



A Case Study of Sports and Health Facilities in Colleges of JK UT

Meeru Abrol¹, Agrima Malhotra², Arushi Malhotra³

¹Principal, Higher Education Department JK UT, Government College for Women, Bhagwati Nagar, Jammu, India

³Assistant Professor, Assistant Professor, MAHE, Dubai

ABSTRACT

The survey conducted among students enrolled in JK UT colleges aimed to assess their perspectives on sports facilities and health amenities within their college campuses. By distributing a Google Form widely among the student body, the survey collected data on various aspects, including the usage of existing sports facilities, preferences for health amenities, and perceptions regarding the role of such provisions in enhancing their overall college experience.

Participants from diverse backgrounds, including rural and urban, and pursuing different academic and professional courses, were involved to ensure a comprehensive understanding of their needs and preferences. The aggregated responses serve as a foundation for guiding future initiatives and resource allocation, aiming to address the multifaceted needs of the college community.

Key findings from the analysis include the diversity in health perceptions among respondents, with implications for sports involvement. The survey highlighted the critical role of regular exercise and physical fitness in promoting overall health among college students, with many attributing health issues to factors such as lack of maintenance and improvement in physical activity.

Despite challenges, there was a widespread enthusiasm for physical activity within the college community, indicating a positive attitude towards promoting health and well-being through sports. However, barriers such as lack of interest or uncertainty regarding the benefits of exercise were also identified, suggesting a need for further education and encouragement.

Furthermore, differing perspectives on the balance between academic and physical pursuits were observed, emphasizing the importance of understanding these viewpoints for promoting a holistic approach to student development. Regarding infrastructure and facilities, there was a perceived deficit in sports and exercise infrastructure within institutions, with a majority expressing dissatisfaction with the current facilities. Similarly, there was a significant gap in access to healthcare facilities on campus, with many institutions lacking a health center or reporting inadequacies in existing ones.

To address these challenges, various strategies were proposed, including improving sports equipment and infrastructure, broadening the range of healthcare services, upgrading facilities within health centers, and integrating physical activity into the college schedule. In conclusion, the survey findings underscore the importance of promoting a culture of health and physical activity within college environments. Investment in infrastructure and facilities is crucial to support these initiatives effectively and enhance the overall well-being and collegiate experience of student communities.

Keywords: Exercise, Facilities, Health Centre, Infrastructure, Sports .

INTRODUCTION

In many Indian schools, there's a prevailing emphasis on academics over sports, which overlooks the significant benefits that sporting activities can offer. However, in today's landscape, where sports can pave the way for viable career paths, it's



essential to recognize their importance alongside academic pursuits. Sports aren't merely about physical fitness; they also cultivate leadership, teamwork, and management skills crucial for holistic development. Engagement in sports yields a multitude of physical benefits. It fosters muscle development, enhances overall strength, and keeps the mind sharp and focused. Moreover, it plays a pivotal role in maintaining cardiovascular health and the well-being of vital organs. Beyond physical health, participation in sports fosters a sense of camaraderie and collective effort. It challenges individuals to push their limits, fostering emotional resilience and hormonal balance. Whether in victory or defeat, students learn valuable lessons, shaping their character and emotional intelligence. Sports also nurture mental agility, sharpening cognitive abilities that extend to academic performance. The discipline inherent in sports translates to effective time management and self-regulation, facilitating better academic outcomes. Schools play a pivotal role in shaping young athletes' futures, providing the guidance and infrastructure necessary for success. With adept coaching and support, students can ascend to national and international levels in their chosen sport. Importantly, the benefits of sports extend far beyond the school years, influencing career trajectories and leisure pursuits. Thus, integrating sports into the fabric of education ensures lifelong physical and mental well-being.

Sports Facilities

Recognizing the vital connection between physical health and mental well-being, active participation in sports is essential for the holistic development of individuals, countering the negative impacts of modern technology. However, in developing nations, the importance of sufficient sports facilities in educational institutions is often underestimated. Regular engagement in sports not only enhances physical fitness but also enhances cognitive abilities, concentration, and academic performance. Team sports, in particular, foster essential life skills such as teamwork, leadership, and discipline, which are indispensable for success in academic and professional endeavors. Additionally, sports serve as a natural antidote to sedentary lifestyles, providing opportunities for physical activity, stress relief, mental well-being, and social interaction. Research underscores the detrimental effects of excessive screen time and technology use on both mental and physical health, leading to issues like obesity, poor posture, and disrupted sleep patterns. Developed countries such as the UK, US, Japan, Australia, and Finland prioritize comprehensive sports facilities in educational settings to promote students' overall development.

Conversely, in developing countries like India, Brazil, South Africa, Nigeria, and Bangladesh, access to quality sports facilities remains limited, especially in rural areas, due to constraints in funding and resources. Nevertheless, efforts are underway to enhance facilities and cultivate talent across various sports. Despite progress, challenges persist in ensuring equitable access to quality facilities, particularly in urban areas. Government policies should prioritize the development of sports infrastructure, with financial incentives and public-private partnerships playing crucial roles. Community engagement and awareness are essential for garnering support and driving improvements in sports facilities. In conclusion, sports facilities in educational institutions are not just extracurricular but fundamental for holistic student development. Balancing technological advancements with physical activities is essential for sustainable well-being.

