



Comparison of Existing Sports Facilities in Government Colleges of Srinagar District and Government Colleges of Indore District

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ABSTRACT

We are living in the 21st century where technology is omnipresent. Life is very fast and materialistic. People do not have time to take care of themselves. Also in this era games and sports are being played only for the purpose to earn livelihood and luxurious. Apart from this benefit sports and games have one everlasting benefit that is they are very much beneficial for maintaining the health of the individual.

In this study sixteen different colleges have been surveyed by the researcher himself from two different states of India. The researcher tries to find out whether or not, the colleges possess the required sports facilities.

Key Words: *Physical Fitness, Health, Gym, Football, Cricket, Badminton, Table Tennis, and Chess.*

I. INTRODUCTION

In recent year's scientific investigator working in a variety of fields have begun to tally the cost of fast and materialistic lifestyle. Although the body of empirical literature on materialism is not large, specially compared with what we know about topics such as depression, stereotyping, neurons and memory, its findings are quite consistent indeed what stands out across the studies is a simple fact. People who strongly value the pursuit of wealth and possession refers lower psychological and physical well being than those who are less concerned with such aims but more concerned with sports and physical exercises.

In this study my focus has been on understanding what people view as important or valuable in life and on associating those values statistically with a variety of other aspects of their lives such as happiness, depression and anxiety. What people value clearly varies from one individual to another. For some spirituality and religion are of paramount importance for others, relationships, family and social life are especially valued, other people focus on having fun and excitement and others on contribution to the community. In this study my focus will be on the individuals particularly interested in sports and physical exercises. On a rough estimate in an average, a person is walking one thousand steps in a day and very less number of people is doing any physical exercises. A healthy person needs to walk more that thousand steps in a day and do physical exercise regularly for the maintenance of his/her health. According to a resolution passed by UNESCO, physical education and sports be



made compulsory in all the countries of the world for the psychological and physical well being of the students. According to NCERT, the first and foremost requirement is to provide adequate facilities to the educational institutes, so that the students can easily participate in sports and other physical exercises.

Physical education requires facilities in the form of playground and swimming pools, also the class room, class furniture, laboratories, libraries and even halls are accepted as essential facilities for physical education (Krishna Kewal, 617).

The purpose of this study is to visit different colleges of district Srinagar and Indore to see whether the best sports facilities are available in the peaceful city of Indore (MP) or in the Tourist city of Srinagar (J&K). Facilities are the basic need to make programme successful. Facilities include playgrounds, equipments, gymnasium hall, swimming pools etc. and achievement of the programme depends on the availability of facilities. It is an obvious thing that facilities will differ from place to place and University to University. So facilities should be designed and constructed with one central purpose that it should be favorable to the environment, interest of people and serve some kind of educational programme.

Facilities should be designed with one common purpose in view to serve particular kind of education programmes. Long range planning for physical education and sports facilities are the result of thorough and well organized planning. (Guidelines for sports competition).

I personally visited eight different colleges of Srinagar (J&K) and eight different colleges of Indore (MP) and checked out the availability of sports facilities in these colleges of both districts. Among the eight colleges of Srinagar district, four are co-educational colleges, one boy's college and three Women's colleges. And among the eight colleges of district Indore, six are co-educational colleges and two are Women's colleges.

Gym: Gym is the short form of gymnasium. It is an open air or covered location for gymnastics and athletics but in the present time, the word 'gym' is particularly used for the indoor or covered gymnastics. The gym is big hall, which is filled with various gymnasia apparatus such as bar-bills, parallel bars, jumping board, running path etc. In short words, the word gymnasium means "school of naked exercises".

Sample:

- Sixteen Colleges (Samples)
- Eight from district Srinagar (J&K)
- Eight from district Indore (MP)

S. No.	Sampling Organization	Total Samples	Facilities Available	Facilities not Available
1	Colleges of Srinagar	0 8	0 4	0 4
2	Colleges of Indore	0 8	0 1	0 7

Result :

In district Srinagar (J&K) out of eight colleges, four have gym facilities available and four do not have gym facility available.



In district Indore (MP) out of eight colleges, only one college has gym facility available but remaining seven do not have any facility available for gym.

Football: Football is the most popular sports in the world. It is played almost everywhere in the world. Actually football refers to a number of sports that involve kicking a ball with foot to score a goal. It is known as soccer in United Kingdom, American football in America, Canadian football in Canada, Rugby league in different places of Australia, Gaelic football in Ireland and Rugby football in New Zealand. It is a game played between two teams, against each other. It is a ninety minutes game in which two teams scores goals or points by moving the ball to an opposite teams' end of the field and either into a goal area or over a line. But the goal is defended by the opposite teams' player called 'goal keeper'.

