



**MADANAPALLE INSTITUTE OF  
TECHNOLOGY & SCIENCE**  
(UGC-AUTONOMOUS)

Affiliated to JNTUA, Anantapur & Approved by AICTE, New Delhi  
Recognised Research Center  
Accredited by NBA for CSE, ECE, EEE & ME  
World Bank funded Institute  
Recognised by UGC under the sections 2(f) and 12(B) of the UGC act 1956  
Recognised as Scientific & Industrial Research Organization by DSIR of DST

## **DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**

### **STANDARD OPERATING PROCEDURE**

#### **POLICY GUIDELINES OF SPORTS**

Physical education is the process of imparting systematic instructions in physical exercise, sports, games, and hygiene. It aims at the training of the body, mind, and conduct of a student. A healthy mind in a healthy body can be maintained through a regular physical exercise.

#### **Physical education and its Importance**

Physical education is Important, because

1. They are great sources of pleasure.
2. They build the body and refresh the mind.
3. They train the mind in many virtues.
4. They inculcate discipline and the value of team spirit
5. They create the sporting spirit. They teach the importance of fair play and honor.
6. They teach how to be fair to opponents.
7. They contribute to the development of "Pluck" and "Patience".
8. They teach how to accept defeat in a good spirit.

The Value of Physical education can be envisaged with reference to

1. Benefits to mind and body
2. Development of sense of discipline
3. Ability to form and shape the characters

In all, Physical education helps in making the students to stay physically active, develops interests in different types of physical activity in him/her, builds team work and other related social skills besides improving the focus and academic performance levels of the students.

### **Physical education at MITS,**

Since its inception, MITS has always encouraged and promoted sports activities in its campus, not only by creating sports infrastructure in the form of play batches in the campus but also investing on sports equipment and facilities, addressing the needs and requirements at a rapid pace.

### **Sports Facilities**

Play fields have been created / developed for specific outdoor and popular indoor games. Football, Cricket, Kabaddi, Volleyball, Shuttle Badminton, Handball, Kho-Kho, Ball Badminton, Table tennis, chess, carom board are the games which are popular amongst students as well as faculty of the institute. Throw ball, Tennis, Shuttle badminton are popular among girl students at the institute. 200 M Track facility covers overall sports events of the students. Ex. 200m, 400m, 800m race, relay events etc.

The gym & fitness center fully equipped with both manual and machine equipment. (Timings: - Women - 4.00 pm – 5.00 pm & Men - 5.00 pm – 7.00 pm) Authorities of the institute are always in the forefront of promoting / sponsoring sports events in the campus / held / organized at / by external environments. Apart from creating a separate furnished office for the physical director in the campus, they are expansively generous in extending equipment / kits to the students involved in the cited sports activities.

### **Policy Guidelines for Deputing / Sponsoring Sports Events**

Authorities of the institute have bestowed focused attention in cultivating the culture of sports amongst the young members of the learners' community taking admission to various academic programs of the institution. They have also formulated very attractive, comprehensive and students-oriented policy guidelines to promote the quality participation of its students in sports events in quantity. The details are as follows,

1. Students at the institute are encouraged to take up as many games as possible without any restriction.
2. Apart from planning and organizing its own sports events (Intramural matches) on an annual basis, it encourages its students to participate in events held/ organized in external environments. (Inter collegiate matches)
3. Students who are representing the institute in sports events conducted/ held in external environments are provided with financial assistance (DA) @ Rs.200/- student / day.
4. The Institute will bear the cost of registration of the student in the event(s) in which he / she is /are participating.
5. The Institute shall look after the travel cost of the players as well as that of sports faculty accompany the team at actual, by the shortest route.
6. Sports equipment / facilities broken accidentally or during the course of play, during the practice session shall be replaced at the earliest at all costs.
7. The Physical Director shall investigate the sports events, with reference to addressing / handling the correspondences with appropriate authorities of this institute, involved / related.
8. Sponsoring the students / officials of the institute is limited to events, planned for a maximum of five days.
9. Authorities shall decide about the participation of the institute in events, beyond five days' duration that too carried out at / by external clubs / Institutions on case-to-case basis, their decision is final and don not carry any precedence with respect to the decision taken.
10. Apart from providing new kits, the selected participants for the events shall also be fed with nutritious diet, whether the event is held in-house (Intramurals) or in an external environment (Inter college).
11. Standard kits and nutritious diets apart, male players are provided with jersey and shorts whereas female players are provided with jersey and track pants for participation in the sport events.
12. Sports materials / equipment are provided to students throughout the year. (Timing 4pm – 6pm)
13. The cost of sports facilities deliberately spoilt / vandalized, by the student / faculty for reasons nest known to them, shall be covered from those who are involved in it.
14. The physical director of the institute organizes extra / special coaching to selected team players where required.