Health Care Facilities

Healthcare facilities in educational institutions vary significantly between developed and developing countries, reflecting differences in resources, priorities, and healthcare systems. In Developed Countries educational institutions in often have well-equipped healthcare facilities, including clinics or health centers staffed with medical professionals. These facilities typically offer a range of services, including basic medical care, vaccinations, mental health support, and health education programs. Universities and colleges may have more comprehensive healthcare services, with access to specialists, counseling services, and wellness programs. The infrastructure of healthcare facilities in developed countries is generally modern, with access to advanced medical equipment and technology. There is a strong emphasis on preventive care and promoting overall well-being among students. Despite these provisions, there may still be disparities in healthcare access among students, particularly those from marginalized or low-income backgrounds.

In Developing Countries healthcare facilities in educational institutions vary widely in quality and accessibility. Many schools and colleges lack basic healthcare services, with limited or no access to medical professionals on campus. Infrastructure may be inadequate, with insufficient space, equipment, and supplies to meet students' healthcare needs. In some cases, schools may rely on periodic health camps or visits from mobile medical units to provide basic healthcare services. There is often a shortage of trained medical personnel, leading to challenges in addressing students' health concerns effectively. Access to specialized care and mental health services is often limited or nonexistent in educational institutions in developing countries. Improving healthcare infrastructure in educational institutions is a pressing need in many developing countries, with efforts focused on expanding access to basic medical care, enhancing facilities, and training healthcare providers.



Overall, while healthcare facilities in educational institutions tend to be more comprehensive and accessible in developed countries, there is a growing recognition of the importance of improving healthcare infrastructure in schools and colleges in developing countries to support students' health and well-being.

Sports and Health

Society's perspective on sports activities and physical health has evolved significantly over time, reflecting shifting priorities, values, and understandings of well-being. Initially, sports were often viewed primarily as recreational pursuits or forms of entertainment. However, as understanding of health and fitness has deepened, so too has the recognition of the integral role sports play in promoting physical well-being. In contemporary society, there's a growing emphasis on the importance of sports and physical activity for maintaining a healthy lifestyle. People increasingly recognize that regular exercise is essential for preventing chronic diseases, managing weight, and improving overall quality of life. As a result, sports have gained prominence as a key component of public health initiatives, with governments, organizations, and communities investing resources in promoting active lifestyles. Moreover, there's a broader understanding of the holistic benefits of sports beyond physical health. Participation in sports fosters social connections, teamwork, and leadership skills, contributing to personal development and community cohesion. It serves as a platform for cultivating resilience, discipline, and self-confidence, qualities that are valuable both on and off the field. However, societal attitudes towards sports and physical health can vary depending on cultural norms, socioeconomic factors, and individual preferences. In some communities, there may still be barriers to participation, such as limited access to facilities or cultural stigmas surrounding certain sports. Additionally, competing demands such as work, education, or family responsibilities can pose challenges to maintaining an active lifestyle. Overall, while there's growing recognition of the importance of sports and physical activity for promoting health and well-being, there's still work to be done to ensure that everyone has the opportunity to participate and reap the benefits. By fostering a culture that values and supports active living, society can continue to promote healthier, happier communities for generations to come.

Institutions

Sports and health centers within educational institutions serve as vital hubs for promoting physical fitness, mental well-being, and holistic development among students. These centers typically offer a range of facilities and services aimed at catering to the diverse needs of the student body. First and foremost, these centers provide access to sports facilities such as gymnasiums, swimming pools, sports fields, and courts for various activities like basketball, volleyball, football, and athletics. These facilities not only encourage students to engage in regular physical exercise but also provide avenues for competitive sports and recreational activities. In addition to sports facilities, health centers within institutions often offer services aimed at promoting overall wellness. This may include access to qualified medical professionals such as doctors, nurses, and physiotherapists who can provide preventive care, medical consultations, and injury management. Health centers may also offer health screenings, vaccinations, and counseling services to address students' physical and mental health needs. Furthermore, these centers may organize health and fitness programs, workshops, and seminars to educate students about nutrition, fitness, stress management, and other aspects of well-being. These initiatives help students develop healthy habits and empower them to take ownership of their health. Moreover, sports and health centers serve as focal points for fostering a sense of community and belonging among students. They provide opportunities for social interaction, teamwork, and camaraderie, creating a supportive environment where students can form friendships and build networks that extend beyond the classroom. Overall, sports and health centers play a crucial role in promoting a culture of health and wellness within educational institutions. By providing access to sports facilities, health services, and educational programs, these centers empower students to lead active, balanced lives and thrive both academically and personally.

