

BEST PRACTICE – I

Session 2021-22

1. **Title of the Practice:** Fit Friday programme

2. **Objectives of the Practice**

- To involve students and faculty in games and sports ensuring their physical and mental health
- To create sports culture and healthy competition among students

3. **The Context**

To involve the students even from departments other than Physical Education in sports activities. Students used to feel tired of continuous sitting and doing academic work. This programme was introduced to give them a break from studies by roping them in various games. It also aims to achieve one of the important goals of NEP-2020, that is integration of sports with studies.

4. **The Practice**

The college strength is divided into four houses -- Kalpana Chawala House under Prof. Ravinder Singh, Savitri Bhai Phule House under Prof. Mohnish Arya, Padamshri Milkha Singh House under Prof. Anshul Bhatia and Shaheed Bhagat Singh House under Prof. Baljinder Singh. Various sports activities are planned to be conducted every Friday. Volleyball and cricket matches were organised in which students participated enthusiastically.

5. **Evidence of Success:** Increasing number showed that

- Healthy competition developed among students
- Interest in physical activity
- Students are more active and energetic
- Increased focus in studies

6. **Problems encountered**

Inhibition of students to participate in activities, their non-serious attitude. To accommodate sports activity within the timetable. Students fail to participate due to their busy and demanding class schedule.

7. **Resources Required:** Playground and more sports equipment needed

BEST PRACTICE –II

1. **Title of the Practice:** Dastak Programme
2. **Objective of the Practice:** To reach out to students and take feedback from them in a candid environment.
3. **Context of the Practice:** Though the college has its feedback system in place like installing a suggestion box and creating a Google form for student feedback, yet it was observed that they found it difficult to articulate their problems in writing. So Dastak was introduced to break the ice and make students talk in a relaxed environment.
4. **Practice**

Students from different streams are invited to the Principal office during fixed hours once in a week. They talk and chat with the Principal and discuss their issues. The Principal listens to their views which are noted down in a register. The Principal comes to know about the problems students encountered. This is a kind of needs analysis that gives the institution an extra edge and paves the way for institutional development. Many of the problems students faced were solved in this way.
5. **Evidence:** Students opened up about their day-to-day problems and they were solved on the grassroot level.
6. **Problems encountered and Resources required**

Students felt inhibited and were afraid to speak up initially. Only a notebook required to keep a record of the students.