15. Female faculty / staff shall accompany the girl students at the institute in case of their representation in events conducted in external environments.
16. Participation of the students of the institute in any sports events organized by external environments in the vicinity or during the scheduled mid-term or end semester examinations of the institute shall be examined appropriately by the authorities of the institute.

Notwithstanding these guidelines, the authorities have the discretion of charging / modifying some or all of the guidelines cited here. Their decision is final and cannot be contested.

Happy to inform that our Physical Education Department and sports in MITS COLLEGE is actively engaging the students in sports and games.

- The philosophy of the Sport Activity program is to promote health, physical wellbeing, and physical skill development. The Sport Activity program is part of Physical Education.
- The MITS Sports activities are established to develop athleticism, to keep students healthy in body and mind.
- Our sports mission is to provide students with a unique opportunity to develop leadership, organizational and management skills and maintain physical fitness and good health.
- Participation on a Sports team is open to all MITS College students. Staff and faculty may attend practices and participate in organized competitions.
- Outdoor Games  
Cricket, Handball, Kabaddi, Volleyball, Football, Shuttle badminton, Ball badminton, Throw ball, Tennikoit, basketball, and Athletics.
- Indoor Games  
Chess, Carrom Board and Table Tennis  
Gymnasium, Gym  
Physical Fitness Program  
Yogasana