Indian Institutes

In India, the scenario regarding health and sports facilities varies widely depending on factors such as location, socioeconomic status, and type of institution. Here's an overview of the landscape:

- **Urban Areas:** In major cities and urban centers, there tends to be better access to health and sports facilities, especially in private schools and colleges. These institutions often have well-equipped gyms, sports fields, and swimming pools. Additionally, urban areas may have private sports clubs and fitness centers that offer a range of facilities and programs for both students and the general public.
- **Rural Areas:** In rural areas, access to health and sports facilities can be limited due to factors such as infrastructure constraints and lack of resources. Government schools in rural areas may have basic sports facilities, but they are often under-resourced and in need of maintenance. Health services may also be limited, with few healthcare professionals available in remote areas.



- **Government Schools:** Government schools across the country often face challenges in providing adequate health and sports facilities. While some schools may have basic sports equipment and playgrounds, many lack proper infrastructure and resources. Health services in government schools are often limited to periodic health check-ups and vaccinations.
- **Private Schools and Colleges:** Private schools and colleges generally have better sports and health facilities compared to government institutions. These institutions often prioritize extracurricular activities and invest in modern sports facilities such as indoor gyms, sports fields, and swimming pools. Some private schools also have tie-ups with professional sports coaches and fitness trainers.
- **Sports Academies and Training Centers:** India has a growing number of sports academies and training centers that cater to aspiring athletes across various disciplines. These academies provide specialized coaching, state-of-the-art facilities, and access to sports science and medical support services. However, access to such facilities is often limited to those who can afford it, highlighting issues of accessibility and equity.
- **Government Initiatives:** The Indian government has launched several initiatives to promote sports and fitness across the country, such as the Khelo India program and the Fit India Movement. These initiatives aim to improve sports infrastructure, promote grassroots sports development, and raise awareness about the importance of physical fitness and sports participation.

Overall, while there have been efforts to improve health and sports facilities in India, there are still significant disparities in access, particularly between urban and rural areas and between government and private institutions. Addressing these disparities requires sustained investment in infrastructure, resources, and policies that prioritize the health and well-being of all citizens, regardless of their background or location.

Jk Institutions

In Jammu and Kashmir (J&K), the provision of health and sports facilities within educational institutes reflects the diverse landscape of challenges and opportunities present in the region. For instance, urban centers like Srinagar and Jammu boast well-equipped private schools and colleges with state-of-the-art gyms, sports fields, and indoor facilities. These institutions often partner with local sports clubs and fitness centers to provide students with a wide array of athletic opportunities.

Conversely, rural areas face considerable obstacles in accessing such amenities. Government schools in remote villages may possess basic sports equipment and playgrounds, but lack maintenance and adequate resources. Similarly, healthcare services in these regions may be scarce, with few medical professionals available to cater to the needs of the population. However, government initiatives aimed at promoting sports and fitness among youth show promise. For example, schemes to upgrade sports infrastructure and train coaches have been implemented to foster grassroots development. Moreover, the promotion of traditional sports and games unique to the region highlights a commitment to preserving cultural heritage while promoting physical activity.

Despite these efforts, challenges persist due to factors like political instability and limited resources. Yet, there are opportunities for improvement through infrastructure investments, capacity building, and community engagement. By involving local communities and leveraging technology, it's possible to overcome logistical barriers and ensure equitable access to health and sports facilities across Jammu and Kashmir.

METHOD

A survey was conducted among students enrolled in JK UT colleges, encompassing individuals from diverse backgrounds, both rural and urban, pursuing a range of academic and professional courses. The objective was to gauge their perspectives on the significance of sports facilities and health amenities within their college campuses, while also aiming to pique their curiosity on this subject.

To accomplish this, a Google Form was distributed widely among the student body, inviting them to share their opinions and insights. The questionnaire delved into various aspects, including their usage of existing sports facilities, preferences for specific health amenities, and perceptions regarding the role of such provisions in enhancing their overall college experience.



The survey sought to involve students from varied backgrounds and academic paths to gain a thorough grasp of their multifaceted needs and preferences concerning sports and health facilities. Additionally, it aimed to gather pertinent information regarding their health status within the areas being surveyed.

The aggregated responses were intended to serve as a foundation for guiding future initiatives and resource allocation. By leveraging this data, colleges could make informed decisions to enhance their sports and health provisions, thereby fostering environments that promote the comprehensive well-being and growth of their student communities.

RESULTS

The analysis focused on understanding stakeholders' perspectives on various aspects such as their health status, prevalent health issues, involvement in sports activities, balance between sports and academics, the college's attitude toward sports, and the effectiveness of health centers and facilities. With 61.8% of respondents from urban areas and the remaining from rural backgrounds, the study aimed to capture diverse viewpoints on health and sports within the college setting. This thorough examination aimed to uncover stakeholders' attitudes, preferences, and requirements regarding health and sports. By exploring these dimensions, the goal was to develop a holistic understanding of how individuals interact with these elements of college life.

