

7.2.1 - Describe at least two institutional best practices

PROMOTING INTERDISCIPLINARY RESEARCH

Best Practice – I

Objectives:

1. Interdisciplinary research aims at two or more academic disciplines that work together to create a powerful learning experience
2. Emphasis on integrative learning, critical thinking and creative problem solving.

The context:

Interdisciplinary research gives the opportunity to explore different areas of interest, creating a new course of study that can help for the new job opportunities.

The practice:

Various sports sciences like sports training, exercise physiology, sports psychology, sports medicine and sports biomechanics were blended and combination of these sciences gave lot of scope for research activities.

Evidence of success:

Researchers would be able to explore various means and methods for improving the performance of sportsmen.

Problems encountered:

Understanding new subjects and their principles is the greatest challenge.

Resources required:

Resource persons for relevant subjects, and research equipment, are available in the institute to promote the interdisciplinary research.

Best Practice – II

Fitness Training for Government Employees

Objectives:

- To improve physical and mental wellbeing of Government employees
- To improve general health, fitness and immunity of the Government employees

The context:

- Police personnel and personnel of Forest Department require lot of physical fitness to do their duties efficiently
- Our institution has taken initiative to provide scientific fitness training protocols to the Police and Forest Department personnel.

The practice:

- Periodically police personnel and Forest Department personnel come to the campus and get their fitness training
- We extend our gym and laboratory facilities for their training and evaluation process

Evidence of success:

- Due to regular fitness and yoga training the general health, fitness and immunity of the Police and Forest Department personnel were increased.

Problems Encountered:

- Motivating the Police personnel and Forest Department personnel to do the physical activities regularly is a challenging task

Resources Required:

- In the college, we have enough resource persons to motivate the Government employees
- Enough gym, sports sciences laboratories are available to measure the improvement in physical fitness parameters of these Government employees.