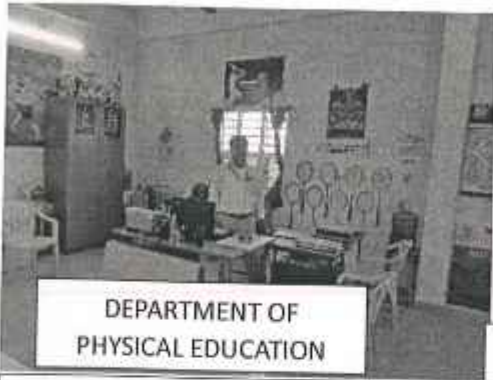
**TIMING FOR SPORTS ACTIVITY**

**4.00PM TO 6.00PM FOR ALL THE DEPARTMENT**

**Gym time**

**4.00 pm to 5.00pm women students**

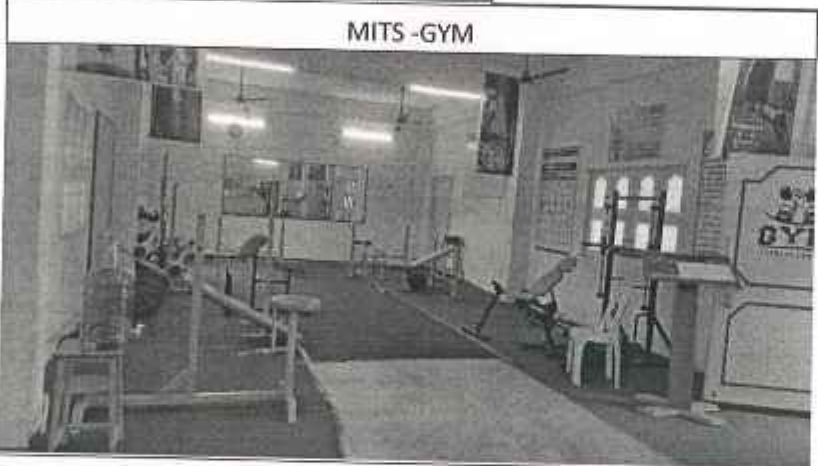
**5.00pm to 6.30 pm men students.**



**DEPARTMENT OF  
PHYSICAL EDUCATION**