Additionally, the analysis sought to identify any trends, disparities, or areas needing improvement based on the feedback received. This data-driven approach facilitated informed decision-making and strategic planning, ensuring that future initiatives cater to the varied needs and preferences of the college community regarding health and sports provisions. Among the respondents, 34.5% indicated a moderate perception of their health condition, while 31% expressed feeling very healthy, and 21% reported feeling not very healthy. These responses highlight the diverse health statuses and perceptions within the surveyed college community, with implications for sports involvement. Understanding these variations is crucial for tailoring sports programs and facilities to promote overall well-being among students. Healthy individuals may benefit from advanced training regimes, while those with perceived health challenges may require targeted interventions, such as adaptive sports or wellness initiatives. Moreover, integrating health promotion into sports activities can enhance awareness and encourage participation among students of varying health statuses. By acknowledging the spectrum of health perceptions, colleges can develop comprehensive strategies that address both physical and mental well-being through sports engagement. This approach not only fosters a supportive campus culture but also promotes holistic student development by recognizing and accommodating diverse health needs. (Figure 1)

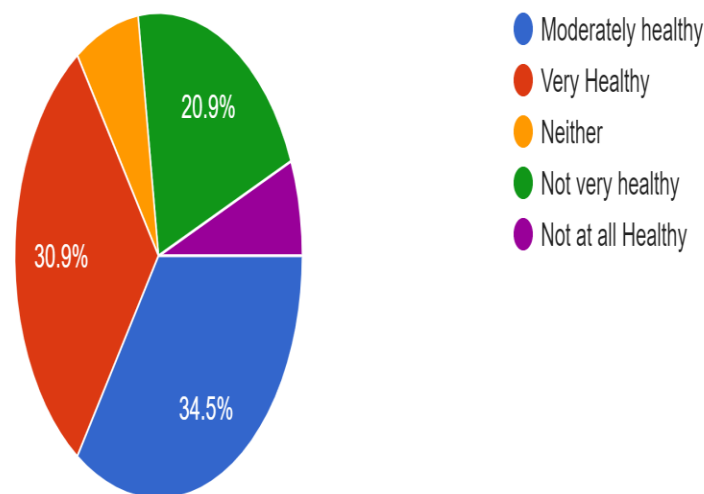


Fig 1: Perception of Health Condition

Of the stakeholders surveyed, 60% reported having no current health issues, while 14.5% acknowledged experiencing health concerns. Interestingly, 25.5% expressed uncertainty regarding their current health status. These findings provide valuable insights into the health landscape within the surveyed college community and highlight the interconnectedness of

health centers and sports facilities. (Figure 2) Given that a majority of stakeholders reported being in good health, it underscores the potential for proactive health promotion efforts facilitated through sports activities. Sports facilities can serve as avenues for promoting physical well-being, fostering active lifestyles, and preventing health issues among students. Moreover, integrating health education and screening initiatives within sports programs can enhance students' awareness of their health status and encourage early intervention when needed.

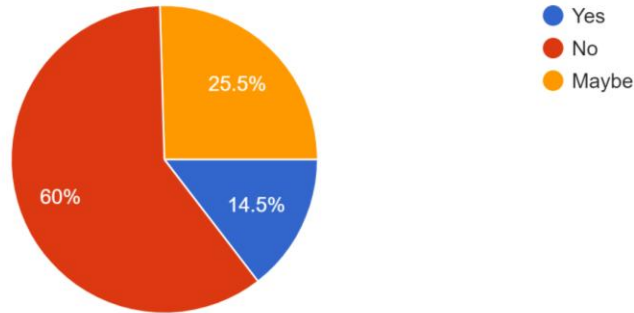


Fig 2: Distribution of stakeholders with Health Issues

However, for those stakeholders experiencing health concerns or uncertainty, the presence of a comprehensive health center within the college becomes crucial. Such facilities can provide medical assistance, counseling services, and health education resources to support students' overall well-being. Additionally, collaboration between health centers and sports facilities can enhance holistic health promotion efforts, ensuring that students have access to the support they need to thrive academically and personally.

A significant portion of stakeholders, accounting for 52.7%, attributed health issues to the lack of maintenance and improvement in physical activity. This highlights the critical role of regular exercise and physical fitness in promoting overall health among college students. Additionally, 20% of stakeholders identified maintenance and improvement in eating habits as contributing factors to health concerns, emphasizing the importance of a balanced diet for well-being. Furthermore, 10% of respondents linked health issues to the need for better maintenance and enhancement of sleep activity, underscoring the vital role of quality sleep in supporting physical and mental health. The remaining 17.3% cited various other reasons for health concerns, suggesting a diverse range of factors impacting student well-being. (Figure 3) These findings underscore the multifaceted nature of health issues among college students and the need for comprehensive interventions that address various aspects of lifestyle and behavior. By addressing factors such as physical activity, diet, and sleep habits, colleges can promote a holistic approach to student health and well-being, ultimately enhancing the overall collegiate experience.

