

Integrating UN SDGs (Sustainable Development Goals) into Sports, Games & Physical Activities.

Sports and Physical Activity are one of the most practical vehicles for achieving the UN Sustainable Development Goals because they cut across health, education, equality and community development.

SDG 3 : Good Health and Well – Being.

How Sports Contribute :

Regular Physical activity reduces life style diseases, improves physical fitness and mental health, manages stress and takes care of social well – being.

Integration strategies adopted :

Conducting regular physical activity programmes, yoga classes and Sports classes.

SDG 4 : Quality Education.

How Sports Contribute :

Participating in Sports develops life skills, discipline, leadership, teamwork.

Improves academic engagement and attendance.

Integration Strategies adopted :

Sports and Yoga made as a mandatory Subject for all the B.Tech first year students thus inculcating discipline, leadership, team work, values, ethics fair play, sportsmanship and various other life skills.

SDG 5 : Gender Equality.

How Sports Contribute :

Empowers girls and women breaks stereotypes and provides equal opportunities.

Integration strategies adopted :

Providing equal access to Sports facilities for boys and girls. Providing Coaching and leadership roles to women. Conducting mixed gender Sports and games competitions.

SDG 10 : Reduced Inequalities.**How Sports Contribute :**

Promotes inclusion of marginalized groups.

Integration strategies adopted :

Sports facilities, competitions and coaching are extended to all sections of the students irrespective of their background.

SDG 11 : Sustainable Cities and Communities.**How Sports Contribute :**

Builds active, safe and connected communities.

Integration strategies adopted :

Permitting the Men and Women staying in and around the campus and few children from far away places to use some of the playfield facilities regularly and to interact with the students of our institute during this period.

SDG 12 : Responsible Consumption and Production.**How Sports Contribute :**

Reduces environmental impact of Sports events..

Integration strategies adopted :

Conducting Zero waste Sports events (Plastic bottles, bags etc. are not allowed on to the fields). Using eco friendly Sports equipment wherever possible.

SDG 13 : Climate Action.**How Sports Contribute :**

Raises environmental awareness through participation.

Integration strategies adopted :

Sending Sports persons to participate in activities which promote environmental awareness such as 10 k Run, Cycle Rallies, Tree Plantations and other awareness campaigns on climate issues.

SDG 16 : Peace, Justice and Strong Institutions.**How Sports Contribute :**

Promotes peace, tolerance and conflict resolution.

Integration strategies adopted :

Participating in Inter Collegiate and other district tournaments, anti doping awareness campaigns.

SDG 17 : Partnerships for the Goals.**How Sports Contribute :**

Strengthen collaboration across sectors.

Integration strategies adopted :

Promoting Partnerships between Schools, Colleges, University and various Sports bodies.