

Cultural activities

Cultural activities are sports or activities which contribute to or enhance the historical or social development, appreciation of members of the public. It is training and refinement of the intellect, interest, tastes and skills of a person.

The cultural activities enhance the confidence level for students, which allow students to perform better. Activities will develop the personality for students and assist the students for good career.

Benefits of the cultural activities

1. They will remove stage fear: Stage fear is common problem around world for many students, even for adults too, but the schools can help students to remove stage fear at early age only.
2. Increase self confidence: When students get successful in cultural activities, it will help in boosting the self-confidence.
3. Better academic performance: The students who are involved in cultural activities will have good academic performance.
4. Through cultural activities, **students get opportunities to interact with others**. Interaction with other students belonging to different background helps in the development of interpersonal skills. Thus, the students become more social and they learn to respect others.

Health benefits

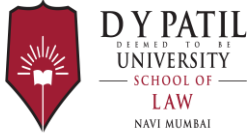
The cultural activities have health benefits like lowering [depression](#), [anxiety](#), etc. They will bring positive effects to people who have associated with dancing, acting, and playing. The Cultural activities will help both [mental](#) and [physical health](#).



D Y PATIL
DEEMED TO BE
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Cultural activities include:

- 1) Traditional day
- 2) Rosy Day
- 3) Chocolate day
- 4) Singing competition
- 5) Musical activities
- 6) Quiz
- 7) Debate competition
- 8) Painting competition



Sports & Gymnasium

Academic learning and Sports Education are, actually, the complementariness of each other. They are the two sides of the same coin. If total education makes full development of the over-all personality of a pupil possible, he gets the qualities of leadership, tolerance, sharing and team-spirit from sports.

The mental development, including the power of reasoning and vocational specialization, of course, comes from the academics. It, therefore, becomes imperative that education should result in the mental, moral and physical development of a student.

For an all-round development of a person, the curriculum should include sports and games and health education. Sports Education needs to be introduced with all earnestness, because mental and moral development is just not possible without physical development. We must remember that 'a sound mind dwells only in a sound body'. A strong and healthy student will, in the long run, surpass the pale, sickly, scholar who is merely a bookworm.

A healthy and strong body is not possible without sports. The development of body is very essential in life. All our physical enjoyments, and to some extent, even mental enjoyments, depend upon our body. All our degrees and achievements will be of no use without a good physique and healthy personality.

Life is a struggle and the person with a healthy and strong body alone can face it successfully. Besides promoting health and strength, sports develop many good qualities of the head and the heart. They strengthen the power of endurance and promote discipline, fair play and team spirit.

So sports are not only essential but also indispensable for an all-round development of the personality. With this view, DY PATIL SCHOOL OF LAW organises indoor as well as outdoor sports for the students. Having the best world class infrastructure for sporting events.

The college has various facilities of sports with all latest amenities:

Pavilion:

Indoor Sports game:

Carom

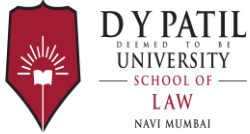


Table Tennis

Chess

Badminton

Outdoor Sports games having separate courts:

Cricket

Football

Volleyball

Basketball

Gymnasium:

College has a gym with all modern equipment

Swimming Pool

Cafeteria Facility:

Canteen

Mess