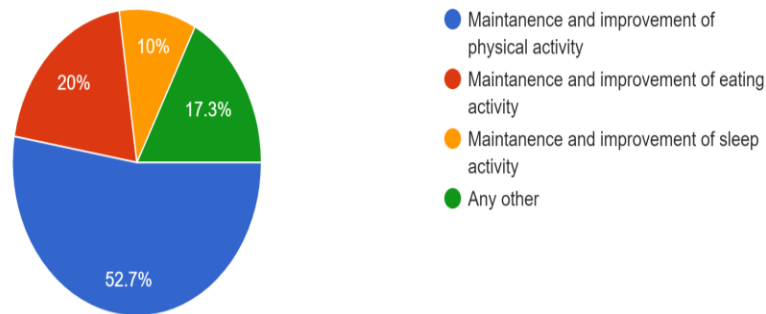


Fig 3: Concern about Health Issues

Among the surveyed stakeholders, a significant majority, comprising 76.4%, expressed a favorable inclination towards engaging in exercise or sports activities. This highlights a widespread enthusiasm for physical activity within the college community, indicating a positive attitude towards promoting health and well-being through sports. Conversely, 11% of

respondents reported a lack of interest in exercise or sports. Understanding the reasons behind this sentiment can provide valuable insights into barriers or challenges that may hinder participation in physical activities among certain individuals. (Figure 4) Moreover, the presence of uncertainty among a portion of stakeholders underscores the need for further exploration and encouragement regarding the benefits of exercise and sports. Providing information, resources, and opportunities for engagement can help alleviate doubts and motivate more students to embrace an active lifestyle.

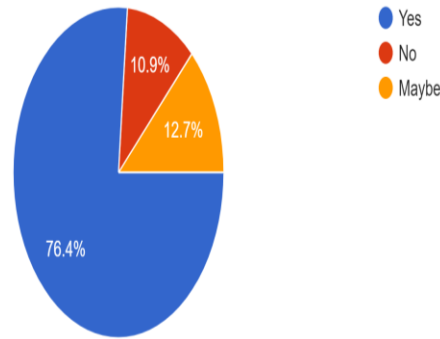


Fig 4: Liking of Exercise and Sports Activities among Stakeholders

Overall, these findings emphasize the importance of fostering a supportive environment that encourages and enables all students to participate in physical activity, thereby promoting their holistic well-being and enhancing the overall collegiate experience. The survey revealed that a significant majority, constituting 81% of respondents, recognize the importance of engaging in exercise. This indicates a strong acknowledgment within the college community of the benefits associated with physical activity for overall health and well-being. Conversely, 10% of stakeholders expressed a lack of perceived need for exercise. Understanding the rationale behind this perspective could provide insights into potential barriers or misconceptions that may hinder individuals from recognizing the value of regular physical activity. Additionally, 9% of respondents expressed uncertainty regarding the necessity of exercise. This suggests a potential opportunity for education and awareness initiatives to clarify the benefits of exercise and address any misconceptions or uncertainties surrounding its importance. (Figure 5)

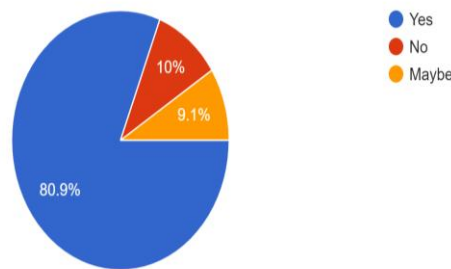


Fig 5: Importance of Exercise among Stakeholders

Overall, these findings underscore the importance of promoting a culture of health and physical activity within college environments. By emphasizing the significance of exercise and providing support and resources for its incorporation into daily routines, colleges can empower students to prioritize their health and well-being, ultimately contributing to a thriving and resilient campus community.

The survey findings regarding the frequency of participation in sports reveal diverse engagement patterns among respondents. A notable 35.5% reported engaging in sports activities daily, indicating a significant portion of the college

community embraces regular physical activity as part of their routine. Additionally, 20% of stakeholders indicated participation in sports every alternate day, demonstrating a consistent commitment to staying active. Furthermore, 14.5% reported engaging in sports thrice a week, while 2.7% dedicated time to sports four times a week, showcasing varying levels of regularity in participation. However, it's noteworthy that a substantial 27.3% of respondents admitted to never engaging in sports activities. Understanding the reasons behind this lack of participation can inform strategies to encourage and facilitate greater involvement in physical activities among students, promoting overall health and well-being within the college community. (Figure 6)

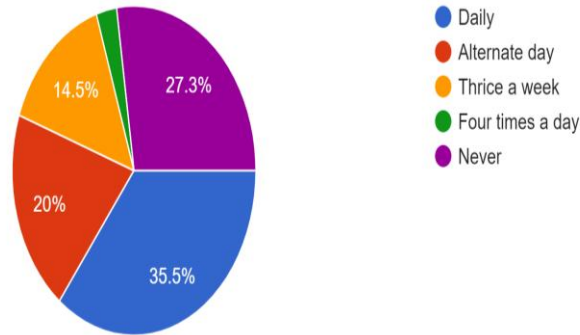


Fig 6: Frequency of Participation in Sports

The survey results indicate that a significant majority, accounting for 63.6% of respondents, believe it is essential to prioritize exercise or participation in sports activities even if it means sacrificing study time. This suggests a strong conviction within the college community regarding the value of physical activity for overall well-being, even amidst academic commitments. (Figure 7) Conversely, 36.4% of stakeholders disagreed with the notion of prioritizing sports activities over studies. This perspective highlights a belief among some individuals that academic pursuits should take precedence over extracurricular activities such as sports.

