

SPIRIT Club Activities



“Sport and physical education as a vehicle for Inclusion and Recognition in India, Indonesia and Sri Lanka / SPIRIT”.

SPIRIT CLUB
University of Peradeniya

Activity No 01: - Prevention of Sports Injuries- Workshop for Undergraduate Students

Venue: - Department of Education, University of Peradeniya, Peradeniya, Sri Lanka.

Date: - September 6, 2022

Target Groups: - The Undergraduate students of University of Peradeniya

Number of Participants: - 150 Participants

Purpose of the activity: -

- To develop the student's understanding of the various injuries that occur while engaging in sports and to make the students aware about the steps to be taken to avoid those injuries.
- To enhance the health practices among students while engaging in sports related activities

Evidences: -

Photos







Resource persons: -

- Dr. Asela Rathnayake MBBS, MD
Registrar, Sports Medicine Unit, Teaching Hospital, Kandy

Stakeholders: - Undergraduate Students/ Faculty Lecturers

Outcomes: - The students were made aware about the wrong practices while engaging in sports and their understanding of the various injuries related to sports. The students provided with an understanding as to how they should take precautions if they encounter any injury by effectively applying the knowledge and skills learnt.

Activity No 02: - Hiking and outdoor education program

Venue: - Hanthana mountain, Peradeniya, Sri Lanka

Date: - August 19, 2022

Target Groups: - The Undergraduate students of University of Peradeniya

Number of Participants: - 139 Participants

Purpose of the activity: -

- Developing cooperation and preventing diversity among students
- Make students aware of diverse facts while engaging in outdoor games and recreational activities
- Enhancing team collaboration among students
- Developing soft skills of the students

Evidences: -









Resource persons:-

- Mr. Anuja Mallawarachchi (Instructor/Physical Education)
- Mr. A.B. Samarakoon (Instructor/Physical Education)
- Ms. Nadeeka Kulathunga (Instructor/Physical Education)
- Ms. A Kapilarathne (Instructor/Physical Education)

- Mr KWLN Indika (Instructor/Physical Education)
- Mr. K. Balasritharan (Teacher/ Government Teaching Service Grade 2/I)

Stakeholders: - The Undergraduate students of University of Peradeniya
Academic staff members of the university

Outcomes: - Develop a strong bond between groups which are ethnically vulnerable and reduce the mental stress of both the students and the academic staff members. The students were able to grasp a real understanding and experience about the unique facts which they are supposed to pay attention to while hiking. This was a great opportunity to upgrade both the mental and physical status of students of the university.

Activity No 03: - Music Therapy

Venue: - Department of Education, University of Peradeniya, Sri Lanka

Date: -

Target Groups: -

- Academic staff of University of Peradeniya
- Nonacademic staff of University of Peradeniya
- Undergraduates of University of Peradeniya

Number of Participants: - 146 Participants

Purpose of the activity: - November 23, 2022

- **To share the cultural practices among diverse cultures**
- **To build up corporation among vulnerable groups**

Evidences: -

Photos







Resource Persons: - Mr. Jayantha Perera

Stakeholders:-

- Academic staff of University of Peradeniya
- Nonacademic staff of University of Peradeniya
- Undergraduates of University of Peradeniya

Outcomes: - Provided the participants with a mental relaxation with the use of aesthetic traditions belonging to different cultures. It was able to build up collaboration among different ethnic groups with the help of aesthetic practices.

Activity No 04: - Recreational Activities for School Teachers

Venue: - Rugby Ground, University of Peradeniya, Peradeniya, Sri Lanka

Date: - January 01, 2023

Target Groups: - School Teachers

Number of Participants: - 545 Participants

Purpose of the activity: - To enhance the physical fitness of the teachers

To effectively include recreational activities for the process of teaching and learning

Evidences: -

Photos









Resource persons:-

- Dr. Prabath Ekanayake, Dean/ Faculty of Arts
- Prof. Walter Senevirathna, Head/ Department of Education
- The Academic staff and the visiting lecturers, Department of Education

- The students of the Post Graduate Diploma in Physical Education (Academic year 2020/2021)

Stakeholders: - Government School Teachers

Academic Members of the University

Undergraduate and post graduate students of the university

Outcomes: - The teachers experienced the value of including recreational activities for an effective teaching and learning process. The activities included in the programme were able to provide them with a supportive mental relaxation.

Activity No 05: - Recreational Activities for Preschool teachers and Government officers

Venue: - Rugby Ground, University of Peradeniya, Peradeniya, Sri Lanka

Date: - February 11, 2023

Target Groups: -

- Preschool Teachers
- Government Officers in Local government

Number of Participants: - 105 Participants

Purpose of the activity: - To enhance the physical fitness of the teachers

To effectively include recreational activities for the process of teaching and learning

Evidences: -

Photos









- **Resource persons :-**

- Prof. Walter Senevirathna, Head/ Department of Education
- The Academic staff and the visiting lecturers, Department of Education
- The students of the Post Graduate Diploma in Physical Education (Academic year 2020/2021)

Stakeholders: - Preschool Teachers

Academic Members of the University

Post graduate students of the university

Government officers of the Local Government

Outcomes: - The preschool teachers and all other participants experienced the importance of including recreational activities for an effective teaching and learning processes. The included activities in the programme provided the participants with enjoyment and mental relaxation.