

# Goa Vidyaprasarak Mandal's

# Dr. Dada Vaidya College of Education

Shri. Sitaram Kerkar Vidya Sankul, Farmagudi Ponda - Goa 403 401.

Post Box No. 139,

Telephone: 0832-2335880, 2335089, Mob.: 8624096880

E-mail: gvm.educol@gmail.com, Website: www.gvmcollege.com

Permanently affiliated to Goa University
Recognised by UGC under 2(f) and 12(B) of UGC Act
Recognised by NCTE vide Letter no. WRC/5-6/2K/11890 dtd. 29/12/2000
Accredited by NAAC with B+ Grade (CGPA of 2.51)

Date: 12-08-2021

# Notice

# HEALTH & PHYSICAL EDUCATION RULES AND REGULATIONS

# **Operating Hours:**

The sports room is open during designated hours only.

### Sign-In and Out:

- Every student must sign in and out on the sports register kept in sports room before and after use of sports facilities.
- This helps us maintain accurate attendance records and ensure your safety.

#### Attire and Footwear:

Proper sports attire must be worn at all times, including suitable footwear.

# **Equipment Usage:**

- Use the equipment solely for their intended purposes and handle them with care.
- Do not alter or misuse the equipment in any way.

# **Safety Precautions:**

- Follow all safety instructions and guidelines provided by the College Director of Physical Education.
- Avoid engaging in rough play that could lead to injuries.
- Report any damaged or malfunctioning equipment immediately to the College Director of Physical Education.

#### Cleanliness and Maintenance:

- Keep the sports room clean and tidy.
- Dispose of any trash or waste in the designated receptacles.
- Use towels or provided wipes to clean off excess sweat from equipment after use.

# **Respect for Others:**

- Treat fellow students, staff, and equipment with respect.
- Refrain from using offensive or inappropriate language.
- Maintain noise levels at a considerate level.

Mr. Shaunak Pagi College Director of Phy. Edu.



Dr. Jojen Mathew Offg. Principal