

# **Best Practice – I**

## **Title - Sports for All**

### **Objective :**

- i) To amalgam academic curriculum with physical education
- ii) To achieve academic excellence by mastering stressor
- iii) To improve overall personality.
- iv) To built and balance physical, mental & emotional dimensions.
- v) To train with planning & execution.

### **Context :**

The physical recreation of students through games, sports & cultural activities has been the priority of this college since its very inception. The spacious ground is being used for playing cricket, football, volleyball etc. along with facilities for athletics, shot put, high jump, long jump, kho-kho, Kabaddi and indoor facilities for table tennis, carom physical exercise. Play ground has ground with 100 meter, 200 meter, 400 meter & 800 meter tracks.

Majority of our students are coming from rural background. They are energetic & hardworking. Hence their skill in sports is harnessed by giving them on opportunity to participate in various games. Our dedicated sports director with his knowledge experience and professional expertise in engaged in shaping up the students with multiple skills. Discipline is the key to success in sports with this discipline a student can reach his/ her goals. During their participation student learn to compete with others to excel is their skill. This competitive spirit inspires/ motivates the students to improve academic excellence. Regular practice of various games keep them healthy as they start exercising & eating nutritious food.

### **Practice :**

At the commencement of academic year through induction program IQAC & sports director make all students aware about sports facilities welfare scheme available for them in the college. Our full time physical director guides & gives sports training to the students as per their interest. Our management is very supportive & provides sports kits other required material. Every year budgetary provision is made for purchase of sports material through gymkhana.

## **Evidence of Success :**

Considering the past excellent performance for students in sports activities university authority entrusted us the responsibility of conducting major university level tournaments is our college. The major university level tournament organized by our college are,

1) Organized zonal tournaments of 2017-18

**Events :** Volley Ball (M/W), Kabaddi (M), Kho-kho (M), Football (M), Athletics (M/W), Cricket (M),

2) Organized Inter zonal tournaments 2021-22

**Events :** Basket ball, Zonal-Cricket, Inter-zonal Volley ball – 2<sup>nd</sup> Place, Rugby (M)-Runners up, Athletics Championship, Best player of Athletics- Mr.Rohan Kamble- Represented International event at Nairobi (Kenya)-400mtr hurdles, Akshay Yuvraj Patil – 4x400mtr relay

Required infrastructure facilities have been provided for the students so that they could participate in sports and extra-curricular activities. In addition do this annually intra collegiate competition are conducted for the benefit of students.

## **Sports facilities provided by the college :**

### **The college provide following sports facilities**

- Ground with 400 and 800 meter track
- Volley ball court
- Cricket field
- Football field.
- Long Jump arena.
- High jump arena.
- Shot put arena.
- Indoor facilities for table tennis, Chess and Carom.
- Equipments of Physical exercises, weightlifting set, dumbbells

The optimal utilization of these facilities and supportive training from physical director resulted in winning many medals/prizes in university Inter-zonal and Zonal, State, National, International level tournaments.

## **Problems Encountered and Resources Required.**

- Lack of full-fledged indoor sports facility.
- Hectic academic schedule.
- Participation of girls is negligible as parents are reluctant to send their daughters for practice after college hours.
- Girls have psyche that their complexion would tan if they participate in outdoor games.
- Moderate fee structure of college does not allowed for any sort of plentiful spending of money.
- Partially college has to depend upon other funding resources.

## **Best Practice – II**

### **Title : Milk for All as a remedy against alcoholism**

#### **Objectives :**

- i) To motivate youngsters and adults to drink nutritious milk.
- ii) To convince them to give up alcohol drinking.
- iii) To encourage them to start new year without being drug addict.

#### **Context :**

Alcohol addiction is increasing in the society. Death by suicide attributed to drug abuse and alcohol addiction reported significant rights in last few years according to the statistics and reports of daily news papers. These facts also led to arise in the rates of domestic violence.

#### **Practice :**

In the light these issues our college has taken a novel initiative to curb the increasing events of domestic violence and self harm due to alcohol consumption. On the eve of 31<sup>st</sup> December of every year most of the people get drunk and create a ruckus. Hence students from our college undertook a project to distribute milk from a container to the youngsters and adults in the vicinity of college. This is an unique initiative to promote sobriety on the occasion of New Year. The message given by the students is about giving of alcohol drinking. More than 150 glasses of milk is distributed on this occasion. Instead of consuming liquor students encourage people to welcome new year by sipping milk. A message given is people should opt for healthier option and avoid consuming alcohol. Youngsters find out every opportunity to keep consuming alcohol at various occasion. This tendency is becoming habitual hence a serious thought is given by Principal, students and staff of our college to start a new campaign against the ill psychology of youngsters and adults.

#### **Evidence of success:**

It is our common observation that these youngsters start with Beer-Wine and as addiction develops the switch on to cheap and potentially spurious leaker. We are conducting this campaign for over 5 years and till date. Thousands of students

and more than thousand of adult have been benefited. Several families suffering due to this addiction are now living peacefully as we tried our level based to convince them to start new year with good habit by drinking nutritious milk.

**Problems Encountered and Resources Required:**

- Changing psychology of people is a difficult task.
- Keeping them away from western influence was a challenging job.
- Nee to collaborate with medical practitioners to spread awareness regarding ill and harmful effects of alcoholism.