PROJECT SUMMARY

Title of Project	**Proposed Project for Physical Education Centre For SIAS**
Location	**Social Advancement Foundation of India (SAFI), East Vazhayoor P.O., Via Ramanattukara, Malappuram Dist., Kerala, South India .**
Objective	**The Project Aims at Developing Physical Education Centre For SIAS.**
Duration	**Six months.**
Executing Agency	**Social Advancement Foundation of India (SAFI)** **Razia Nagar, Vazhayoor East P.O** **Ramanattukara Via** **Malappuram-673 633** **Kerala, S. India**
Project Cost	**Rs. 20,00,000** **(Rupees twenty lakhs only)**

Dr. P. Mohamed Ali (Galfar)
Chairman

Mr.T.P. Imbichammad
Secretary

Rasiya Nagar
20.02.08

A BRIEF OUTLINE OF THE PROPOSED PROJECT FOR DEVELOPING PHYSICAL EDUCATION CENTRE

1. INTRODUCTION

Social Advancement Foundation of India (**SAFI**) is a non profit Charitable Trust established for removing the backward status of the community particularly in higher education and research. The SAFI Institute of Advanced Study (**SIAS**) was organized to remove this vacuum by establishing a world class educational centre in Bioscience and Technology, Mass Communication and Journalism and, above all, a School of Islamic Studies. We are endeavoring to provide state of the art facilities in Islamic Studies, Microbiology, Biochemistry, Biotechnology, Bioinformatics and Mass Communication.

Safi Institute of Advanced Study's Physical Education Centre is importantly a partner in helping one to fulfill one's present and futuristic goals. Establishment of a first rate Physical Education Centre had been one of the most cherished dreams of SAFI right from it's inception.

OBJECTIVE

The role of physical activity on physiological, social, and emotional well-being as well as a comprehensive perspective on the meaning of a healthy lifestyle will be clearly understood. Students who master these skills will reap the benefits of a physically active lifestyle, better health, higher educational achievement, and better preparation for work, improved attendance, and lower health care costs. Establishment of lifelong patterns of participation in physical activity expands beyond the physical education class to the opportunities and support provided by the school and community. Physical Education, in combination with school-wide and community programs and services, encourages and supports healthy behaviors and the lifelong challenges students will face.

JUSTIFICATION

Physical activity offers a broad range of benefits, including the prevention of obesity, improved self-confidence, and an overall sense of well-being. Physical education programs within the college setting can set the stage for how students view physical fitness, activity levels, and future health. Physical education programs also include general health and safety information in addition to providing opportunities for students to learn how to cooperate with one another in a team setting. Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications.

PHYSICAL EDUCATION INSTRUCTIONAL GOALS

The fundamental goal of the physical education program is to prepare students for the challenges of the 21st century by providing opportunities to attain the skills and knowledge to be physically active as part of a healthy lifestyle. Students should become competent in movement forms, motor skills, and social skills and learn to enjoy physical activity while not compromising safety. Participation in physical activity provides important opportunities for challenge, social interaction, group membership and serves an important role in physical maturation processes. As a result of these benefits of physical activity, students will begin to actively pursue lifelong physical activities that meet their own needs. Cognitive understandings develop from an initial awareness of the cause and effect relationships between activity and its immediate and identifiable effects on the body.

PRESENT CONDITION

At present SIAS does not have any physical educational facilities.

The required land for the construction of various courts will be provided by SAFI in convenient places in the main campus.

BASIC REQUIREMENTS:

1.CRICKET

The cricket field consists of a large, often circular or oval-shaped, grassy ground. There are no fixed dimensions for the field but its diameter usually varies between 450 feet (137 m) and 500 feet (150 m), in the centre of which is a flat strip of ground 22 yards (20.12 m) long, called a cricket pitch. The perimeter of the field, known as the *boundary*, is marked, often with a rope or a painted line.

