

ALPHONSA COLLEGE THIRUVAMBADY (ACT)



SPORTS AND GAMES

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Introduction

There is a famous proverb—“All work and no play makes Jack a dull boy”.

Games and sports are important for success in every walks of our life. Games and sports include all outdoor and indoor games and also athletics. In ancient Greece sports and games formed the principal part of their education. In the advanced countries of the present day incorporates Physical Education in their school and college curriculum.

Games and sports may be of various kinds. Apart from school or college sports, boys and girls may practise races, jumps, discuss throw and javelin throw and thus pass their leisure time in useful activities. They may also play various games like football, cricket, hockey, volleyball, basketball, badminton etc. These annual sports foster competitive spirit and sportsmanship. It is an important part of a student's life. Sometimes inter class tournaments are held in relation with football, hockey, cricket, tennis, cycling, volleyball, badminton etc. These games foster team spirit among the participants and make them disciplined.

Objective

- First of all, they are good exercises and help to build fine, physique for the boys and girls. They make them mentally alert and physically strong. Further, good health is one of the most important benefits of games and sports.
- Students learn to cope with difficult situations. By displaying their feats before many spectators, they can overcome their nervousness.
- Games and sports are good diversions and give them energy to learn their lessons well.
- It gives the necessary break from the everyday monotonous life.
- Games and sports help building a sense of cooperation and team-spirit in an individual. Sports like cricket, football, etc. are won by the collective efforts of all the members of the team.

For these reasons, every civilized nation values the importance of games and sports and spends large sum of money on improving the standard of games and sports among its players and athletes.

Physical Education Wing of ACT

Alphonsa College Thiruvambady, the one and only college for higher studies in the south west hilly lush panoramic area of Calicut district, is the paradise of physical and mental developments. This institute unfolds myriads of courses and activities aiming at the overall development of the students.

The Physical Education wing of Alphonsa College Thiruvambady is glad to reveal the profound improvement in the performance of our vibrant students. The strenuous and fabulous trainings in the field of sports and games (Basketball, Volleyball, Football, Badminton and Tug of War competitions) have provided an ample space and reputation in the realm of Inter Collegiate Levels. Our Basketball team has reached the semi-finals in the A- Zone Basketball Competition, and remarkable progress has seen in Badminton, Tug of War and other sports. Moreover, the Olympia 2K18 (the annual sports and games of ACT) was conducted in its grandeur.

Our College Teams:

 *Basketball Team*

 *Volleyball Team*

 *Badminton Team*

 *Football Team*

 *Tug of War Team*

 *Kabadi Team*

 *Handball team*