

# Employment opportunities for youth through sports and physical fitness training

## The Context

Government Lal Chakradhar Shah Post Graduate College Ambagarh Chowki is a postgraduate college located in the tribal-dominated area of Chhattisgarh, bordering Maharashtra. The students studying in this college are from rural and tribal communities. Out of all those students, about 70-80 students are interested in sports and physical fitness. The college's sports officer Mordhwaj Sonwani makes the students/players practice daily on the playground according to their interests and explains the importance of sports to them in detail. Apart from the students studying in the college, the former students also train the youth from the region and outside in sports and physical fitness, through which they can get employment opportunities in the fields of forest guard, army, police, etc. This also creates a sense of responsibility to maintain and protect the excellent performance of establishing resources.

## The objective of the practice

1. To provide employment opportunities to the youth of the region through sports.
2. To provide physical fitness training to the region's youth so that they can be selected from various departments of the state and central government, such as railways, forests, army, police, etc.
3. To provide free training not only to students but also to common youth who are interested.
4. To keep the development of youth and physical fitness connected.
5. To get the youth out of the addiction to mobile.

## The Practice -

1. The college playground and gym are open to students, alumni, and other outsiders.
2. Along with physical training, mental training, motivation, and self-confidence are also developed psychologically.
3. The college provides the necessary equipment and facilities for physical training and sports.
4. Competitions are organized for the results of the practice.
5. Those who perform well are encouraged and awarded.

  
IQAC Co-ordinator  
Govt. LCS College A. Chowki

## Advantages

1. Students pay attention to physical training and are serious about their goals.
2. Students practice together and develop skills.
3. Students and youth get training through a qualified trainer, which makes them capable.
4. The name of the college of the region is glorified.
5. A sense of mutual cooperation develops among the students.

## Challenges

1. Youth and students are unable to attend practice on time every day.
2. Possibility of injuries during practice and training and lack of protective equipment.
3. Lack of good nutritious diet among the economically weak and youth.

## Evidences of Success

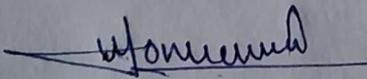
1. It has been observed that the students of the college have represented in state and national level sports competitions.
2. The youth of the area were recruited by the Forest Guard Police Department through selection training.
3. The youth gained self-confidence, motivation, and knowledge of scientific training.

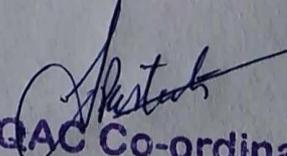
## Resources Required

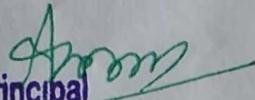
- a) There is a need for quality improvement in sports and physical fitness training.
- b) There is a need for a multipurpose indoor sports building for physical training and indoor sports.
- c) There is a need for cooperation from the public representatives and the local government bodies .

## Contact Details

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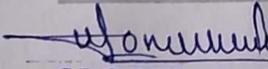
**Best Practice :-**

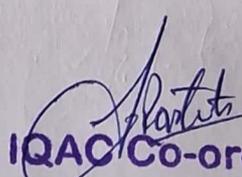
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