



RAJENDRA ACADEMY FOR TEACHERS' EDUCATION
NAAC ACCREDITED TEACHERS' TRAINING COLLEGE (GRADE-B)

RECOGNISED BY NCTE, NEW DELHI & AFFILIATED TO THE UNIVERSITY OF BURDWAN, WBUTTEPA & WBBPE
GOPALPUR, DURGAPUR-713212, WEST BENGAL, INDIA



ANNUAL SPORTS REPORT -2019



ABOUT THE COLLEGE

It is our extreme pleasure to introduce RATE (Rajendra Academy for Teachers' Education) under Rajendranath Educational and Welfare Trust (REWT), established in the year 2012.

Since its inception, Rajendra Academy for Teachers' Education affiliated to WBUTTEPA, The University of Burdwan, and West Bengal Board of Primary Education runs its composite unit of professional Teachers' Training courses of M.ED, B.ED and D.El.Ed.

Rajendra Academy For teachers' Education with the help of Rajendranath College of Polytechnic and Rajendranath Engineering Private ITI organized Annual Sports under the umbrella of Rajendranath Group of Institutions.

This is a matter of pride for the College that it can facilitate the environment with various evoking programmes and events. Sports events programs at College premises are to increase the level of participation and cooperation and team work among the students and staff.

The sports events are finely crafted under the guidance of many teachers and experts and above all the College Authority. Rajendra Academy for Teachers' Education has always focused on qualitative enhancement of its students and staff at large.

Discipline is the key to success in sports. In sports, a student has to follow the rules set and obey his or her coach. While other students are idle thinking of drugs, a sports student is busy training, he or she has no time for drugs. Coaches also educate them on the negative impacts of drugs in their sports life. With discipline, a student can reach his or her goals. Time management skills are learned in sports.

Rajendra Academy for Teachers' Education is committed to adhere to the highest standards of academic rigor for the students. The College provides a congenial learning environment within its lush green sprawling campus with adequate infrastructural facilities. Dedicated teachers with their knowledge, experiences and professional expertise are engaged in shaping up the students with multiple skills. Keeping in view the importance of sports for health and fitness, the Institution encourages participation of students in various games, events and field activities.

Physical recreation through games and sports has been the priority of the College since its very inception. The spacious ground of the College are being used for playing cricket, football, volleyball, badminton, etc along with facilities for yoga, weightlifting, wrestling and kabaddi. Lectures on different arenas of physical education, training and even coaching facilities for various games and sports are also initiated by the College.

About Annual Sports

Team work is the key to success. In sports, one has the opportunity to collaborate with other team members to win. To succeed in education, a student needs to work hand in hand with teachers and fellow students. After school when working on a project, those with teamwork skills achieve their objectives effortlessly.

In sports, there is leadership. Being a captain requires skills on how to become a good leader. In later life, even if he or she develops an interest in politics and end up being a topnotch leader. Being a leader at school helps a student gain interest and leadership skills. Many leaders have at one point in their education participated in school leadership. Most of the top positions in companies require someone with leadership skills.

Rajendra Academy for Teachers' Education aims at providing the best among employers and employees, staff and students so that they can manage the best sports activity with ease. More than 100 students participants in almost more than seven to eight events.

Principal's message about Sports

Our respected principal Sir, Prof. (Dr.) Baishnab Charan Swain was an eminent Cricketer in his school and College days. His fitness is still acknowledged and so he encourages students and staff at RATE to take active part in the Sports. Regular practicing of events can find a different feel altogether.

Improve academic excellence: All the physical activities or sports require time and energy. Sports enhances the cognitive memory of the brain, helps and initiates in taking quick decisions, sharpens learning skill sets that also help students excel academically and in the outer sphere at large.

Reduce risk of obesity: All sorts of physical activities help in burning calories. Sports help control one's weight and reduce the risk of obesity and other related diseases.

Reduce stress: The most important benefit of sports is that it helps in reducing stress levels. Regular exercise is a natural way to feel relaxed, energetic and let go of stress. A lower amount of stress will thereby help in managing high blood sugar levels and even fight hypertension.

Honorable Chairman's view on Sports

Our Honorable Chairman Sir is a sportsman himself and so he always encourages people in RATE to take upper hand into physical activities. Sports teach mental and physical discipline. One learns to follow rules and regulations, obey the coach, time management, practice restraint and all forms of challenging activities that make him disciplined in life and helps him serve them well throughout his life.

A trait that is important in order to become successful is good leadership skills. While one is on the playfield, one learns how to talk to other teammates, manage team emotions, take decisions for the team, developing good faith among team members, maintaining the interests of the team members, and so on. These skills together makes one a successful leader in future.

Regular physical activity is very important to maintain heart health. Sports will reduce the amount of harmful cholesterol and fats in the blood which will thereby help in managing high blood pressure.

Achievement for Students

For long sports have been viewed as a way to remain healthy and stay fit. But it has far reaching benefits beyond this. It has got both physical and physiological benefits. Among the physiological benefits is mental health. Academics is related to the ability of the brain to capture, store and process information. Sports impacts on education are limitless.

