

Standard Operating Procedure

Sports Committee, Institute of Home Economics

“Fitness is not about being better than someone else. It’s about being better than you used to be.”
— Khloe Kardashian

About the Committee: Interdisciplinary learning is a key objective in the recently unveiled New Education Policy. It’s a requirement of current time too, and sports fit this requirement in true spirit. Sports committee motivates the students to come out of their comfort zone of e- Universe. The objective is to make it clear to students that *good health and fitness* is second to nothing in human life.

The students get proper warm up and physical toughness at the well equipped gymnasium of the college. The college has the facilities for both the indoor and outdoor games. Students continuously practice table- tennis, chess, and other indoor games. Quite often, students sweat at the badminton court and basketball court, and other facilities provided by the college.

On the back of facilities provided and the hard work of students, college teams are formulated by inviting the trials of different sports. These teams are encouraged to participate in various intra and inter college events. More prolific students take part in University and Inter University competitions too. Students are regularly informed about various sports activities and competitions by dedicated social media platforms, and the committee and college notice boards.

Composition of the committee: Sports committee is structured in four components; Convener, Co-convener (s), Faculty members, and Students’ representatives. Each component is working cohesively in committee for providing better sports environments to its students.

Convener: Ms. Sharmila Rathee

Co-convener(s): 1. Dr. Savita Bansal 2. Ms. Chaya Rajora

Members: 1. Prof. Arti Nigam 2. Dr. Swati Yadav 3. Ms. Jyoti Vats

4. Dr. Ritu Singh 5. Dr. Manish Agrawal 6. Mr. Kesar Singh

Protocol or Process followed: Sports committee members regularly meet to discuss any matter in hand. The decision of organizing/ coordinating/ participating in various sports events also passes through these meetings. The meetings are held in democratic manner and minutes are prepared and shared among the committee members. Due permissions are also taken from competent authorities.

The committee takes care of the allocated funds from the budgetary allocation/student's head or gets special sanction of the grant for the purchase of equipment, etc. or to organize/promote events, competitions, workshops, tours, programs, etc. The purchasing of sports instruments and other requirements also passes through proper committee meetings. Most of the purchase is done with the preferred GeM portal.

A well trained and dedicated staff is available for students in working sports hours for taking care of all their needs. The staff is also responsible for proper counting and maintenance of available instruments and facilities.