2. FOOTBALL:

- The ground can be either grass or an artificial surface.
- The dimensions of the ground are always the same: the playing area is 300 feet long and 160 feet wide. It is divided by lines at 5-yard intervals across the pitch. The goals at each end stand on the pole to reduce the risk of injury. The crossbar is 10 feet above the ground and the two posts which tower above it are 30 feet high. The area behind the goal is called the end zone is 30 feet long.

3.BASKET BALL:

- **A**standard court dimensions shall be 28m in length by 15 m in width.
- Two backboards of 0.03m thick and the dimension shall be 1.80m horizontally and 1.05m vertically with lower edges 2.90m above the floor.
- The basket comprises the rings and nets. The ring shall be of solid iron, with a 0.45m inside diameter. The metal of the rings shall be of diameter 0.02m with the possible addition of small gauge loops on the under edge for attaching the nets.

4.BADMINTON:

- The court is rectangular and divided into halves by a net. The doubles court is wider than the singles court, but both are the same length.
- The full width of the court is 6.1 metres (20 ft), and in singles this width is reduced to 5.18 metres (17 ft). The full length of the court is 13.4 metres (44 ft). The service courts are marked by a centre line dividing the width of the court, by a short service line at a distance of 1.98 metres (6.5 ft) from the net, and by the outer side and back boundaries. In doubles, the service court is also marked by a long service line, which is 0.78 metres (2 ft 6 inch) from the back boundary.
- The net is 1.55 metres (5 ft 1 inch) high at the edges and 1.524 metres (5 ft) high in the centre. The net posts are placed over the doubles side lines, even when singles is played.

5.VOLLEYBALL

The game is played on a volleyball court 18 meters long and 9 meters wide, divided into two 9×9 m² halves by a one-meter wide net placed so that the top of the net is 2.43 meters above the center of the court for men's competition, and 2.24 meters for women's competition .

6. TENNIS

Tennis is played on a rectangular flat surface, usually of grass, clay, concrete (hard court) or a synthetic suspended court. The court is 78 feet (23.77 m) long, and its width is 27 feet (8.23 m) for singles matches and 36 feet (10.97 m) for doubles matches. Additional clear space around the court is needed in order for players to reach overrun balls for a

total of 60 feet wide and 120 long. A net is stretched across the full width of the court, parallel with the baselines, dividing it into two equal ends. The net is 3 feet 6 inches (1.07 m) high at the posts, and 3 feet (914 mm) high in the center.

7. HOCKEY

The game is played between two teams of eleven players on a 91.40 m × 55 m (100 × 60 yard) rectangular field. At each end there is a goal 2.14 m (7 feet) high and 3.66 m (12 feet) wide, and an approximately semi-circular area 14.63 m (16 yards) from the goal known as the *shooting circle* bounded by a solid line, with a dotted line 5 m (5 yards 6 inches — this marking was not established until after metric conversion) from that, as well as lines across the field 22.90 m (25 yards) from each end-line (generally referred to as the 23 m lines) and in the center of the field. A spot, called the penalty spot or stroke mark, is placed 6.40 m (7 yards) from the center of each goal.

BUDGET

Sl.no.	**Requirements**	**Details**	**Amount**
1	Hockey,cricket,football	Earth filling	500000
		Labour charge	500000
		lawn	80000
		irrigation	80000
		Goal posts	30000
		pitch	25000
		Long jump pit	15000
		Athletic track	125000
		Spectator stand	75000
		Victory stand	40000
		Toilets	100000
		Locker rooms	150000
2	Tennis	Clay coat,net,posts,marking	80000
3	volleyball	do	80000
4	Basketball	do	80000
5	Badminton	do	40000
Total			2000000

PROJECT IMPLEMENTATION AND MONITORING

The project is to be implemented and completed within six months, if the required funds are received in time under the supervision of a qualified physical education trainer and engineer. The centre will be dedicated in the name of the donor or the nominee.