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Intramural and Extramural-Meaning, Objectives and its Significance

MEANING OF INTRAMURAL

The Intramural sports are recreational sports organised within same geographic area. Intramurals are fun, recreational, social and competitive on-campus sports activities. The term Intramural is derived from the latin word *intra muros* which means within walls. The teams compete within walls of the institution, e.g., inter-class tournament within the college or institution. Generally, intramural tournaments are organised within college campus to promote competition and fun among the students of the institution. The intramural tournaments promote voluntary participation and competition within the same institution.

OBJECTIVES OF INTRAMURAL

The objectives of intramurals are as follows:

A. To Promote Mass Participation

To provide opportunity to all the students to display their skills in spite of their weak abilities. All students cannot excel in sports so the students who are weak in sports are also given a chance to improve.

B. To Develop Socialization

With the participation to the intramurals the students develop lot of social qualities like sincerity, honesty, discipline, cooperation, sympathy and brotherhood.

C. To Provide Recreation

Intramurals provide recreation to the students. Most of the activities are full of fun. This provides an opportunity for the relaxation from strenuous school work.



D. To Help in Talent Finding

There are many students who are talented and are not able to exhibit their talent. So intramurals provide opportunity for them to show their talent.

E. To Develop Sportsman Spirit

Intramural always develop sportsman spirit among the students. Teaching students the value of good sportsmanship goes a long way in shaping their characters. The students are inspired to play hard and play fair, and to adhere to the principles of the game in all.

F. To Provide Opportunity to Learn New Skills

The intramurals give an opportunity to the students to many new skills. Since intramurals include variety of activities so it becomes more interesting to learn.

SIGNIFICANCE OF INTRAMURAL

1. The overall personality of the students is developed with the participation in intramural competitions.
2. The social virtues are developed through the participation in the intramural competitions.
3. The intramural activities develop the physical fitness of students.
4. The organisation of intramural activities helps the students to learn about the conduct of various games.
5. The intramural tournaments create recreational atmosphere among the teachers and students and it helps in relieving stress among the students.
6. These activities develop the leadership qualities in students.
7. Intramural activities bring out the hidden talent of the students.

MEANING OF EXTRAMURAL

The Extramural Tournaments are carried on outside the bounds of an institution or community. After the intramural tournaments, the teams participate outside the boundary walls of the institution.

The extramural can be characterised into three following types:

- (a) **Friendly Matches:** One institution can play with other institution for practice and both the teams get exposure of competition.
- (b) **Restricted Competition:** In this kind of extramural tournaments, limited teams participate. They may be inter-college or inter-university competitions.
- (c) **Open Competition:** In this competition, any person can participate. This type of tournament is not restricted to one kind. Any player from any institution or department can participate. The state or national championships come under this category.



The main aim of extramural is to develop the feeling of brotherhood and unity at large.

OBJECTIVES OF EXTRAMURAL

The objectives of extramurals are as follows:

A. To Improve Sports Standard

Extramural activities promote sports standard as students play with others than the students of their institution.

B. To Develop Confidence

By playing with other institutions the level of confidence increases. Even competition fever is also reduced.

C. Feeling of Brotherhood

The objective of extramural competition is to develop unity among diversity. They also develop feeling of brotherhood and togetherness among the players.

D. Better Exposure

The exposure of extramural competition helps the players to play in different situations. This reduces competition stress that is caused due to competition instinct.

E. To know more techniques

This objective states that to help players to play outside the institution will help them to know more about advanced and different techniques of the games.

SIGNIFICANCE OF EXTRAMURAL

1. They provide opportunities to institutions to play at different locations. This helps in displaying their capabilities.
2. The practice matches help in correcting the faults and this leads to develop techniques and tactical qualities of the players.
3. The spectators have great influence on the performance of the players. The Extramural competitions help in developing confidence and encouragement in spite of the bad behaviour of the spectators.