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**SARDAR PATEL INSTITUTE OF TECHNOLOGY**  
MUNSHI NAGAR, ANDHERI (WEST) - MUMBAI - 400058 - INDIA  
(AUTONOMOUS INSTITUTE AFFILIATED TO THE UNIVERSITY OF MUMBAI)

**Include Sports in Normal College Timetable**

SUBMITTED TO

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## **Executive Summary**

This proposal presents a comprehensive plan to incorporate regular sports activities into the timetable for all students at Sardar Patel Institute of Technology (SPIT). The primary objective is to promote an active lifestyle, develop essential skills, and enhance the overall college experience, creating well-rounded graduates prepared for professional and personal success.

The proposal is driven by the increasing need to address issues like physical inactivity, poor health, stress, and lack of work-life balance among students. Introducing sports can provide numerous benefits, including improved physical and mental health, increased productivity, better time management, team-building, and creating a more holistic educational journey.

Based on student interests and existing campus infrastructure, the proposal suggests dedicating two mandatory hours per week to sports activities. Options include popular sports like cricket, football, badminton, volleyball, chess, table tennis, as well as lifestyle fitness regimes like yoga and aerobics. The institute's grounds, courts, gymnasium, and yoga room will be optimally utilized, with some upgrades and new equipment proposed.

A detailed implementation plan covers all aspects, from timetable integration and coach/trainer recruitment to equipment procurement, facility upgrades, operations, policies, and monitoring mechanisms. While limitations like financial constraints, resource availability, stakeholder buy-in, and operational hurdles exist, the proposal outlines mitigation strategies to address these challenges effectively.

The estimated initial budget for the program is approximately Rs. 15 lakhs, which includes salaries for coaches/trainers, equipment and consumables, facility maintenance, operations, and contingencies. With the institute's support and a well-executed plan, this initiative can significantly benefit students, fostering a healthier, more productive, and well-rounded community aligned with SPIT's vision of holistic development.

## **Introduction**

### **Background:**

In recent years, there has been a growing concern about the sedentary lifestyle and poor health habits prevalent among college students. The intense academic pressures, coupled with the lure of technology and convenience, have led to a significant decline in physical activity and an increase in various lifestyle-related issues. Studies have shown alarming trends of obesity, diabetes, cardiovascular problems, mental health issues like stress, anxiety, and depression among students, which can severely impact their overall well-being and academic performance.

### **Need for Sports in College:**

Recognizing the importance of a balanced and healthy lifestyle, educational institutions worldwide are increasingly emphasizing the incorporation of sports and physical activities into the curriculum. Beyond the obvious physical benefits, regular sports engagement has been proven to enhance cognitive abilities, improve time management and discipline, foster teamwork and leadership skills, and provide a much-needed outlet for stress relief and mental rejuvenation.

Sardar Patel Institute of Technology (SPIT), as a premier engineering institute, understands the need to nurture well-rounded graduates equipped to handle the challenges of the professional world and life in general. This proposal aims to address the growing concern for student health and well-being by introducing a mandatory sports program into the regular college timetable for all students.

The primary objectives of this initiative are:

1. To promote an active and healthy lifestyle among students, combating issues like physical inactivity, obesity, and lifestyle disorders.
2. To provide structured opportunities for physical activity, stress relief, and mental rejuvenation, fostering a balanced and productive student community.
3. To develop critical skills like teamwork, leadership, discipline, time management, and strategic thinking through sports engagement.
4. To create a well-rounded educational experience that complements academic rigor with avenues for physical, mental, and social development.
5. To foster a sense of community, belongingness, and college spirit by encouraging participation and interaction through sports activities.

By making sports a mandatory part of the curriculum, this program ensures that all students, regardless of their backgrounds or interests, benefit from the advantages of an active lifestyle and the life skills imparted through sports engagement.

