

Sports Facilities in Alipurduar University

Educational institutions have recognized that Sports play a vital role in the holistic development of students. Higher Educational Institutions increasingly focus on promoting sports to foster physical health, teamwork, discipline, and leadership skills. Effective sports promotion can catalyze the transformation of the educational experience and making it more engaging and enriching for students. Regular physical activity through helps in maintaining a healthy body reducing the risk of metabolic disorder related diseases like obesity, cardiovascular diseases, and other health issues. Apart from this sports activities can reduce stress, anxiety and contribute to the significant improvement of mental health. They provide an outlet for students to relax and rejuvenate. Cognitive function, concentration, and classroom behavior-there is a positive correlation between physical activity and academic performance. Sports can enhance . Participating in sports helps students develop essential social skills such as teamwork, communication, and leadership. It also fosters a sense of community and belonging. Sports teach valuable life lessons like perseverance, discipline, time management, and dealing with success and failure. Strategies for Promoting Sports in Educational Institutions. Providing adequate sports facilities such as playgrounds, courts, and equipment is crucial. Safe and well-maintained infrastructure encourages students to participate in various sports activities. Incorporating sports and physical education into the curriculum ensures that all students have the opportunity to engage in regular physical activity. Schools can allocate specific times for sports in their daily schedules.

Alipurduar University which inherit its sports facility from Alipurduar College enjoys the presence of two lush green playgrounds for athletic , football and cricket matches as well as one indoor gymnasium and table tennis board.



Alipurdwar College is participating in the intercollege sports events of NBU from time to time.



The runners up trophy for 2025 Intercollege cricket tournament held in NBU