

Best Practices (2019-2020)

Best Practice I:

1. Title of the Practice: Career and Personality Development through Sports

2. Objectives:

- To nurture and popularize sports culture, develop physical fitness and skills.
- To enhance mental capabilities.
- To develop and promote social capabilities and emotion-maturity.
- To nurture team spirit, friendliness and leadership qualities.
- To facilitate and motivate students for their placements through sports
- Empowerment of women

3. The context :

Sport activities are always useful for society in large. It should be organized every year. There should be goal to be reached. And it should bring fruitful result, as per goal, whether students are getting it at the time of perusing the UG course or in their future endeavor. Also one should sense the importance of that activity in future life of the students or society. Continuity is must as per as organization of activities are concerned.

Department of physical education and sports is established in the year 1996. Since then department of physical education and sports is working day in and day out for the sports achievements of rural students. Right from the beginning, department conducted many sports activities. For the big achievements in sports, department opened up sports academy at Chikhaldara and at some other places, so that local school, college going children could get most of the benefits. It has worked at grass root level. We have many sports achievements to our credit. Department of physical education and sports always try to give best possible results.

4. The practices:

- (i) Department of Physical Education and Sports organizes National Sports Day on 29th August. Sports elocution, Sports G.K. test are organized on this occasion.
- (ii) Sant Gadge Baba Amravati University, Amravati University level Kho-Kho tournament (Women) is organized.
- (iii) On the occasion of Republic Day, Physical Education Department organizes competitions like Sports Elocution and Kho-Kho tournament are organized.
- (iv) International Yoga day is celebrated with practical and lecture on yoga through online and offline way on 21st June.
- (v) Department organizes men and women Kho-Kho Coaching Workshop, Karate Self-Defense and Yoga For Women on 13th March.

- (vi) National Webinar on Kho-Kho and Kabaddi- Challenges & Opportunities is organized on 2nd June 2020.
- (vii) National Sports Quiz (Online) is organized. Several sports competitions like chess, cricket, table tennis, tug of war, three leg race, sack race, musical chair are arranged on the event of Annual College Cultural Gathering.

5. Evidence of success:

- a) Sant Gadge Baba Amravati University Amravati intercollegiate Kho-Kho team championships :- Winner – 12 times, runner-ups- 3 times (men & women)
- b) Sant Gadge Baba Amravati University Amravati intercollegiate Kho-Kho players selected for Interuniversity West Zone Competitions:- 76 (Men & women)
- c) Sant Gadge Baba Amravati University Amravati intercollegiate Kho-Kho players selected for Interuniversity Kridamahostava Competitions:- 73 (Men & women)
- d) Sant Gadge Baba Amravati University Amravati intercollegiate Kho-Kho players selected for All India Interuniversity Competitions:- 05 (Men & women)
- e) Players selected in Vidarbha Kho-Kho team for senior national competitions:- 30 (Men & women)
- f) Players selected for Khelo India competitions:- 02 (Men)
- g) Players selected in Indian kho-kho team for international competition:- 01 (Men)
- h) Players selected in state Kho-Kho team:- 40
- i) Total color coats:- 187
- j) Players placed in various police departments of Maharashtra and other states:- 28
- k) Total players placed: - 28 (Men/women)

6. Problems encountered and resources Required:

Chikhaldara is a taluka place, situated in a tribal region. It is recognized as a Melghat tribal region. Also students are coming from very remote area, where situation is worse as far as education facilities and sports facilities are concerned. Sports facilities are far away for these Melghat students. Melghat lacks sports infrastructure, it's a fact. There is no sports culture like cities are having in India. So department of physical education has to sweat day in day out for the upliftment of sports facilities in our college, and for society as well. There is no availability of very big sports government grants to develop sports infrastructure. However we avail some. There are no adequate grounds for different types of sports. Moreover very poor economical condition of students pull them backward, as many of the tournaments are held outside of district, which students have to bear their own expenses to participates in. In this adverse situation our college is trying to get best possible results, and succeed in its efforts in a little way.

Melghat, the tribal region lacks basic infrastructure. Good or adequate sports facilities are not within the reach of people here and so is true for students. Moreover economical background of students do not allow them to avail of paid sports facilities

at district or some other places. And just to convert the challenges into opportunity we work day in and day out to offer level best services to students here.

