



**SMT. REWABEN MANOHARBHAI PATEL**

**MAHILA KALA MAHAVIDYALAYA, BHANDARA**

Behind B.D.C.C. Bank, Civil Line, Bhandara - 441 904. (M.S.)

Ph.: 07184-299247, Email : rmpcollege@rediffmail.com

Ref.No: RMPC /

Date :

**7.2.1 Best Practices successfully implemented by the Institution as per NAAC format  
Provided in the Manual**

➤ **Title of the Practice :** Physical Training for Defense & Police Services

➤ **Objectives of the Practice :** Important objectives of this training are as follows :-

- i) To create awareness about police & defense services that shall be helpful for students in competition of police & defense services.
- ii) To give the physical fitness training for better health and hard work.
- iii) To improve the stamina and strength by indoor Gym training of the Students.
- iv) To give the outdoor training of running, broad jumping, vertical jump, Shuttle run, pushups. etc.
- v) To give the other training like warm-up, circuit training, Interval Training and exercises, cooling down, etc.
- vi) To give the yoga training for the mental health to the students.

➤ **The Context :** Contextual features or Challenging issues are as follows :

In students, physical activity improves the cardio metabolic health (blood pressure, glucose, and insulin resistance) bone health. Cognitive outcomes (academic performance, executive function) mental health (reduced symptoms of depression)

Regular physical activity, such as warm-up, Interval Training, circuit training, and exercises, cooling down, doing sports or active recreation, provides significant benefits for health. Some physical activity is better than doing none. By becoming more active throughout the day in relatively simple ways, students can easily achieve the recommended activity levels.

There are some challenging issues such as age differences, physical differences, and psychological differences in students. Most of the student are from rural areas so they can't reach on time in the training regularly.

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Officiating Principal  
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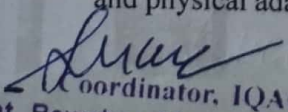
One of the very important thing that the health is to maintain a proper balance between the intake of food and daily energy expenditure in order to control and maintain ideal body weight. The balance diet, that is the food that students eat, should contain appropriate amount of fat, protean and carbohydrates. In addition, it should contain adequate amount of vitamins, minerals and water.

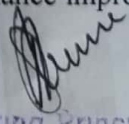
### ➤ The Practice :

**Circuit Training** : - Scientifically this method has proved very beneficial. Initially, there were 24 exercises. Through these exercises all the muscles of the body and the body parts were given proper exercise. These exercises are performed in a circuit manner. The number of exercises is 10 to 15. In this, most of the time simple exercises are preferred. Number of repetitions of exercise are kept half of the students that can be done by maximum students because the students does not have to do just one exercise. He has to perform group of exercises. When a player completes this group of exercises, a circuit is considered to be completed. It can take 20 to 25 minutes to complete one circuit. Here, player can improve himself that it took 40 minutes to complete the first circuit. For the second circuit it takes 35 minutes. students can take more weight or repeat more. This sustains the interest of the students.

**Interval training** :- In this training method, the students rests after any activity. For example, a runner would run one lap of the track at a slower pace, then one lap at a faster pace, then recover by running one lap at a slower pace. The main purpose of this method is work and relaxation. In this, the students are first given work and then rest. In this, the player is given some recovery time. Because they can recover the spent energy.

**Isotonic Exercise** : These types of exercises are called dynamic exercises because of these exercises the muscles contract and expand. This contraction and expansion is manifested in physical form. Muscles gain speed and strength. Their flexibility increases. Performance improves and physical adaptation develops.

  
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**Isometric Exercise** : There is no change in the state of the muscles and there is no movement. The physical effect of these exercises can be seen on the body.

**Isokinetic Exercise** : This exercise consists of a mixture of isotonic and isometric exercises. It includes both dynamic and non-dynamic exercises. In this exercise, the muscles remain still and sometimes their small size can actually look bigger. This exercise builds strength. It also helps in adaptation.