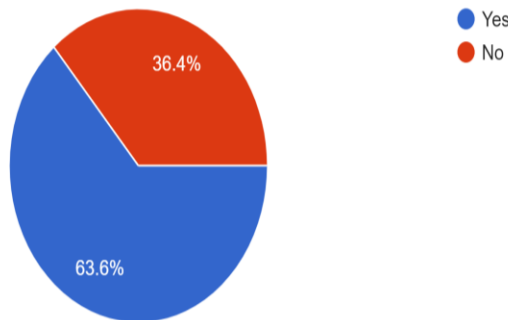


Fig 7: Preference of Sports Activities over Studies among Stakeholders

These findings reflect differing priorities and perspectives among students regarding the balance between academic and physical pursuits. Understanding these viewpoints can inform initiatives aimed at promoting a holistic approach to student development, recognizing the importance of both academic achievement and physical well-being within the college environment.

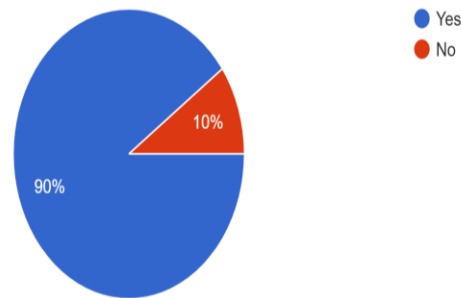


Fig 8: Inclusion of Exercise and Sports in Curriculum

The overwhelming majority of respondents, comprising 90%, advocate for the inclusion of exercise and sports within the institution's curriculum. This resounding support underscores the recognition within the college community of the importance of physical activity for overall health and well-being. Integrating exercise and sports into the curriculum not only promotes a culture of fitness but also provides students with opportunities for holistic development beyond academics. However, it's notable that 10% of stakeholders expressed reservations about incorporating exercise and sports into the curriculum. Understanding the reasons behind this perspective can offer insights into potential challenges or concerns that need to be addressed in the implementation of such initiatives. (Figure 8) Overall, these findings underscore the widespread belief among students in the value of integrating exercise and sports into the institution's curriculum, highlighting the potential benefits for promoting a healthy and balanced lifestyle among the college community.

Approximately half of the respondents, totaling 52.7%, confirmed that exercise and sports are indeed integrated into the institution's curriculum. This suggests that a significant portion of colleges prioritize physical activity as an essential component of student education, recognizing its importance for overall well-being and development. Conversely, 47.3% of stakeholders indicated that exercise and sports are not currently part of the institution's curriculum. Understanding the reasons behind this absence can shed light on potential barriers or challenges in implementing such programs within the college context.

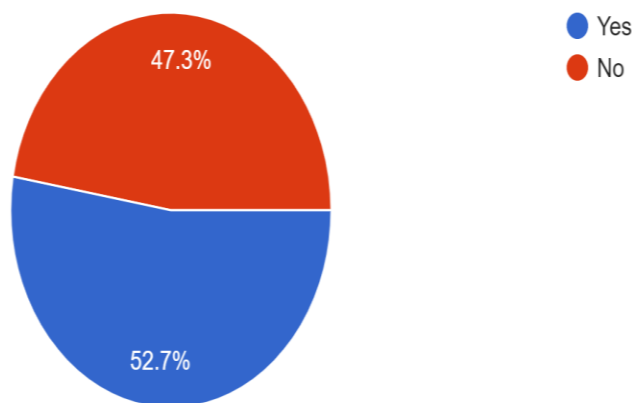


Fig 9: Exercise and Sports Integral part of Curriculum

These findings highlight the varying approaches among institutions regarding the inclusion of exercise and sports in their educational framework. However, they also underscore the potential for further exploration and investment in promoting physical activity as an integral aspect of student learning and well-being. (Figure 9)

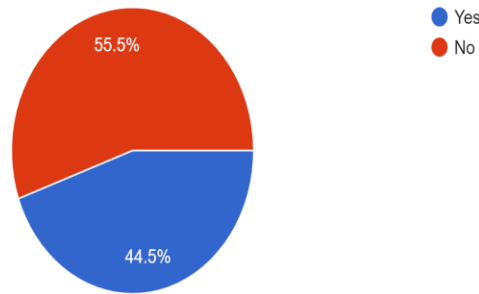


Fig 10: Availability of Sports Infrastructure

The survey results (Figure 10) reveal that a slight minority, representing 44.5% of respondents, believe that the institution possesses adequate sports and exercise infrastructure. This indicates that a portion of stakeholders perceive the current facilities as sufficient to support physical activity and sports engagement within the college community. However, a majority of 55.5% expressed the view that the institution lacks sufficient sports and exercise infrastructure. This suggests that there is a widespread perception among stakeholders of a deficit in facilities or resources necessary to promote and facilitate physical activity effectively.

These findings underscore the importance of assessing and addressing the existing infrastructure gaps to better support student engagement in sports and exercise. Investing in improved facilities and resources can not only enhance the overall student experience but also promote a culture of health and well-being within the college community.

