

Best Practice 2

1. Title of the Practice:

Support for extra-curricular activities among students of medical and allied health sciences.

2. Objectives of the Practice:

- i. To encourage students to participate in extra-curricular activities.
- ii. To develop non-academic skills among the student.
- iii. To provide an opportunity for the students to meet the experts from various fields.

3. The context:

Extra-curricular activities play an important role in the overall development of a student. Students of Health Science Institution are overburdened with academics. The focus of learning in medical education is mainly on academics. Many who were active in sports and cultural activities during their college days before joining medical college stop participating in extra-curricular activities. Management of the institution encourages students to take part in sports and cultural activities not only at institutional level but also outside the institution.

Challenges: Time constraint for participation in extra-curricular events because of vast syllabus/ academics/ programme.

4. The Practice:

Management provides support for conduct of various sports and cultural activities in the institution. Further management extends its support by sending teams/ individuals to participate in the events conducted by other institutions and provide financial assistance for the students.

Management provides financial assistance by paying Registration Fees, Travelling Allowance and Dearness Allowance for participating in the events conducted by other

institutions. In addition to the financial, significant achievements of the students are recognized during institutional day.

Institution has multi-purpose outdoor stadium of area 1,22,500 sq.ft with 800 meters track. The ground is used for conducting athletics, cricket, foot ball, throw ball, kabaddi and volley ball matches. The sports events can be best viewed from the gallery type of stadium. There are two basket ball courts of area 446.52 sq.ft.

The Indoor stadium of 20,000 sq ft area is a fully integrated state of the art sports complex of national standard with centralized air-conditioning. The complex has facilities for playing badminton, basketball, volleyball, *kabaddi*, Handball, table tennis etc. The indoor sports area holds two pool tables and table tennis, along with a 1,000 sq ft squash court. Indoor stadium has got facility for *Zumba* - the Latin inspired dance workout for student and staff.

Cultural activities are conducted in the Academy Hall of 500 seating capacity. Institution has sufficient facilities inside the campus to conduct about 40 different events during “ADRENALINE” an annual inter-collegiate sports & cultural fest. This features participation from colleges all over Karnataka. Muller Model United Nation is another event which draws students from colleges in Mangalore. It is conducted professionally and has received appreciation from faculty and other students.

5. Evidence of success:

Students have participated in various extra-curricular events at different levels. Few students have participated even in International sports event. Many have represented the University in sports.

The number of teams participating in “ADRENALINE” an annual inter-collegiate sports & cultural fest is on the rise. This event has helped the students to build their communication, inter-personal, leadership and team building skills. It further helps them in planning and organizing events/ activities/ programmes in their respective departments.

6. Problems encountered and resources required:

- Few students involvement.
- Faculty participation is scattered.
- Balancing of academics with organizing and participating is a difficulty faced by the students.
- Few students have difficulty in multi tasking.