**Yoga : Anulom-Vilom Pranayama :**

Anulom means straight and Anolom means opposite. In this pranayama the word shara means the right nostril or the right nostril and the word varra means the left nostril or the left nostril i.e. sura means the right nostril and varra means the left nostril. Anulom-Vilom Pranayama involves inhaling through the right nostril and exhaling through the left nostril. One cycle or Version complete. In this way one should practice these pranayama for at least five minutes.

Anuloma-Vilom Pranayama should be practiced continuously for 15 minutes by healthy and people suffering from common diseases. If a person suffering from incurable diseases like cancer, psoriasis, muscular dystrophy, migraine etc. practices this pranayama for 30-30 minutes continuously in the morning and evening, he will get quick benefits.

➤ **Evidence of Success :**

Most of trainee enrolled students got success in the police service and forest service and got job in police department of Maharashtra government. They are as follows :-

- Ku. Madhuri Chamat (Police)
- Diksa Gondane (Police)
- Manisha Zade (Forest)
- Lata Agashe (Forest)

➤ **Problems Encountered and Resources Required :**

There are sufficient training resources in the college, there is play ground, gym and other sport equipments in college.

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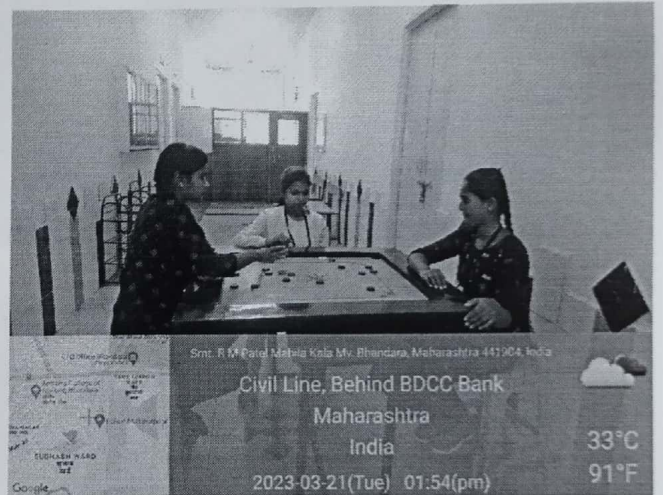
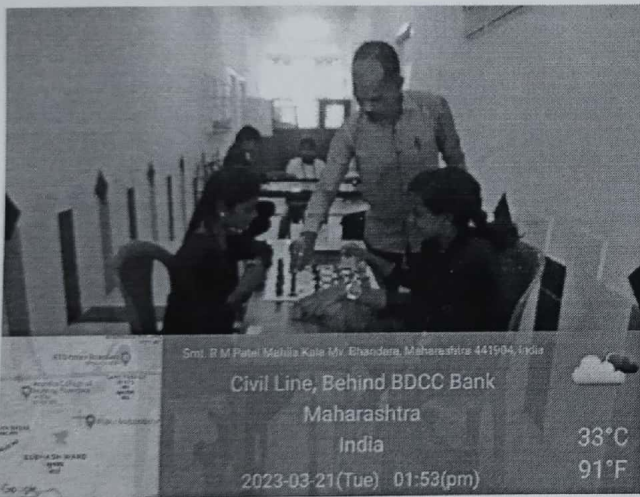


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During training we encountered some issue, some students were not regular and some student were late-comers because they are from rural area. Physical fitness of some students was not good, during training; we encountered some physical fitness issues.

