

# M. E. S. COLLEGE OF ARTS AND COMMERCE ZUARINAGAR-GOA

## DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

### SPORTS POLICY

M. E. S. College gives importance and preference to sports in order to develop each and every student. The efforts and performance of the students is always appreciated in the staff as well as in the College. Due recognition is also given to the students who achieve glory in sports by forwarding the reports to the local newspaper. The individuals are not only trained for performance and medals but they are also credited with values and discipline. Keeping the principle in mind that Physical Education and Sports is an integral part of the whole Education process, due importance is given by each and every faculty member along with the principal and management. Further the students are given benefits such as Duty leave for participation in practice sessions and tournaments approved by the college, Sports Merit marks and other financial benefits such Practice allowance, dearness allowance, kit allowance and travelling allowance.

The sports policy has been framed by considering certain objectives which are as follows;

1. To encourage each and every student to participate actively in Intra-mural & Extra-mural competition.
2. To make full use of leisure time by participating in recreational activities.
3. To improve competitiveness in each individual.
4. To make students aware about the importance of participating in sports and games.
5. To improve health and to inculcate healthy lifestyle.
6. To build coordination among faculty members, to improve and standard of sports in college by organizing and promoting sports activities.

Stakeholders and their responsibilities

#### The students

1. The students interested in Extra-mural sports register their names and fill the declaration form issued by the Department of Physical Education & Sports.



2. The students should actively involve themselves in sports activities conducted throughout the year.
3. To take part in Extra-mural Competitions in a particular game, the students shall go through rigorous training for at least twenty days, minimum two hours routine conducted by Department of Physical Education & Sports.
4. During training it is mandatory to wear sports attire (Shorts/ Track pant, Jersey /t-shirt and shoes).
5. The students shall also maintain discipline during participation in Intra-mural and Extra-mural Competition, failing which, action will be taken by the Institution.
6. Students shall collect duty leave forms from the Department of Physical Education & Sports and submit it to the respective subject teachers if he/she is participating in Extra-mural Competitions.
7. Sports Secretary and all the Sports CR's selected from each division, shall coordinate and assist the College Director of Physical Education & Sports in organizing and managing Intra-mural as well as Extra-mural Competitions.
8. The captain and the team of the respective games shall meet the College Director of Physical Education & Sports one day prior to the completion.
9. The students shall take note that the college team could be withdrawn if there is irregularity in training programme.
10. The students shall give a request letter to the College Director of Physical Education & Sports and present an acknowledgement from the concerned sports authority before engaging in any national sports event.

#### **The Department of Physical Education & Sports**

1. The College Director of Physical Education & Sports shall conduct orientation programs for students for better understanding of sports facilities, University Sports Schemes, College Sports protocol and Sports programmes of the college.
2. The College Director of Physical Education and Sports shall organize, supervise and administration Intra-mural and Extra-mural competitions.
3. The College Director of Physical Education & Sports trains the students who are interested in representing the college teams for extra-mural tournaments and the best students are then selected to represent the college team.
4. The College Director of Physical Education & Sports shall organize "Demonstration program" to motivate more participation in Indoors games.
5. The College Director of Physical Education & Sports maintains the game wise attendance record of the students.
6. The College Director of Physical Education & Sports shall submit the achievement report of the students to the publicity committee of the college.
7. The College Director of Physical Education & Sports shall issue "Duty Leave forms" to the students participating in Extra-mural competitions.



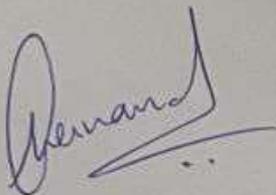
8. The College Director of Physical Education & Sports shall select the Sports Class Representatives and all the notices and messages shall be conveyed to the other students through Sports CR and Sports Secretary.
9. The College Director of Physical Education & Sports shall inform the principal before starting any sports program.

#### The faculty

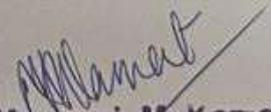
1. The teachers shall encourage the students' participation in sports, along with academics, as it helps the college to attain the goal of the versatile college.
2. The teachers must make students aware about the sports policy of the college.
3. The teachers should not be reluctant to release any students from participating in any Intra-mural or extra-mural sports activity authorized by the college during class hours.
4. The teachers must acknowledge on duty leave forms of the sportsmen who were on sports duties authorized by the college.
5. The teachers shall assign "Duty Leave" to the students participating in Extra-mural competitions authorized by the college.