## **Benefits and Justification**

Incorporating sports into the regular college schedule offers numerous tangible benefits that justify the implementation of this program. These benefits can be categorized into four main areas: physical health, mental health, academic and professional development, and social well-being.

### **Physical Health Benefits:**

- Helps maintain a healthy weight and body composition, reducing the risk of obesity and related conditions like diabetes, hypertension, and cardiovascular diseases.
- Improves cardiovascular fitness, muscular strength, flexibility, and overall physical endurance, leading to a higher quality of life.
- Promotes better sleep quality and energy levels, essential for academic and personal productivity.
- Develops lifelong habits of regular physical activity, which can have long-term positive impacts on health and longevity.

### **Mental Health Benefits:**

- Provides an outlet for stress relief, reducing the risk of anxiety, depression, and other mental health issues common among students.
- Boosts self-confidence, self-esteem, and a positive attitude towards life, essential for personal growth and resilience.
- Enhances cognitive abilities like concentration, memory, and problem-solving skills, aiding academic performance.
- Offers opportunities for relaxation and rejuvenation, promoting a healthier work-life balance and overall well-being.

### **Academic and Professional Benefits:**

- Improves productivity, time management, and discipline, essential skills for academic and professional success.
- Develops teamwork, communication, leadership, and strategic thinking abilities through team sports and group activities.
- Cultivates a competitive spirit and the ability to deal with wins and losses, preparing students for the challenges of the professional world.
- Creates well-rounded individuals capable of handling diverse responsibilities and scenarios, making them more attractive to potential employers.

**Social Benefits:**

- Fosters socialization, belongingness, and a strong sense of community within the college, promoting a positive and inclusive campus culture.
- Provides avenues to make new friends and social connections, expanding students' networks and support systems.
- Teaches respect, courtesy, and sportsmanship, essential values for personal and professional relationships.
- Offers opportunities for recreation, engagement, and a break from the rigors of academic life, promoting a balanced lifestyle.

By implementing this sports program, SPIT can significantly contribute to the holistic development of its students, ensuring they graduate as well-rounded individuals equipped with the physical, mental, and interpersonal skills necessary for success in their chosen careers and life beyond the campus.

## **Proposed Sports Activities**

### **List of Sports**

Based on an initial survey of student interests and an audit of existing campus facilities and infrastructure, the following sports activities are proposed to be incorporated into the timetable:

1. Cricket
2. Football
3. Badminton
4. Volleyball
5. Chess
6. Table Tennis
7. Yoga/Meditation
8. Aerobics/Zumba

The proposal is to have a dedicated 2-hour weekly sports session made mandatory for all students, divided into batches based on year/branch. This ensures manageable group sizes for optimal utilization of facilities and coaching resources. The activities will be a mix of popular team sports and individual fitness regimes like yoga/aerobics to cater to varied interests and skill levels. Students can choose their preferences from this list at the start of each semester, promoting engagement and ownership over their physical well-being.

### **Facilities and Infrastructure**

SPIT is well-equipped with existing sports facilities that can be effectively utilized for this program. These include:

- Two full-sized grounds suitable for cricket, football, and other field sports.
- A dedicated volleyball court.
- An indoor gymnasium facility housing chess, table tennis and also suitable for yoga, meditation and aerobics/zumba sessions.

While these existing facilities provide a strong foundation, some upgrades and additions are proposed to ensure optimal utilization and cater to the diverse needs of the program:

- Refurbishment and re-surfacing of grounds and courts as needed.
- Addition of seating/viewing areas for spectators.
- Installation of proper sports equipment storage units.
- Procurement of high-quality sports gear and accessories.
- Upgradation of the gymnasium with modern fitness equipment.

The proposed upgrades will not only enhance the experience for students but also ensure compliance with all necessary safety standards and regulations.

