

YOGA, GAMES, SPORTS AND RECREATION FACILITIES

GOAL OF THE PROGRAMME:

To provide appropriate infrastructure in order to advance sport, recreation and physical activity in communities across the district for health and social challenges. To ensure that youth, regardless of the level at which they participate, have access to quality sport and recreation facilities. To ensure that all human settlements have access to sport and recreation facilities. To ensure that appropriate sport and recreation facilities are constructed, taking into consideration issues such as accessibility, sustainability, and safety user friendliness particularly for people with disabilities. To improve the quality of playing fields and facilities. Sport and recreation infrastructure is key to Sport talent identification, Sport promotion.

Output: Sport and recreation contributes to enhancement of social fiber and eradication of social ills such as: Alcohol and drug abuse, Crime, and catalyst for moral regeneration. Prevention of undesirable sexual behavior: Contribute to reducing teenage pregnancy, Contributes towards the fight against the spread of HIV and AIDS. Sport and Recreation contributes towards Total Well-being, Quality of Life and Good Health: Reduction of Hyperkinetic diseases such as Cardiovascular diseases, Hypertension, Diabetes Mellitus, Lower Back Pain, Cancer etc. Impacts positively on individuals' mental status (stress reduction and better cognitive functioning) "Healthy body, healthy mind" Development of the child through motor skills learning, muscular-skeletal development, spatial conceptualization, balance etc in children in Athletics, Tennis, Badminton, Football, Volleyball, Swimming, Ring ball, Basketball, Cricket, Carom, Chess and Rural games like Kapadi, Go-go, Kittipul etc.

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