

2022-2023

INSTITUTIONAL BEST PRACTICE: I-

1 Title of the Practice- Attention to Sports and Sportspersons.

We, at Babu Anant Ram Janta College, Kaul (Kaithal), believe that Sports is an integral part of holistic education. Sports education develops the overall personality of the students. It plays a pivotal role in shaping one's personality and maintaining good health.

2 Objectives of the Practice

1. Talent search at micro level and appropriate training.
2. Monitoring at regular intervals to enhance performance towards excellence.
3. To ensure excellent Sports Infrastructure Development & Maintenance is carried out by the institution
4. To provide students training, fitness opportunity and guidance.
5. To take sportspersons to different inter college, zonal, inter-university level and state level, national level and international level competitions and tournaments for exposure.
6. To encourage the students to take up sports related careers.

3 Observation of the Practice:

The students who are interested in sports irrespective of their streams i.e. B.A, B.Com, B.Sc (Non-Medical), B.Sc Sports, D.P.Ed are trained and tutored in the sport of their choice and skill. The college has facilities and grounds to play games like Volley Ball, Foot Ball, Basket Ball, Badminton, Kabbadi, Athletics, Gymnastics, Handball, Wrestling, Judo and Khoo Khoo. The sportspersons can make use of these grounds for their sports. It is available for students as well as for the nearby locality people.

4 Evidence of Success/Impact of Practice:

The college has attracted many budding sportspersons from schools who take admission to make use of the sporting infrastructure of the college. Many players from the college won awards in tournaments:

1) Our college volleyball men team secured 4th position in KUK Inter College volleyball Championship held at KUK on dated 23-11-2022 to 25-11-2022.

2) Our college Volleyball player Raman Kumar B.Sc sports 3rd roll number 120111 2316 and Mukesh Kumar BA 3rd roll number 20159322 got **GOLD MEDALS** in north zone Inter University volleyball Championship held at MJP Rohilkhand University Bareilly from 21/11/2022 to 25/12/2022.

3) Our college students Raman and Mukesh Kumar won **GOLD MEDALS** in all India Inter University volleyball Championship held at UDPI Karnataka on dated 2-1-2023 to 6-1-2023.

4) Our college volleyball players Raman and Mukesh Kumar won **GOLD MEDALS** in khelo India University games held at Lucknow U.P on dated 24-5-2023 to 27-5-2023.

5) Our college Volleyball player Mukesh Kumar BA 3rd roll number 20159322 won **bronze medal** in national games held at Gujarat on dated 29-9-2022 to 12-10-2022.

6) Our college 10 athletic players participated in KUK Athletic Meet Championship held at KUK on dated 6-4-2023 to 8-4-2023.

7) Our college student Ajay Kumar BA 2nd roll number 147 won **silver medal** in volleyball youth national games held at Panna MP on dated 16-12-2022 to 22-12-2022.

8) Our college student Ajay Kumar BA 2nd roll number 147 won **GOLD MEDALS** in volleyball youth Khelo India games held at MP on dated 30-1-2023 to 11-2-2023.

9) Our college student Ajay Kumar BA second roll number 147 got 10th position in AVC volleyball cup held at Thailand on dated 7-8-2022 to 14-8-2022.

10) Our college student BA first roll number 147 won **silver medal** in 21st Asian man U-20 volleyball Championship held at RIFFA (Bahrian) on dated 22-8-2022 to 29-8-2022.

11) Our college rugby men team won **bronze medal** in KUK Inter College Championship held at KUK on dated 6-12-2022 to 7-12-2022.

12) Our college students Sachin BA sports 3rd roll number 86057, harsh bengar BA 1st roll number 122194 20 022 19, rajiv Kumar BA 3rd roll number 2188, sachin BSE sports third roll number.... participated in all India rugby Championship held at Bhubaneswar, Odisha on dated 23-12-2022 to 28-12-2022.

13) Our college student Harsh bainger BA 1st roll number 202219 won **GOLD MEDALS** in youth National Wrestling Championship held at Bhopal MP on dated 18-2-2023 to 20-2-2023.

14) Our college students Harsh bainger BA first roll number 122194 2002 19, rajiv Kumar B. A third roll number....., chirag B.Sc sports third roll number 86001 won silver medal in senior state rugby Championship held at Kharkhoda Sonipat on dated 28-5-2023 to 29-5-2023.

15) Our college students harsh bainger bSc sports 3rd roll number 122194 2002 19, and Shivam Rana class BA 1st roll no. 200 160 won **silver medal** in junior state rugby Championship held at Kharkhoda Sonipat on dated 27-5-2023 to 28-5-2023.

16) Our college students Nishanth Dev B.Sc sports 3rd roll number... won **bronze medal** in world men boxing Championship held at TASHKENT UZBEKISTAN from 29-4-2023 to 15-5-2023.

17) Our college student Mandeep BSc Sports third roll number 1201940 860 13, sachin BSc sports 3rd roll number 21011 4703 won **Silver medals** in north zone Inter University Kho Kho Championship held at Meerut from 5-4-2023 to 10-4-2023.