#### The College

1. The College shall consider sports as an integral part of the academic program and should give equal priority to sports.
2. The College shall prepare fixed "Sports Budget" to conduct the activities smoothly.
3. The College shall provide equipment and infrastructure to achieve the objectives of the Sports policy without any hindrances.
4. The College shall motivate good Sportspersons from nearby Higher Secondary Schools to join the college.
5. The college shall appreciate the performance of the students in Intra-mural as well as Extra-mural Competitions
6. The college encourages the students to take part in recreational games and activities during the off-lectures.
7. The College shall take necessary action against the faculty or students for not following the protocol of the Sports Policy.



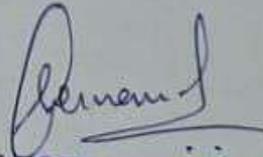
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PHYSICAL EDUCATION AND SPORTS  
M.E.S. COLLEGE OF ARTS AND COMMERCE  
Dr. SAVIO FERNANDES

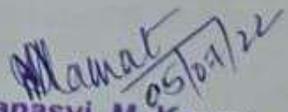


Dr. Manasvi M. Kamat  
Principal  
MES College of Arts & Commerce  
Zuarinagar - Goa 403 726.

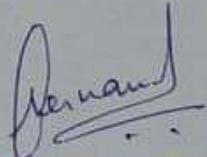


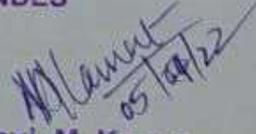
Department of Physical Education and Sports		
Stock of Sports Items		
Date - 22/6/2022		
Sr. No	Sports Items	Good Condition
1	<b>ATHLETICS</b>	
1	Athletics Spikes	5
2	Discuss Throw	
	2kg	2
	1Kg	1
3	Shot Put	
	Men	2
	Women	2
4	Relay Baton	8
5	Starting Blocks	2
6	Javelin	2
7	Clapper	1
8	Torch	1
9	Hurdles	1
10	High Jump Mat	1
II	<b>BADMINTON</b>	
1	Racquets	2
2	Net	1
3	AS II Feather Shuttlecocks	8
4	Mavis 350 Plastic Shuttlecocks	1
III	<b>BASEBALL</b>	
1	Baseball Ball	1
IV	<b>BASKETBALL</b>	
1	Basketball Balls	4
V	<b>CHESS</b>	
1	Chess Clocks	2
2	Chess Pawn Set	3
3	Chess Board	3
VI	<b>CRICKET</b>	
1	Cricket Helmet	2
2	Bating Pads	4
3	Batting Gloves	3
4	WK Gloves	2
5	Thigh Pad	1
6	Abdominal Guard	1
7	WK Pads	2
8	Season Bats	
9	SG	1
10	SM	1
11	Season Balls (Old)	11
12	Net	1
13	Matting	1
14	Inner Gloves	1
15	Wickets	4

  
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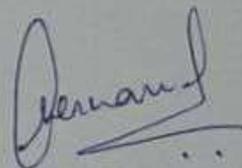
  
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 Nagar - Goa

16	Stumps	6
VII	<b>CYCLING</b>	
1	Cycling Helmets	2
VIII	<b>FOOTBALL</b>	
1	Football Balls (Shinning Star)	9
2	Goal Post Net (Pair)	1
3	Goal Post	1
4	Corner Flag Post	3
5	Referee Card Set	1
6	Stockings	12
IX	<b>HANDBALL</b>	
1	Handball Balls	2
X	<b>HOCKEY</b>	
1	Hockey Sticks	1
2	Hockey Helmet	1
XI	<b>TABLE TENNIS</b>	
1	Table Tennis Table (STAG)	1
2	Table Tennis Bat	2
3	Table Tennis Ball	12
XII	<b>TAEKWONDO</b>	
1	Chest Guard	2
2	Helmet	2
3	Kicking Pads	2
4	Shin Guards	3
5	Arm Guard	3
XIII	<b>VOLLEYBALL</b>	
1	Volleyball Ball	4
2	Net	1
XIV	<b>WEIGHTLIFTING</b>	
1	Belt	1
XV	<b>TRAINING EQUIPMENT</b>	
1	Round Markers	40
2	Agility Sticks	4
3	Agility Ladder	3
4	Cones 6 inches	16
5	Cones 9 inches	9
6	Cones 12 inches	10
7	Medicine Ball:	
	1 Kg	1
	2 Kg	1
	3 Kg	1
	4 Kg	1
XVI	<b>WEIGHT TRAINING EQUIPMENT</b>	
1	Hydraulic Machines	2
2	Bench Press Stand	1
3	Stand	1
4	Metal Lockings	4

