



Tarkeshwar Narain Agrawal College of Education

(Autonomous)
Harigaon, Ara



SPORTS FACILITY

Tarkeshwar Narain Agrawal College of Education (TNACE), Harigaon, Ara, believes that sports and physical activities are an integral part of holistic student development. The institution provides adequate sports facilities and encourages students to participate actively in various games, sports and physical fitness activities.

Objectives of Sports Facilities

The sports facilities at TNACE Aim to:

1. Promote physical fitness and healthy lifestyles among students.
2. Develop discipline, teamwork, leadership and sportsmanship.
3. Provide opportunities to identify and nurture sporting talent.
4. Encourage participation in inter-class, institutional and other sports activities.
5. Support the overall physical, mental and social development of students.

INDOOR SPORTS FACILITIES

Indoor sports facilities provide students with opportunities to engage in physical and recreational activities irrespective of weather conditions. These activities help in improving concentration, coordination, decision-making ability, patience, discipline and team spirit.

Indoor Sports & Recreational Activities

1. Table Tennis

The institution provides facilities for table tennis practice and recreational participation. The game helps students develop hand-eye coordination, quick reflexes, concentration and physical agility.

2. Chess

Chess is encouraged as an indoor intellectual sport that develops strategic thinking, concentration, problem-solving ability and decision-making skills among students.



3. Carrom

Carrom provides students with an opportunity for recreational engagement while developing concentration, precision and coordination.



4. Yoga and Wellness Activities

Yoga and wellness activities are promoted for maintaining physical fitness, mental relaxation, concentration and emotional well-being. Students are encouraged to participate in yoga and related fitness activities as part of a healthy lifestyle.

OUTDOOR SPORTS FACILITIES

Outdoor sports provide students with opportunities to improve physical fitness, stamina, coordination, leadership, teamwork and sportsmanship. The institution provides suitable spaces and facilities for students to participate in various outdoor sporting activities.



Major Outdoor Sports Facilities

1. Cricket

The institution provides a playing area for cricket practice and recreational matches. Students are encouraged to participate in cricket activities to develop physical fitness, coordination, teamwork and leadership qualities.

2. Hockey

Hockey activities provide students with opportunities to develop speed, agility, coordination, teamwork and competitive spirit.

3. Volleyball

The volleyball facility provides students with opportunities for regular practice and friendly or competitive matches. Participation helps students develop teamwork, communication, coordination and physical fitness.

4. Basketball

Basketball activities help students improve stamina, agility, balance, coordination and quick decision-making. Students are encouraged to participate in practice sessions and sports activities.

5. Lawn Tennis

The lawn tennis facility provides opportunities for students to develop physical agility, concentration, coordination and sporting skills through regular practice and recreational participation.

6. Athletics and Physical Fitness

The institution encourages students to participate in athletics and other physical fitness activities. Such activities help improve endurance, stamina, strength, flexibility and overall physical fitness.

7. Sports Events and Competitions

The college encourages participation in sports meets, competitions and other physical activities. Sports events provide students with opportunities to demonstrate their abilities and develop leadership, cooperation, discipline and a healthy competitive spirit.



TNACE is committed to providing a supportive environment for sports and physical activities. The institution encourages students to balance academic learning with sports and fitness, thereby contributing to their physical, mental, emotional and social development.

Sports facilities are utilized for regular student activities, practice sessions, recreational purposes and institutional sports events. The college strives to further strengthen its sports infrastructure and encourage greater participation of students in various sporting activities.