When asked whether sufficient time is allocated in the timetable for exercise and sports facilities, 36.4% of respondents answered affirmatively, suggesting that a portion of stakeholders feel that adequate time slots are provided for physical activities within the college schedule. (Figure 11) Conversely, 43.6% of respondents expressed dissatisfaction with the time allotted for exercise and sports facilities, indicating a prevailing perception that the current timetable does not adequately prioritize opportunities for physical activity. Additionally, 20% of respondents were uncertain about the adequacy of the time allocated for exercise and sports facilities, suggesting a need for further clarification or potential adjustments to the scheduling of physical activities within the college curriculum.

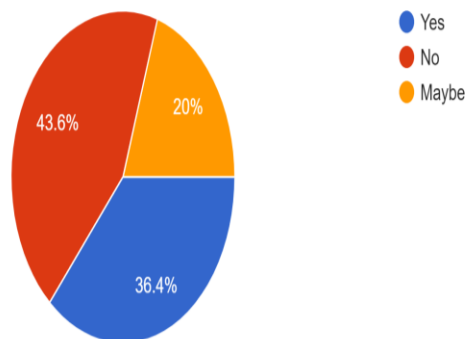


Fig 11: Allotment of time for Sports and Exercise in Timetable

These results underscore the importance of considering student input and preferences when designing timetables, particularly regarding the allocation of time for exercise and sports. By addressing concerns and accommodating the diverse needs of students, colleges can better promote a balanced and healthy lifestyle among their student body.

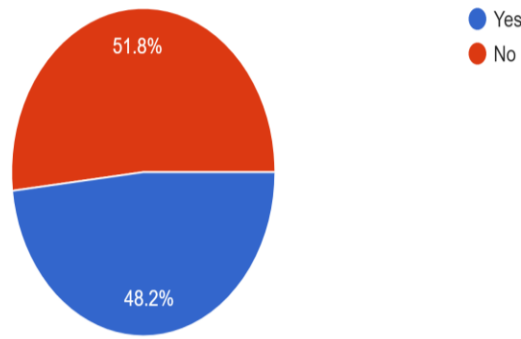


Fig12: Posting of Physical Instructor in Institution

The survey findings indicate a nearly equal split in responses regarding the presence of a permanent Physical Training Instructor in the institution, with 48.2% confirming their presence and 51.8% stating otherwise. (Figure 12) This suggests a lack of consensus among stakeholders regarding the availability of dedicated personnel to oversee physical training and sports activities within the college. The presence of a permanent Physical Training Instructor can play a crucial role in facilitating structured physical education programs, organizing sports events, and providing guidance and support to students in their fitness endeavors.

However, the nearly balanced distribution of responses implies that a significant portion of stakeholders may perceive a deficit in this regard, highlighting a potential area for improvement in institutional staffing and support for physical education and sports initiatives. Addressing this gap can contribute to the effective promotion of physical activity and overall well-being within the college community.

According to the survey results, 35.5% of respondents indicated that there is indeed a permanent Physical Training Instructor present in their institution. However, a substantial majority of 64.5% reported that the Physical Trainer himself imparts training. (Figure 13)

This data suggests that while some institutions may have dedicated personnel for physical training, a significant number rely on the Physical Trainer to fulfill this role. This dual responsibility may pose challenges in terms of workload and expertise, potentially impacting the quality and effectiveness of physical education and sports programs.

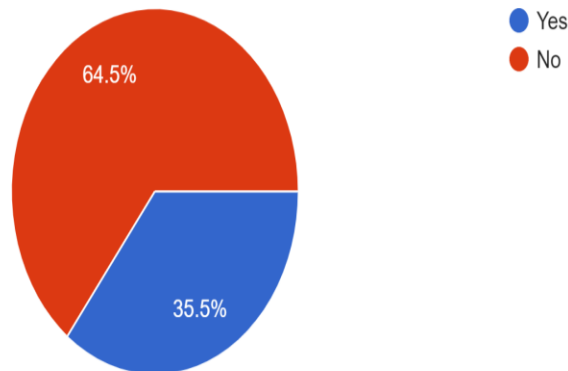


Fig 13: Supervision by Physical Trainer

Understanding these dynamics is crucial for institutions to optimize their resources and support structures for promoting physical activity and sports engagement among students. It also underscores the importance of providing adequate training and support to Physical Trainers to ensure they can effectively fulfill their multifaceted roles within the college community.

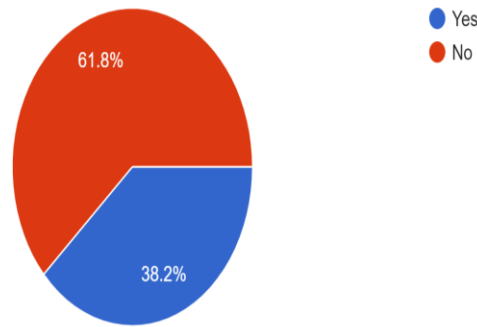


Fig 14: Availability of Sports Equipment

The satisfaction level of stakeholders with the available sports equipment in their institution stands at 38.2% affirmatively and 61.8% negatively. (Figure 14) Only 30% of respondents indicated the presence of a health center within the institution premises, while the majority, constituting 70%, reported its absence. This suggests a significant gap in access to healthcare facilities on campus. Establishing a health center could potentially enhance the well-being of students and staff by providing convenient and timely medical assistance and promoting a healthier campus environment. (Figure 15)

