enrolling for higher studies every year. The college is committed to inspire, encourage and empower them towards sports. The objectives of this practice are:
 - To inspire, support, and empower students to engage in physical activity and healthy lifestyles.
 - To foster self-confidence, collaboration, and perseverance while preparing them to confront challenges in life.
 - To help the players achieve their full potential by offering them both physical and emotional supports.
 - To produce state/national/international level players.
3. The Contexts: Sport has a huge impact on positive self-esteem. It nurtures confidence, social skill, team work and ability to deal with setbacks. The college is a strong believer in the values and skills which sport can generate among the students. Sports and games are not only our extracurricular activity but they boost the youth and instill pride among them. The college encourages its students to participate in sports by providing the best facilities. By actively participating in sports, students also develop coping mechanisms and strategies for stressful situations. The long established tradition of excellence of the college in the sporting arena and a constant supply of talented young women, more so the sizeable tribal community, have been the driving force behind the ideal pursuit.

4. The Practice: Right from the time of admission, the college ascertains the sports aptitude of the students and appoints a well-qualified and experienced coach to train and guide the students in sports activities. A micro-level sports talent search is a part of the admission process for the sports quota, and the college offers the necessary skill training throughout the academic year. The College has a separate sports room and gymnasium that are under the direct supervision of a regular Physical Education Teacher (PET). The annual games and sports activities are managed and administered by the 'Athletic Society' comprising of teachers and student representatives with the Principal as the President. The institution has earned name and fame at the university/state levels in a number of sporting events on a regular basis because of a robust talent pod. This is helping young women drawn from predominantly rural areas in not only building their career in academics but in the wholesome development of personality. Even the visually handicapped students are given coaching in cricket.
5. Evidence Of Success: If the short period from 2018-19 to 2022-23 is any indication, the students of institution have proved themselves in various sporting competitions like Badminton, Kabaddi, Basketball, Hockey, Yoga, SQAY (Martial Art), table tennis etc. at inter-university, inter-district, state and national levels. A handful of girls are employed in both government and private sectors. Many visually handicapped students are playing cricket for the district and the state.
6. Problems Encountered And Resource Required: The traditional mind set of women's safety and paucity of funds have sometimes been temporary setbacks but they have not deterred the students and staffs from the relentless pursuit concomitant laurels that have ceaselessly followed.


24/7/23
Co-ordinator
IQAC


08/23
Principal
Shailabala Women's (Auto) College
Cuttack