



Vishuddha Vidyalaya, Yavatmal Dwara Sanchalit
Estb.-1972

College Of Physical Education, Yavatmal, Maharashtra.

Affiliated S.G.B.Amravati University, Amravati & N.C.T.E./UGC

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No.B.P.Ed./416/NCTE-114010

Best Practices-1

1. Title of the Practice

Development and Promotion of Traditional Indian Sport – “Mallakhamb”

2. Objectives of the Practice

Mallakhamb is a traditional Indian sport. Mallakhamb has strong roots in Maharashtra. The name mallakhamba derives from the terms malla, meaning wrestler, and khamb, which means a pole. More than 20 States have declared mallakhamba the state sport. In mallakhamb, a group of gymnasts perform aerial yoga and gymnastic postures using wrestling grips in concert with a stationary vertical pole. "Mallakhamb" also means the pole used in the sport. The pole is usually made from sagwan (earlier sheesham). Castor oil and Magnesium Carbonate is used on the pole and by the gymnasts. Other versions of mallakhamba are practiced using rope instead of a pole. All mallakhamba competitions are organized under the rules made by the Mallakhamb Federation of India.

3. The Context

Considering the relevance of Mallakhamb, particularly in Maharashtra and the expertise available in college, it was felt that efforts should be made to promote Mallakhamb. The sport is not only developing in India but is getting world wide acknowledgment and support.

4. The Practice

One of our faculty member Dr Subhash K Dongre has expertise in Mallakhamb. He is Vice President of Maharashtra Amature Mallakhamb Association and Secretary of Yavatmal District Mallakhamb Association. We have entered into MOU with Yavatmal District Mallakhamb Association. Our faculty member coaches and trains the trainees who are undergoing training on Mallakhamb. Some of our students also undergo training in Mallakhamb on pole and rope. With our support and guidance, many members of Yavatmal District Mallakhamb Association (including some of our college students) take part in various competitions and activities relating to Mallakhamb. We also provide referees and arrange guest lectures and trainings for them.

5. Evidence of Success

Many members of Yavatmal District Mallakhamb Association (including some of our college students) who have taken part in various competitions and activities relating to Mallakhamb have won various competitions and tournaments relating to Mallakhamb, even at State level.

6. Problems Encountered and Resources Required

Though mallakhamb is a traditional Indian sport, it is not as popular as other sports like cricket, hockey and football. Hence, viewership is limited. Due to this, getting big sponsors for this sport is difficult, due to which players are attracted to other games like cricket, hockey, football etc. Newspaper and TV publicity is also less. However, slowly this game is gaining popularity and is getting recognition in 2028 Olympics, where demonstration will be shown.



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Best Practices-2

1. Title of the Practice

Fulfilling Social Obligation by Providing Our Sports Infrastructure Facilities and Expertise To Members of Society.

2. Objectives of the Practice

The College has vast infrastructure for games and has facilities for sports like indoor badminton, indoor kabaddi ground, hockey ground, football ground, karate arena, running track, walking track, yoga and gymnasium. College also has faculty having expertise in these sports. The objective is to make these facilities available to society free of cost, as part of social obligation.

3. The Context

College is a social institution having duties and responsibilities towards the community in which it functions. Objective of college is to bring about

maximization of social welfare and common good. College being part of society must fulfil its obligations towards society.

4. The Practice

With a view to fulfil the social obligation, college has entered into memorandum of understanding (MOU) with various sports associations. College grounds are made available to them free for practice and arranging tournaments. Referees are provided. Coaching and guidance is also arranged.

The sports associations where college has entered into MOU are as follows:

- (1) Shree Samarth Krida Mandal, Yavatmal for Yoga and Pranayam
- (2) Suvarnayug Krida Mandal – for Indoor Kabbadi ground
- (3) Hockey Association of Yavatmal District – for Hockey
- (4) Yavatmal District Amateur Athletics Association – for running track
- (5) Amateur Karate DO Association, Yavatmal District – for Karate arena
- (6) Yavatmal District Badminton Association, Yavatmal – for Indoor Badminton Court
- (7) Teng Su Do Sports Association, Traditional Taekwondo Association and Sikai Association of Yavatmal District – Chinese martial arts
- (8) Jay Vijay Cricket Club, Yavatmal - for Cricket
- (9) Krida Bharti Yavatmal- Various sports tournaments and events.

College has also agreed to provide these facilities to groups of persons who are interested in utilising these facilities. Walking track is allowed to be used by residents who are living nearby.

The sports facilities are also made available to District Sports Office for organising tournaments.

5. Evidence of Success

With our help and support, sport of hockey, badminton and kabaddi are developing in .Yavatmal. Many of the players of the associations with whom we have MOU participate in various competitions and tournaments held at various places. Some players have even reached upto State level.

Our walking track is used by many nearby residents for exercise and also for leisure walking. They appreciate the gesture of college in providing these facilities free to them.

6. Problems Encountered and Resources Required

The facilities of gymnasium are becoming old and need urgent upgradation and addition of new equipment. Hockey ground should have facility of turf, for which funds are required. Running track needs upgradation to bring the ground to national standard.