## **Implementation Plan**

The successful execution of this sports program hinges on a well-planned and comprehensive implementation strategy. The following plan outlines the key aspects of executing this initiative:

### **Timetable Integration**

- Two consecutive hours will be dedicated per week for sports activities, marked as "Sports" in the master timetable.
- Different batches will be allocated specific days/timings based on facility availability and coach schedules.
- Timetables will incorporate a rotational system to allow students to experience various sports over the course of the semester/year.

### **Recruitment of Coaches/Trainers**

- Experienced coaches/trainers will be hired for each sport through a stringent selection process.
- Their primary roles will include training, conditioning, supervision, and ensuring proper safety protocols.
- Support staff like grounds supervisors and equipment managers will also be appointed to assist with operations.
- Certifications, background checks, and reference verifications will be mandatory for all coaching hires.

### **Equipment and Facilities**

- A thorough audit of existing facilities will be conducted to identify repair and upgrade requirements.
- Procurement of high-quality sports equipment adhering to safety standards will be undertaken.
- Maintenance schedules and standard operating procedures will be established for each facility.
- Amenities like locker rooms, washrooms, and hydration stations will be renovated or upgraded as needed.

### **Operations and Policies**

- Attendance will be marked, and active participation will be a mandatory requirement.
- Stringent safety protocols like warm-ups, cooldowns, first-aid, and equipment checks will be enforced.
- Sports kits with Institute branding can be provided to create a sense of identity and belonging.



- Regular inter-batch/year competitions, events, and tournaments will be organized to foster competitive spirit.
- Policies regarding coaching standards, code of conduct, grievance redressal, and disciplinary actions will be clearly defined.

### **Monitoring and Feedback**

- A dedicated sports committee comprising faculty, staff, and student representatives will oversee all operations.
- Regular feedback from students, parents, coaches, and other stakeholders will be solicited and addressed.
- Quarterly reviews and annual audits will be conducted to identify areas for improvement.
- Performance metrics like participation rates, fitness levels, and competitive achievements will be tracked.

By following this comprehensive implementation plan, SPIT can ensure the seamless integration of sports into the regular academic schedule, providing a structured and well-organized experience for all students.

## **Limitations**

While this proposal aims to comprehensively integrate sports into the college curriculum, several limitations and challenges exist that need to be addressed:

### **Financial Constraints**

- The program will require substantial funds for infrastructure upgrades, equipment procurement, coach/trainer salaries, and operational expenses.
- The institute may face budgetary restrictions based on its overall financial situation and competing priorities.

### **Availability of Resources**

- While SPIT has existing facilities, they may not meet the prescribed standards or capacity requirements for all proposed sports activities.
- Recruiting experienced and qualified coaches/trainers in various disciplines can be challenging, especially in the initial phases.

### **Student and Stakeholder Buy-In**

- Some students may be resistant to the idea of mandatory sports being added to their already demanding academic schedules.
- Getting faculty members to accommodate timetable changes and monitor student participation may pose challenges.
- Concerns from parents regarding additional time commitments, costs, and potential impact on academics may arise.

### **Operational Hurdles**

- Coordinating among multiple entities (academics, sports, administration) for timetabling, recruitment, and facility management can be complex.
- Ensuring strict adherence to attendance, safety protocols, and code of conduct by students and staff may require constant vigilance.
- Accommodating existing student club activities, practice sessions, and external commitments within the new schedule can be difficult.

### **Mitigation Strategies**

While the limitations highlighted above are valid concerns, they can be effectively mitigated through a combination of prudent planning, resource optimization, and stakeholder engagement strategies:

- Develop a phased implementation plan to manage costs and resource allocations over time.
- Explore sponsorships, CSR initiatives, and alumni contributions to supplement funding.

- Foster collaborations with local sports academies, associations, and retired professionals for coaching and training support.
- Conduct extensive awareness campaigns, seminars, and counseling sessions to educate students and parents about the benefits of the program.
- Incentivize student participation through rewards, recognition, and future opportunities (e.g., sports scholarships, recruitment preferences).
- Establish a robust governance framework with clear policies, protocols, and grievance redressal mechanisms to ensure smooth operations.
- Leverage technology solutions like scheduling apps, attendance tracking, and online feedback systems for efficient coordination and monitoring.