**In-door Game**



**Out-door Game**



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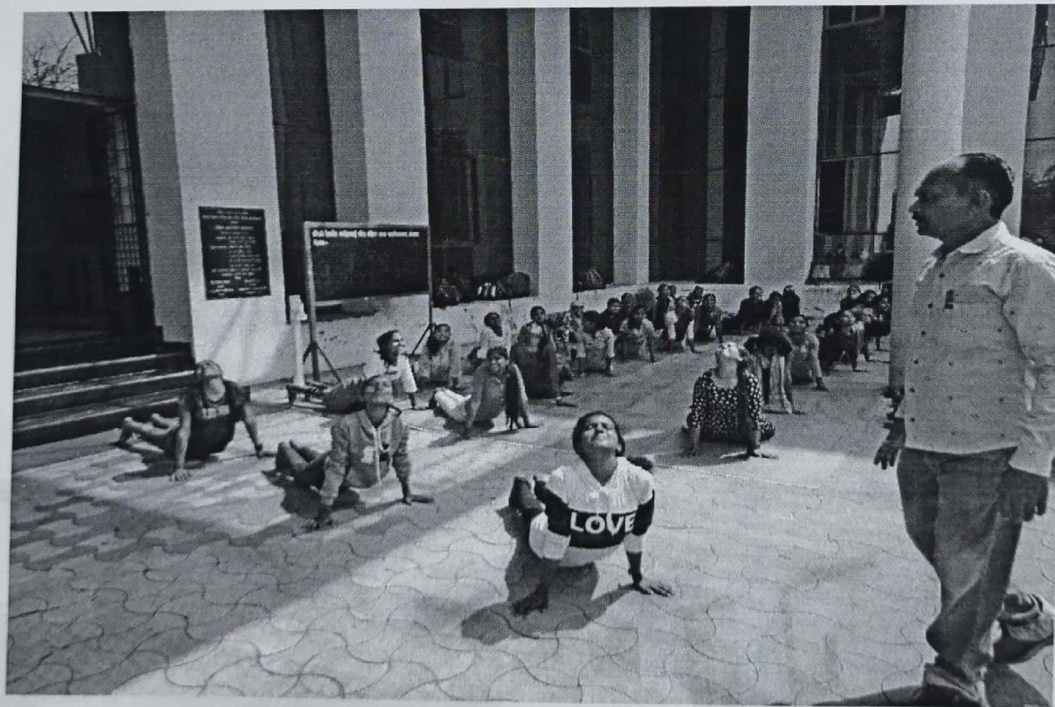


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Yoga

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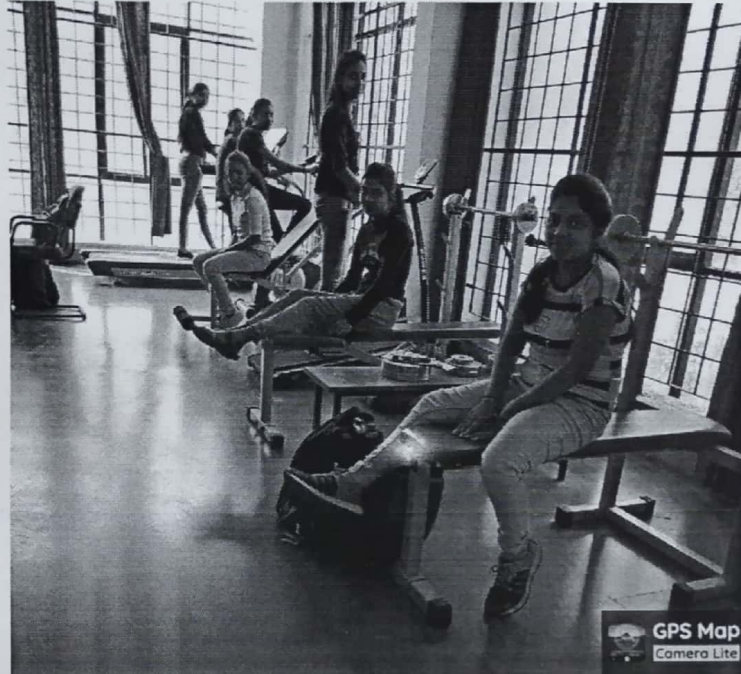


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**Gym Training**



GPS Map  
Camera Lite

5M62+6VC, Civil Line, MSEB Colony, Bhandara,  
 Maharashtra 441904, India

Latitude	Longitude
21.160833262838423°	79.65185506269336°
Local 10:00:18 AM	Altitude 192 meters
GMT 04:30:18 AM	Friday, 03.24.2023



GPS Map  
Camera Lite

5M62+6VC, Civil Line, MSEB Colony, Bhandara, Maharashtra  
 441904, India

Latitude	Longitude
21.160923913121223°	79.65191499330103°
Local 10:01:21 AM	Altitude 193 meters
GMT 04:31:21 AM	Friday, 03.24.2023

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