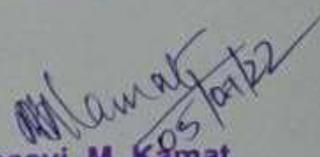
  
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5	Rubber Weights (25kgs)	2
6	Rubber Weights (20kgs)	2
7	Parallel Bar (20kgs)	3
8	Metal Weights (Red - 25kgs)	2
9	Metal Weights (Green - 20kgs)	2
10	Metal Weights (Yellow - 15kgs)	2
11	Rubber Weights (15kgs)	2
12	Rubber Weights (10kgs)	2
13	Rubber Weights (5kgs)	1
14	Rubber Weights (2.5kgs)	2
15	Rubber Weights (1.5kgs)	2
16	Metal Weight (2.5kg)	2
17	Rubber Weights (1.25kgs)	2
18	Metal Weight (10kg)	1
19	Metal Weight (1kg)	1
20	Metal Weight (0.5kg)	2
21	Metal Weight (0.25kg)	2
22	Rubber Matting	25
<b>XVII</b>	<b>OTHER EQUIPMENT</b>	
1	Weighing Machine (Digital)	1
2	Table Cloth	2
3	Trays	2
4	Head Caps	16
5	M.E.S College Flag	2
6	Indian National Flag	2
7	Athletic Meet Banner	1
8	X-Country Banner	1
9	Hammer	1
10	Meter Tape (50Mts)	1
11	Meter Tape (100Mts)	1
12	Medals:	
	Gold	22
	Silver	19
	Bronze	22
13	Marking Rope (30 Meters)	1
14	Ball Carry Net	1
15	Torch Stand	1
16	Best Sports Person Shields	2
<b>XVIII</b>	<b>JERSEYS</b>	
1	Jerseys	24
2	Shorts	24
3	Sublimation Jersey Set	16
4	Bibs ( Flourscent)	7
<b>XVIX</b>	<b>MEDICAL ITEMS</b>	
	Adesive Tape	1
	Crepe Bandage	2
	Relispray	1
	Cotton	1
	First Aid Box	2



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### INVOICE

Dealers in : All types of Sports wears, Cotton T-shirts, Tracksuits & Caps

Address : H. No. 155, Wrd. No. 10, Nr. Hanuman Temple, Valpoi, Sattari - Goa

Cell : 9158854550

M/s MES COLLEGE  
ZUAKINAGAR

Invoice No. : **083**

Date : 15/12/2021

No.	DESCRIPTION	QTY	RATE	AMOUNT	
				Rs.	Ps.
1]	Front Back sublimation Jersey	20	330	6600 =	
2]	Shorts Sr. No. : 280 BA/Bloom Date : 8/1/22	20	120	2400 =	
Received all the items in Bill No <u>083</u> Date <u>15/12/21</u> in good condition Recorded In Stock Register File No <u>109</u> Sr. No. <u>499</u> To <u>-</u> Date <u>8/1/22</u> Sports Department				 PRINCIPAL M. E. S. College of Arts & Commerce Zuakinagar - Goa 403 726.	

Rupees in words Nine Thousand only

For, SK Sports Wear

Authorized Signature

Terms & Condition : 70% Advance Payment  
: Clothes, Colours, Printing No Warranty/ Guaranty  
: Transport Charges will be Extra

Prop. Pankaj Kanekar

SBI A/c - 11324796762 AXIS - 915010054784734

**CASH MEMO**

नकद पत्र

Brought of विक्रेता

Sold to क्रेता M.E.S. COLLEGENo. क्रमांक 184 Date तिथि 19/12/21

QNTY. संख्या	PARTICULARS विवरण	RATE दर	AMOUNT रकम ₹ P.
14	Stocking	110	1540=00

184

Received all the items in Bill No. \_\_\_\_\_

Date 19/12/21 in good condition Recordedin Stock Room of File No. 109 Sr. No. 498Date 19/12/21Signature  
Sports Department

PRINCIPAL

M. E. S. College of Arts &amp; Commerce

Zuarinagar - Goa 403 726.

Thank You / धन्यवाद।  
E.&O.E. मूल-पूक लेनी देनी

जोड़

1540=00