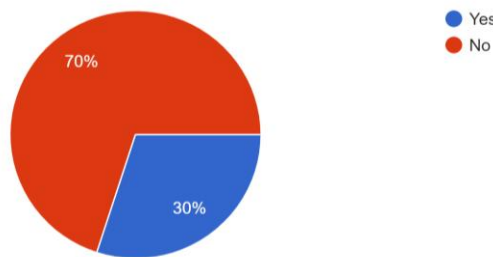


Fig 15: Perspective on Health Centre

Among those institutions with a health center, 67.3% reported that it is not fully equipped, while 32.7% indicated that it is adequately equipped. This indicates that there is a substantial portion of institutions where the health center lacks essential resources and equipment to provide comprehensive medical services. (Figure 16)

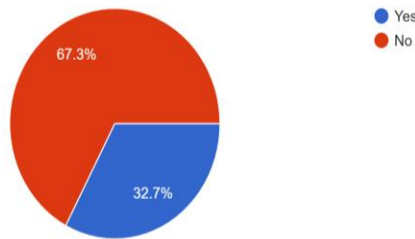


Fig 16: Infrastructure of Health Centre

Regarding the availability of trained staff in the health center, the majority of respondents, accounting for 69.1%, reported that such personnel are not present. Conversely, 31.9% stated that trained staff are indeed available. This suggests that in a significant portion of institutions, there is a deficiency in qualified healthcare professionals to effectively operate the health center and provide necessary medical care to students and staff. (Figure 17)

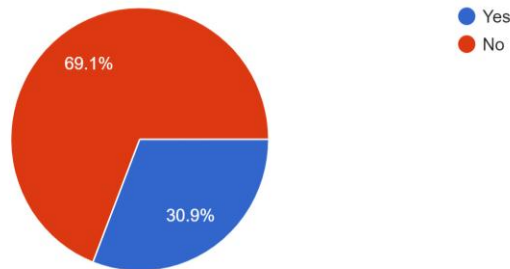


Fig 17: Availability of Trained Staff in Health

RECOMMENDATION AND SUGGESTIONS

Sports Facilities

Improving the sports equipment available in the institution requires a comprehensive approach. Firstly, we need to conduct a thorough assessment of current inventory to identify damaged items and prioritize replacements. Salvaging what's still usable can help stretch resources. Securing a dedicated budget for new equipment is essential, and we can supplement it by organizing community donation drives. Implementing a robust repair and maintenance program can help extend the lifespan of existing gear. Additionally, involving students in fundraising initiatives and seeking sponsorships from local businesses can provide additional support. Establishing an equipment rental program ensures equitable access for all students, enhancing sports programs' inclusivity. Diversifying equipment to cater to different interests and skill levels is crucial. We should maintain and upgrade existing equipment regularly to ensure a positive user experience. Seeking feedback from students and sports clubs can guide equipment procurement decisions. Improving the infrastructure of sports facilities, such as constructing an indoor badminton court, can provide better conditions for training and competitions. Additionally, promoting the utilization of sports equipment through marketing efforts and organized activities can foster a welcoming atmosphere and encourage participation. In summary, by addressing these suggestions comprehensively, we can enhance the sports equipment available in the institution, promote physical activity, and improve the overall well-being of students and staff.

Health Facilities:

To enhance the health center in our institution, we can implement various strategies. Firstly, broadening the range of healthcare services available will ensure that the diverse needs of our community are adequately addressed. Upgrading the facilities within the health center, including medical equipment and infrastructure, will create a more inviting and comfortable environment for patients. Additionally, introducing health education and preventive care programs can empower individuals to take charge of their well-being. Improving patient communication is essential to ensure that they receive timely and effective information about their healthcare needs. Having a range of specialists available, especially for geriatric patients, such as cardiologists, pulmonologists, and gastroenterologists, can address specific health concerns comprehensively. Hiring a qualified trainer to assess individuals' physical condition and provide guidance on the importance of sports can cultivate a culture of fitness among students. Regular seminars conducted in the college can also offer opportunities for students to seek guidance and information regarding their health. Addressing the shortage of trained staff in the health center by inviting experienced doctors for regular health check-ups can ensure the well-being of students. Integrating physical activity into the weekly schedule and making sports a mandatory subject can foster a culture of fitness and overall well-being. Maintaining cleanliness and hygiene in the health center is crucial for ensuring patient safety. Providing access to essential medicines and organizing awareness programs on health hazards, especially related to unhealthy eating habits among girls, should be prioritized. Incorporating physical activity into the college schedule, such as dedicating time for sports or exercise, can significantly improve overall health and well-being. Additionally, ensuring privacy and facilitating the provision of quality healthcare services within the health center space are vital components of



enhancing its functionality. By implementing these suggestions, we can improve the effectiveness of the health center in our institution, ultimately leading to better health outcomes for the community.

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