Students at Rajendra Academy for teachers' Education are encouraged to participate in sports while in school. Many of them especially college students don't actively participate. They end up in situations they could have evaded. A compilation of ten benefits of sports has been presented here for students. A view of participation in our school will give a better understanding of how sports benefit the students.



Sports and health are intimately connected. The stress caused by exercise on the bones, muscles, ligaments, and tendons makes them strong and healthy. Exercise helps to burn calories in the body by reducing chances of obesity. Heart muscles performance and endurance is improved, increasing its efficiency and reducing the risk of heart diseases. Exercise triggers the use and flow of sugar in the blood as the glucose is converted into energy hence balancing the blood sugars also the PH level and also the regulates the metabolism of the body. Sports also

help in fighting against cancer and other life threatening diseases.

That handshake after winning develops self-esteem. A word of encouragement and praise from parents, friends, and coaches make a student feel motivated and accepted. A motivated student is more likely to do well in class than a student who views everything to be against him or her.

Sports bring people together. Sports students easily cooperate and easily make many friends. When playing interschool competitions, they get a chance to interact with new people. Sports give students a chance to go beyond their arena even. It gives opportunities to play in different countries as well. It thus helps to build a sense of belonging. These social and communication skills later help a student in their career in future.

One gets to know the importance of people around him at a younger age. Sports students are not victims of tribalism and other discrimination. They appreciate the presence of everyone in their lives. This ability to live in harmony and adjust with everyone makes it easy for them to live self sufficiently as they often have to travel for playing.

Sports have always been the best in fighting stress. Sports help to improve the cognitive and memory functions of the brain. After spending several hours in class, a student needs some time to refresh the mind. Sports proactive students are often top scholars in academics. Sports help build their ability to concentrate and focus in class.

Some students are extremely good in sports. There is nothing as sweet as doing what one is talented in. As a footballer in school, one might have a passion of becoming a top athlete after which one can easily become a coach and train other people. One can also decide to venture into sports to become a referee or a coach. Sports thus allow many career options that can have lucrative careers.

Regular body exercise improves our energy levels. Sports students can be active throughout the day without getting tired. Regular body exercise boosts the performance of the lungs. They are able to absorb the oxygen into the body which is used in the generation of energy. Sports students can perform tasks even if there are many obstacles. For instance, athletes can walk for long distances as compared to non-athletes.

Sports facilities provided by the College

The College provides the following sports facilities:

- Ground with 100 meter and 200 meter track.
- Badminton court.
- Volley ball court.
- Football field.
- Cricket field.
- Long jump arena.
- High jump arena.
- Shot put arena.
- Indoor facilities for table tennis, carom.



Emotions run high on sports when at Rajendra Academy for teachers' Education. Students excelling in sports can control their emotions. Coaches train students on how to counteract with the various negative emotions that affects their performance. Emotion management skills learned at a young age helps one handle critical life challenges later on in life at various critical junctures.

Indoor and Outdoor Sports Activities

The following indoor and outdoor sports and recreational activities are followed in the College.

- Ground with 100 meter and 200 meter track.
- Badminton court.
- Volley ball court.
- Football field.
- Cricket field.
- Long jump arena.
- High jump arena.
- Shot put arena.
- Indoor facilities for table tennis, carom.

Academics and sports are the two sides of the same coin. But the concept of education has changed drastically over a period of time where more focus is given on holistic development of students. As a

dynamic Teacher Training College, Rajendra Academy for Teachers' Education ensures that the trainee teachers are being actively involved in sports in order to balance among the mind, body and soul.

Extracurricular and sports activities organized by the College plays an important role in providing exposure to academic and social experiences among the trainee teachers. The College emphasizes in inculcating various traits among the students like self-confidence, compassion, discipline, perseverance, and teamwork for physical and mental development along with academic excellence.

Sports activities not only enhance concentration of power but make the students more agile, smart and acquaint them with many scientific theories in practical. As the College is committed to the holistic development of students it provides a wide variety of sporting and recreational facilities to the students round the year. The Sports Committee takes care of the indoor and outdoor sports resources and ensures that the facilities are well maintained.

Value learning, life skills, caring for others and team spirit are some of the characteristics developed through sports in a person. Today the academia and the society on a whole have started to appreciate the importance of a 360 degree development process. The renewed emphasis on physical education, yoga and sports reflect the contemporary demands.

Our College transacts holistic curriculum blended with sports activities for promoting harmonious development of the students. The focus of the College is to ensure an enriching environment for fair play, honest competition and sportsmanship spirit among students.



MEMBERS OF THE SPORTS COMMITTEE

Prof. (Dr.) B. C. Swain

Dr. Madhumita Baidya

Mr. Mahadeb Chattopadhyay

Mr. Pintu Saini

Mr. Anup Nandi

Mr. Taju Laskar

Ms. Shampa Pal

Ms. Susmita Ghosh

Ms. Pallabi Chattopadhyay

Mr. Satya Sundar Sarkar

Mr. Soumyakanta Bhattacharyya

Mr. Prabir Bain

Ms. Arpita Shyamal

Ms. Adrija Dutta