

Academic and Practical-Based Learning Visit

The Department of Physical Education organised an Academic and Practical-Based Learning Visit to the international-standard stadium located near the College on 30th September 2026 at 2:00 PM. The visit gave students an opportunity to learn beyond the classroom through practical exposure and direct observation. They were introduced to the layout of a standard athletics track, different track and field sectors, markings, measurements, jumping and throwing areas, training spaces and basic safety provisions.

Mr. Mohit Poonia, Athletics Coach at the stadium, guided the students during the visit and explained the practical use of different athletics facilities. He also discussed and demonstrated the importance of proper warming-up before physical activity and cooling-down after training. The visit helped students connect theoretical knowledge with real sports settings and improved their understanding of athletics infrastructure, training practices, safety and facility management. It was a useful experience that supported experiential learning, field exposure and skill-based learning.

Submitted by
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