

7.3 Give two Best Practices of the institution (please see the format in the NAAC Self-study Manuals)

❖ Best Practice – I

1. Title of the practice: “Coaching Classes for Entry in Services.”

2. Goal:

- To identify and nurture the talent available in the institution.
- To build competence in the students to face State and National level Competitions.
- To reduce disparity existing in rural area in respect of competitive examinations.
- To develop skilled human resource.
- To cater to the needs of different sectors like defense, administration, management, education etc.
- To inculcate values of hard work, commitment, dedication, understanding of socio-economic and national issues and positive thinking.

3. The Context:

- The institution is situated in rural environment and students of the institution belong by and large to the weaker sections of society.
- The institution could be a meaningful resource in bridging the gaps for the exposure to information and opportunities.
- The institution has a sprawling campus with various facilities in all the departments. The competent faculty in the departments are strength of the institution.
- The rural youth have all the capability to excel in the competitive exams. The coaching classes, guest lectures and informal interaction with faculty give them opportunity to recognize hidden talent in them.

4. The Practice:

• The Components of Coaching:

- Indian History: (Ancient India, Medieval India and Modern India).
- World Geography: (Based on NCERT Syllabus up to Xth Class).
- Indian Economics: (except microeconomics).
- Indian Polity: (Our Parliament and Our Constitution).
- General Science.
- Verbal and Nonverbal Reasoning.
- Mental Ability.
- Current Events.
- Sports

• Available Learning Resources:

- Library: The Library is equipped with books on various competitive examinations besides Magazines and weeklies. INFLIBNET and N-LIST is also available for reference in the library.

- Ex-students of the college are also provided the library facility for the preparation of competitive examinations.
- Auditorium is optimally used for coaching classes availing ICT facility.
- Reprography facility is also available in library and in office.
- **Role of Faculty:**
  - The faculty facilitates teaching-learning process of essential components broad syllabi of competitive examinations. The teachers are competent in respective field and cover entire syllabus very sincerely.
  - The internal as well as external post graduate students are also guided regularly on SET/NET examinations.
  - Guidance for various National level PG entrance examinations is provided by the faculty.
  - The teacher plays the role of a catalyst and motivates the students to take up the challenges of various competitive examinations.
- **Information on Examination:**

Advertisements regarding various competitive examinations for jobs / further education are regularly displayed. Students are guided on procedures of various admission processes.
- **The Evaluation Test:**

Regular tests are held to keep track of students' performance.
- **Participants:**

Interested students from the institution as well as external students are provided the coaching facility.
- **Selections:**

Every year few students are selected for various services and PG programmes and qualify NET/SET.
- **Constraints/Limitations:**
  - To cover the vast syllabus of competitive examinations time is the major constraint.
  - Building confidence and consistency among the students are real challenges considering the background they belong to.
  - Bearing additional expenses for such an activity is also a major challenge.
- 5. **Evidence of Success:**
  - Every year some students are selected in CET and join B. Ed. courses to make education as career.
  - Few students qualify State CET and join MBA Programmes.
  - Some students qualify for MCA Programmes.
  - Few students have qualified Public Service Commission Examinations like Railway, Police and other Public and Private sector.

## 6. Problems Encountered and Resources Required:

- Building confidence and consistency among the students are real challenges considering the background they belong to.
- Bearing additional expenses for such an activity is also a major challenge.

## ❖ Best Practice – II

1. **Title of the Practice:** “Sports and Physical Training facility for entry in government services including defense and police services”.

### 2. Goal:

- Initiative towards Nation building and service to the Nation.
- To provide employment opportunity to the students.
- To foster the concept of healthy mind and body.
- To boost the sporting activity in the institution.

### 3. The Context:

- The basic aim of the institution is to provide equal opportunities for rural, educationally and socially weaker section of the society.
- The institute could be a meaningful resource in bridging these gaps.
- The institute has large play ground with various facilities under the Department of Physical Education.
- Physical fitness is an integral part for entry in Government Services including defense and police services. To achieve the required fitness, a large play ground in the institute with 400-meter track and all other athletics facility play an important role.
- These services offer a very good opportunity of employment.
- Initiative by the institute certainly brings health awareness through exercise and naturally augments the sporting activity in the institution.

### 4. The Practice:

- **The Physical Training given includes:**  
Running (Short and Sprint), Horizontal and Parallel Bar, Shot put, Discus throw, Long Jump, Gymnasium, etc. for students. These are the main components during selection trials.
- **Supplementary Exercise as warm-up:**  
Shuttle run, sprints, stepping, skipping and Surya Namaskar.
- **Available Physical Facilities:**
  - A large play ground with 400-meter track.
  - Separate long jump facility.
  - Single and double bar facility.
  - Separate area for shot put and discus throw.
  - Two volley ball grounds.
  - Four kho-kho grounds.
  - Two kabaddi grounds.
  - Cricket pitch.

- All necessary equipment and kits.
- Gymnasium
- **Role of Faculty In-charge:**  
The faculty in-charge trains, monitors and organizes practice sessions of the students. Being in-charge of the Department, he looks after the requirements and provision of appropriate facilities. He plans the training sessions in the morning as well as evening hours so that routine of the institute does not suffer. The two sessions provide flexibility to participate as per the convenience of the aspirants.
- **Information of Selection Trials:**
  - Necessary information is circulated in class rooms and displayed at notice board.
  - The department keeps a track of selection trials at regional, state and national levels and informs the students.
- **The Physical and Written Test:**  
The department organizes Physical tests.
- **Participants:**  
Many students make advantageous use of the existing facility and do daily practice in the morning and evening.
- **Selection:**  
Some students are selected in the defense and police services.
- **Constraints/Limitations:**
  - Building confidence and consistency among the students are real challenges considering the background they belong to.
  - Bearing additional expenses for such activity is also a major challenge.
- 5. Evidence of Success:**  
Many students have been selected in Defense and Police services during the last five years. The results reflect Institution's efforts in the right direction in line with its mission.
- 6. Problems Encountered and Resources Required:**
  - The major problem encountered is availability of skilled personnel in sufficient number.
  - There are financial constraints to provide free kits to all the aspirants.