By proactively addressing these limitations and implementing strategic mitigation measures, SPIT can overcome the challenges and successfully integrate sports into the college curriculum, fostering a healthier, more well-rounded, and vibrant student community.

## Budget Estimate

The successful implementation and sustained operation of the proposed sports program will require a dedicated budget allocation. The following is an estimated annual budget breakdown:

1. Coach/Trainer Salaries - Rs. 8.5 lakhs (5 coaches for main sports @ Rs. 1.5 lakh per year each) (1 yoga/aerobics trainer @ Rs. 1 lakh per year)
2. Equipment and Consumables - Rs. 2.5 lakhs (Utilizing existing facilities, procurement of new equipment for various sports)
3. Facilities Maintenance and Upgrades - Rs. 2 lakhs (Basic maintenance/repairs of grounds, courts, gym room)
4. Operations and Administration - Rs. 1.5 lakhs (Attendants, supervisors, equipment managers, sports kits, etc.)
5. Miscellaneous/Contingency - Rs. 50,000

Total Estimated Budget: Rs. 15 lakhs for the first year, around 11.5 lakhs recurring

This budget estimate is based on the following assumptions and considerations:

- Coaches and trainers will be hired on a part-time/visiting basis, with salaries aligned with industry standards.
- Existing facilities like grounds, courts, and the gymnasium will be optimally utilized, minimizing the need for extensive new infrastructure.
- Equipment and consumables will be procured in a phased manner, with a focus on durability and cost-effectiveness.
- Operations and administration costs will cover support staff salaries, branding, and administrative expenses.
- The miscellaneous/contingency budget will cater to unforeseen expenses and potential cost escalations.

It is important to note that this budget is an initial estimate and may require adjustments based on actual implementation requirements, resource availability, and potential cost optimizations. The institute may explore alternative funding sources, such as sponsorships, CSR initiatives, alumni contributions, or student fees, to supplement the allocated budget.

Effective financial planning, prudent resource utilization, and continuous monitoring will be crucial to ensuring the long-term sustainability and success of this sports program within the allocated budget.

## Conclusion

The incorporation of sports into the regular college timetable at Sardar Patel Institute of Technology presents a unique opportunity to address the growing concerns of physical inactivity, poor health, stress, and lack of work-life balance among students. By making sports a mandatory part of the curriculum, this program aims to promote an active lifestyle, develop essential skills, and create a well-rounded educational experience for all students.

The numerous benefits outlined in this proposal, ranging from improved physical and mental health to enhanced academic and professional development, justify the implementation of this initiative. By providing structured opportunities for physical activity, stress relief, and skill development through sports, SPIT can nurture a healthier, more productive, and well-rounded student community aligned with its vision of holistic growth.

While challenges like financial constraints, resource availability, stakeholder buy-in, and operational hurdles exist, this proposal presents a comprehensive plan to mitigate these limitations through prudent planning, resource optimization, and stakeholder engagement strategies. The proposed budget of Rs. 15 lakhs initially, allocated judiciously across various components, ensures a sustainable and cost-effective implementation of the program.

With the institute's support, effective execution of the implementation plan, and continuous monitoring and improvement, this sports program can become a cornerstone of SPIT's commitment to fostering a vibrant and well-balanced campus culture. By integrating physical activity and sports into the academic curriculum, the institute can equip its graduates with not just technical expertise but also the essential life skills and well-being necessary for long-term personal and professional success.

Ultimately, this initiative aligns with SPIT's mission of holistic development, nurturing future leaders who are not only technically proficient but also physically fit, mentally resilient, and socially adept – truly prepared to navigate the challenges of the modern world. By investing in the health and well-being of its students through sports, SPIT can create a lasting legacy of excellence, embodying the principles of a well-rounded and fulfilling educational experience.