

# JSS Academy of Technical Education, Bengaluru

## Department of Physical Education

Physical education is an integral part of educational programme designed to promote the optimum development of an individual physically, emotionally, mentally, socially and spiritually through total body movement in the performance of properly selected physical activities. The primary aims of physical education have varied, based on the needs of the time and place. Most of the institutions' goal is to provide students with knowledge, skills, capacities, values and the enthusiasm to maintain a healthy lifestyle into adulthood. Activities included in the programme are designed to promote physical fitness, to develop motor skills, to instill knowledge and understanding of rules, concepts, and strategies. Students learn to either work as part of a team, or as individuals, in a wide variety of competitive activities.

Sport has existed for several thousand years. As the world population continues to increase and technology improves in areas such as transportation, communication, medicine, and sports equipment, sport will continue to evolve and involve more and more people across nearly all parts of the world. Sport is an activity that is governed by a set of rules or customs and often engaged in competitively. Sports is commonly referred to activities where the physical capabilities of the competitor are the sole or primary determinant of the outcome (winning or losing),

but the term is also used to include activities such as mind sports (a common name for some card games and board games. Sport is commonly defined as an organized, competitive and skillful physical activity requiring commitment and fair play.

JSS strongly believe that both curricular, co-curricular, Sports and cultural activities are equally important for the overall development of students. JSS Academy of Technical Education, Bengaluru has been giving equal importance to both Curricular, Co-curricular and extracurricular activities. To encourage the students to participate in sports activities, the institute has created all the necessary sports facilities. Department of Physical Education and sports was started in the year 1997 aims at all round development of the students' personality through sports activities.



The sports department is having the necessary infrastructure to enhance sports activities like in-door sports facility, out-door sports facility, and other facilities like gym, etc. The department has been organizing inter department sports & annual sports events. It takes pride in successfully organizing VTU and inter collegiate sports activities as per VTU Sports calendar. The department has organized major events such as VTU Inter colligate, Bengaluru South Zone Cricket Tournament during 2011-12 and many more Inter-collegiate and Inter-zone sports events. State of art sports facilities are provided that make the department in hosting, selection, training and practice sessions for college teams. Sports events for faculty at college & inter collegiate level are also organized by the physical education department.

Karnataka State Cricket Association (KSCA), Bangalore has recognized our college cricket ground as one of the best turf cricket grounds in Karnataka. Our sports department has been conducting series of cricket matches which include Division matches, Women's Matches, Zonal Matches for Under 14, 16, 19, etc. throughout the year in association with KSCA.

### **Vision**

To attain highest position in sports arena at the statelevel through consistent and sustainable Physical Education and Sports development programs

## **Mission**

- By providing opportunities to participate in recreational and competitive sporting activities for all the students
- By creating adequate infrastructure facilities for sports and games so that students choose and participate in the events for which they have flair
- By spot and groom the sports talent, to foster, better human relations through sports and games.
- By imbuing discipline, leadership qualities, courage and the sense of belonging through sports activities among the students.