



DON BOSCO COLLEGE - TURA
STANDARD OPERATING PROCEDURE (SOP)

SPORTS COMPLEXES

Standard Operating Procedure for Sports Complexes

If the classrooms are the places for teaching-learning process for the mind, then the sports complexes are the spaces for learning with the use of the physique - sports and games. True education is one that involves body, mind and spirit. Hence due importance is to be given for the education of the body as well the mind and spirit. Training the body along with the mind is being propagated by the Don Bosco institutions and Don Bosco College, Tura, has ample space for sports and physical activities. The college amphitheatre contains the basket ball court and the indoor gymnasium.

The **prime objectives** of the college sports complex are:

1. To provide opportunities for students to build a sound body and a sound mind.
2. To create an environment that encourages health and fitness in order to achieve one's maximum potential for growth.
3. To instill in students the importance of physical health and respect for one's life.
4. To endeavor to identify one's talents in the field of sports and general well-being.
5. To engage in games and sports in order to keep away from any form of negativity, especially evil.
6. To foster healthy competition, fair play and sense of balance between right and wrong.

The sport complexes are classrooms of another kind and are held in great importance in a Don Bosco institution. Don Bosco exhorted his first students to run, jump, shout and play; only do not sin. Being actively involved in sports and games helps one keep away from sadness and negativity. Moreover, these spaces accord many teachings to the young. Discipline, fair play, leadership, decision-making are some of the values that are learned while being engaged in games and sports.

Accordingly, a great deal of discipline and sense of responsibility is expected in the college sports spaces.

Sports complexes are open only during free time and after classes. The students may avail of the sport spaces also on holidays. Each sport and game has its own rules and regulations and the students are expected to adhere to them.
