

# YOUR FITNESS SCORE IS...

## B-School Makes Sports Compulsory For Its Students

Sruthy Susan Ullas | TNN

**Bangalore:** Marketing, PR, finance, banking... Now, for MBA students of this B-school, sports and wellness is a 'must' component in their curriculum.

Institute of Finance and International Management (IFIM) has made sports compulsory for its students. According to the new rule book, students are expected to attend a fitness programme and group class at least twice a week. And it's not just students, even teaching and non-teaching staff have to attend these classes — but for them, it's once a week.

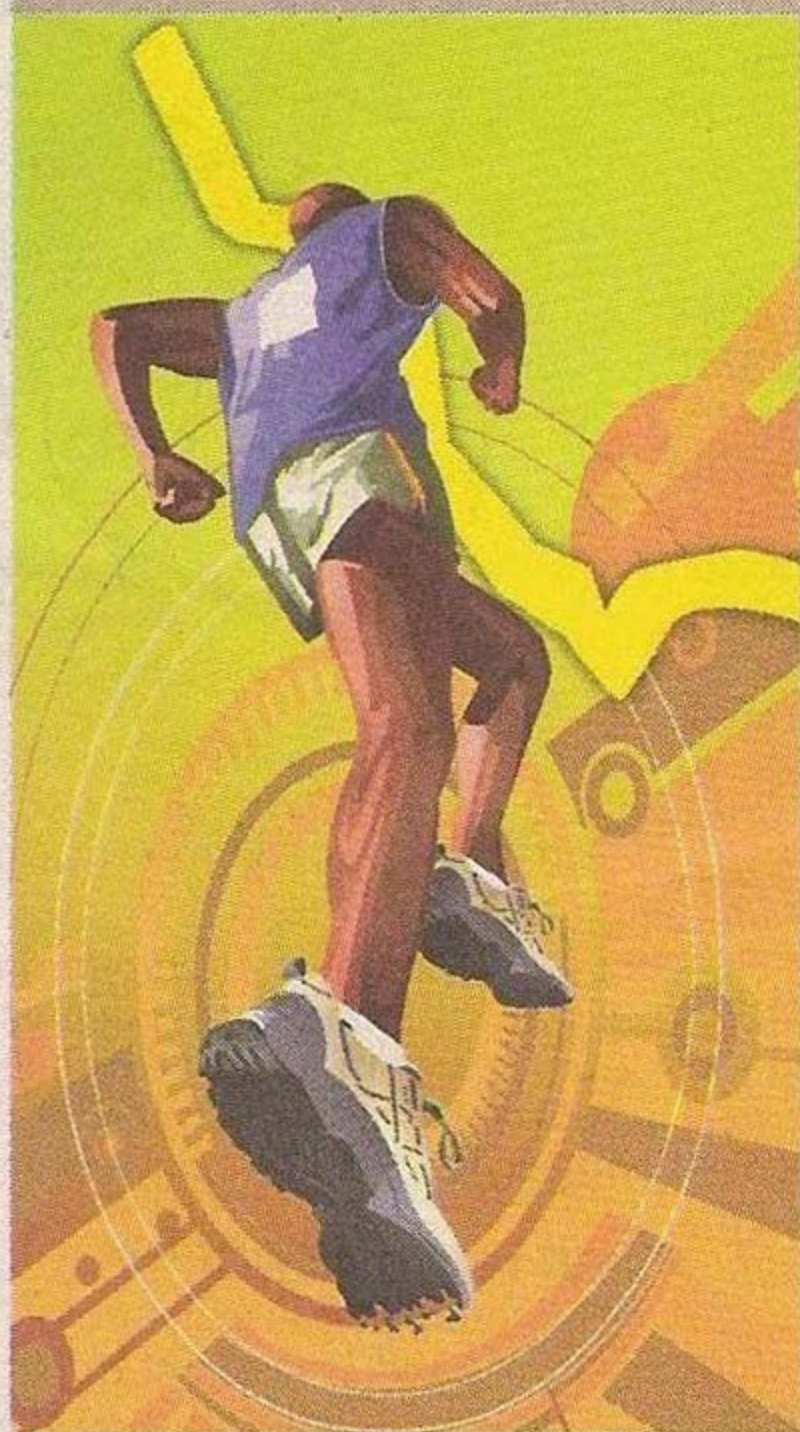
IFIM felt the need for managers-in-the-making to be physically fit, along with academic excellence. "Their lifestyle is such that they do not get much physical exercise. Though they know the importance of being physically fit, they tend to avoid it, citing reasons like lack of time. They will give it higher priority only if it's made compulsory," said Manu M Manoj, head of sports and wellness in IFIM.

The college has a fitness centre they plan to upgrade in the days to come. There'll be two slots each for fitness and group classes. While it's mainly strength-oriented exercises that will be in focus in the first category, yoga, aerobics and jog-

### STUDENT'S TAKE

I am really happy about this initiative. It will be a bit taxing for us to squeeze in time. But that is the way corporate life will be like. We cannot ignore the health aspect either. This programme will help us get a fit body to aid a steady career.

— **Varun Bhatnagar**



ging will be part of the latter.

Further, students will be divided into house groups which will be headed by a faculty. Competitions will be organized between the houses for various sports.

Students will be allowed to pick the slots which are most convenient for them. Attendance will be taken for every slot, and grades will also be given, depending on the performance of students. "I will be rating them on their improvements. I will recommend what to do and which areas to improve in. If students meet these standards at the end of the year, they will get good grades. Students will pass the course only when they attend these classes," said Manu.

However, during exams, things will be made "flexible enough", he assured.