Best Practice II:

1. Title of the practice: Social awareness through Unnat Bharat Abhiyan.

2. Objectives:

- To offer all possible resources to Unnat Bharat Abhiyan as regards their rural development programme.
- To raise multiple platforms that will work as mediator and facilitator between government and rural people.

3. The Context:

Unnat Bharat Abhiyan is inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help build the architecture of an Inclusive India. Role of our institution is to work with the people of rural India in identifying development challenges and evolving appropriate solutions for accelerating sustainable growth. It also aims to create a channel by which various government departments can effectively reach out to the rural people as regard their development schemes and program with timely and precise feedback from the rural people. The same way to effectively convey to the government agencies particular needs of people, various aspect of society and the areas to work upon.

4. The Practice:

A. “ Village and Household Survey under Unnat Bharat Abhiyan ”

Duration of programme: December 2019 to January 2020

Objectives

- To check out the shortcomings and discrepancies in the implementation of government schemes.
- To identify various areas to work upon in order to achieve sustainable growth.

Number of beneficiaries : 90

Brief summary of the programme:

We conducted a general Survey to check out awareness of people about various government schemes, drives, etc. In this survey 20 students visited Motha (One of the adopted villages) and reached 90 households and sought information from villagers about Bank Account, Adhaar card ,Voter ID, NAREGA, Job Card, Educational Qualification, Computer Literacy and about how many people benefited form how many schemes; problems, difficulties faced by people.

B. An online Quiz for Awareness and Prevention of COVID-19 Under Unnat Bharat Abhiyan.

Date of programme : 18/04/2020
Objectives of programme : To create awareness about COVID 19
Number of participants : 459
Brief summary of the programme:

Under The Unnat Bharat Abhiyan, college organized an online awareness quiz mainly for the adopted villages and students.

C. National Level “Quiz on Sports” organised by college Unnat Bharat Abhiyan committee along with Department of Physical Education & Sports, IQAC and Swastha Bharat Swachha Bharat Abhiyan.

Date of programme : 16/05/2020
Objectives of programme : To raise awareness about sports.
Number of beneficiaries : 606

D. Orientation of Gram Sabha (Motha and Madaki, Shahapur and Aladoh, & Amzari Villages)

Number of Student/Faculty involvement : 13
Interaction with Local government official : 04

Brief description:

This programme was held on 26th January 2020 to mark the Republic day in adopted villages-Motha, Madaki, Shahapur, Aladoh and Amzari. On this occasion 3 faculty members and students of college have addressed Gram Sabha in these villages wherein 144 villagers participated. We oriented them about Unnat Bharat Abhiyan and some topics like sanitation and solid liquid waste management, water resource management, rural infrastructure, rural energy system, education, health care, skill development and livelihood, capacity building, strategy for convergence and implementation of various government schemes for their upliftment.

5. Evidence of Success:

So for the huge purview of Unnat Bharat abhiyan is concerned, initially it is very difficult to come up with concrete results. Yet to count with we may say we could establish good relation with the people through our students in the same villages. We have now firsthand information about the exact requirement of people. We could build up good rapport with government officials and NGOs. We can easily formulate various programs. The survey can provide basic information as to decide where to start from.

6. Problems Encountered and Resources Required:

All these villages from the region of Melghat face the lack of basic infrastructure. Non availability of potable water, improper disposal of solid and liquid waste, inadequate awareness about education, computer illiteracy, inadequate knowledge about government schemes, non availability of employment, migration, inadequate medical facilities, lack of adequate

transport and conveyance, numerous social evils have unnecessarily burdened these people. If government schemes are modified a little and people get to know all detailed information about the various drives and schemes of government a positive shift is inevitable.

For more details, please visit the following links:

[National level workshop on Recent Trends in KabaddiKho-Kho Challenges and Opportunities](#)

[workshop Yoga, Meditation, Self defense and Kho-Kho, For Girls Students](#)

[Yoga Workshop For Girls students](#)

[Village Survey and Household Survey under Unnat Bharat Abhiyan](#)