18) Our college student Mandeep BSc sports 3rd roll number 1201 94086 013 sachin BSc sports 3rd roll number 21011 4703 participated in all India Inter University Kho Kho Championship held at Meerut from 11-4-2023 to 16-4-2023.

19) Our college student Rohit BSc Sports 220 112704 participated in North Zone Inter University held at MDU Rohtak from 22-11-2022 to 27-11-2022.

20) Sachin Kumar BSc sports 3rd roll number 21011 4703 participated in North Zone Inter University Kabaddi MDU Rohtak from 6-12-2022 to 11-12-2022.

21) Our college student Udesh BSc sports second roll number 220112719, Rahul Kumar B.Sc sports second roll number 220112713 participated in north Zone hockey men Championship held at Lovely Professional University Phagwara Punjab from 26-12-2022 to 30-12-2022.

22) College boxing player Raj Shaiba B.A first roll number 12269 430 56023 won **silver medal** in Khelo India University games Boxing championship weight category 70-75 kg held at Uttar Pradesh from 25-5-2023 to 3-6-2023.

23) Our college student Inter College Anup Singh Golan BA third roll number 1201 940 02062 won **bronze medal** in Inter College weightlifting Championship held at KUK from 20-12-2022 to 22-12-2022.

24) Our college student Nishant Dev BSc sports 3rd roll number 120194 086 035 selected in senior Indian boxing camp in Patiala Punjab Indian boxing team participated in Asian boxing Championship held at China from 9-8-2023.

5 Resources Required

Key resources for institutional best practices in prioritizing sports and athletes include dedicated funding for facilities, equipment, and professional coaching staff. Additionally, allocating sufficient time within the academic schedule for sports training and competitions is essential. Adequate administrative support and policies that promote the holistic development and well-being of sportspersons are crucial. Overall, a comprehensive approach with a commitment to resource allocation is vital for promoting excellence in sports and supporting sportspersons' growth."

Best Practices-II

1 Title of the Practice:

Greening the Future: Our Clean and Eco-friendly Campus

2 Context of the practice:

The "Greening the Future: Our Clean and Eco-friendly Campus" initiative is born out of a profound understanding of the current environmental challenges. Increasing urbanization, rapid resource depletion, and escalating pollution levels have necessitated urgent and sustainable actions. B.A.R Janta College is located in a naturally abundant environment, recognizes its unique role in cultivating environmental awareness among its students, staff, and the larger community. Surrounded by the lush plant life, the college is dedicated to responsible environmental stewardship. It occupies only 12% of its campus area with construction, leaving 88% as playgrounds, lawns, gardens, and natural habitats. These open spaces serve both as aesthetically pleasing surroundings and as habitats for diverse plant species, recharging groundwater and ensuring sustainable water resources. The practice represents the college's unwavering commitment to health, cleanliness, and environmental well-being, with the goal of creating a greener and more sustainable future, not just for the college but for the broader community.

3 Objectives: The primary objectives of the "Greening the Future: Our Clean and Eco-friendly Campus" practice are:

Eco-Campus Development: To transform the campus into an eco-friendly environment by planting more trees.

Efficient Water Usage: To utilize available water resources judiciously.

Effective Waste Management: To implement proper waste management practices.

Tree Plantation and Maintenance: To continuously plant and maintain trees on campus.

Disease Prevention: To safeguard everyone from diseases resulting from uncleanliness.

Environmental Integration: To incorporate environmental concerns into policies, plans, and outreach programs for social development.

4 Practice Implementation: The practice is executed through a series of initiatives and actions, including:

Prohibiting the cutting of trees on campus.

Annual planting of new saplings and maintenance of herbal garden.

Implementing a plastic-free campus, utilizing steel/reusable crockery.

Installation of energy-efficient, environment-friendly electrical appliances to reduce waste emissions.

Securing electrical wiring against leakage and short circuits.

Adoption of rainwater harvesting.

5 Challenges Faced and Strategy Implemented: The "Greening the Future" practice faces several challenges, including:

Water scarcity during summers.

New students inadvertently damaging plants due to lack of awareness.

Weather-related damage to useful plants.

The high costs associated with maintaining eco-friendly practices.

The need for sufficient manpower to sustain these initiatives.

Lack of awareness among students and the community regarding environmental issues.

The ongoing commitment and determination required from all stakeholders.

To address these challenges, the college has focused on increasing awareness and education, promoting resource-efficient practices .

6 Impact of Practice: The "Greening the Future: Our Clean and Eco-friendly Campus" initiative has had a profound impact, including:

The creation of a greener, more aesthetically pleasing campus.

Significant cost savings on electricity bills due to energy-efficient practices.

Effective water conservation methods ensuring green and eco-friendly surroundings.

The development of compost units and waste management strategies.

Positive outcomes for biodiversity and environmental conservation.

7 Resources Required: To sustain and further enhance the "Greening the Future" practice, the following resources are needed:

Expert guidance and investment in eco-friendly practices.

Adequate manpower for ongoing maintenance.

Water resources.

Educational efforts and awareness campaigns to inform and engage students and the community.

A long-term commitment from all stakeholders to ensure the practice's continued success.