Sample:

- Sixteen Colleges (Samples)
- Eight from district Srinagar (J&K)
- Eight from district Indore (MP)

S. No.	Sampling Organization	Total Samples	Facilities Available	Facilities not Available
1	Colleges of Srinagar	0 8	0 5	0 3
2	Colleges of Indore	0 8	0 1	0 7

Result: In district Srinagar (J&K) out of eight colleges, three have football facilities available and five do not have football facility available.

In district Indore (MP) out of eight colleges, only one college has football facility available and remaining seven do not have.

Cricket: Cricket is the second popular played game in the world after football. It is played between two teams of eleven players each, on the centre of the field, at a rectangular twenty two yard long pitch. It is a bat and ball game, in which bowler delivers ball and the batsman attempts to hit the ball in order to score runs but the fielders attempt to stop the ball in order to stop runs.

Sample:

- Sixteen Colleges (Samples)
- Eight from district Srinagar (J&K)
- Eight from district Indore (MP)

S. No.	Sampling Organization	Total Samples	Facilities Available	Facilities not Available
1	Colleges of Srinagar	0 8	0 6	0 2
2	Colleges of Indore	0 8	0 7	0 1

Result: In district Srinagar (J&K) out of eight colleges, six have cricket facilities available and two colleges do not have cricket facility available.



In district Indore (MP) out of eight colleges, seven colleges have cricket facility available and the remaining one do not have any facility available for cricket.

Badminton: It is recreational sport played by either two opposing players; singles and doubles, that take position on an opposite halves of a rectangular court divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents half of the court.

Sample:

- Sixteen Colleges (Samples)
- Eight from district Srinagar (J&K)
- Eight from district Indore (MP)

S. No.	Sampling Organization	Total Samples	Facilities Available	Facilities not Available
1	Colleges of Srinagar	0 8	0 2	0 6
2	Colleges of Indore	0 8	0 4	0 4

Result: In district Srinagar (J&K) out of eight colleges, two have Badminton facilities available and six colleges do not have Badminton facility available.

In district Indore (MP) out of eight colleges, four colleges have Badminton facility available and the remaining four do not have any facility available for Badminton.

Table tennis: It is also known as Ping Pong. It is a sport in which two or four players hit a ball across the table by using a small round bat. The game takes place on a hard table divided by a net. Except for the initial serve, players must allow a ball played towards them only one bounce on their side of table and must return it so that it bounces the opposite side. Points are scored when the player fails to return the ball within the rules.

Sample:

- Sixteen Colleges (Samples)
- Eight from district Srinagar (J&K)
- Eight from district Indore (MP)

S. No.	Sampling Organization	Total Samples	Facilities Available	Facilities not Available
1	Colleges of Srinagar	0 8	0 5	0 3
2	Colleges of Indore	0 8	0 8	0 0

Result: In district Srinagar (J&K) out of eight colleges, five have table tennis facilities available and three do not have chess facility available.

In district Indore (MP), all the eight colleges have table tennis facility available.

Chess: chess is a two player strategy board game played on a chess board, a checkered game board with sixty four squares arranged in the eight by eight grids. Each player begins the game with sixteen pieces; one king, one queen, two rocks, two knights, two bishops and eight pawns. Each of the six piece types moves differently. The



most powerful piece is the queen and the least powerful piece is the pawn. The objective is to 'checkmate' the opponents' king by placing it under an inescapable threat of capture. To this end, a player pieces are used to attack and capture the opponents' pieces, while supporting their own. In addition to checkmate, the game can be won by voluntary resignation by the opponent.

Sample:

- Sixteen Colleges (Samples)
- Eight from district Srinagar (J&K)
- Eight from district Indore (MP)

S. No.	Sampling Organization	Total Samples	Facilities Available	Facilities not Available
1	Colleges of Srinagar	8	3	5
2	Colleges of Indore	8	8	0

Result: In district Srinagar (J&K) out of eight colleges, three have chess facilities available and five do not have chess facility available.

In district Indore (MP), all the eight colleges have chess facility available.

II. CONCLUSION

Physical fitness is very helpful for the individual's mental, psychological and economic fitness as well. Sports are important for well being of the individual. Various organizations and personalities are giving their time, thought and wealth for the incorporation of sports facility in the society more particularly in educational institutions.

In this study I have taken sample from two different cities of two different states of India. I have studied the facilities provided by educational institutions (colleges) to the students and came out with the inferential statement that the colleges of Indore provide more indoor games facilities to the students in comparison with others.

In conclusion the colleges of Srinagar possess only 43.75% of outdoor facility while provide 56.25% of indoor facilities to the students. While the colleges of Indore provide 75% of indoor games facility to the students and only 31.25% of outdoor games facility.

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