

7.3 Institutional Distinctiveness

Web link: <https://dnrcet.org/web/facilities/sports/>

Sports

Participation in sports and other physical activities can have many benefits for children. Participation in organized sports offers the chance for youth to enhance their physical and social skills. A balance should be maintained that matches the child's maturity, skills, and their interests with their sports participation. Sports offer children a change from the monotony of their daily life. It is also a useful means of entertainment and physical activity for them.

Physical benefits:

Sports and games **make you more fit**. They make your muscles stronger and keep the bones, heart, and lungs in good condition. When you play sports regularly, you use up the fatty molecules. It implies that you have less chance of blood clotting and heart attack.

Games and sports make us healthy and fit for work. Games and sports are very necessary in our life. Games and sports make us fit, active, fresh and social. They teach us a lesson of coloration duty and discipline. They teach us a lesson of brotherhood and national unity. Games and sports have much value in development of body is as important as that of a mind. A healthy mind dwells in a healthy body. Games keep the body fit and active.

Types of Games – There are two types of games such as Indoor Games and outdoors Games.

- Indoor Games – Indoor games mean play in the rooms and halls example cards, carrom, ludo, chess etc. are the most common games. Any indoor games help us to practice essential cognitive skills and enhance the parts of brain responsible for complex thought and memory formation. Creative indoor games help the brain retain and build cognitive associations well in old age.
- **Outdoor Games** – Outdoor games mean play in the open place and play grounds example hockey, Cricket, Tennis, Kho-Kho etc. These games are most important for student's life. Outdoor games likes Football, Basketball, Running, Swimming builds the stamina of person. As all these games require a lot of running, the Stamina of a man automatically increase very high.

Need of Games – Games and Sports are very necessary of life. It provides the best exercise to the body. The shade body becomes active physical excersize is very important for digestion. In this way games and sports not only fresh the mind but improve digestion, Fill in the hung with pure air. Games and sports make the students active and fresh. It also teaches students the value of discipline.

Nowadays technology also playing important role in sports to judge the fair game for winners, it helps to judge for car racer by seeing properly on the screen, also in cricket like some times when it becomes difficult to make the decision again technology is used. In every sport, it has been utilized for doing fair play and announce the winners. Research suggests

that sports have the capacity to connect youth with positive thinking and provide positive development.

For any sportsman, high education is not mandatory but required to be the best sportsman it is his interest, strength and skills. We have seen in the last two decades women's are also showing more interest in sports and for them also proper matches are arranged by the government. Sports give feel to live with a positive attitude. sports can be played in both indoor and outdoor, many indoor games like chess, carom board, helps to improve the thinking power but the sports which are played in outdoor like football, cricket, Rugby, kabaddi etc helps to improve physical strength, thus the person who does more outdoor games should be more fit and slim. 3-4 decades ago, the opportunity in sports was not much-shown interest which is shown by the present youth generation.

Sports secure life and give a standard lifestyle. So sports should be played by everyone because it helps our body in movement and gives good health, the study has proved that sports have better well controlled on many diseases like heart attack, lung function, obesity, and thinking power. Sports keep us active and energetic, even in some treatment to recover from the disease sports are advised by the doctors. play sports on a regular basis and keep our self-fit, sports should not be neglected but it should be mandatory for everyone.

DNRCET Sports

Sports are integral part of the curriculum and have given the same importance as Studies. DNRCET has a **Playground and Gymnasium** with all facilities like Cricket, Basket Ball, Volley Ball, Shuttle Badminton, Tennis, Chess & Caroms etc. and few of the photos are shown below. Regular tournaments in Sports & Games are conducted as per the schedule. Students are also encouraged to participate in various sports activities according to their interest.

All the facilities of sports facility pictures in DNRCET, Bhimavaram are shown below.



