

SPORTS AND EXTRA CURRICULAR ACTIVITIES:

Aim of physical education, like general education, is to develop human personality through well planned activity. In some words, physical education aim at the all round development of the personality of an individual or wholesome development of human personality and it includes physical, mental, social, emotional and moral aspects to make an individual a good citizen who is able to make contribution in process of nation in one's own way. Thus physical education means at making an individual physical fit, mentally alert, emotionally balanced, socially well adjusted, morally true and spiritually uplifted.

One of the other important objectives of physical education is to instill in the students the values and skills of maintaining a healthy lifestyle. Daily physical activity promotes them to lead a healthy life in adulthood. At Navsari Agricultural University games and sports are practiced and played on daily basis for the benefit of students. Physical Education is compulsory as a part of curricular programme in which there is one non-credit course of Physical Education for the First to Fourth Semester students of undergraduate degree programme.

Qualified Physical Education teachers conduct Physical Education classes and handle sports and games at each college. Sufficient opportunities and facilities are provided to the students of each college for taking part in inter collegiate, inter university and national level sports. The students are provided with sophisticated and modern equipments in gymnasium to improve their physical fitness. The indoor and outdoor games are held regularly and various teams are sent for participation in the inter university tournaments which are held every year.





Facilities for Games and Sports at University

Indoor :

1. One full-fledged Badminton Court
2. One full-fledged Table Tennis Court
3. One partly equipped Exercise Space

Outdoor :

1. Two Volleyball Court
2. One Basketball Court
3. One Kho-Kho Court
4. Two Kabbadi Ground
5. One Cricket Ground
6. Running Tracks of 400 meters

Sports Tournaments Organized :

1. Inter-Semester Tournament
2. Inter-Collegiate Tournament
3. Inter-University Tournament
4. University Coaching Camp
5. Open tournaments organized by different Clubs

Cultural Activities :

Cultural activities have become the intrinsic part of the regular activities performed by the students. It gives a chance to students to hone their talents, in various forms. To give them encouragement their performances are organized during the annual day. Various activities of Cultural Programme are:

1. Drama
2. Folk Dance
3. Fancy Dress
4. Group Song
5. Mono Acting