

## **Title of the Practice: Open Gym**

### **Objective:**

The objective of this practice is to ensure the health concerns of the students and to give them an environment where they can freely enjoy the culture of respect and study with having a sound mental and physical health. This initiative taken by the college make the students stress free by doing regular exercise to relieve their stress and improve their mental and physical health.

### **Context:**

There is a statistically significant relationship between health and academic achievement. Research evidence shows that the students who are healthy tend to perform better than those who aren't good in health. The College has developed an integrated health intervention to promote healthy lifestyles among students. An open gym is provided for the students in the campus, where they can use modern gym equipments at their ease. Opening of this gym provides an environment that encourages their health concerns and aid them with their academic roles, promote socialization where all students without any discrimination enjoy each other's company.

### **The Practice:**

This practice given by the college fulfills the requirements of especially those students who are economically needy. It saves their charges of any private gym. The concerned faculty always at the forefront of the identification of the needs of the students and there is proper guidance of the equipments. Under is practice the college has been taking several efforts towards healthy, stress free and an independent environment. If students have access to a fitness center within their college, they are more likely to make fitness a priority and stay healthy. When their immune systems become strong, it will also ensure that they will be less likely to catch an ailment or virus such as a cold. With academic and societal pressures it comes as no surprise that students undergo a lot of stress. Prolonged stress may give rise to multiple health issues such as heart problems, depression, cognitive impairments, stomach ulcers, and migraine to name a few. Many students might spend time working out by themselves or in a different gym outside the college. However, it might not offer them the opportunity to interact with students within the college, who might be interested in fitness as well. Having a fitness center within the college will allow students to interact with other students who share similar fitness goals and build camaraderie. They are more likely to form new friendships that open up ways for motivation and support when they need it the most. Leading a fit and healthy life is an attainable goal for every individual. However, they must first be provided with the means to attain them. If colleges and universities took the abovementioned reasons and installed a gym in their premise, there is no doubt that students will witness some phenomenal improvements in their academics and personal life.

### **Evidence of success:**

To help students cope with stress than ensuring they have a gym within the campus for working out. Our institution has provided an open gym to the students which have access to all the above listed benefits. This gym is easily accessible to all the students of the institute . Approximately 1500 students and faculty are using the privilege of this open gym at different times.

### **Problems encountered and resources required:**

On the whole, the practice is welcomed and carried out without any difficulty. There are some drawbacks, which, of course, are to be addressed and acknowledged.

1. Limited resources are the first problem which is encountered during and after implementation. Needy people are unlimited and the resources generated are limited.
- 2.Limited time allotted to the students.

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