**MITS -GYM ENTRANCE**



**MITS -GYM**



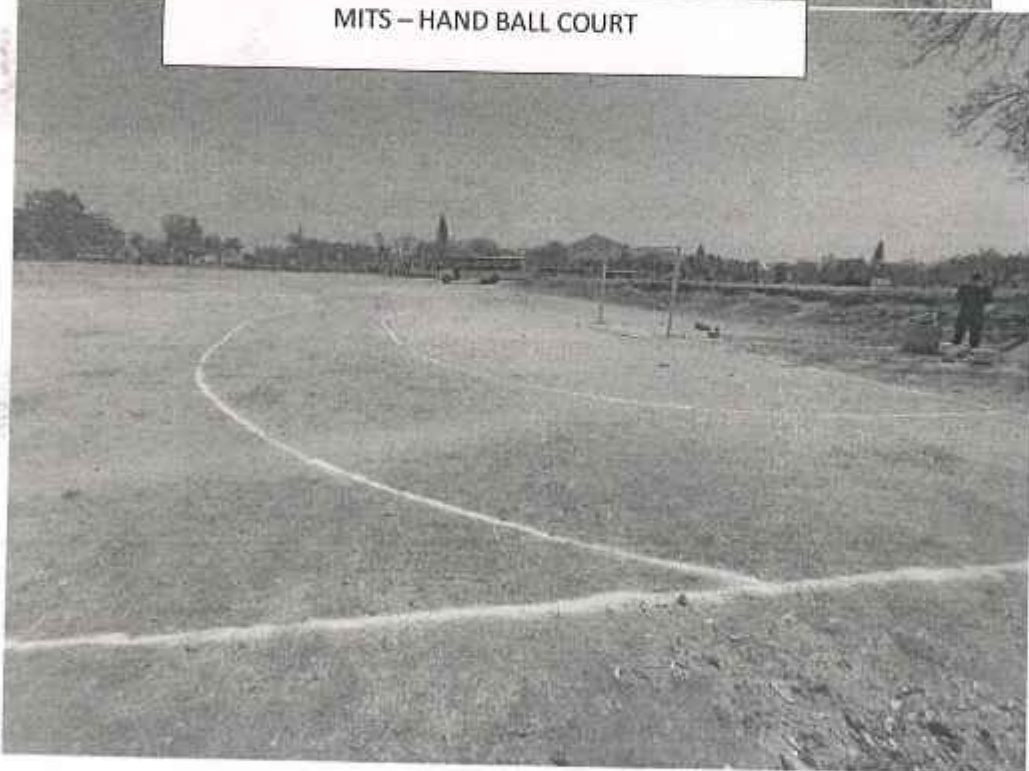
MITS - TABLE TENNIS



MITS - FOOTBALL POST

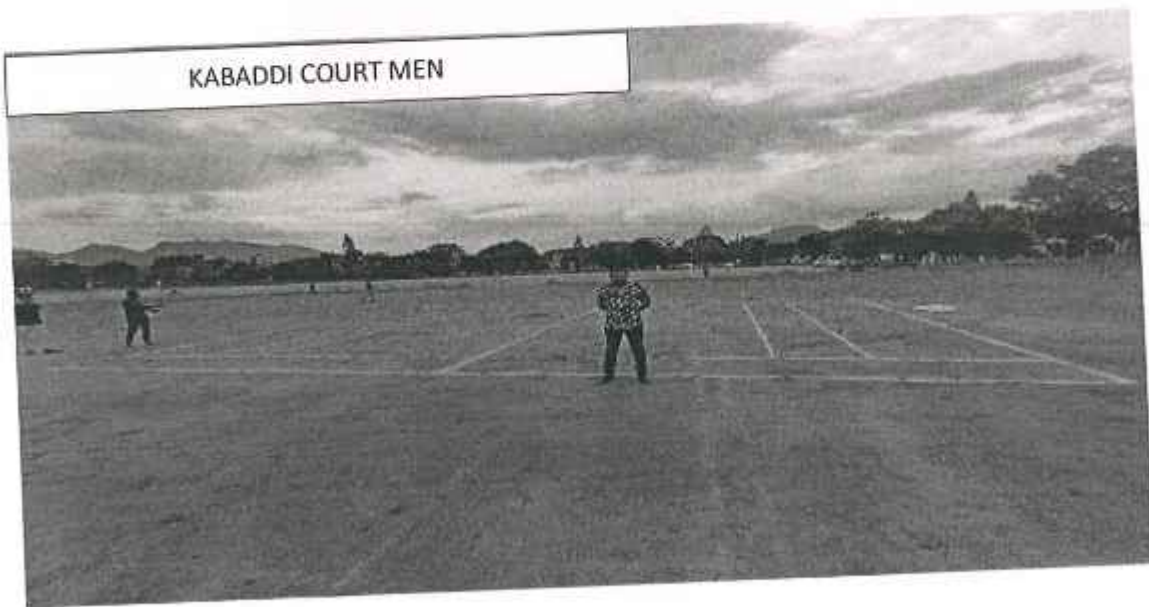


MITS - HAND BALL COURT





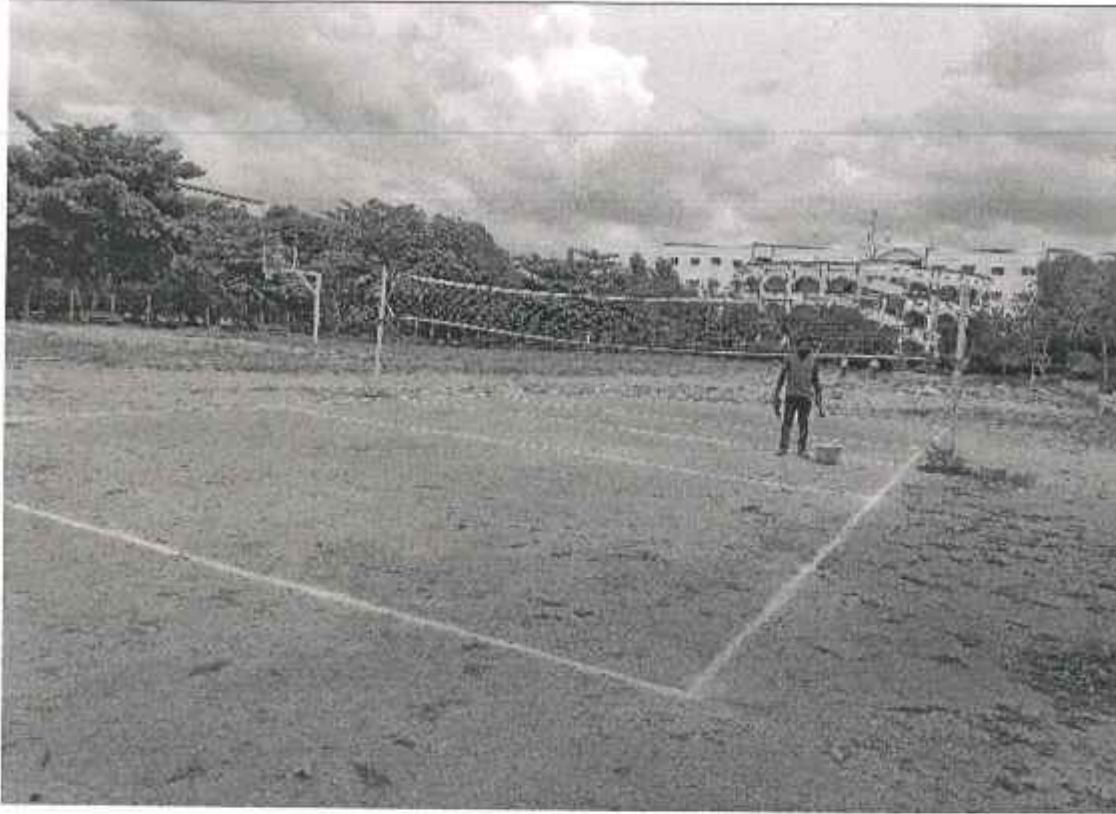
MITS – BASKETBALL COURT



KABADDI COURT MEN



VOLLEYBALL COURT MEN



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