



V.V.GIRI GOVT. KALASALA

DUMPAGADAPA, W.G. Dist., (via) AKIVIDU - 534 235

Accredited by NAAC @ B+

College Code : **AKNU323**



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TITLE OF THE BEST PRACTICE: OUTDOOR FITNESS CENTER

Objective:

This practice attempts to tackle students' health concerns while offering an atmosphere of respect in which they can concentrate on their studies while maintaining good physical and mental health. By adopting this initiative, the college encourages its students reduce stress and enhance their physical and emotional well-being by encouraging frequent exercise.

Context:

Academic achievement and health have a statistically significant association. Empirical data indicates that students in good health typically outperform their less well-off peers. To encourage students to lead healthy lifestyles, the college has created an integrated health intervention. Students on campus benefit from having access to an open gym where they can use latest exercise equipment at their convenience. The opening of this gym offers a setting that supports their health issues, helps them in their academic tasks, and fosters socialization so that all students can enjoy each other's company without facing discrimination.

The Practice:

The practice offered satisfies the needs of the pupils, particularly the financially disadvantaged ones. When it comes to identifying the needs of the pupils, the concerned faculty is constantly at the forefront, and the workouts are properly guided. The gym is open to alumni and local pupil at free of cost. The institution has been working to create a stress-free, autonomous, and healthy atmosphere through a number of initiatives. Students are more likely to make time for fitness and maintain their health at fitness center. Students can interact and form bonds with other students who have similar fitness goals by using the college's fitness center. They are more likely to make new acquaintances who can provide them with encouragement and support when they most need it. Students preparing to join armed forces make use of this gym. Being physically fit and healthy is something that everyone can achieve.

Evidence of success:

Having a gym on campus where students can work out is a means to help them deal with stress. Students at our college have access to an open gym that offers all of the previously mentioned advantages. The institute's students can all simply visit this gym. At various periods (before and after college timings), about 150 local people and students make use of this open gym.

It is a boon to have a gym on campus where students can work out, it is only means to help students deal with stress. Students at our college have access to an open gym that offers all of the previously mentioned advantages. All the students of the college can simply visit open gym.

Problems encountered and resources required:

In general, the entire process has been endorsed and implemented without any issues. There are certain drawbacks as that have to be addressed and acknowledged gradually.

1. The first issue that arises both during and after implementation is a lack of resources
2. A restricted duration of time given to the students.



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